



New York State Senator Liz Krueger's

Resource Guide for Seniors

**2009-2010
EDITION**



We have done our best to make this guide as comprehensive and accurate as possible. However, in a city with as many dynamic organizations and programs as ours we know we must have missed important resources. Over time it is common for organizations to move, phone numbers to change, and programs to close or change. Please feel free to contact Senator Krueger's office at (212) 490-9535 or liz@lizkrueger.com if there are additional resources you think should be included in the next edition, or if the information you find in this guide has changed.

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COMMITTEES
BANKS
HIGHER EDUCATION
HOUSING, CONSTRUCTION AND COMMUNITY DEVELOPMENT
RULES
SOCIAL SERVICES

Fall 2009

Dear Community Member,

It is my privilege to introduce you to the Third Edition of our Senior Resource Guide. The updated information in this Third Edition includes many additional resources related to healthcare, housing, consumer protection, continuing education, and much more.

Since the release of our Second Edition, our office is constantly receiving requests for copies. We ran out of our supply months ago! For me, this is an indication of the value of our Senior Resource Fairs and Guides. Because things change so fast these days, we decided that rather than reordering a new supply, we would produce an updated 2009-10 edition of the Guide.

In these tough economic times, it is so important for older adults in our community to be informed about the benefits and entitlements they have earned throughout their lifetimes, as well as ways to increase their quality of life. This is the goal of everyone who contributed to this new and expanded Third Edition.

A lot of hard work went into the production of the current edition of the Senior Resource Guide. I want to acknowledge Sunny Lebowitz for all of her hours of volunteer work. Additionally, I would like to recognize my staff for their dedication to this project.

One of *my* most important resources continues to be the input I receive from each of you. It is a great privilege to represent your interests and concerns in Albany and I am always eager to hear from you. I encourage you to contact my office at (212) 490-9535 or liz@lizkrueger.com with any questions or comments.

The 2009-10 Senior Resource Guide can also be found at www.lizkrueger.com where you can obtain an electronic copy and sign up for *Lizlist* to receive e-mailed updates from me.

Sincerely,

A handwritten signature in black ink that reads "Liz Krueger".

Liz Krueger
State Senator

TABLE OF CONTENTS

Introduction from Senator Liz Krueger	
Advocacy & Action Groups.....	1
Caregiver Resources.....	3
Community Boards.....	5
Computer Training.....	6
Consumer Protection	
• Consumer Rights & Complaints.....	9
• Financial Protection for Consumers.....	10
Continuing Education.....	12
Cultural & Recreational Activities	
• Museums.....	14
• Music, Dance & Theater.....	15
• Athletic & Recreational Facilities.....	18
Employment	
• Employment & Job Search Programs.....	19
• Unemployment Benefits.....	20
Government Benefits.....	21
Health & Prescription Drug Insurance	
• Health Insurance.....	24
• Enrollment Assistance.....	26
• Prescription Drug Insurance & Discount Programs.....	27
Healthcare Services & Support	
• Free and Low Cost Health & Dental Services.....	29
• Mental Health Services.....	31
• Disease Specific Support & Education Groups.....	32
Home Care	
• Home Health & Personal Care Services.....	34
• Meal Assistance for the Homebound.....	36
• Hospice and Palliative Care Programs.....	37

Housing	
• Senior Housing & Assisted Living.....	38
• Tenant Advocacy Organizations.....	38
• Government Benefits for Low-Income Renters.....	39
• Property Tax Reduction Programs for Homeowners.....	40
Legal Resources.....	41
Nursing Homes.....	44
Public Safety	
• Police Precinct Community Councils.....	46
• Assistance for Crime Victims.....	46
Senior Centers.....	48
Services for People with Disabilities.....	50
Services for the Visually Impaired.....	51
Social Service Agencies.....	53
Transportation.....	57
Veterans' Benefits.....	58
Volunteer Opportunities.....	59

ADVOCACY & ACTION GROUPS

American Association for Retired Persons (AARP)

780 Third Avenue, 3rd Floor
New York, NY 10022
866-227-7442

www.aarp.org

National organization providing benefits, advocacy and information on aging for people age 50 and over.

Institute For Senior Action

132 West 31st Street, 10th Floor
New York, NY 10001
212-273-5262

www.jpac.org/ifsa.html

The Institute For Senior Action (IFSA) offers a multi-week training program 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

520 Eighth Avenue, North Wing, 3rd Floor
New York, NY 10018
800-333-4114

www.medicarerights.org

The Medicare Rights Center is the largest independent source of health care information for people with Medicare, and works to bring the consumer voice to the national debate on Medicare reform. It provides direct assistance to older adults and people with disabilities, as well as friends, family, caregivers and professionals who have Medicare questions or problems. Trained hotline counselors respond to questions about available health plan options, rights and benefits, and can also help people get the care and medicines they need. When appropriate, staff represent clients who cannot secure the care or coverage they need on their own.

New York Gray Panthers

244 Madison Avenue, Suite 396
New York, NY 10016
212-799-7572

www.graypanthersnyc.org

A national organization committed to social justice including 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
518-436-1006
www.nysenior.org

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 patients' rights. 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
518-465-0641
www.coalitionforaging.org

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

Older Women's League

P.O. Box 1242, Ansonia Station
New York, NY 10023
212-663-2932
www.owl-national.org

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

CAREGIVER RESOURCES

CAPP Caregiver Resource Center at Mount Sinai Medical Center

19 East 98th Street, Suite 9E
New York, NY 10029
212-241-2277

www.mountsinai.org/capp

The CAPP Caregiver Resource Center is primarily funded by the NYC Department for the Aging and is staffed by licensed social workers who specialize in the unique needs of family caregivers of adults 60 or older. In addition to these personalized services, CAPP offers educational workshops, respite and reimbursement for out-of-pocket care giving expenses and referrals for group support. Call for information about eligibility.

Health Outreach Caregivers Service at NY Weill Cornell Medical Center

525 East 68th Street
New York, NY 10021
212-746-4351

www.nypgeriatrics.org/hea_out.html

The Caregivers Service offers support for people caring for seniors over the age of 60, including counseling, evaluation of care options, home care, a retirement community, skilled nursing facility and assisted living. It also provides strategies for stress reduction and self-care, crisis intervention, and information about healthcare proxies, living wills and powers of attorney.

JASA Respite Program

Pearce Help Center
132 West 31st Street
New York, NY 10001
212-273-5272

www.jasa.org

Provides information, counseling, support groups, and respite services for caregivers. Also provides: personal emergency response systems, housekeeping, medical supplies, transportation, home-delivered meals, escort/shopping assistance, telephone reassurance, and friendly visits.

National Family Caregivers Association

800-896-3650

www.thefamilycaregiver.org

Offers a virtual library of educational materials including tips and guides for family caregivers, information on agencies and organizations that provide caregiver support, and workshops on communicating effectively and how to connect with other caregivers.

New York City Department for the Aging (DFTA)

Caregiver Support
2 Lafayette Street
New York, NY 10007
call 311

www.nyc.gov/html/dfta/html/caregiver/caregiver.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, 14th Floor
New York, NY 10007
212-962-7559

www.nyfsc.org

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

COMMUNITY BOARDS

Community Boards are New York City's most local level of government. There are 59 throughout the City and 12 in Manhattan. Each Board consists of up to 50 unsalaried members appointed by the Borough President, with half nominated by the City Council Members who represent the community district. Each board has a paid District Manager who coordinates the work of each board, and helps to resolve problems with City services brought to the attention of the Community Board.

Board members are selected from among active, involved people of each community, with an effort made to assure that every neighborhood is represented. Board members must reside, work, or have some other significant interest in the community.

Boards meet once each month and have committees that meet more frequently. At these meetings, members address items of concern to the community. Board meetings are open to the public, and a portion of each meeting is reserved for the Board to hear from members of the public. In addition, Boards regularly conduct public hearings - on the City's budget, on land use matters, and other major issues - to give the people of the community the opportunity to express their opinions.

Following is a list of community boards in Senate District 26. All meetings are open to the public. See websites or call for meeting times and locations.

Manhattan Community Board #5

450 Seventh Avenue, Suite #2109

New York, NY 10123

212-465-0907

www.cb5.org

Meets the second Thursday of each month at 6 pm. Location varies.

Manhattan Community Board #6

866 United Nations Plaza, Suite #308

New York, NY 10017

212-319-3750

www.cb6mnyc.org

Meets on the second Wednesday of each month at 7 pm at the NYU Medical Center, 550 First Avenue.

Manhattan Community Board #8

505 Park Avenue, Suite #620

New York, NY 10022

212-758-4340

www.cb8m.com

Meets on the third Wednesday of each month at 6:30 pm. Location varies.

COMPUTER TRAINING

There are numerous organizations that provide computer training for those at both beginner and advanced levels. Many are offered at no or low-cost and, although classes are scheduled several times a year, they often fill up quickly.

Carter Burden Center for the Aging

1484 First Avenue
New York, NY 10075
212-879-7400

www.burdencenter.org

Computer lab offers one-on-one half hour tutoring sessions daily Monday through Friday, usually between 1:00 pm and 2:00 pm. After filling out a Senior Center membership form, members are welcome to sign up for a class (sign-up sheet is outside the computer lab). Tutoring is provided by volunteers and staff and there is no charge.

Computer Training Resource Centers

430 West 25th Street
New York, NY 10001
212-255-3066, ext. 119

www.nycgovparks.org (click on “facilities” then go to “Computer Resource Centers”)

Operated by the NYC Parks and Recreation Department, the centers offer a range of computer courses, from the basics to digital photography to video making/editing, with special attention given to those who have never used a computer. Class subjects and times vary at each center and are free with an annual senior membership fee of \$10, available to those 55 years of age and older. Call or check the website for more information and to find the center nearest to you.

Lenox Hill Neighborhood House

331 East 70th Street
New York, NY 10021
212-744-5022, ext. 1305

www.lenoxhill.org/computer.html

Offers a 9 week foundational course called “Computer Basics for Seniors” that prepares students to perform basic computer functions with confidence. The course includes access to ten assisted practice session each week and meets on Mondays from 1:45 pm to 3:15 pm or Wednesdays from 10:30 am to 12:00 pm. Courses start in October, January, April and July. The fee is \$210.

The **New York Public Library** offers hands-on classes from the basics to internet search strategies to MS Word and Excel – and much more. Register online at www.nypl.org/classes or contact local branches for details. The following branches frequently hold classes on the East Side:

Mid-Manhattan Library
455 Fifth Avenue
New York, NY 10016
212-576-0088

58th Street Branch
127 East 58th Street
New York, NY 10022
212-759-7358

Older Adults Technology Services (OATS)

718-502-9203

www.oatsny.org

Provides computer and technology training (classes at both introduction and advanced levels) for older adults, and operates an intergenerational program with high school students to use technology to promote cross-age connections. Classes are offered at different locations throughout New York City. Call for latest information.

Stanley Isaacs Neighborhood Center

415 East 93rd Street
New York, NY 10128
212-360-7620

www.isaacscenter.org

Beginning and intermediate classes introduce members to email and the internet. Call for more information.

Stein Senior Center

340 East 24th Street, 2nd Floor
New York, NY 10010
212-585-6052

www.steinseniorcenter.org

Operates a free cybercafé that provides computer access to seniors and visitors. Offers an eight session computer course throughout the year. Classes are held on Tuesdays and Thursdays from 1:00 pm - 2:00 pm. Enroll at the center or online at www.SurfingComputers.com.

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212-912-2500

www.ymcanyc.org/index.php?id=1097

The Computer Learning Center teaches basic computer skills plus how to search the internet, send emails, navigate web sites. Courses are offered throughout the year. Cost of \$100 for members and \$150 for nonmembers.

92nd Street Y

1395 Lexington Avenue

New York, NY 10128

212-415-5500

www.92y.org

Part of the 92nd Street Y's 60+ program, offers courses on word processing and internet skills for beginner, intermediate and advanced students. Annual fee for 60+ program is \$395 with additional fee for computer classes.

CONSUMER PROTECTION

Consumer Rights & Complaints

Do Not Call Registry

888-382-1222

www.donotcall.gov

National registry that allows consumers to block most telemarketing calls to home or mobile phones. Register by phone or online.

NYC Department of Consumer Affairs

Call 311

<http://www.nyc.gov/html/dca/html/resources/complaint.shtml>

Provides mediation services for residents who believe they have been cheated by deceptive or unfair trade practices related to the sale, lease, rental, or loan of consumer goods or services by a business operating in the five boroughs of New York City. If the business is licensed by the Department of Consumer Affairs, the agency can hold administrative hearings that can result in monetary judgments or other forms of restitution. Complaint forms and educational material can be obtained on the website or by calling 311.

NY State Department of Consumer Affairs

800-697-1220

www.nyconsumer.gov

Advocates for and works to empower New York consumers through education and direct assistance. The agency responds to individual consumer complaints by working to settle disputes between consumers and businesses through voluntary mediation. Complaint forms and a variety of educational materials are available on the website.

Due to jurisdictional reasons, the New York City and State Departments of Consumer Affairs can only take complaints regarding certain types of businesses and institutions. Complaints regarding the following businesses and institutions must be directed to the associated agency:

Attorneys

State Supreme Court Appellate Division:

212-401-0800 (in New York and Bronx)

718-923-6300 (in Brooklyn, Queens, and Staten Island)

Banks

State-chartered and State-licensed financial institutions:

NY State Banking Department (877-226-5697)

Federal financial institutions:

Federal Reserve Board (202-452-3693)

Car Repairs

NY State Department of Motor Vehicles Safety (518-474-8943)

Cell Phone Service

Federal Communications Commission (800-CALL-FCC)

Credit Card Companies

NY State Attorney General's Office Consumer Hotline (800-771-7755)

Fraud Issues

NY State Attorney General's Consumer Frauds and Protection Bureau (212-416-8345)

Insurance Companies

NY State Department of Insurance (800-342-3736)

Moving Companies

NY State Department of Transportation (718-482-4815)

Plumbing and Electrical Work

NYC Department of Buildings (call 311)

Product Safety Recalls

U.S. Consumer Product Safety Commission (800-638-2772)

Financial Protection for Consumers

Free Credit Reports

877-322-8228

www.annualcreditreport.com

While there are many companies that charge people to obtain copies of their credit reports, all New Yorkers are entitled to receive one free credit report each year from each of the major credit reporting agencies. All three national credit bureaus (Experian, Equifax and TransUnion) must provide you with a copy of your credit report once every year, upon request, under provisions of the Fair Credit Reporting Act.

NEDAP

73 Spring Street, Suite 506

New York, NY 10012

212-680-5100

www.nedap.org

A nonprofit advocacy and education organization that works to eliminate predatory economic practices and improve consumer protections. Provides a comprehensive list of resources and factsheets on issues such as community banking and finance, credit reports, debt collection, identity theft, foreclosure prevention, and predatory lending available at <http://nedap.org/resources/consumer.html>. NEDAP also operates the **New York City**

Financial Justice Hotline which provides information and referrals for low-income residents regarding issues with unfair debt collection practices, tax refund loans, payday loans, credit reporting and repair. The hotline can be reached at 212-925-4929 on Tuesdays 12 pm – 2 pm, Wednesdays 10 am–12 pm, and Thursday 2 pm – 4 pm.

NYC Financial Empowerment Centers

Midtown Community Court
315 West 54th Street
New York, NY 10019
646-264-1365

http://www.nyc.gov/html/ofe/html/poverty/fec_manhattan.shtml#manhattan

In cooperation with a number of non-profit organizations, New York City operates free Financial Empowerment Centers in each borough. The centers provide free one-on-one financial counseling by professional counselors in person or by phone in English and Spanish. Financial counselors can help with budget and debt management, debt collection, difficulties with credit repair agencies, eligibility for government benefits, opening bank accounts, and financial scams. The center listed above is the one most convenient to Senator Krueger's district. It is open Tuesday 9 am – 4 pm and Friday 9 am – 1 pm. It is best to make an appointment ahead of time. Other locations are available on the website or by calling 311.

Credit Freeze

New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. This prohibits crediting agencies from releasing the contents of their credit reports or scores so new credit accounts can be issued until the freeze is lifted. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number, and proof of current address. Individuals must contact each agency again when they want to lift the freeze.

See http://www.fightidentitytheft.com/security_freeze_newyork.html for additional details.

Equifax Security Freeze

P.O. Box 740256
Atlanta, GA 30374
888-766-0008

Experian Security Freeze

P.O. Box 9554
Allen, TX 75013
888-EXPERIAN (397-3742)

TransUnion Security Freeze

P.O. Box 6790
Fullerton, CA 92834-6790
800-680-7289

CONTINUING EDUCATION

City College of New York

Quest: A Community for Lifelong Learning

25 Broadway, 7th Floor

NYC, NY 10004

212-925-6625 ext. 229

www.questonline.org

The Quest program offers more than 30 college-level courses each semester specifically designed for retired and semi retired men and women. Quest members design their own curriculum and do all the teaching. Approximately 170 students currently participate. Quest courses meet between Monday and Thursday from 10:30 am to 2:30 pm during the academic year. Membership for the year is \$500 and includes participation in three semesters. Reduced rates are available for people who choose to study one or two semesters. Call or see website for details.

Marymount Manhattan College

Center for Learning and Living Adults 50+

221 East 71st Street

New York, NY 10021

212-774-0780

http://specialprograms.mmm.edu/Description.cfm?cat_id=271

Offers courses and enrichment programs on a wide range of subjects for adults 50 and older. See website or call for current offerings and registration form. Tuition is \$310 for up to six courses, plus a \$20 registration fee. Additional courses may be taken on a space available basis for \$50 each.

New York University

School of Continuing & Professional Studies

Washington Square

New York, NY 10003

(212) 998-7171 – Office of Student Enrollment Services

<http://www.scps.nyu.edu/admissions/continuing-education/registration-information/>

If you are 65 or older, you may enroll in continuing education courses for half the regular fee (except where otherwise indicated). At the time of registration, the applicant must request the senior citizen discount. The Older Adult discount is not offered through the Web. Proof of age (such as a Medicare card, driver's license, or passport) is required at in-person registration, and a copy of aforementioned proof of age must be sent to the Office of Student Enrollment Services if you are registering by telephone, fax, or mail. The senior citizen discount does not apply to conferences and seminars that begin with an R or SCPS designation, credit courses that begin with a Y or Z designation, or computer-lab based instruction.

The New School

The Institute for Retired Professionals (IRP)

66 West 12th Street, Room 502

New York, NY 10011

Phone: 212.229.5682

<http://www.newschool.edu/irp/>

IRP members are people who have come together to create a community in which each person's learning experience is enriched through exchange with other members of diverse backgrounds and interests. The program is open to retired and semi retired people who want to participate actively in cooperative learning and instruction. Courses offered in history, literature, philosophy, the humanities, science, art, music, drama, and other subjects. An application is required and total enrollment is capped at 270 students per semester. Tuition is \$860 for the year and \$566 for one semester. Scholarships are available.

CULTURAL & RECREATIONAL ACTIVITIES

Museums

Manhattan is home to a rich variety of museums catering to every interest and displaying a vast range of art. Most offer discounted senior admissions and many have special free or pay-what-you-wish hours. Below, you will find a far from comprehensive list of major Manhattan museums offering free or reduced cost entrance. Check with other institutions of interest to you if they offer reduced or free entrance programs.

American Museum of Natural History

Central Park West and 79th Street

New York, NY 10024

212-769-5100

www.amnh.org

Suggested donation for admission, but pay what you can afford. Some exhibits require tickets at an additional cost. Open daily except Thanksgiving and Christmas Day.

Asia Society and Museum

725 Park Avenue

New York, NY 10021

212-288-6400

www.asiasociety.org

Free admission on Fridays from 6 pm to 9 pm Closed Mondays and some holidays.

Frick Collection

1 East 70th Street

New York, NY 10021

212-288-0700

www.frick.org

Pay-what-you-wish on Sundays from 11 am to 1 pm Closed Mondays and some holidays.

Metropolitan Museum of Art

1000 Fifth Avenue

New York, NY 10028

212-535-7710

www.metmuseum.org

Suggested donation for admission, but pay what you can afford. Closed Mondays except Holiday Mondays.

Museum of Art & Design

2 Columbus Circle

New York, NY 10019

212-299-7777

www.madmuseum.org

Admission on Thursdays from 6 pm to 9 pm is on a pay-what-you-wish basis. Closed Mondays and major holidays.

Jewish Museum

1109 Fifth Avenue
New York, NY 10128
212-423-3200

www.thejewishmuseum.org

Free admission on Saturdays. Closed Wednesdays and major secular and Jewish holidays.

Museum of Modern Art

11 West 53rd Street
New York, NY 10019
212-708-9400

www.moma.org

Free admission on Friday 4 pm to 8 pm Closed Tuesdays, Thanksgiving and Christmas Day.

Neue Galerie

1048 Fifth Avenue
New York, NY 10028
212-628-6200

www.neuegalerie.org

\$10 admission fee for seniors. Closed Tuesdays and Wednesdays.

Solomon R. Guggenheim Museum

1071 Fifth Avenue
New York, NY 10128
212-423-3500

www.guggenheim.org

Pay-what-you-wish on Saturdays from 5:45 pm to 7:45 pm Closed Thursdays.

Whitney Museum

945 Madison Avenue New York, NY 10021
212-570-3600

www.whitney.org

Pay-what-you-wish on Fridays from 6 pm to 9 pm Closed Mondays and Tuesdays, Thanksgiving, Christmas Day and New Year's Day.

Music, Dance & Theater

Music, dance, and theater of all types is presented at a wide variety of cultural, educational and religious institutions throughout the city. A small selection of the many venues in that provide special discounts for seniors or free tickets are listed below. Call, write, or check

their websites for schedules. Check with other institutions of interest to you to see if they offer reduced or free entrance programs.

Juilliard School Performances

The Juilliard School
155 West 65th Street
212-769-7406
www.juilliard.edu

The Juilliard School offers a season of almost 700 dance, drama, and music (classical and jazz) performances featuring Juilliard students, faculty, and special guest artists. Almost all of these events are free and open to the public; some carry a nominal charge. In addition, the *Wednesdays at One* series is presented each week at Alice Tully Hall, Broadway and 65th Street, throughout the school year, featuring free hour-long concerts performed by Juilliard artists. Throughout the season, free chamber music concerts are presented at 180 Maiden Lane, located south of South Street Seaport, Tuesdays at 12:30 pm. No tickets are required.

Metropolitan Opera Company

Metropolitan Opera House at Lincoln Center Plaza
New York, NY 10023
212-362-6000
www.metopera.org

Offers a Rush Ticket program for seniors that provides fifty \$20 orchestra tickets for all regular Monday through Thursday performances. Rush tickets go on sale beginning at noon on the day of the performance and can be purchased online or by calling the box office.

New York City Opera

David H. Koch Theater
20 Lincoln Center Plaza
New York, NY 10023
212-870-5570
www.nycopera.com

Opera for All \$25 orchestra rush tickets are available every Monday at 10 am during the season for all performances that week, based on availability. Tickets may be purchased by calling 212-721-6500 with the code OFA1, or in person at the box office.

New York Philharmonic

Avery Fisher Hall
10 Lincoln Center Plaza
New York, NY 10023
212-875-5900
www.nyphil.org

The Philharmonic has several special programs for seniors. Senior Rush tickets are \$12 plus a \$2 facility fee for selected concerts and are available day of the performance; box office opens at 10:00 am. Open rehearsals are held most weeks, usually on Wednesday or

Thursday at 9:45 am Rehearsal tickets are \$16 each and should be purchased in advance. Call or visit the web site for specific schedule.

St. Bartholomew's Church

325 Park Avenue
New York, NY 10022
212-378-0222
www.stbarts.org

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

St. Peter's Church

619 Lexington Avenue
New York, NY 10022
212-935-2200
www.saintpeters.org

Midtown Jazz at Midday every Wednesday, September through June from 1 pm to 2 pm in the Living Room of St. Peter's Church. A \$7 donation is requested. Jazz on the Plaza (53rd and Lexington) is presented on Thursdays in July and August from 12:30 pm to 1:45 pm and is free. You may bring your own lunch to both programs. From September through May a Classical Concert Series is presented every Tuesday at 8 pm; donations accepted.

Shakespeare in the Park presented by the Public Theater

212-539-8750
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. Free tickets are available the day of the performance beginning at 1 pm at the Delacorte Theater in Central Park. 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). To find the theater, enter the Central Park at 5th Avenue and 79th Street or Central Park and 81st Street and follow the footpaths to the theater.

York Theatre Company

The Theatre at Saint Peter's
619 Lexington Avenue
New York, NY 10022
212-935-5820
www.yorktheatre.org

The company presents new musicals in downstairs space. Senior Rush tickets, when available, are \$20. Arrive one hour before performance. There are also free readings of new musicals throughout the year. Reservations for these readings are recommended.

Athletic & Recreational Facilities

Asphalt Green

555 East 90th Street
New York, NY 10128
212-369-8890

www.asphaltgreen.org

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

Recreation Center 54

348 East 54th Street
New York, NY 10022
(212) 754-4277

<http://www.nycgovparks.org/facilities/recreationcenters>

Operated by the New York City Department of Parks and Recreation, the center provides a wide range of recreational facilities including a gym, pool, basketball court, track, dance room, and computer resource center. The facilities are open Monday through Friday from 6:30 am to 9:30 pm, and Saturday from 8:00 am to 4:00 pm. Yearly membership fee is \$10 for residents age 55 and up. See website for centers in other parts of New York City.

Vanderbilt YMCA

224 East 47th Street
New York, NY 10017
212-912-2500

www.ymcanyc.org/index.php?id=1097

Programs for older adults include health and fitness, swimming classes, trips and programs, social clubs, more. Membership fee; financial assistance available.

92nd Street Y

1395 Lexington Avenue
New York, NY 10128
212-415-5500

www.92y.org

The 92nd Street Y has a large fitness center and pool, and offers a wide range of classes, lectures and programs. Financial assistance is available for those who qualify.

EMPLOYMENT

Employment & Job Search Programs

Elder Craftsmen

307 Seventh Avenue, Suite 1401

New York, NY 10001

212-319-8128

www.eldercraftsmen.org

Several paying programs for 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

311 or 212-442-3117

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.

Senior Community Service Employment Program

212-442-1355

www.doleta.gov/seniors

Helps place low-income seniors, age 55 or older, in subsidized, part-time, paid employment with community organizations and non-profit agencies.

ReServe

6 East 39th Street, 10th Floor

New York, NY 10016

212-792-6205

www.reserveinc.org

Matches educated older adults with paying jobs in non-profit organizations. Non-profit partners include the Hebrew Home for the Aged, the Center for Court Innovation, the After School Corporation, the American Museum of Natural History, the Burden Center on Aging, and the Museum of Modern Art.

Unemployment Benefits

New York State Department of Labor

<http://www.labor.state.ny.us/unemploymentassistance.shtm>

To apply for Unemployment Insurance Benefits, call the New York State Department of Labor at 888-209-8124 or online at <https://ui.labor.state.ny.us/UBC/index.jsp>. It is important to apply as soon as possible after you lose your job because there is a one-week waiting period before you are entitled to receive benefits.

National Employment Law Project

<http://www.nelp.org/>

National organization that advocates to improve worker rights and unemployment benefits. Provide useful factsheets for those first applying for unemployment, and those having difficulty obtaining or maintaining their benefits.

Lawhelp

www.LawHelp.org

Created by advocacy and legal services organizations, LawHelp provides links to information and advocacy groups useful for people applying for unemployment benefits for the first time, as well as to those having difficulty obtaining or maintaining their benefits.

GOVERNMENT BENEFITS

The benefits and programs discussed below are only a selection of the many offered by different levels of government. The New York City website www.nyc.gov/accessnyc identifies and screens for over 30 city, state, and federal government benefit programs. Most senior centers can also help residents determine which benefits and programs may be of interest.

Food Stamps

877-472-8411

<http://www.otda.state.ny.us/main/foodstamps/#benefits> (for information)

<http://www.otda.state.ny.us/main/apps/4826.pdf> (for application)

Food stamp benefits help low-income working people, seniors, the disabled, and others feed their families. The program issues monthly benefits that can be used to purchase food at authorized retail food stores. Benefits are provided through an electronic benefit card, similar to a debit or credit card. Eligibility and benefit levels are based on household size, income, expenses and other factors. Recent changes to the Food Stamp Program have made it easier for many working households to apply and gain access to these critical nutrition supports. The income eligibility levels are higher for seniors than others, and deductions are available for some expenses.

Applications can be submitted in NYC at any Human Resources Administration or Food Stamp office (the ones most convenient to Senator Krueger's office are listed below). Call 311 for applications and additional locations.

East End

2322 Third Avenue, 3rd Floor

New York, NY 10035

(212) 860-5159

(212) 860-5147

Monday-Friday 8:30 am to 5 pm

Waverly

12 West 14th Street, 4th Floor

New York, NY 10011

(212) 352-2519

(212) 352-2524

Monday, Wednesday, Thursday & Friday: 8:30 am to 6:00 pm

Tuesday: 8:30 am to 6:00 pm

Saturday: 9:00 am to 5:00 pm

Food Stamp Outreach Project

<http://www.foodstampshelp.org/>

Statewide organization that provides comprehensive information about food stamps and provides links to local nonprofit organizations that can assist with enrollment.

Temporary Assistance

1-800-342-3009

<http://www.otda.state.ny.us/main/ta/> (for information)

<http://www.otda.state.ny.us/main/apps/4726.pdf> (for application)

Federally and state funded program that provides cash benefits to very low-income people for essential food, clothing and shelter. Benefits vary depending on specific situations, income and asset limitations.

Applications can be submitted in NYC at any Human Resources Administration Job Center (the ones most convenient to Senator Krueger's office are listed below). Call 311 for applications and additional locations.

Waverly

12 West 14th Street

New York, NY 10011

(212) 620-9890

(212) 620-9421

East End

2322 Third Avenue

New York, NY 10035

(212) 860-2749

(212) 860-6801

Senior Works Center (primarily services those age 60 and older)

109 East 16th Street

New York, NY 10003

(212) 835-8445

(212) 835-7691

Verizon LifeLine

800-555-5000

[http://www.usac.org/li/low-](http://www.usac.org/li/low-income/lifelinesupport/browser/permalink.aspx?state=NY&company=1370)

[income/lifelinesupport/browser/permalink.aspx?state=NY&company=1370](http://www.usac.org/li/low-income/lifelinesupport/browser/permalink.aspx?state=NY&company=1370)

Verizon offers a reduced rate on residential telephone service to low-income New York residents. With the LifeLine service, basic residential service is available for as low as \$2 per month. Residents currently without a home phone can have a new phone line installed for as low as \$5. Anyone enrolled in one of the following government benefit programs is eligible for LifeLine: Food Stamps, Home Energy Assistance Program (HEAP), Medicaid, Supplemental Security Income (SSI), and Temporary Assistance.

Home Energy Assistance Program (HEAP)

Call 311 for information or application

http://www.nyc.gov/html/dfta/downloads/pdf/heap_application_08.pdf ---- for application

A one-time grant per year to help low-income homeowners and renters pay fuel and utility costs. There are income limitations but no asset. Available to both households that pay directly for heat and households where heat is included in rent. Benefit amounts range from \$40.00 - \$585.00. Eligible households that pay directly for heat with their main source of heat being oil, kerosene or propane may receive a benefit up to \$800.00. Funds are limited. Residents 65 and older apply through the NYC Department for the Aging. Residents under 65 apply through the NYC Human Resources Administration. Both agencies can be reached by calling 311. Funds are limited, apply early.

Weatherization, Referral and Packaging Program (WRAP)

Call 311 for information and application

Provides low-income homeowners age 60 and older with free services that can lower energy bills. Services include insulation, door and window replacement and furniture and roof repairs. Must reside in one to four-unit dwellings; there are income limitations.

HEALTH & PRESCRIPTION DRUG INSURANCE

Health Insurance

Medicare

800-MEDICARE (800-633-4227)

www.medicare.gov

Medicare is a federal health insurance program for all citizens age 65 or older (and those under age 65 with certain disabilities).

There are different parts of Medicare to help cover specific services if you meet certain conditions. Medicare has the following parts:

Medicare Part A (hospital insurance)

Helps cover inpatient care in hospitals, care in nursing facilities, hospice care, and home health care.

Medicare Part B (Medical Insurance)

Helps cover doctors' services, outpatient care, and some preventative services.

Medicare Part C (Medicare Advantage Plans)

A health coverage choice run by private companies approved by Medicare (like an HMO or PPO). Includes Part A, Part B, and usually other coverage including prescription drugs.

Medicare Part D (Medicare Prescription Drug Coverage)

Helps to lower your prescription drug costs and help protect against higher costs in the future.

Each year the Center for Medicare and Medicaid Services publishes a comprehensive guide called *Medicare and You*, which explains Medicare in great detail, provides updates about any recent changes, and answers frequently asked questions. This year's guide is available online at <http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf>. The guide can also be obtained by calling 800-MEDICARE.

Medicaid

888-692-6116 – NYC Medicaid Helpline

http://www.health.state.ny.us/health_care/medicaid/

Medicaid pays medical bills for eligible low-income residents of all ages. Medicaid pays for certain services for Medicare beneficiaries that are not covered by Medicare (dental care, home care, institutional care, prescription drugs, eye glasses, and hearing aids). There are asset and income limitations and other eligibility requirements.

To apply for Medicaid in Manhattan contact one of the offices below:

Bellevue Hospital Medicaid Office
462 First Avenue "G" Link (Ground Floor)
(212) 679-7424

Chinatown Medicaid Office
115 Chrystie Street (5th Floor)
(212) 334-6114

Metropolitan Hospital Medicaid Office
1901 First Avenue (1st Fl. - Room 1D-27)
(212) 423-7006

Manhattanville Medicaid Office
520-530 West 135th St. (1st Floor)
(212) 939-0207/0208

Medicare Savings Programs/Extra Help

888-692-6116

http://www.health.state.ny.us/health_care/medicaid/program/update/savingsprogram/medicare-savingsprogram.htm

Medicare Savings Programs help low-income people 65 and older or disabled with Medicare pay for some of the costs. Income and asset limits vary, as do the amount of benefits. There are three programs:

Qualified Medicare Beneficiary (QMB): Pays for Medicare premiums, deductibles and co-insurance.

Specified Low-income Medicare Beneficiary (SLMB): Pays for Medicare Part B Premium.

Qualifying Individual (QI-1) Program: Pays for Medicare Part B Premium.

The application for all three programs is available on the web at http://www.health.state.ny.us/health_care/medicaid/program/update/savingsprogram/medicare-savingsprogram.htm or by calling 311.

Healthy NY

New York State Insurance Department
25 Beaver Street
New York, NY 10004
866-432-5849
www.HealthyNY.com

A public health insurance program that promotes access to quality health care for people age 64 and younger by providing comprehensive health insurance to eligible individuals,

small businesses, and sole proprietors. All HMOs in New York State offer Healthy NY coverage. There are many eligibility requirements including household income, employment history, and past health insurance coverage.

Family Health Plus

New York State Department of Health
Corning Tower
Empire State Plaza
Albany, NY 12237
866-881-2809

<http://www.health.state.ny.us/nysdoh/fhplus/>

A public health insurance program for adults who are aged 19 to 64 who have income or resources too high to qualify for Medicaid. It is available to single adults, couples without children, and parents who are residents of New York State and are United States citizens or fall under one of many immigration categories. Eligibility requirements include a household income threshold.

Enrollment Assistance

Health Insurance Information, Counseling and Assistance Program (HIICAP)

311 or 212-341-3978

<http://www.nyc.gov/html/dfta/html/senior/hiicap.shtml>

Operated by the NYC Department for the Aging, HIICAP offers free, current, and impartial information about health care coverage. Trained counselors are available to answer questions about Medicare, Medicaid, HMOs, prescription drug information, Medigap, Medicare Savings Programs, and many other issues.

Medicare Rights Center

520 8th Avenue, North Wing, 3rd Floor
New York, NY 10018
800-333-4114

www.medicarerights.org

The Medicare Rights Center is the largest independent source of health care information for people with Medicare, and works to bring the consumer voice to the national debate on Medicare reform. It provides direct assistance to older adults and people with disabilities, as well as friends, family, caregivers and professionals who have Medicare questions or problems. Trained hotline counselors respond to questions about available health plan options, rights and benefits, and can also help people get the care and medicines they need. When appropriate, staff represents clients who cannot secure the care or coverage they need on their own.

Many senior centers also have staff who are qualified to answer questions about health insurance issues. See the Senior Center section on page 48 for more information.

Prescription Drug Insurance & Discount Programs

Elderly Pharmaceutical Insurance Coverage (EPIC)

P.O. Box 15018
Albany, NY 12212-5018
800-332-3742

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 (single), or \$50,000 or under (married). Seniors who receive full Medicaid benefits are NOT eligible although those on Medicaid spend-down may be. Everyone who enrolls in EPIC will also automatically be enrolled in a Medicare Part D plan. You may switch that plan if you are unsatisfied during the next open enrollment period. Application is available on the web site or by calling the number above.

Medicare Part D

866-633-4227
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. The Medicare Rights Center, the NYC Department for the Aging, and many senior centers can provide assistance in choosing the best plan for your circumstances. In order for a the Part D plan to take start on January 1st, registration must take place during the yearly enrollment period which is from November 15th to December 31st each year.

New York Prescription Saver Card

800-788-6917
<http://nyprescriptionsaver.com>

A new free pharmacy discount card for New York State Residents who are age 50 to 65 and not receiving Medicaid. Can be used at participating pharmacies to save as much as 60% on generics and 30% on brand name drugs. There are income limitations.

NYS Department of Health Prescription Drug Price List

<http://rx.nyhealth.gov/pdpw/index.jsp>

The New York State Board of Pharmacy publishes an annual list of the prices of the 159 most frequently prescribed drugs, in the most common quantities. The State Department of Health collects retail price information on these drugs from pharmacies that participate in the Medicaid program.

MAINTAIN (Medicine Assistance for Those who Are in Need)

866-706-2400
www.pfizerHelpfulAnswers.com

Designed to help recently unemployed Americans and their families who have lost their insurance and are taking Pfizer medicines to continue treatment at no cost for up to one year. The program will be open for enrollment through December 31, 2009.

FreeDrugCard.US

www.freedrugcard.us

This is not an insurance plan. It is an prescription drug program that works like an drug coupon, offering discounts on prescription drug costs. The card is free.

Partnership for Prescription Assistance

888-4PPA-Now

www.pparx.org

A service sponsored by pharmaceutical research companies to help patients in need get access to prescription medicines. It provides a single point of access to more than 475 public and private patient assistance programs that could provide help with more than 2,500 brand-name medicines, including a wide range of generics.

Together Rx Access

800-966-0407

www.TogetherRxAccess.com

The Together Rx Access Card was created by many of the nation's pharmaceutical companies to help consumers gain access to savings on prescription products at their neighborhood pharmacy. Most cardholders save 25 to 40 percent on brand-name prescriptions. More than 300 brand name and generic prescription products are included in the program. The card is free. Eligibility is determined by income levels: \$45,000 for a single person and \$60,000 for a family of two.

HEALTHCARE SERVICES & SUPPORT

Free and Low Cost Health & Dental Services

Bellevue Hospital Center Outpatient Clinic

462 First Avenue
New York, NY 10016
212-562-1685

Clinic providing primary and specialty medical services to individuals of all ages. Medicaid, Medicare, and Family Health Plus accepted. Sliding scale fees and payment assistance are available to those who qualify based on income.

Mount Sinai Hospital Dental Clinic

1468 Madison Avenue, 2nd Floor, Area B
New York, NY 10029
212-241-7121

Accepts Medicaid and Family Health Plus. Sliding scale fees are available to those who qualify based on income.

New York Presbyterian Hospital Dental Clinic

525 East 68 Street, 25th Floor
New York, NY 10021
212-746-5190

Accepts Medicaid and Family Health Plus. Sliding scale fees are available to those who qualify based on income.

New York University David Kriser Dental Center

345 East 24th Street
New York, NY 10010
212-998-9800

<http://www.nyu.edu/dental/patientinfo/info.html>

Medicaid accepted. Reduced fees for uninsured individuals.

Philips Family Practice

16 East 16th Street
New York, NY 10003
212-206-5200

www.institute2000.org/health/manhattan/manhattan.htm

Open from 8:30 AM – 8:00 PM on Mondays and Thursdays, 8:30 AM – 6:00 PM on Tuesdays and Wednesdays, 8:30 AM – 4:30 PM on Fridays, and 9:15 AM – 4:00 PM on Saturdays. Services offered include adult medicine, pediatric, dental, women's health, physicals, immunizations, prenatal, disease screening, HIV, mental health, social services. Cost is based on a sliding scale fee.

Seniors EyeCare Program

American Academy of Ophthalmology

800-222-3937

www.eyecareamerica.org

Program works to reduce avoidable blindness and severe visual impairment by raising awareness about eye disease and care, providing free eye health educational materials, and facilitating access to medical eye care. Provides referrals to eligible seniors for a comprehensive, medical eye exam with a volunteer ophthalmologist, and up to one year of care for any disease diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full; patients without insurance receive care at no charge. In order to be eligible, seniors must be age 65 or older, not have seen an ophthalmologist for three or more years, and not already be covered by an HMO or the VA. Call for eligibility screenings, more information, and referrals.

Sidney Hillman Family Practice

16 East 16th Street

New York, NY 10003

212-924-7744

www.institute2000.org/health/manhattan/manhattan.htm

Open on weekdays, from 9 am – 5 pm. Services include adult medicine, pediatric, dental, women's health, physicals, immunizations, prenatal, disease screening, HIV, mental health, social services. Cost is on a sliding scale fee.

University Optometric Center

33 West 42nd Street

New York, NY 10036

888-277-5666

www.sunyopt.edu/uoc/

The patient care facility of the State University of New York College of Optometry, the center provides a wide range of services for all eye care patients including comprehensive exams, vision therapy, laser eye surgery, and low vision services. Accepts Medicaid and Medicare.

Weill Cornell Community Clinic

505 West 70th Street, 4th Floor

New York, NY 10021

646-962-9222

<http://wccc.med.cornell.edu>

Run by medical students, the clinic provides free healthcare for the uninsured on Mondays from 5:00 pm to 8:00 pm. Services include adult primary care, physicals, laboratory services, and immunizations. Appointments must be made in advance.

Mental Health Services

Geriatric Mental Health Alliance

212-614-5753

A coalition of over 3,000 individuals and organizations that advocates for improved policies and services for older adults with mental health needs. Part of the Mental Health Association of New York City (MHA-NYC) a nonprofit organization that identifies unmet needs and develops culturally sensitive programs to improve the lives of individuals and families affected by mental illness while promoting the importance of mental health.

Jewish Board of Family and Children's Services

Alan and Kathryn Greenberg Counseling Center

120 West 57th Street

New York, NY 10019

212-397-4250

<http://www.jbfcs.org/>

Provides help to people who are struggling with a range of emotional and social problems. Specialized services for adults and children include evaluation and assessment, crisis intervention, and short-term and ongoing individual, couple, family, and group therapy.

Mount Sinai Hospital Geriatric Psychiatry Clinic

1 Gustave Levy Place

New York, NY 10029

212-241-9382

http://www.mssm.edu/psychiatry/geriatric_care.shtml

Offers evaluation and management of persons over the age of 60 and their caregivers. Physicians, nurse practitioners, and social workers are available for the evaluation of each patient. On-site consultations may be provided by neurologists and neurophysiologists. Services are available in English and Spanish. The Geriatric Psychiatry Clinic specializes in: memory disorders, behavioral disturbances that result from memory disorders, depression, chronic mental illness, individual and family counseling, group therapy for caregiver issues and bereavement issues. Specialty programming includes the Memory Disorders Evaluation and Treatment Program, the Caregivers Program, the Alzheimer's Disease Assistance Center, and Support Groups.

Mood Disorders Support Group

P.O. Box 30377

New York, NY 10011

212-533-6374

www.mdsg.org

A non profit, self-help organization serving both individuals with depression and manic-depression, as well as their families and friends. Help people to manage their illness and improve the quality of their lives

New York Presbyterian Hospital Geriatric Psychiatry Services

Weill Cornell Institute of Geriatric Psychiatry

525 East 68th Street

New York, NY 10021

888-694-5700

http://www.cornellpsychiatry.org/research/geriatric_psychiatry.html

Offers specialized psychiatric clinical services for older adults including: comprehensive diagnostic evaluation; individual therapy; group therapy through the use of behavioral and insight-oriented approaches, illness management, stress management, relapse prevention and individual psychotherapy; family interventions, including psychoeducation, counseling and support; and pharmacotherapy as indicated. Outpatient, partial hospitalization, and inpatient services are available.

New York Service Program for Older People

302 West 91 Street

New York, NY 10024

212-787-7120

www.spop.org

Provides a wide range of services for adults 55 and older including individual and group counseling, crisis intervention, assessment, and service coordination. Medicaid, Medicare, and many insurance plans accepted. Services available at the West 91st Street office and at other locations throughout Manhattan. Call for details. Home visits can be arranged for people unable to leave their homes.

LifeNet

800-LIFE-NET (800-543-3638) – available 24 hours a day, seven days a week

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.

Disease Specific Support & Education Groups

Alzheimer's Association

360 Lexington Avenue

New York, NY 10017

646-744-2900

800-272-3900 – 24 hour helpline

www.alz.org

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

American Cancer Society

Manhattan Region

132 West 32nd Street

New York, NY 10001
212-586-8700
800-227-2345 – 24 hour helpline
www.cancer.org

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

American Diabetes Association

333 Seventh Avenue, 17th Floor
New York, NY 10001
212-725-4925
www.diabetes.org

Works to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Provides nutrition information and recipes, helpful for caregivers.

American Heart Association

122 East 42nd Street
New York, NY 10168
212-878-5900
www.americanheart.org

Voluntary organization dedicated to reducing death and disability from cardiovascular diseases and stroke. Provides information and referrals to appropriate resources available in New York City.

SHARE

1501 Broadway, Suite 704A
New York, NY 10036
212-719-0364 – General Information
866-891-2392 – Toll Free
212-382-2111 – Breast Cancer Hotline
212-719-1204 – Ovarian Cancer Hotline
www.sharecancersupport.org

Organization for women diagnosed with breast and/or ovarian cancer who are seeking education, support or advocacy opportunities.

US TOO New York

525 East 68th Street
New York, NY 10021
212-873-7567
www.ustooneyork.org

An independent group which provides support and education to prostate cancer survivors and their families throughout the New York Metropolitan area. US TOO New York offers fellowship, peer counseling, education about treatment options and discussion of medical alternatives without bias.

HOME CARE

Home Health & Personal Care Services

Concerned Home Managers for the Elderly, Inc. (COHME)

11 Broadway, Suite 400

NY, NY 10004

Ph.(212) 514-7147

Fax (212) 785-1515

www.cohme.org

Provides home health aide, nursing and social work case management services to seniors and their family members. Particular expertise in caring for individuals with Alzheimer's disease and other dementias. Serving all five boroughs.

Comprehensive Care Management Corporation

Long Term Home Health Care Program

Beth Abraham Health Services

127 East 107th Street

New York, NY 10029

877-226-8500

www.ccmny.org

Program to help older people live at home, providing an alternative to nursing home placement. Must be Medicaid eligible.

ElderServe Home Care Services

The Wright Center on Aging

1484-1586 First Avenue

New York, NY 10021

212-717-1430

www.elderserve.org

Provides individuals who are mentally or physically challenged, frail and elderly, or have Alzheimer's or related dementia disorders with nursing services; physical, occupational, and speech therapy; care management; respite care; housekeeping, personal care; and specialized Alzheimer's and HIV/AIDS services.

Jewish Guild for the Blind

GuildNet Home Care

15 West 65th Street

New York, NY 10023

212-769-7854

www.jgb.org/programs_guildnet.asp

GuildNet is a managed long-term care plan established to coordinate services for Medicaid-eligible, nursing home-eligible adults wishing to remain in their homes as long as possible. Provides health and personal care.

Jewish Home Lifecare

120 West 106th Street

New York, NY 10025

800-544-0304

www.jewishhome.org

A non-sectarian organization that provides skilled nursing, home care, day care, senior housing, rehabilitation services, and care coordination to the elderly and the disabled.

Mount Sinai Visiting Doctors Program

1 Gustave L. Levy Place, Box #1216

New York, NY 10029

212-241-4141

<http://www.mountsinai.org/>

Provides primary medical care for homebound older adults, including prevention, diagnosis, treatment, rehabilitation and support services. A team of physicians, nurses, social workers and assistants from Mount Sinai are on call to visit patients in their homes, with visits prioritized according to medical condition and level of need. All insurance plans are accepted, including Medicare and Medicaid.

New York Foundation for Senior Citizens

11 Park Place

New York, NY 10007

212-962-7559

www.nyfsc.org

Dedicated to helping the elderly continue to live and function in their own communities. Services include home attendants, respite care, guardian services, enriched housing, transportation and low-income housing.

Senior Health Partners for Independent Living

4 East 107th Street

New York, NY 10029

212-360-0067

www.shpny.org

Senior Health Partners is a Managed Long Term Plan and a Pre-PACE program (Program of All-inclusive Care for the Elderly). It provides a variety of services for people 55 years or older who have health problems and limitations that would qualify for nursing home-level care or long-term health services for at least 120 days.

SeniorBridge

845 Third Avenue, 7th Floor

New York, NY 10022

212-994-6100

888-321-6161

www.seniorbridge.com

SeniorBridge provides care at home for clients who have complex, chronic health conditions. Services address the well-being of clients and their families through a comprehensive program that includes assessment, planning, service coordination, advocacy, and direct care. Care is provided by a multidisciplinary team led by a professional geriatric care manager, who is a nurse or social worker. Services are personalized according to the level of need and preference of the client. The SeniorBridge program is especially beneficial for clients with chronic medical illnesses, or memory disorders such as Alzheimer's disease, and those who require close oversight and management of care.

Visiting Nurse Service of New York

800-675-0391

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.

Meal Assistance for the Homebound

City Meals-on-Wheels

355 Lexington Avenue

New York, NY 10017

212-687-1234

www.citymeals.org

A non-profit organization that delivers meals to homebound elderly New Yorkers on weekends, holidays, and in times of emergency. To qualify for home-delivered meals, a person must be at least 60 years old and have a chronic physical or mental disability preventing them from shopping for food or preparing meals for themselves. In New York City, a network of case management agencies provides home-delivered meals. To request meals-on-wheels service for themselves or others, residents must call the case management agency serving their local community. The following agencies serve the East Side and Midtown areas of Manhattan:

Lenox Hill Neighborhood House

331 East 70th Street

New York, NY 10021

212-744-5022 ext. 1203

New York Foundation for Seniors

11 Park Place

New York, NY 10007

212-962-7817

God's Love We Deliver

166 Avenue of the Americas

New York, NY 10013

212-294-8100

212-294-8102 – Client Service Department

www.godslovewedeliver.org

This organization not only prepares and delivers nutritious, high quality meals to men, women and children living with HIV/AIDS, it also provides these services to people living with other serious illnesses such as cancer, multiple sclerosis, Alzheimer's disease, etc. All services are provided free of charge.

Hospice and Palliative Care Programs

The goal of in-home hospice care is to promote comfort and quality of life for terminally ill patients and their families by providing medical, emotional and spiritual care at home. Palliative care can begin sooner than hospice care allowing the patient and family members more time to think about treatment goals and quality-of-life issues.

Beth Israel Medical Center Symptom Control and Palliative Care Practice

10 Union Square East, Suite 2Q/R
New York, NY 10003
212-844-1301

http://www.stoppain.org/main_site/content/aboutus.asp

The practice has an interdisciplinary team of physicians, nurses, a psychologist, and a social worker available to work with each patient. The services offered include: pain management, treatments for symptoms other than pain, psychological therapies to assist patients and families in coping with illness, coordination of care, and bereavement support.

Continuum Hospice Care

39 Broadway, Room 200
New York, NY 10006
212-649-5555 – 24 hour assistance line

www.hospicenyc.org

Interdisciplinary Care Teams provide specialized care to patients with end-stage diseases. Provides a full array of medical and social services to enable patients to remain at home. Staff are specially trained in comforting and alleviating the physical and emotional pain of patients and their family members.

Metropolitan Jewish Health System

Palliative Care Program
877-218-0230

Palliative care specialists work with the patient, his or her personal physician and the family to design a care plan that creates a supportive and comforting environment for patients with chronic or life-limiting disease. Services range from pain management to spiritual and psychological counseling.

Mt. Sinai Palliative Care Institute

1190 Fifth Avenue
New York, NY 10029
212-241-1446 – inpatient care
212-956-8552 – outpatient care

<http://www.mountsinai.org/Patient%20Care/Service%20Areas/Palliative%20Care>

Focuses on the relief of suffering and quality of life for patients and their families through intensive symptom management, enhancement of function, promotion of physical and psychological comfort, and psycho-social support. Operated by a multidisciplinary team of physicians, nurses, and social workers. Both inpatient and outpatient services are available.

HOUSING

The city and state laws governing the rights and responsibilities of renters and homeowners in New York City are extremely complex. State Senator Liz Krueger's office produces a housing mailer that discusses the most frequently asked questions by renters and cooperative and condominium owners. The guides are available at www.lizkrueger.com or by calling 212-490-9535.

Senior Housing & Assisted Living

There is a wide variety of housing designed for seniors of different ages, levels of health, incomes, activity level, interests, and health across New York. Options range from low-cost government subsidized housing to privately operated luxury residences with activities to assisted-living facilities with extensive services to everything in between.

The New York City and State Departments for the Aging provide comprehensive lists of senior housing options across the state searchable by neighborhood, cost, and type of services provided. The list from the City Department for the Aging is available on the web at <https://a069-webapps12.nyc.gov/egovt/housing/index.cfm>, or by calling 311. The list from the State Department for the Aging includes a list of definitions of the many different types of housing available, and is available at <http://seniorhousing.state.ny.us/>.

Tenant Advocacy Organizations

City Wide Taskforce on Housing Court

212-962-4795

www.cwtfhc.org

A non-profit organization that provides 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. The taskforce operates a telephone assistance hotline from 9 am to 5 pm 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. The assistance line can also provide the most up-to-date listing of non-profit organizations currently providing emergency rental assistance. Staff and volunteers sit at tables in all housing court buildings throughout the five boroughs to answer questions and to provide referrals every day from 9 am to 12 pm. The Manhattan table is located outside Room 104 at Manhattan Housing Court (111 Centre Street, New York, NY, 10013). Many fact sheets about Housing Court are available on website.

East Side Housing Coalition (ESHC)

e.sidehousingcoalition@gmail.com

212-734-8995 (for volunteer opportunities only)

A volunteer grassroots advocacy organization composed of social justice advocates committed to protecting and expanding affordable middle-income housing in our East Side neighborhoods. ESHC identifies local housing issues and provides participants with the organizing skills necessary to petition for effective legislation through lobbying and public action. The ESHC cannot provide assistance with individual housing problems.

Metropolitan Council on Housing

339 Lafayette Street, #301

New York, NY 10012

212-979-6238 – membership information

212-979-0611 – hotline available

www.metcouncil.net

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. 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. See website for factsheets and resources on housing law, tenants' rights, recommended tenant attorneys, and other information. The tenant information hotline is available Mondays, Wednesdays, and Friday from 1:30 pm to 5 pm.

New York State Tenants and Neighbors Coalition

236 West 27th Street, 4th Floor

New York, NY 10001

212-608-4320

www.tenantsandneighbors.org

A state-wide organization of tenants, tenant associations, and other community groups that fight for tenants' rights and affordable housing through organizing, education, leadership development, and grassroots mobilization. Works to strengthen tenant protections while empowering and educating tenants.

Government Benefits for Low-Income Renters

Disabled Rent Increase Exemption (DRIE)

The DRIE program freezes the rents of disabled people living in rent-regulated apartments or Mitchell Lama buildings and provides a tax abatement for the owners. Households that are eligible include those receiving Social Security Disability, Supplemental Security Income, Veteran's pensions or compensation, and those enrolled in the Medicaid Buy-In Program. DRIE is designed to work in the same way as SCRIE except that it has lower income limits. The eligibility limit for DRIE varies by household size and source of income but in general the income limit for single individuals is \$19,284 and \$27,780 for couples. However, there are certain deductions that will be allowed. Applications for DRIE are available by calling 311 or at http://www.nyc.gov/html/dof/html/property/property_tax_reduc_drie.shtml on the internet.

Senior Citizen Rent Increase Exemption (SCRIE)

The SCRIE program run by the New York City Department of Finance freezes rents for eligible tenants and provides a tax abatement for the owner in return. To be eligible for a SCRIE, you must be 62 years of age or older, live in a rent-regulated apartment, have a household income (after taxes) of \$29,000 or less and be paying more than one-third of your income for rent. You must apply for a SCRIE and recertify your eligibility every two years. Tenants who experience a permanent decrease in income of more than 20% can apply to have their benefits recalculated. Applications for SCRIE are available by calling 311 or from the website http://www.nyc.gov/html/dof/html/property/property_tax_reduc_drie.shtml.

Property Tax Reduction Programs for Homeowners

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/dof/html/property/property_tax_reduc_individual.shtml.

Disabled Homeowner's Exemption (DHE)

The Disabled Homeowner's Exemption (DHE) provides a property tax abatement for eligible property owners who have a medically certifiable disability and an annual income below \$37,400.

New York State School Tax Relief Program (STAR)

Provides an exemption from the school portion of property taxes for owner-occupied primary residences including one, two or three family homes, condominiums or co-operative apartments. There are no age, asset or income requirements as long as the claim is for a primary residence. The Enhanced STAR Exemption for residents 65 and older with an annual income of \$74,700 or less are eligible for additional savings.

Senior Citizen Homeowner's Exemption (SCHE)

The Senior Citizen Homeowner's Exemption (SCHE) is a partial property tax exemption available for residential property owners age 65 years or older who have held title to their property for at least 12 consecutive months and had an annual income below \$37,400 for the last calendar year. 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.

Veteran's Tax Exemption

The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the U.S. armed forces in WWI&II, Korea, Vietnam, the Gulf, or the Global War on Terrorism. 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 U.S. armed forces during one of the periods above) are also eligible for this exemption.

LEGAL RESOURCES

Eviction Intervention Services

1233 Second Avenue
New York, NY 10065
212-308-2210
www.eisny.org

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

Website connects low- and moderate-income people with free and low-cost legal assistance and information. Provides information and factsheets on many legal problems including housing, employment, family, bankruptcy, disability immigration and more.

Legal Aid Society – Lower Manhattan Neighborhood Office

199 Water Street
New York, NY 10038
212-577-3300

www.legal-aid.org/en/home.aspx

Areas of practice include housing, public benefits, social security/SSI, elder abuse, tax law and unemployment issues. Serves people living below who earn below 125% of the poverty line.

Manhattan Legal Services

90 John Street, Suite 301
New York, NY 10038
646-442-3100
www.lsnny.org

Provides free legal advice and representation to Manhattan residents who would otherwise be unable to afford it. Focus is on housing, government benefits, consumer, and family law cases.

MFY Legal Services

299 Broadway, 4th Floor
New York, NY 10007
212-417-3700
www.mfy.org

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. Intake days and hours vary by program.

The MFY Manhattan Legal Aid for Seniors Program provides legal advice and representation to low income residents age 60 and older with eviction prevention, public benefits, Medicare & Medicaid, discrimination, civil & disability rights, and elder abuse cases. Call 212-417-3880 on Wednesdays between 2 pm and 4:30 pm for intake and appointments.

Lenox Hill Neighborhood House Legal Advocacy Department

331 East 70th Street

New York, NY 10021

www.lenoxhill.org

212-744-5022 ext. 1392

The Legal Advocacy Department provides free assistance with housing, government benefits including Medicaid, Medicare, food stamps, SSI and SSD, simple estate planning and family law. To be eligible for assistance, you must live, work, or go to school between 59th and 110th Streets on the East Side of Manhattan. There are income limits for certain services. Walk-in hours are on Mondays from 10 am to 12 pm. If you need an appointment outside of clinic hours call extension 1392.

Mid-Atlantic Pension Counseling Project

800-355-7714

Funded by the US Administration on Aging, the project provides information and counseling to workers age 60 and over and their dependents who are having difficulty finding out about pension benefits (both government and private) that might be owed to them or who believe that they might not be receiving benefits to which they are entitled. Available weekdays from 9 am to 5 pm

New York City Bar Association

42 West 44th Street

New York, NY 10036

www.nycbar.org

The Bar Association operates a number of programs for the public including:

The **Legal Referral Service** provides referrals to pre-screened private attorneys for assistance with all types of legal matters. There is a \$35 fee for the 30-minute initial consultation; fees for any additional services are negotiated privately. Call 212-626-7373 to reach the referral service.

The **Monday Night Law Clinic** operates on various Monday nights from October through July. At the clinic, lawyers meet with clients for one-half hour appointments to discuss a variety of legal topics such as bankruptcy, consumer issues, matrimonial, basic employment, and landlord-tenant issues. Clients must register ahead of time by calling 212-626-7373. Walk-ins are not permitted.

The **City Bar Justice Center Legal Hotline** is a free advice hotline for low-income callers. A phone call to the hotline connects you with a staff of knowledgeable referral counselors, who are attorneys and paralegals. Counselors will give free legal advice on a wide range of

subjects, such as family law, consumer debt, bankruptcy, employment and landlord-tenant issues. Counselors are available to answer questions Monday through Friday from 9 am to 1 pm and Tuesday and Thursday from 4 pm to 7 pm. To speak with a counselor, call 212-626-7383.

Volunteers of Legal Service (VOLS) Elderly Project Legal Clinics

54 Greene Street
New York, NY 10013
212-966-4400

www.volsprobono.org

Volunteer attorneys provide free civil legal services to low-income Manhattan residents age 60 and older. 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 referrals for representation. Call for schedule.

NURSING HOMES

New York State Department of Health

<http://nursinghomes.nyhealth.gov/> (for Nursing Home Profiles)

<http://www.health.state.ny.us/facilities/nursing/> (general information)

All nursing homes in New York are regulated by the NY State Department of Health. The agency's website provides comprehensive information on nursing homes including rankings regulations, and inspection reports, as well as about patients' rights and nursing home alternatives.

Complaints regarding nursing home services can be made to the NY State Department of Health by calling 888-201-4563.

Friends and Relatives of the Institutionalized Aged (FRIA)

18 John Street, Suite 905

New York, NY 10038

212-732-4455 – Helpline

212-732-5506 – Family Council Program

www.fria.org

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

The following are the major nursing homes in Manhattan. For a full list of facilities across the state call 311 or visit <http://nursinghomes.nyhealth.gov/>.

Amsterdam Nursing Home

1060 Amsterdam Avenue

New York, NY 10025

212-316-7700

www.amsterdamcares.org

DeWitt Nursing Home

211 East 79th Street

New York, NY 10075

212-671-6000

www.dewittnh.com

Isabella Geriatric Center

515 Audubon Avenue

New York, NY 10040

212-342-9200

www.isabella.org

Jewish Home Lifecare

120 West 106th Street
New York, NY 10025
212-870-4715
www.jewishhome.org

Kateri Residence

150 Riverside Drive
New York, NY 10024
646-505-3500
www.kateriresidenceny.org

Mary Manning Walsh Home

1339 York Avenue
New York, NY 10021
212-628-2800
<http://www.archcare.org/mary-manning-walsh.html>

Rivington House Health Care Facility

HIV/AIDS-specific facility
45 Rivington Street
New York, NY 10002
212-477-3100

Village Nursing Home

607 Hudson Street
New York, NY 10014
212-255-3003

PUBLIC SAFETY

Police Precinct Community Councils

All police precincts in New York City hold monthly meetings open to the public. The meetings are an opportunity for citizens to learn about recent developments in their community, meet senior police officers, and to discuss any concerns or questions. The following three precincts cover the majority of Senate District 26:

13th Police Precinct

230 East 21st Street
New York, NY 10011
212-477-7411

The Precinct Community Council meets the third Tuesday of every month at 6:30 pm at the precinct station house.

17th Police Precinct

167 East 51st Street
New York, New York 10017
212-826-3211

The Precinct Community Council meeting is held on the last Tuesday of every month at 6 pm at the Sutton Place Synagogue, 228 East 51st Street.

19th Police Precinct

153 East 67th Street
New York, New York 10021
212-452-0600

The Precinct Community Council meets the first Monday of the month at 7 pm at the precinct station house. Call 212-452-0613 from 8 am to 2 pm for more information.

Assistance for Crime Victims

Manhattan District Attorney's Elder Abuse Program

One Hogan Place
New York, NY 10013
212-335-8922

www.manhattanda.org

Unit of the Manhattan District Attorney's office that investigates and prosecutes crimes of elder abuse committed against people age 60 and older, and provides assistance and referrals to victims. The office defines elder abuse as either 1) domestic abuse or neglect

at the hands of a family member or partner, caregiver, or other individual, 2) financial exploitation committed by a stranger, relative, companion, home aide, or other professional providing services to a senior, or 3) virtual eviction by drug dealers who have taken over an elderly person's residence or building.

Manhattan District Attorney's Victim Assistance Center

100 Centre Street, Room 231

New York, NY 10013

212-335-9040

www.manhattanda.org

Unit of the Manhattan District Attorney's office that provides a secure, supportive environment where victims, witnesses, and their families are introduced to the services available to them through the District Attorney's office. Victims also receive information about their rights in the criminal justice system and are afforded an opportunity to provide information important to the prosecution of their case. The center is open Monday through Friday from 8 am to 8 pm, and Saturdays and Sundays from 9 am to 5 pm.

New York State Crime Victims Board address

55 Hanson Place, 10th Floor

Brooklyn, NY 11217

800-247-8035

<http://www.cvb.state.ny.us/Home.aspx>

The Crime Victims Board provides compensation to innocent victims of crime, funds direct services to crime victims via a network of community-based programs, and advocates for the rights and benefits of victims of crime.

Stein Senior Center Crime Victims Services Program

340 East 24th Street, 2nd Floor

New York, NY 10010

212-585-6281

www.steinseniorcenter.org

Helps victims to navigate the justice system, to apply for benefits from the State Crime Victims Board, and provides links to support services.

SENIOR CENTERS

At present, there are over 100 senior centers located throughout Manhattan operated by the NYC Department for the Aging. To find a one close to you call 311 or check the Department for the Aging's website. The Centers 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. Almost all centers provide lunch daily for a requested donation of \$1.50.

The following centers are located on the East Side of Manhattan:

Carter Burden Center for the Aging

1484 First Avenue
New York, NY 10075
212-879-7400

www.burdencenter.org

Lunch is served at 351 East 74 Street.

The Carter Burden Center for the Aging helps Manhattan residents aged 60 and older to remain in their homes, allowing them to live safely and with dignity. The Center provides on-site activities including yoga, exercise, chorus, arts and crafts, and computer classes. Home delivered meals are available within a 10-block area on The Upper East Side. Other programs include help for people experiencing memory loss and case management. Social service assistance includes home visits, counseling and help with benefit application, an elder abuse and intervention program, cultural connections, and more.

Community Lounge Senior Center

155 East 22 Street
New York, NY 10016
212-777-8333

The Community Lounge Senior Center provides recreational and educational activities, health education, and low-cost lunch to residents age 60 and older. The center is open Monday-Friday from 9 am to 3:30 pm and lunch is served at noon.

Lenox Hill Neighborhood House Senior Center

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

Lunch is served at the address above. Some activities may take place at 331 East 70 St. The 70th Street Senior Center is open seven days a week from 9 am to 4 pm, Monday through Friday, and from 10 am to 4 pm, Saturday and Sunday. Every day the Center offers lunch at noon and features an array of cultural, educational and recreational activities. In addition, the 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.

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

619 Lexington Avenue

New York, NY 10022

212-308-1959

www.lenoxhill.org/adult.html

The Senior Center at St. Peter's Church is open weekdays (except Tuesdays from 9 am to 4 pm and Saturdays from 9 am to 2 pm) The Center provides lunch at noon and a host of activities including 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.

Stanley Isaacs Neighborhood Center

415 East 93rd Street

New York, NY 10128

212-360-7620

www.isaacscenter.org

Offers health and wellness programs, social activities, cultural and educational events workshops, adult education, and computer classes. Hot breakfasts are served on weekday mornings and lunches are provided on site every day except Sunday.

Stein Senior Center

340 East 24th Street, 2nd Floor

New York, NY 10010

212-585-6051

www.steinseniorcenter.org

Lunch and activities for seniors are offered weekdays. Services and programs are continually expanded to answer needs of the community, with staff to assist with benefits, case assistance and entitlements. There is an on-staff nutritionist, a variety of exercise classes, a bi-monthly legal clinic, computer classes, trips, parties, lectures and demonstrations. A new program is SPA (Service Program for Adults), a day care program for those suffering from Alzheimer's disease and related dementia. At this writing, SPA is \$60 a day or \$50 a day for a three-day week. The program is available on Mondays, Wednesdays and Fridays from 1:30 to 4:30. Call for more information.

SERVICES FOR PEOPLE WITH DISABILITIES

Access-A-Ride

877-337-2017

718-393-4999

<http://www.mta.info/nyc/paratran/guide.htm>

Provides transportation 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.

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

841 Broadway, Suite #301

New York, NY 10003

212-674-2300

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.

Mayor's Office for People with Disabilities

100 Gold Street, 2nd Floor

New York, NY 10038

212-788-2830

www.nyc.gov/html/mopd

Works with other NYC agencies to assure that the voice of the disabled community is represented and that City programs and policies address the needs of people with disabilities. Provides brochures and directories that detail programs, services, activities, and other resources that are accessible to people with disabilities.

Transportation and Weekend Connections

331 East 70th Street

New York, NY 10021

212-744-5022, Ext. 1299

www.lenoxhill.org/adult.html

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 NYC.

See page 39 for information about the Disabled Rent Increase Exemption (DRIE) program for low-income renters.

SERVICES FOR THE VISUALLY IMPAIRED

American Foundation for the Blind

11 Penn Plaza, Suite #300
New York, NY 10001
212-502-7600
800-232-5463 – information center
www.afb.org

Provides a directory of services for seniors with vision impairments. Works to expand the possibilities for people with vision loss.

New York State Commission for the Blind & Visually Handicapped

80 Maiden Lane, 23rd Floor
New York, NY 10038
212-825-5710
866-871-3000 – hotline
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.

Jewish Guild for the Blind

15 West 65th Street
New York, NY 10023
212-769-6200
www.jgb.org

Non-sectarian agency that serves persons of all ages who are visually impaired, blind and/or multi-disabled. Programs include medical, vision, low vision, psychiatric, and rehabilitative services, managed long-term care, residential services, day health and training programs.

Lighthouse International

111 East 59th Street
New York, NY 10022
212-821-9200
800-829-0500
www.lighthouse.org

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.

National Association for the Visually Handicapped

22 West 21st Street, 6th Floor

New York, NY 10010

212-889-3141

www.navh.org

Voluntary health organization that provides services to the visually-impaired, including low vision services, visual aids, and training.

National Federation of the Blind of New York State

P.O. Box 09-0363 Sunset Station

Brooklyn, NY 11209

718-567-7821

www.nfbny.org

Support and advocacy group that strives to reform general attitudes towards the blind, and the attitudes blind people have about themselves. Provides phone support groups for seniors as well.

University Optometric Center

33 West 42nd Street

New York, NY 10036

888-277-5666

www.sunyopt.edu/uoc/

The patient care facility of the State University of New York College of Optometry, the center provides a wide range of services for all eye care patients including comprehensive exams, vision therapy, laser eye surgery, and low vision services. Accepts Medicaid and Medicare.

SOCIAL SERVICE AGENCIES

Catholic Charities of the Archdioceses of New York

1011 First Avenue

New York, NY 10022

888-744-7900 – helpline

212-371-1000

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 22nd Street

New York, NY 10010

212-254-8900

212-614-5222 – Center for Benefits and Services

www.cssny.org

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

DOROT

171 West 85th Street

New York, NY 10024

212-769-2850

www.dorotusa.org

Addresses basic needs such as food and housing, health and wellness resources and life management skills, and provides social, cultural and educational activities to alleviate isolation and to foster interaction between the young and the elderly. Operates a number of programs including: Friendly Visiting, Shop & Escort, Holiday Package Delivery, Kosher Meals for the Homebound, support for caregivers, and homelessness prevention.

Federation of Protestant Welfare Agencies

281 Park Avenue South

New York, NY 10010

212-777-4800

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.

Health Outreach at New York Weill Cornell Medical Center

525 East 68th Street

New York, NY 10021

212-746-4351

www.nypgeriatrics.org/hea_out.html

Promotes health and quality of life for adults age 60 and older. Certified social workers provide health and insurance information and facilitate access to social services available in the metropolitan area. Health education programs include monthly lectures covering medical, social, legal and entitlement issues. Health Outreach also sponsors a find-a-physician program.

Health Advocates for Older People, Inc.

593 Park Avenue,
New York, NY 10065
212-980-1700
www.hafop.org

Health Advocates' Healthy Aging Program provides seniors the tools, techniques, and support to age with independence and vitality in the city they love. Promotes healthy aging through wellness programs, exercise classes, cultural and museum visits, lectures, and the very popular seasonal luncheons. Another important program is the Home Safety Visit which identifies potential safety hazards and recommends specific low-cost solutions. All programs are free.

Institute for the Puerto Rican Hispanic Elderly

105 East 22nd Street, Suite 615
New York, NY 10010
212-677-4181
www.iprhe.org

Bilingual/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 31st Street, 10th floor
New York, NY 10001
212-273-5272
www.jasa.org

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

New York Foundation for Senior Citizens

11 Park Place, 14th Floor
New York, NY 10007
212-962-7559
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.

Search and Care, Inc.

1844 Second Avenue
New York, NY 10128
212-289-5300

www.searchandcare.org

A not-for-profit organization whose mission is to help frail and isolated older people live safely and independently in their own homes. Trained social workers, assisted by screened and trained volunteers, visit those who need help in managing and accessing the medical and social services to which they are entitled. These include a no-fee bill-paying service which helps sort mail, prepares checks for signing, balances bank/check books, mails the checks and creates a record of each visit. To apply for the bill-paying service call Robin Strashun at the phone number listed above. All Search and Care service is limited to qualified seniors who live between 86th and 102nd Streets from 5th Avenue to the East River.

Selfhelp Community Services, Inc.

520 Eighth Avenue, 5th Floor
New York, NY 10018
866-735-1234

www.selfhelp.net

For the past 70 years, Selfhelp has been dedicated to enabling seniors and at-risk families to live in their own homes independently and with dignity. Provides a comprehensive network of community based home care, social services and senior housing programs, which integrate progressive strategies, and cutting edge technologies that address the changing needs of our clients. Also operates the largest and oldest Nazi victim services program in the country for aged survivors of the Holocaust.

Senior Action in a Gay Environment (SAGE)

305 Seventh Avenue, 6th Floor
New York, NY 10001
212-741-2247

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.

United Neighbors of East Midtown

310 East 42 Street
New York, NY 10017
212-682-1930

www.unem.org

Provide case management and support services for adults age 60 and older who reside between 14th and 59th Streets from 5th Avenue to the East River. Social workers and volunteers help residents access government benefits and other services for which they are eligible (home care, meals, Medicaid, food stamps, money management, etc).

Visiting Nurse Service of New York

800-675-0391

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.

TRANSPORTATION

Access-A-Ride

877-337-2017

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. It will take at least 21 days from the date of application for approval.

EasyPay MetroCard

877-323-RIDE (877-323-7433)

Assistance available 9 am to 5 pm on weekdays, except holidays, and 9 am to 2 pm Saturdays.

<http://www.mta.info/metrocard/EasyPayXpress.htm>

Allows seniors to pay for rides automatically with a credit or debit card. Monthly statements are sent to account-holders and are available online. Call for application and/or additional information.

Metropolitan Transportation Authority (MTA)

New York City Transit Customer Service Center

212-638-7622 – Customer Service & MetroCard line

www.mta.info

Web site provides schedules, maps, service advisories, trip planner, and more.

Reduced Fare MetroCards

212-638-7622

www.mta.info

Reduced Fare MetroCards currently offer \$1.10 fare to seniors 65 and older and to people with disabilities at any age. 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).

Transportation and Weekend Connections

331 East 70th Street

New York, NY 10021

www.lenoxhill.org/adult.html

212-744-5022, ext. 1299

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.

VETERANS' BENEFITS

For free, professional assistance in accessing your veterans' benefits, contact your state, county or local veterans' benefit counselor at 888-VETS-NYS (888-838-7697) or 718-447-8787) or www.veterans.ny.gov. The local office is located at 245 West Houston Street and is open Monday to Friday from 8:30 am to 6:30 pm.

TOLL FREE NUMBERS

Department of Veterans' Affairs 800-827-1000	Special Issues (Gulf War/Agent Orange) 800-749-8387
Counselor Services (Tues & Thurs) 718-624-2765	Telecommunication Device for the Deaf (TDD)
Education and Training (GI Bill) 888-442-4551	800-829-4833
Life Insurance 800-669-8477	New York State Department of Labor Veterans' Program Office 800-342-3358

VETERANS' HEALTH CARE BENEFITS

CHAMPVA 800-733-8387 Medical care for dependents and survivors of veterans.	General Benefits 877-222-VETS (877-222-8387)
	Mammography Helpline 888-492-7844

Veterans' Homeowner Tax Exemption

The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the U.S. armed forces in WWI&II, Korea, Vietnam, the Gulf or the Global War on Terrorism. 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 U.S. 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 www.nyc.gov/html/taxcomm/home.html.

VOLUNTEER OPPORTUNITIES

American Red Cross

520 West 49th Street
New York, NY 10019
877-REDCROS (877-733-2767)
www.nyredcross.org

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

Community Friends

Jewish Board of Family and Children's Services
120 West 57th Street, Suite 202
New York, NY 10019
212-632-4687

Program matches volunteers with clients recovering from chronic mental illness in one-on-one relationships, providing companionship for those who often feel isolated and in need of a friend.

NYC Service

212-788-7550
www.volunteernyc.org

Refers volunteers to a wide range of city organizations.

New York Cares

214 West 29th Street, 5th Floor
New York, NY 10001
212-228-5000
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 22nd Street
New York, NY 10010
212-254-8900
www.cssny.org

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

