



New York State Senator

**Brad Hoylman-Sigal**

District 47

# OLDER ADULT RESOURCE GUIDE





**CHAIRMAN**  
JUDICIARY

**COMMITTEES**  
CHILDREN AND FAMILIES  
CODES  
CORPORATIONS, AUTHORITIES  
AND COMMISSIONS  
FINANCE  
HEALTH  
INVESTIGATIONS AND  
GOVERNMENT OPERATIONS



**SENATOR**  
**BRAD HOYLMAN-SIGAL**  
47TH SENATORIAL DISTRICT  
STATE OF NEW YORK

**DISTRICT OFFICE:**  
322 EIGHTH AVENUE, SUITE 1700  
NEW YORK, NEW YORK 10001  
PHONE: (212) 633-8052

**ALBANY OFFICE:**  
ROOM 310  
LEGISLATIVE OFFICE BUILDING  
ALBANY, NEW YORK 12247  
PHONE: (518) 455-2451

**e-mail:**  
hoylman@nysenate.gov

**website:**  
hoylman.nysenate.gov

Dear Neighbor:

I'm pleased to present this resource guide for older adults in the 47th State Senate District. This guide contains information on resources, services, and benefits available to older adults in our community.

I hope you'll find this guide useful when making decisions. If you have any questions or comments, I encourage you to call me at (212) 633-8052.

Sincerely,

A handwritten signature in black ink that reads "Brad".

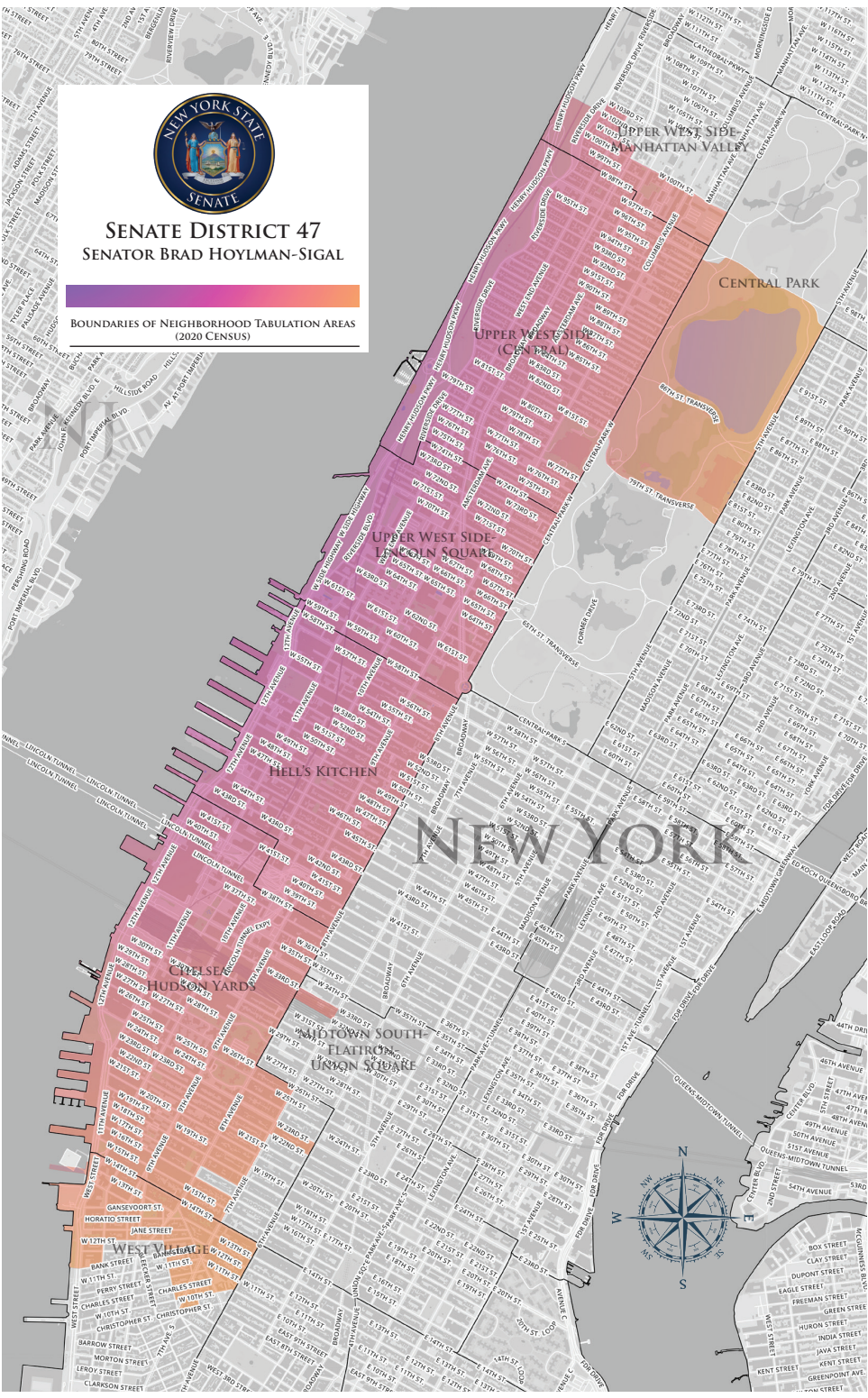
Brad Hoylman-Sigal  
State Senator  
47th Senate District

**Office of New York State Senator Brad Hoylman-Sigal**  
322 8th Avenue, Suite 1700  
New York, NY 10001  
Phone: (212) 633-8052  
Fax: (212) 633-8096  
Email: [hoylman@nysenate.gov](mailto:hoylman@nysenate.gov)



SENATE DISTRICT 47  
SENATOR BRAD HOYLMAN-SIGAL

BOUNDARIES OF NEIGHBORHOOD TABULATION AREAS  
(2020 CENSUS)



CENTRAL PARK

UPPER WEST SIDE  
(CENTRAL PARK)

UPPER WEST SIDE  
(COLUMBUS SQUARE)

HELL'S KITCHEN

CHELSEA  
HUDSON YARD

MIDTOWN SOUTH  
FLATIRON  
UNION SQUARE

NEW YORK





# Table of Contents

Important Numbers & Hotlines.....	1
Government Agencies .....	2
Advocacy & Action Groups.....	8
Benefits.....	13
Caregiver Support.....	17
Case Management & Social Services.....	19
Cultural & Recreational Activities.....	23
Community Boards.....	27
Companion Services .....	28
Consumer Protection.....	29
Continuing Education .....	31
Employment & Volunteer Opportunities .....	35
Financial & Tax Assistance.....	37
Food & Nutrition Assistance .....	39
Hoarding .....	45
Healthcare & Hospitals .....	46
Housing .....	50
Legal Assistance .....	53
LGBTQIA+ Services.....	58
Local Pharmacies.....	59
Long-Term Care.....	61
Medical Marijuana .....	63
NYPD Police Precincts.....	65
Opioid Addiction Resources .....	66
Pet Care.....	67
Senior Centers.....	69
Technology .....	73
Transportation .....	75
Veterans .....	76

# Important Numbers & Hotlines

In case of an emergency,  
please call 9-1-1.

**Police, Fire or Ambulance:** 9-1-1

**Emergency Shelter:** 3-1-1

**National Runaway Safeline:**  
(800) 786-2929

**New York State Division  
of Human Rights:**  
(888) 392-3644

**Equal Employment  
Opportunity Commission:**  
(800) 669-4000  
TTY: (800) 669-6820

**AIDS Hotline:**  
(800) 541-AIDS  
En Español: (800) 233-7432

**Alcoholics Anonymous:**  
(212) 647-1680

**Domestic Violence Hotline:**  
(800) 799-7233

**Centers for Disease Control  
and Prevention:**  
(800) 232-4636

**Child Protective Services  
Hotline:**  
(800) 342-3720

**New York Crime Victim  
Hotline:**  
(212) 577-7777

**Gamblers Anonymous Hotline:**  
(855) 222-5542

**Homeless Hotline:**  
(212) 533-5151

**Emergency Food Assistance:**  
3-1-1

**Immigration Hotline:**  
(212) 419-3737

**Narcotics Anonymous:**  
(212) 929-6262

**Poison Control:**  
(800) 222-1222

**Rape & Sexual Assault Hotline:**  
(800) 656-4673

**Substance Abuse and Mental  
Health Services Administration  
(SAMHSA) Helpline:**  
(800) 662-HELP (4357)

**National Suicide Prevention  
Lifeline (SAMHSA):**  
9-8-8  
TTY: (800) 799-4889

# Government Agencies

Call 3-1-1 to access any City agency.

## **Department of Health and Mental Hygiene (DOHMH)**

Call 3-1-1 for inquiries  
[www.nyc.gov/doh](http://www.nyc.gov/doh)  
DOHMH protects and promotes the health and mental well-being of all New Yorkers.

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

(212) 788-2830  
TTY: (212) 788-2838  
[www.nyc.gov/mopd](http://www.nyc.gov/mopd)  
MOPD works to ensure that New Yorkers with disabilities can lead happy, healthy, and productive lives. The Office provides information on accessible programs, transportation, employment, health services, activities, and other resources.

## **New York Board of Elections New York City**

[vote.nyc](http://vote.nyc)  
Visit the website listed above for information about voter registration forms and deadlines, absentee ballots, election dates, and district maps.

## **New York City Commission on Human Rights (CCHR)**

22 Reade St., 1st Floor  
New York, NY 10007  
(212) 306-7450  
To file a discrimination complaint, call: 3-1-1 or (718) 722-3131  
[www1.nyc.gov/site/cchr/index.page](http://www1.nyc.gov/site/cchr/index.page)

CCHR is charged with the enforcement of the Human Rights Law and with educating the public and encouraging positive community relations.

## **New York City Department for the Aging**

2 Lafayette St., #16  
New York, NY 10007  
(212) 244-6469  
[www.nyc.gov/aging](http://www.nyc.gov/aging)  
The New York City Department for the Aging provides support and information for older people.

## **New York City Department of Sanitation (DSNY)**

125 Worth St.  
New York, NY 10013  
Call 3-1-1  
[www.nyc.gov/sanitation](http://www.nyc.gov/sanitation)  
To locate a compost site near you, visit: <https://www1.nyc.gov/assets/dsny/site/services/food-scrap-and-yard-waste-page/nyc-food-scrap-drop-off-locations>

DSNY offers a variety of services including trash collection, recycling, electronics recycling, composting, harmful product drop-off, and donations of various items.

**New York City Department of Veterans Services (DVS)**

Call 3-1-1 or (212) 416-5250

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

[www1.nyc.gov/site/veterans/index.page](http://www1.nyc.gov/site/veterans/index.page)

The Department of Veterans Services provides New York City's veterans with essential services and programs focused on areas such as economic empowerment, housing security, benefits, health and wellness, and culture.

**New York City Mayor's Office of Operations**

253 Broadway, 10th Floor

New York, NY 10007

Call 3-1-1

The Office of Operations provides City agencies and offices with research and analysis, project and performance management, and advisory support.

**Office of Operations (IDNYC)**

Call 3-1-1 for more information and enrollment centers.

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

IDNYC is a government-issued identification card that is available to all City residents age 14 or older. Immigration status does not matter.

Applicants must complete an application and submit it at an IDNYC Enrollment Center. Applicants are also required to present proof of identity and residency in New York City. Cards are valid for five years from the date the application is approved. The application process is accessible to people with limited English proficiency and people with disabilities.

**New York State Attorney General**

28 Liberty St.

New York, NY 10005

(212) 416-8000

Hotline: (800) 771-7755

[www.ag.ny.gov](http://www.ag.ny.gov)

The Attorney General assists New Yorkers with a variety of legal issues including consumer rights, public health, environmental issues, civil rights, and workers' rights.

**New York State Department of Health (NYSDOH)**

Riverview Center

150 Broadway, Suite 355

Albany, NY 12204

Public Health Duty Officer



Helpline: (866) 881-2809

[www.health.ny.gov](http://www.health.ny.gov)

The New York State Department of Health is the department of the New York State government responsible for public health.

The organization also provides information and resources regarding New York State's Medical Marijuana Program, which you can learn more about by calling (866) 811-7957.

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

Building 12

W.A. Harriman Campus

Albany, NY 12240

(518) 457-9000

[labor.ny.gov/](http://labor.ny.gov/)

The NYS Department of Labor offers a variety of services related to employment and workers. They administer unemployment and offer a variety of classes, workshops, job fairs, information sessions, and more. Businesses can list job openings on the NYS Job Bank, available online at <https://newyork.usnlx.com>. Many businesses also use the Department of Labor's Career Centers to conduct recruitment interviews. Visit <https://labor.ny.gov/workforcenypartners/career-center-events.shtm> for details.

### **New York State Department of Motor Vehicles (DMV) Midtown Manhattan**

366 West 31st St.

New York, NY 10001

(212) 645-5550

The NYS DMV issues driver licenses, permits, and New York State non-driver ID cards. You can also get information about insurance and driver safety, and register to vote.

### **New York State Division of Homes and Community Renewal (HCR) Manhattan Offices**

641 Lexington Ave.

New York, NY 10022 or

255 Beaver St., 5th Floor

New York, NY 10004

(212) 961-8930

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

HCR is the State agency responsible for administering rent regulation laws. HCR publishes Fact Sheets that describe major elements of rent control and rent stabilization. The organization is also responsible for mitigating tenant concerns, processing complaints against landlords, offering rent reduction programs, and providing legal protection for renters.

## **New York State Division of Human Rights**

Adam Clayton Powell State  
Office Building  
163 West 125th St., 4th Floor  
New York, NY 10027  
General number: (212) 961-8650  
TTY: (718) 741-8300  
Age Discrimination Help Line:  
(212) 416-0197  
<https://dhr.ny.gov/>

Whether you are applying for a loan, applying for a job, or if you experience age discrimination, contact the NYS Division of Human Rights.

## **New York State Division of Veterans' Services Regional Office**

2 Empire State Plaza, 17th Floor  
Albany, NY 12223  
(888) 838-7697  
[www.veterans.ny.gov](http://www.veterans.ny.gov)

DVS assists veterans and their families with their needs, such as economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption. DVS also provides free benefits advising and offers veterans and their families professional help to resolve social, medical, and economic matters. Veterans Benefits Advisors assist the claimant – whether a veteran, spouse, child, or parent –

in completing applications, obtaining necessary documentation, and filing claims for a broad spectrum of federal, State, local, and private veterans' benefits. Veterans' Benefits Advisors also assist by responding to follow-up correspondence and, appealing an unfavorable ruling.

## **New York State Office for the Aging**

2 Empire State Plaza  
Albany, NY 12223-1251  
(800) 342-9871  
[www.aging.ny.gov](http://www.aging.ny.gov)

The New York State Office for the Aging's (NYSOFA's) home and community-based programs provide older adults with access to a well-planned, coordinated package of in-home and other supportive services designed to support and supplement informal care. NYSOFA's overall goal is to improve access to, and availability of, appropriate and cost-effective non-medical support services for older individuals to maximize their ability to age in their community. This network provides home-delivered meals, senior center programming, caregiver support, legal services, transportation, home modifications, and more.

## **NYS Office of the State Comptroller**

59 Maiden Ln.

New York, NY 10038

NYC Office: (212) 383-1600

Email: [contactus@osc.state.ny.us](mailto:contactus@osc.state.ny.us)

[www.ny.gov/agencies/office-state-comptroller](http://www.ny.gov/agencies/office-state-comptroller)

The Office of the State

Comptroller manages the New York State Pension Fund, administers the New York State and Local Retirement System, fights public corruption, and returns millions in unclaimed funds to rightful owners.

The office also helps you estimate your pension, plan for retirement, and assess your cost of living.

## **The Department for the Aging-Alzheimer's and Caregiver Resource Center**

2 Lafayette St.

New York, NY 10007

Call 3-1-1

<https://www1.nyc.gov/site/dfta/services/caregiving.page>

The Alzheimer's and Caregiver Resource Center of the New York City Department for the Aging provides a variety of services that are free and strictly confidential. These include individual assessments, referrals to medical diagnostic centers, community-based services

and support groups, referral to community services, education and training, entitlement counseling, assistance with the nursing home placement process, and information on housing alternatives such as assisted living.

## **U.S. Social Security Administration (SSA)**

(800) 772-1213

TTY: (800) 325-0778

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

The SSA can help you sign up for Medicare, replace a social security card, change your name or sex identification, update your citizenship or immigration status, manage your social security payments, apply for benefits, and plan for retirement.

## **Social Security Card Center-Manhattan**

123 William St., 3rd Floor

New York, NY 10038

(800) 772-1213

Social Security is a social insurance program consisting of retirement, disability, and survivors' benefits. Seniors are eligible for retirement benefits if they are age 61 years and 9 months or older and are not currently receiving benefits from their own Social Security.

## **Supplemental Security Income (SSI)**

(800) 772-1213

TTY: 800-325-0778

Representatives are available from 7:00 am to 7:00 pm weekdays.

[www.ssa.gov/ssi/](http://www.ssa.gov/ssi/)

SSI provides monthly cash benefits to those with low income and limited resources who are age 65 or older, blind, or have a disability. You do not need to have a specific work history to be eligible for SSI.

## **Temporary Assistance**

(800) 342-3009

[www.otda.ny.gov/programs/temporary-assistance](http://www.otda.ny.gov/programs/temporary-assistance) (for information)

[www.otda.ny.gov/programs/applications/2921.pdf](http://www.otda.ny.gov/programs/applications/2921.pdf) (for application)

A federally and State-funded program that provides temporary help to very low-income people for essential food, clothing, shelter, and cash benefits. Benefits vary depending on the situation, income, and asset limitations. Applications can be submitted at any Human Resources Administration Job Center. Call 311 for applications and additional locations.

## **U.S. Department of Health and Human Services**

### **Administration on Aging Regional Support Center**

26 Federal Plaza, Room 38-102  
New York, NY 10278

(212) 264-2976

[acl.gov](http://acl.gov)

## **U.S. Department of Veterans Affairs Regional Office**

245 West Houston St.

New York, NY 10038

(800) 827-1000

Hours: 8:30 am - 4:00 pm

For a list of NYC Veterans centers, see the section of this guide titled "Veterans."

# Advocacy & Action Groups

In this section, you will find a list of community organizations that are committed to advocating for the needs of older adults. These organizations range from mental health services to housing and community advocacy.

## **Alzheimer's Foundation of America**

322 Eighth Ave.  
New York, NY 10001  
(866) 232-8484  
[www.alzfdn.org](http://www.alzfdn.org)

The Alzheimer's Foundation of America (AFA) provides services to individuals living with Alzheimer's disease and related illnesses and to their families and caregivers. They have a toll-free helpline where you can speak with a social worker.

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

750 Third Ave., 31st Floor  
New York, NY 10017  
(866) 227-7442  
[www.aarp.org](http://www.aarp.org)

The AARP Foundation is a charitable organization that

helps people age 50 and above with issues such as hunger, income, housing, and isolation. They provide both direct assistance and legal advocacy for the rights of the elderly.

## **CIDNY, New York State Long Term Care Ombudsman Program**

841 Broadway, Suite 301  
New York, NY 10003  
(212) 812-2901

The mission of this organization is to improve the quality of life for seniors and those with disabilities requiring long-term care. CIDNY's Ombudsmen work with residents in nursing homes, assisted living facilities, and family-type homes to advocate for their rights and needs.

## **Citizens Committee for NYC**

77 Water St., Suite 202  
New York, NY 10005  
(212) 989-0909

[www.citizensnyc.org](http://www.citizensnyc.org)  
Citizens Committee for NYC is an action group that strives to improve the quality of life for New York residents. The organization provides grant money and support for projects such as community gardens and free music workshops.



**Community Service Society  
(CSS)**

633 Third Ave., 10th Floor  
New York, NY 10017  
(212) 254-8900  
[www.cssny.org](http://www.cssny.org)  
CSS seeks to fight poverty in New York both through advocacy efforts and by offering programs and services to low-income New Yorkers. CSS works on issues including health care access, affordable housing, economic security, imprisonment and reentry, and workforce equality. The CSSNY: Retired and Senior Volunteer Program (RSVP) provides volunteer opportunities for those 55 and above to serve the needs of the community and bolster nonprofit agencies.

**DFTA Center for Independence  
of the Disabled NY (CIDNY)**

841 Broadway, Suite 301  
New York, NY 10003  
(800) 342-9871  
NY Connects is a free program that serves as a liaison for New Yorkers with disabilities to connect them to resources that assist with long-term care needs. NY Connects benefits counselors provide peer-centered support to help New Yorkers make informed decisions regarding services and care.

**DOROT**

(212) 769-2850  
[www.dorotusa.org](http://www.dorotusa.org)  
DOROT addresses basic needs such as food, housing, health, and wellness. The organization provides social, cultural, and educational activities to alleviate isolation and foster interaction between young people and older adults. They operate a number of programs, including scheduled home visits, shopping assistance and escorting, package delivery, kosher meals for the homebound, support for caregivers, and homelessness prevention.

**Geriatric Mental Health  
Alliance**

50 Broadway, 19th Floor  
New York, NY 10004  
[www.vibrant.org/what-we-do/advocacy-policy-education/geriatric-mental-health-alliance/](http://www.vibrant.org/what-we-do/advocacy-policy-education/geriatric-mental-health-alliance/)  
The Geriatric Mental Health Alliance is a coalition of over 3,000 individuals and organizations that advocate for improved policies and services for older adults with mental health needs.

**Goddard Riverside**

593 Columbus Ave.  
New York, NY 10024

(212) 873-6600

[goddard.org/programs/older-adults/](http://goddard.org/programs/older-adults/)

Goddard Riverside provides programs that help older adults age in their homes while staying active, social, and healthy.

Their services include home-delivered meals, an older adults community and activity center, naturally occurring retirement communities, and affordable housing for seniors with mobility impairments.

**Greater New York Health Care Facilities Association (GNYHCFA)**

519 Eighth Ave., 16th Floor  
New York, NY 10018  
Phone: (212) 643-2828  
Fax: (212) 643-2956  
[www.gnyhcfa.org](http://www.gnyhcfa.org)

GNYHCFA is a non-profit trade association serving the long-term care needs of individuals living in the greater New York metropolitan area and beyond. GNYHCFA offers resources centered on safety, education, legal services, long-term care, Medicaid, labor relations, and more.

**Hearing Loss Association of America (NYC Chapter)**

P.O. Box 602  
Radio City Station

New York, NY 10101

(212) 769-4327

<http://www.hearinglossnyc.org>

The Hearing Loss Association of America advocates for those with hearing loss through public policy campaigning, and local chapters connect individuals experiencing hearing loss with resources.

**JASA's Advocacy Programs**

247 West 37th St., 9th Floor  
New York, NY 10018  
(212) 273-5200

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

JASA's Advocacy programs are designed for adults 55 and above who want to explore interesting topics, meet peers, become activists, and make an impact in their communities.

**LiveOn NY (Formerly Council of Senior Centers)**

49 West 45th St., 7th Floor  
New York, NY 10036  
(212) 398-6565

[www.liveon-ny.org](http://www.liveon-ny.org)

LiveOn NY comprises over 100 senior service agencies that serve New York City. Their goal is to ensure that the elderly of New York City receive quality services by helping senior service organizations build their capacity to provide superior programs and services through

advocacy, training, innovative programming, and the exchange of ideas.

### **Medicare Rights Center**

266 W 37th St., 3rd Floor  
New York, NY 10018  
Hotline: (800) 333-4114  
(212) 869-3850

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

The Medicare Rights Center is a national, non-profit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.

### **The National Council on Aging**

(571) 527-3900

<https://www.ncoa.org>

The NCOA helps people age 60 and above to meet the challenges of aging.

They partner with nonprofit organizations, government, and businesses to provide innovative community programs and services, online help, and advocacy.

### **The New York Academy of Medicine (NYAM): Healthy Aging Program**

1216 Fifth Ave.

New York, NY 10029  
(212) 822-7200

[www.nyam.org/urban-health/healthy-aging](http://www.nyam.org/urban-health/healthy-aging)

NYAM works to address a variety of health issues through research, policy leadership, and community engagement. Their Healthy Aging Program seeks to create environments, policies, and programs that will allow older adults in New York City to live longer, healthier lives and stay fully engaged in their communities.

### **New York Connects**

11 Park Pl., Suite 1110  
New York, NY 10007  
(800) 342-9871

[www.nyconnects.ny.gov/](http://www.nyconnects.ny.gov/)

NY Connects emphasizes community-based services and a person-centered approach to providing information and assistance for aging New Yorkers needing long-term services and support. The program highlights public education, Long-Term Care Councils, and options counseling.

### **Metropolitan Council on Housing**

339 Lafayette St., #301  
New York, NY 10012  
(212) 979-0611

[www.metcouncilonhousing.org](http://www.metcouncilonhousing.org)  
Metropolitan Council on

Housing is a membership-based tenants' advocacy organization that preserves and expands affordable housing and rent regulation.

**New York Statewide Senior Action Council, Inc.**

275 State St.

Albany, NY 12210

(518) 436-1006

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

New York Statewide Senior Action Council is a grassroots membership organization made up of individual senior citizens and senior citizen clubs from all parts of New York State. They also provide direct services through their Patients Rights Helpline and counseling services. The group works on raising community awareness about senior issues and advocating for seniors' legal rights.

**New York State Tenants & Neighbors Coalition**

255 W. 36th St., Suite 505

New York, NY 10001

(212) 608-4320

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

New York State Tenants & Neighbors Coalition preserves at-risk affordable housing and strengthens tenants' rights in gentrifying neighborhoods

throughout New York.

**Say Ah!**

450 West 24th St.

New York, NY 10011-1340

(646) 236-8517

[www.say-ah.org](http://www.say-ah.org)

Say Ah! strives to give patients the skills to navigate their health and make health services easier to access and use. The organization works with community stakeholders to disseminate information on health literacy and offers training to professionals to integrate health literacy into their work.

**ThriveNYC**

(888) 692-9355

ThriveNYC is a City initiative to end the stigma associated with mental health and help people find treatment options. They offer a confidential and free phone service to connect you to a counselor if you are in crisis. Additionally, ThriveNYC offers Mental Health First Aid (MHFA) training.

# Benefits

Older adults are eligible for a variety of benefits, ranging from tax relief to health insurance programs. You can reach out to these organizations by phone or online to determine if you are eligible for the benefits they offer.

## **Access NYC**

Call 3-1-1

[access.nyc.gov](http://access.nyc.gov)

Access NYC is a free online service that helps you determine your eligibility and apply for City, State, and federal health human service benefit programs.

## **Benefits CheckUp**

(888) 268-6706

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

This free service from the National Council on Aging (NCOA) asks a series of questions to help identify eligible benefits for adults aged 55 or older. The types of expenses you may be eligible to get help with include medications, food, utilities, legal fees, health care, housing, in-home services, taxes, transportation, and employment training.

## **Benefits.gov**

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

The website's core function is the eligibility prescreening questionnaire, or "Benefit Finder." The questionnaire includes criteria for more than 1,000 federally funded benefit and assistance programs. Each program description provides citizens with the next steps to apply for any benefit program of interest.

## **Community Service Society's Public Benefits and Housing Helpline**

(212) 614-5552

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

Specially-trained volunteers provide information on government benefit programs for seniors (including SCRIE, DRIE, food stamps, public assistance, and Medicaid), screen for eligibility, help fill out applications and recertification forms, and advocate for those having difficulty accessing benefits.

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

Manhattan Business Center  
66 John St., 2nd Floor  
New York, NY 10038

Call 3-1-1

[www1.nyc.gov/site/finance/](http://www1.nyc.gov/site/finance/)



benefits/landlords-dhe.page  
DHE provides property tax exemptions to disabled owners of one-, two-, and three-family houses, condominiums, or cooperative apartments. At least one homeowner must have a documented mental or physical disability and the combined income of all owners cannot be more than a certain amount, which is adjusted frequently. Additional eligibility criteria are available online or by calling.

### **Disabled Rent Increase Exemption (DRIE) - NYC Rent Freeze Program**

Manhattan Assistance Center  
66 John St., 3rd Floor  
New York, NY 10038  
Call 3-1-1 (ask for DRIE specialists)  
TTY: (212) 639-9675  
[www1.nyc.gov/site/rentfreeze/index.page](http://www1.nyc.gov/site/rentfreeze/index.page)  
DRIE offers tenants who qualify to have their rent frozen at their current level and be exempt from future rent increases. Tenants must have a total annual income of \$50,000 or less, spend more than 1/3 of their monthly household income on rent, and receive Federal Supplemental Security Income, Federal Social Security Disability Insurance,

U.S. Department of Veterans Affairs disability pension or compensation, or disability-related Medicaid. See full eligibility criteria online or by calling.

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

(800) 332-3742

Email:

[nysdohepic@magellanhealth.com](mailto:nysdohepic@magellanhealth.com)  
[www.health.ny.gov/health\\_care/epic](http://www.health.ny.gov/health_care/epic)

EPIC is a New York State assistance program that helps seniors pay for their prescription drugs.

### **Lifeline Phone Program - Assurance Wireless**

(888) 321-5880

Lifeline is a federal program that provides monthly free or discounted phone services for people who qualify. Assurance Wireless provides eligible low-income individuals with a free phone, free monthly data, unlimited texting, and free monthly minutes.

### **Safelink Wireless Program**

(800) 723-3546

[www.safelinkwireless.com](http://www.safelinkwireless.com)  
Provides income-eligible New Yorkers with access to prepaid no-contract wireless phones for Lifeline eligible consumers.

## **New York City Food Stamp Office**

109 East 16th St.

New York, NY 10003

(212) 835-8300

Assists eligible individuals in applying to SNAP and answers any general questions about the program.

## **Verizon LifeLine**

(800) 837-4966

[www.verizon.com/support/residential/account/manage-account/lifeline-discount](http://www.verizon.com/support/residential/account/manage-account/lifeline-discount)

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.

## **Medicare Rights Center**

266 W 37th St., 3rd Fl.

New York, NY 10018

(212) 869-3850

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

The Medicare Rights Center is a national, non-profit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.

## **New York Benefits Center**

(800) 829-7005

[bdtrust.org/individual-assistance/](http://bdtrust.org/individual-assistance/)

The New York Benefits Center assists with determining eligibility and applying for SNAP, Medicaid, SCRIE, Medicare savings programs, and HEAP benefits to residents of New York City. Referrals are also provided for additional assistance. Helpline hours of operation are Monday through Friday from 9:00 a.m. - 5:00 p.m. Assistance is available in multiple languages.

## **Senior Citizen Homeowners Exemption (SCHE)**

Manhattan Business Center

66 John St., 2nd Floor

New York, NY 10038

Call 3-1-1

[www1.nyc.gov/site/finance/benefits/landlords-sche.page](http://www1.nyc.gov/site/finance/benefits/landlords-sche.page)

SCHE provides a property tax exemption for senior citizens aged 65 and above who own one-, two-, or three-family homes, condominiums, or cooperative apartments.

## **Senior Citizen Rent Increase Exemption (SCRIE) - NYC Rent Freeze Program**

66 John St., 3rd Floor

New York, NY 10038

Call 3-1-1

[www1.nyc.gov/site/finance/benefits/landlords-scrie.page](http://www1.nyc.gov/site/finance/benefits/landlords-scrie.page)  
SCRIE offers eligible individuals age 62 or older exemptions from some or all increases in rent. You may qualify for SCRIE if you have a total household income of \$50,000 annually, pay more than one-third of your household's total monthly income in rent, and live in a rent-controlled, rent-stabilized, or Mitchell-Lama apartment. Please note that, unfortunately, NYCHA and Section 8 tenants are not eligible for SCRIE.

### **SNAP (Supplemental Nutrition Assistance Program)**

109 E 16th St.

New York, NY 10003

3-1-1

[otda.ny.gov/programs/snap/](http://otda.ny.gov/programs/snap/)  
SNAP provides food support to low-income New Yorkers.

### **STAR (New York State School Tax Relief Program)**

Call 3-1-1

[www.tax.ny.gov/star/](http://www.tax.ny.gov/star/)  
The Enhanced STAR exemption provides savings on school district taxes for New York State homeowners age 65 and over with qualifying incomes.

### **Veterans' Tax Exemption Manhattan Business Center**

66 John St., 2nd Floor

New York, NY 10038

Call 3-1-1

[www1.nyc.gov/site/finance/benefits/landlords-veterans.page](http://www1.nyc.gov/site/finance/benefits/landlords-veterans.page)

Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the Persian Gulf War, the Vietnam War, the Korean War, World War II, or World War I.

# Caregiver Support

These organizations assist individuals caring for elderly adults and grandparents who are caring for young children. Services range from respite care to support groups and counseling.

## **Home Instead Senior Care**

400 East 56th St.  
Professional Wing, Suite 2  
New York, NY 10022  
(212) 614-8057  
<https://www.homeinstead.com>  
Home Instead Senior Care is a fully licensed, full-service home care service agency with the New York State Department of Health. They provide a variety of services such as companionship, home-helpers, personal services, respite care, Alzheimer's care, and short-term recovery assistance.

## **Jewish Association Serving the Aging (JASA)**

247 West 37th St.  
New York, NY 10018  
(212) 273-5272  
(Monday-Friday, 9-5)  
[www.jasa.org](http://www.jasa.org)  
JASA is one of New York's largest agencies serving older adults. They provide comprehensive services,

including adult protective services, benefits, and entitlements assistance, caregiver assistance, case management and counseling, elder abuse assistance, home care, housing, Jewish programming, legal assistance, meals, mental health services, naturally occurring retirement communities (NORCs), senior centers, and more.

## **National Council of Jewish Women (NCJW) Caregiver Support Group**

(646) 884-9471  
Email: [lmaun@ncjwny.org](mailto:lmaun@ncjwny.org)  
[www.ncjwny.org/programs/](http://www.ncjwny.org/programs/)  
NCJW provides support groups for caregivers. Led by social workers, caregivers share advice, insights, and frustrations in a safe and supportive environment, helping each other to identify effective coping strategies for the unique challenges of caring for a loved one. There are also support groups specific to seniors, caregivers caring for those with memory loss and Alzheimers, and loss recovery.

## **NYC Caregiver**

2 Lafayette St.  
New York, NY 10007  
Call 3-1-1  
[www.nyc.gov/site/dfta/services/caregiving.page](http://www.nyc.gov/site/dfta/services/caregiving.page)  
NYC Caregiver provides

resources to find local caregiver support services and can help answer many questions regarding caring for physically frail or cognitively impaired adults age 60 or older or grandparents caring for children age 18 and under.

### **New York Foundation for Senior Citizens Home Attendant Services**

11 Park Pl., 14th Floor  
New York, NY 10007  
(212) 962-7559

Email: [nyfscinc@aol.com](mailto:nyfscinc@aol.com)  
[www.nyfsc.org/services/  
support\\_homeattend.html](http://www.nyfsc.org/services/support_homeattend.html)  
The New York Foundation  
for Senior Citizens Home  
Attendant Services, which is  
licensed by the New York State  
Department of Health, offers  
home health assistance, personal  
care, medication monitoring,  
cooking, companionship for  
appointments, and other  
services.

### **Partners in Caring at Sage**

305 Seventh Ave.  
New York, NY 10001  
(212) 741-2247

The Partners in Caring  
program at Sage provides  
various services to families  
and caregivers of the elderly.  
Services include counseling,  
outreach, public information,  
support groups, training,  
individual respite, and many  
others.

### **People Care**

116 West 32nd St.  
New York, NY 10001  
(212) 631-7300  
[www.peoplecare.com](http://www.peoplecare.com)  
People Care is a home health  
aid care agency licensed by the  
NYS Department of Health.  
They match patients with home  
health aides and registered  
nurses.

### **Presbyterian Senior Services (PSS) Circle of Care**

2095 Broadway #409  
New York, NY 10023  
(212) 874-6633  
Caregiver Hotline: (866) 665-  
1713  
[www.pssusa.org](http://www.pssusa.org)  
PSS Circle of Care provides free  
and confidential professional  
support to NYC family  
members caring for an adult  
with Alzheimer's disease, other  
dementias, or for a chronically  
ill or frail loved one.

### **VISIONS Unpaid Caregiver Support Program**

500 Greenwich St., 3rd Floor  
New York, NY 10013  
Program Director: (646) 486-4444  
[visionsvcb.org/](http://visionsvcb.org/)  
VISIONS Caregiver Program  
provides free services for unpaid  
caregivers who are assisting  
older adults 60 years and older  
where either the caregiver or  
the care recipient (or both) is  
blind or visually impaired;



and grandparents age 55 years and older who are the primary caregivers for a child under the age of 18, where either the grandparent or the child is blind or visually impaired.

### **Caring.com**

(888) 401-0930

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

This website is available to assist with questions or concerns about getting help for an elder or caregiver. There is a wide range of resources on different medical conditions and advice for those in various life stages.

### **Aging Care**

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

Aging Care is a website that connects caregivers across the Nation in order to provide support and advice for one another. This website also provides many local resources for its users.

## **Case Management & Social Services**

Many local organizations provide older adults with case management services, which can help with a wide variety of issues such as housing, healthcare, and financial management.

### **The Actors Fund Senior Care Program**

729 Seventh Ave., 10th floor

New York, NY 10019

(212) 221-7300

[entertainmentcommunity.org/](http://entertainmentcommunity.org/)

[services-and-programs/support-seniors](http://entertainmentcommunity.org/services-and-programs/support-seniors)

The Actors Senior Care Program helps entertainment industry professionals aged 65 and above, their families, and caregivers with services including assessment, advocacy, access to entitlements or other benefits, financial management and assistance, and referrals to general information.

**Carter Burden Network:  
Community Elder  
Mistreatment Abuse  
Prevention Program (CEMAPP)**

415 East 73rd St.

New York, NY 10021

(212) 879-7400

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

The Carter Burden Network specializes in elder abuse safety planning, security device installation, counseling, housing and family court advocacy, legal advice, community education, and coordination with the police.

**DOROT**

171 West 85th St.

New York, NY 10024

(212) 769-2850

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

DOROT is an organization that alleviates social isolation among the elderly and provides services such as friendly visiting, door-to-door transportation, meal delivery, wellness programs, and others.

**Federation of Protestant  
Welfare Agencies**

40 Broad St., 5th Floor

New York, NY 10004

(212) 777-4800

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

The Federation of Protestant Welfare Agencies has been a

social services resource for 90 years, meeting the needs of New Yorkers and supporting the agencies that deliver human services in our City.

**Hartley House**

413 West 46th St.

New York, NY 10036

(212) 246-9885

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

The HOPE program at Hartley House provides clients age 62 or older living between West 34th and West 59th Streets and between Twelfth and Fifth Avenues with comprehensive case management support including assistance with benefits, financial management, referrals for legal assistance, elder abuse, mental health, and social resources.

**Lighthouse Guild**

250 West 64th St.

New York, NY 10023

(800) 284-4422

The Lighthouse Guild provides services for individuals who are blind or visually impaired, including adult day health care, mental health care, career development and job placement, adaptive technology programs, and a low vision rehabilitation clinic where you can take a low vision exam and

consult with optometrists or ophthalmologists.

### **Met Council on Jewish Poverty**

77 Water St., 26th Floor

New York, NY 10005

(212) 453-9500

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

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

Met Council supports families, seniors, and adults living in poverty and near poverty. They provide immediate assistance to New Yorkers in crisis and create pathways to self-sufficiency through a variety of programs, including a kosher food pantry, emergency social services, family violence services, home repairs, benefits enrollment, and affordable housing.

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

11 Park Pl., 14th Floor

New York, NY 10007-2801

(212) 962-7559

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

NYFSC is dedicated to helping seniors remain safe and as independent as possible within their own homes and communities by providing supportive service programs, including housing alternatives, home sharing, repair and safety services, free transportation, an ombudsman program, senior

centers, intergenerational activities, and a senior theater enrichment program.

### **Project Find**

141 West 73rd St.

New York, NY 10023

(212) 874-0300

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

Project Find runs four Older Adult Centers on Manhattan's West Side. These adult centers organize activities, classes, and social events, in addition to providing counseling and case management. Project Find's social workers also assist homeless seniors to find supportive housing via their Homeless-In-Reach Program.

### **Safe Horizon**

2 Lafayette St., 3rd Floor

New York, NY 10007

(212) 577-7700

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

Safe Horizon provides support, prevents violence and promotes justice for victims of crime and abuse, their families, and communities.

### **Search and Care**

207 East 94th St.

New York, NY 10128

212-289-5300

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

Search and Care provides

a range of services and programming for older adults on the Upper West Side and the Upper East Side, including case management, group activities, financial planning, nutritional advice, and technology assistance. Search and Care's social workers and care managers can help secure benefits, advocate on housing issues, arrange for home care, and facilitate transportation, among other services.

### **Selfhelp Community Services**

520 Eighth Ave.

New York, NY 10018

(212) 971-7600

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

Selfhelp helps seniors age in place with its comprehensive, personalized private care management program. Selfhelp offers case management for Adult Protective Services (APS) clients, Alzheimer's and HIV/AIDS support, and Holocaust victim services.

### **Services and Advocacy for LGBT Elders (SAGE)**

305 Seventh Ave., 15th Floor

New York, NY 10001

(212) 741-2247

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

SAGE is a national organization that offers supportive services

and consumer resources for LGBT older adults and their caregivers. Services include case management, caregiver support, benefits counseling, employment assistance, veterans assistance, arts, fitness, and nutritional classes.

# Cultural & Recreational Activities

NYC is home to many cultural institutions, to some of which seniors receive reduced or free admission. This list highlights museums, recreational and fitness activities, and community centers with pools in the district.

Call or go online to find hours.

## Museums:

### **American Folk Art Museum**

2 Lincoln Square  
New York, NY 10023  
(212) 595-9533

[folkartmuseum.org/](http://folkartmuseum.org/)

The American Folk Art Museum is dedicated to folk and self-taught artists. The collection includes more than 7,000 works of art from four centuries and nearly every continent. Admission is free.

### **The Metropolitan Museum Of Art**

1000 Fifth Ave.  
New York, NY 10028  
(212) 535-7710

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

The MET includes over 5,000 years of art from around the world. New York residents qualify for pay-what-you-wish tickets.

### **Morgan Library and Museum**

225 Madison Ave.  
New York, NY 10016  
(212) 685-0008

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

The Morgan Library and Museum houses one of the world's foremost collections of manuscripts, rare books, music, drawings, and ancient and other works of art. To complement the Morgan's exhibitions, the institution offers a wide variety of musical performances, lectures, readings, films, family programs, and tours.

### **Museum at the Fashion Institute of Technology**

227 Seventh Ave. at 27th Street  
New York, NY 10001  
(212) 217-4558

The Museum at the Fashion Institute of Technology has rotating exhibits and a permanent collection of garments and accessories. Admission is free.



## **American Museum of Natural History**

200 Central Park West  
New York, NY 10024  
(212) 769-5100

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

The Natural History Museum is renowned for its exhibitions and scientific collections, which serve as a field guide to the entire planet and present a panorama of the world's cultures. New York residents are eligible for pay-what-you-wish tickets.

## **New York Historical Society Museum and Library**

170 Central Park West  
New York, NY 10024  
(212) 873-3400

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

Experience 400 years of history through groundbreaking exhibitions, outstanding collections, and immersive films. Tickets for seniors are \$19.

## **Rubin Museum of Art**

150 West 17th St.  
New York, NY 10011  
(212) 620-5000

[rubinmuseum.org](http://rubinmuseum.org)

The Rubin Museum of Art has paintings, statues, textiles and more from Tibet, Bhutan and other Asian lands, plus rotating exhibits.

## **Whitney Museum of American Art**

99 Gansevoort St.  
New York, NY 10014  
(212) 570-3600

[whitney.org](http://whitney.org)

The Whitney Museum of American Art presents the full range of twentieth century and contemporary American art, with a special focus on works by living artists.

## *Recreational and Fitness Activities:*

### **The High Line**

(212) 500-6035

[www.thehighline.org/activities](http://www.thehighline.org/activities)  
Built on an abandoned railroad, the High Line is an elevated park that stretches from 34th Street between 10th and 12th Avenues down to 12th Street.

### **NYC Parks**

[www.nycgovparks.org/  
programs/recreation-centers/  
membership](http://www.nycgovparks.org/programs/recreation-centers/membership)

NYC Parks offers a number of senior membership discounts at recreation centers and indoor pools as well as fitness programming for seniors.

## **New York Road Runners**

### **(NYRR) Striders**

(855) 569-6977

Email: [striders@nyrr.org](mailto:striders@nyrr.org)

[www.nyrr.org/run/striders](http://www.nyrr.org/run/striders)

The New York Road Runners

Striders program offers free and fun group walking sessions

led by a certified coach every week in senior centers, parks,

and neighborhood facilities throughout New York City.

Striders is geared toward older adults and is focused on making walking and fitness more accessible.

### **Silver Sneakers**

(866) 584-7389

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

Silver Sneakers is a free fitness program for seniors enrolled in eligible Medicare plans. It also offers free access to participating fitness centers.

### *Recreation Centers with Pools:*

#### **Gertrude Ederle Recreation Center**

232 West 60th St.

New York, NY 10023

(212) 397-3159

[www.nycgovparks.org/facilities/recreationcenters/M063](http://www.nycgovparks.org/facilities/recreationcenters/M063)

The Gertrude Ederle Recreation Center offers fitness classes for

seniors and adaptive fitness programs for those with physical disabilities. The facility also offers art and technology classes, an indoor track and pool, extensive exercise equipment, and a game room.

#### **Marlene Meyerson JCC**

334 Amsterdam Ave.

New York, NY 10023

(646) 505-4444

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

[mmjccm.org/](http://mmjccm.org/)

The Marlene Meyerson JCC offers fitness and wellness classes for New Yorkers of all ages, including seniors. The JCC provides senior membership discounts, as well as financial aid.

#### **The Sports Center at Chelsea Piers**

20th St. and Hudson River Pk.

New York, NY 10011

(212) 336-6000

[www.chelseapiers.com/fitness](http://www.chelseapiers.com/fitness)

Chelsea Piers Fitness offers programming for seniors, including fitness classes, personal training, and access to facilities.

#### **West Side YMCA**

5 West 63rd St.

New York, NY 10023

(212) 912-2600

[ymcanyc.org/locations/west-side-ymca](http://ymcanyc.org/locations/west-side-ymca)

The West Side YMCA provides fitness classes and programming. The YMCA offers senior membership discounts, as well as financial aid.

*Arts, Music, and Theater:*

**Film Society of Lincoln Center**

70 Lincoln Center Plaza  
(entrance on 65th St. between  
Broadway and Amsterdam)  
New York, NY 10021  
(212) 875-5610

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

The Film Society of Lincoln Center provides cinematic experiences and is host to world-renowned film festivals.

**NYC-ARTS (Cultural Guide for Seniors)**

[www.nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniorsmanhattan](http://www.nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniorsmanhattan)

Available online, NYC-ARTS compiles a cultural guide for seniors with a list of organizations in Manhattan that offer senior programming and discounts.

**Senior Theatre Enrichment Program**

11 Park Pl., 14th Floor  
New York, NY 10007-2801  
(212) 962-7655

The Senior Theatre Enrichment Program provides seniors with deeply discounted theatre tickets for Broadway, Off-Broadway, and Off-Off Broadway theatre shows, dance performances, and music concerts in NYC. As a member of the program, you are eligible to buy tickets to shows ranging from \$9 to \$47.

**Theatre Development Fund (TDF)**

Email: [info@tdf.org](mailto:info@tdf.org)  
(212) 912-9770

[www.tdf.org/nyc/79/Proof-of-Eligibility](http://www.tdf.org/nyc/79/Proof-of-Eligibility)

TDF's membership program provides discounted tickets to theatrical productions. Retirees age 62 years or older are eligible.

# Community Boards

Being a New Yorker means playing an active role in shaping your local communities and one way to do this is to get involved with your local community board. The following list contains community boards in our district.

**Manhattan Community Board 2**  
**Neighborhoods: Greenwich Village, West Village, NoHo, SoHo, Lower East Side, Chinatown, Little Italy**  
3 Washington Square Village #1A  
New York, NY 10012  
(212) 979-2272  
Email: [info@manhattancb2.org](mailto:info@manhattancb2.org)  
[cbmanhattan.cityofnewyork.us/cb2/](http://cbmanhattan.cityofnewyork.us/cb2/)

**Manhattan Community Board 4**  
**Neighborhoods: Clinton, Chelsea**  
424 W. 33rd St., Suite 580  
New York, NY 10001  
(212) 736-4536  
Email: [jbodine@cb.nyc.gov](mailto:jbodine@cb.nyc.gov)  
[cbmanhattan.cityofnewyork.us/cb4/](http://cbmanhattan.cityofnewyork.us/cb4/)

**Manhattan Community Board 5**  
**Neighborhoods: Garment District, Flatiron, Midtown, NoMad, Korea Town, Union Square, Gramercy Park, Rose Hill**  
450 Seventh Ave., Suite 2109  
New York, NY 10123  
phone: (212) 465-0907  
Email: [office@cb5.org](mailto:office@cb5.org)  
[www.cb5.org/cb5m/about/our-role/](http://www.cb5.org/cb5m/about/our-role/)

**Manhattan Community Board 7**  
**Neighborhoods: Manhattan Valley, Upper West Side, Lincoln Square**  
250 West 87th St., 2nd Floor  
New York, NY 10024  
(212) 362-4008  
Email: [mn07@cb.nyc.gov](mailto:mn07@cb.nyc.gov)  
[www.nyc.gov/mcb7](http://www.nyc.gov/mcb7)

# Companion Services

Volunteers from the organizations in this section visit seniors in their homes to provide companionship and to offer assistance with shopping, errands, and appointments.

## **Henry Street Settlement Senior Companion Program**

265 Henry St.

New York, NY 10002

(212) 473-1474

[www.henrystreet.org/programs/senior-services/senior-companion-program/](http://www.henrystreet.org/programs/senior-services/senior-companion-program/)

Senior companions are older adults who help homebound or isolated seniors age 55 and older to live independently.

Services include home visits, shopping assistance, medication reminders, help with connecting to senior services, and companionship.

## **SAGE Friendly Visitor Program**

305 Seventh Ave., 15th Floor

New York, NY 10001

(212) 741-2247

[sageserves.org/](http://sageserves.org/)

The SAGE Friendly Visitor program matches volunteers from the community with

LGBT seniors. Friendly Visitor volunteers visit once a week for one to two hours.

## **Senior Helpers**

65 Broadway, 17th Floor

New York City, NY 10006

(800) 760-6389

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

Senior Helpers' mission is to ensure a better quality of life for elderly clients and their families during the aging process by providing dependable and affordable in-home, non-medical care. Services offered include companion care, light housekeeping, and Alzheimer's and dementia care.

## **Visiting Nurse Service of New York (VNSNY)**

(800) 675-0391

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

VNSNY offers resources to deliver a full range of home and community-based health care services, including skilled nursing, home health aides, companionship services, social work, physical, speech, and occupational therapy, community mental health services, and advanced illness and end-of-life care.

## **Visiting Neighbors**

3 Washington Square Village  
Suite 1F

New York, NY 10012

(212) 260-6200

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

Visiting Neighbors serves seniors age 60 years or older in lower Manhattan, south of 30th Street, from the East River to the Hudson. Volunteer visitors help seniors avoid loneliness and isolation. They escort seniors to and from medical appointments and assist them with errands and shopping.

# **Consumer Protection**

State and City agencies provide information to ensure that New Yorkers use safe products and avoid consumer fraud. They also field consumer complaints.

**AARP Foundation ElderWatch**  
[www.aarp.org/aarpfoundation/our-work/income/elderwatch/report-fraud/](http://www.aarp.org/aarpfoundation/our-work/income/elderwatch/report-fraud/)

1-800-222-4444, option 2

The AARP Foundation's ElderWatch program helps consumers recognize, refuse, and report fraud and scams.

## **Do Not Call Registry**

(888) 382-1222

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

National registry that allows consumers to opt out of most telemarketing calls to home or mobile phones. Register by phone or online. If you have joined the Do Not Call Registry and are still receiving calls from companies with which you have no previous relationship, you can file a complaint at [www.donotcall.gov](http://www.donotcall.gov) or call.



## **Federal Consumer Financial Protection Bureau (CFPB)**

(855) 411-2372

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

The CFPB provides consumers with information to make educated financial decisions. You can also file complaints about financial products and services online or by phone. The FTC website offers practical information on a variety of consumer topics.

## **NYC Department of Consumer Affairs**

42 Broadway, 9th Floor

New York, New York 10004

Call 3-1-1

[www1.nyc.gov/site/dca/index.page](http://www1.nyc.gov/site/dca/index.page)

The Department of Consumer Affairs (DCA) inspects businesses, mediates consumer complaints, and helps New Yorkers manage and protect their money. For a list of all the complaints DCA addresses, please check the referral list on the following website:  
[www1.nyc.gov/assets/dca/downloads/pdf/consumers/ConsumersReferralList.pdf](http://www1.nyc.gov/assets/dca/downloads/pdf/consumers/ConsumersReferralList.pdf)

## **New York State Attorney General Consumer Fraud Bureau**

28 Liberty St.

New York, NY 10005

(800) 771-7755, press 1

[www.ag.ny.gov/bureau/consumer-frauds-bureau](http://www.ag.ny.gov/bureau/consumer-frauds-bureau)

The NYS Attorney General Consumer Fraud Bureau works with individual consumers to mediate complaints and enforce a fair marketplace. The Bureau also prosecutes businesses and individuals in illegal trade practices.

## **New York State Division of Consumer Protection**

123 William St.

New York, NY 10038-3804

(800) 697-1220

[www.dos.ny.gov/consumerprotection](http://www.dos.ny.gov/consumerprotection)

The NYS Division of Consumer Protection offers protection to New Yorkers by resolving complaints through mediation, enforcing the NYS Do Not Call Law, representing ratepayers, and educating consumers in the marketplace. The division hosts a monthly toll-free Senior Consumer Information Line, which allows seniors statewide to access free information.

# Continuing Education

Many institutions in New York City allow seniors to enroll in courses at a discount or offer academic programming specifically for seniors.

## **CUNY Senior College Senior Citizen Audit Program:**

[www.cuny.edu/about/administration/offices/legal-affairs/university-tuition-fee-manual/x-special-programs-and-situations/#seniors](http://www.cuny.edu/about/administration/offices/legal-affairs/university-tuition-fee-manual/x-special-programs-and-situations/#seniors)

When space is available, people over 60 can audit courses tuition-free at any of the four-year CUNY colleges. Students do not take tests or receive academic credit.

## **CUNY Community College Senior Citizen Waiver**

[www.cuny.edu/about/administration/offices/legal-affairs/university-tuition-fee-manual/x-special-programs-and-situations/#seniors](http://www.cuny.edu/about/administration/offices/legal-affairs/university-tuition-fee-manual/x-special-programs-and-situations/#seniors)

The Senior Citizen Tuition Waiver is a fee in lieu of tuition, which allows senior citizens to pay reduced fees when taking CUNY courses. The cost may differ as applied at Community

Colleges and Senior Colleges. In order to qualify for a Senior Fee in Lieu of Tuition, a student must satisfy New York City/State residency requirements and be 60 years of age or older as of the first day of classes.

## **CUNY My Turn**

My Turn is a program at specific CUNY community colleges, which have specific programs designed for senior citizens. The My Turn program is a tuition-free college education program for New York State residents 60 years of age and older. See individual college websites or bulletins for specifics. See Kingsborough Community College's My Turn program and application here: [www.kbcc.cuny.edu/myturn/kccmt.htm](http://www.kbcc.cuny.edu/myturn/kccmt.htm)

## **Baruch College**

One Bernard Baruch Way  
Room 810

151 East 25th St.  
(646) 312-1000

Baruch College offers discounted tuition fees for anyone 60 and above wishing to audit classes. It is \$80 total for a semester.

### **Columbia University Lifelong Learners Auditing Program**

116th and Broadway  
New York, NY 10027

(212) 854-9666

[sps.columbia.edu/academics/auditing-programs](http://sps.columbia.edu/academics/auditing-programs)

Columbia University permits individuals 65 years of age or older to enroll in University courses at a discount.

### **Fordham University College at 60 Program**

(212) 636-6396

[www.fordham.edu/school-of-professional-and-continuing-studies/academics/continuing-education/college-at-60/](http://www.fordham.edu/school-of-professional-and-continuing-studies/academics/continuing-education/college-at-60/)

Fordham University provides continuing education classes taught by faculty members via their "College at 60" program.

### **The City College of New York (CCNY)**

160 Convent Ave.

New York, NY 10031

(212) 650-7000

New York State residents who are 60 or older may enroll tuition-free in undergraduate courses on a space-available basis, provided they do so on an audit basis. An \$80 per semester fee is required of senior citizens who are auditing courses.

### **CCNY: Quest - A Community for Lifelong Learning**

25 Broadway, 7th Floor

New York, NY 10004

(212) 925-6625, ext. 229

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

Quest serves retired and semi-retired people by providing an educational and social environment. The peer-led program comprises approximately 40 courses, including literature, science, and philosophy, among others.

### **John Jay College of Criminal Justice**

524 West 59th St.

New York, NY 10019

(212) 237-8000

[johnjaycollege-ugmtg.formstack.com/forms/senior\\_auditor\\_application](http://johnjaycollege-ugmtg.formstack.com/forms/senior_auditor_application)

John Jay College offers New York State residents 60 years of age or older (and who have completed high school) the opportunity to attend John Jay College as an auditor for undergraduate courses. There is a 2 course limit per semester. Senior citizen auditors pay \$80 per semester and can enroll on a non-credit, space-available basis.

**Borough of Manhattan  
Community College (BMCC)**

199 Chambers St.

New York, NY 10007

(212) 220-8000

[www.bmcc.cuny.edu/students/  
bursar/tuition-and-fees/](http://www.bmcc.cuny.edu/students/bursar/tuition-and-fees/)

New York City residents who are 60 years or older, and audit courses as non-matriculated students, are granted a tuition waiver and charged a \$65 senior citizen fee per semester. Senior citizens are also charged the consolidated services fee and any penalty fee that may be incurred (i.e. program change or late registration fee); senior citizens do not pay Student Activities fees or application fees.

**The Center for Learning and  
Living, Inc.**

P.O. Box 125

New York, NY 10044

(212) 644-3320

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

The Center for Learning and Living, Inc. offers a full program of wide-ranging courses for adults age 55 or older taught by volunteer faculty from prominent institutions such as Columbia, Bard, and The City University of NY. Registration for these 8-week courses can be done online. Please inquire for the latest information.

**The Lifelong Peer Learning  
Program**

(212) 817-2474

Email: [engagement@gc.cuny.edu](mailto:engagement@gc.cuny.edu)  
[www.gc.cuny.edu/  
lifelong-peer-  
learning-program](http://www.gc.cuny.edu/lifelong-peer-learning-program)

The Lifelong Peer Learning Program is based on a model of adult continuing education known as peer learning. Students from various backgrounds share the responsibility for designing, teaching, and participating in weekly noncredit study groups that mirror the content and structure of college courses.

**National Council of Jewish  
Women (NCJW) Council  
Lifetime Learning Classes**

(212) 687-5030, ext. 0

Email: [denise@ncjwny.org](mailto:denise@ncjwny.org)  
[www.ncjwny.org/  
programs/  
council-lifetime-learning/  
Council Lifetime Learning](http://www.ncjwny.org/programs/council-lifetime-learning/)

has more than 30 classes and discussion groups each week and provides a range of arts, humanities, cultural, educational, and recreational programming. Membership at NCJW is required for free access to classes, which costs \$72 for those 60 and above, but there are scholarship funds available for those who are eligible. Classes are typically under \$100.

## **New York University School of Continuing and Professional Studies**

7 East 12th St.

New York, NY 10003

(212) 998-7200

[www.scps.nyu.edu](http://www.scps.nyu.edu)

Seniors age 65 or older may enroll in continuing education courses for half of the regular fee (except where otherwise indicated) by requesting the senior citizen discount. 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. Proof of age is required (either by Medicare card, driver license, passport, or other identification card) at in-person registration. If you are registering by telephone, fax, or mail, a copy of the proof of age must be sent to the Office of Student Enrollment Services.

## **Pace University's Active Retirement Community (PARC) Program**

Pace University Midtown Center

551 5th Ave. (between 45th & 46th St.), Suite 800

New York, NY 10176

(888) 561-7223

[www.pace.edu/continuing-education](http://www.pace.edu/continuing-education)

Members can attend lectures on a variety of topics from health to criminal justice and film. Members also have access to the Pace University Downtown Campus Library and Computer Lab.

# Employment & Volunteer Opportunities

The organizations in this section will help connect you to volunteer and work opportunities.

## **Americorps Senior Volunteer Program**

(800) 942-2677 (Press 4 for senior programs, then press 3 for volunteer program.)

[americorps.gov/serve/](http://americorps.gov/serve/)  
[americorps-seniors](http://americorps-seniors)

Americorps matches over 140,000 AmeriCorps senior volunteers with service opportunities offered by partner organizations per year. The program matches volunteers to opportunities that fit their interests and needs. Apply online.

## **Community Service Society: Retired and Senior Volunteer Program (RSVP)**

633 Third Ave., 10th Fl.

New York, NY 10017

(212) 254-8900

[www.cssny.org/programs/entry/retired-and-senior-volunteer-program](http://www.cssny.org/programs/entry/retired-and-senior-volunteer-program)

This program recruits volunteers age 55 or older to work on a variety of initiatives, including their financial advocacy program, re-entry services, youth mentoring, and disaster preparedness.

## **Mobilization for Justice**

(212) 417-3700

[mobilizationforjustice.org/get-involved/encore-program-for-retired-attorneys/](http://mobilizationforjustice.org/get-involved/encore-program-for-retired-attorneys/)

Mobilization for Justice provides opportunities for retired attorneys to use their skills and volunteer in our core practice areas. Retirees choose the amount of time they wish to work and the kind of work they want to do. Attorneys interested in volunteering their time should fill out and submit a Volunteer Inquiry Form. For more information on pro bono opportunities, please contact Pro Bono Coordinator Jacqueline Adorno at [jadorno@mjllegal.org](mailto:jadorno@mjllegal.org).

## **NYC Department for the Aging: Volunteer Resource Center**

(212) 602-4464

Email: [volunteer@aging.nyc.gov](mailto:volunteer@aging.nyc.gov)

[www.nyc.gov/site/dfta/volunteering/volunteer-resources.page](http://www.nyc.gov/site/dfta/volunteering/volunteer-resources.page)

The NYC Aging Volunteer



Program has a host of community partners across the City looking for individuals who want to give back to their communities. From pantries to resource fairs, volunteers are matched with opportunities that are fun, meaningful, and engaging.

**NYC Department for the Aging: Senior Employment Services**

2 Lafayette St., 6th Floor  
New York, NY 10007  
(212) 602-6958 or call 3-1-1 and ask for the Senior Employment Services Program

[www.nyc.gov/site/dfta/services/older-adult-employment.page](http://www.nyc.gov/site/dfta/services/older-adult-employment.page)

SES assists NYC residents age 55 or older seeking work opportunities. Services include computer and customer service training and job placement. Participants must meet low-income eligibility, be unemployed, and be interested in obtaining a part- or full-time job.

**NYC Department for the Aging: Foster Grandparent Volunteer Program**

(212) 244-6469 or call 3-1-1 and ask for the Foster Grandparent Volunteer Program

[www1.nyc.gov/site/dfta/services/intergenerational.page](http://www1.nyc.gov/site/dfta/services/intergenerational.page)  
Seniors serve as mentors, tutors, and caregivers for children and youth with special needs. Offers a non-taxable stipend. Participants must meet low income eligibility to qualify.

**New York State Department of Labor**

(518) 457-9000

[labor.ny.gov](http://labor.ny.gov)

Unemployment Assistance:

<https://labor.ny.gov/unemploymentassistance.shtm>

The Department of Labor offers classes, workshops, job fairs, hiring events, and informational sessions to assist those seeking employment in finding jobs.

**NYC Service**

253 Broadway, 8th Floor  
New York, NY 10007  
(212) 788-7550

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

NYC Service helps match your expertise to volunteer opportunities in public and nonprofit agencies.

**VISIONS Department Workforce Development**

500 Greenwich St.  
New York, NY 10013  
(212) 625-1616 x108

[visionsvcb.org/what-we-do/](http://visionsvcb.org/what-we-do/)

job-placement/job-placement-adults/  
VISIONS Department of Workforce Development administers programs related to employment and technology to prepare legally blind clients to enter or re-enter the workforce. The goal of the team is to identify and assist clients with applying for jobs that are commensurate with their interest, skill, and education. They also offer technology and work readiness training, job placement services, and career preparation.

## Financial & Tax Assistance

These resources can help you stay on top of your finances and learn about your rights. You will also find information on free tax filing programs below.

### **Center for NYC Neighborhoods**

17 Battery Pl., Suite 728

New York, NY 10004

General: 646-786-0888

[cnycn.org/](http://cnycn.org/)

The Center for NYC

Neighborhoods provides

help to homeowners facing

foreclosure. On their website,

you can find information about

flood protection and relocation

assistance, the New York State

Mortgage Assistance Program,

and a Homeowner Financial

Toolkit.

### **Free Credit Reports (Annual Free Credit Report Service)**

P.O. Box 105283

Atlanta, GA 30348

(877) 322-8228

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

Under U.S. federal law, the

national credit reporting

companies Equifax, Experian,

and TransUnion are required to

provide a free credit report once

a year upon request. You can request a free credit report at the link above.

### **Credit Freeze Options:**

Victims of identity theft can request a Security Freeze on credit files in order to prevent strangers from acquiring credit with one's personal information. To learn more about credit freezes, visit the following link: [ag.ny.gov/security-freeze](http://ag.ny.gov/security-freeze) Request a Security Freeze by contacting the national credit reporting companies listed below:

#### **Equifax Security Freeze**

P. O. Box 740241  
Atlanta, GA 30374  
(800) 349-9960  
[www.equifax.com/personal/credit-report-services/credit-freeze/](http://www.equifax.com/personal/credit-report-services/credit-freeze/)

#### **Experian Credit Freeze**

P. O. Box 2104  
Allen, TX 75013  
(888) 397-3742  
[www.experian.com/freeze/center.html](http://www.experian.com/freeze/center.html)

#### **TransUnion**

P.O. Box 1000  
Chester, PA 19022  
(888) 909-8872  
[www.transunion.com/credit-freeze](http://www.transunion.com/credit-freeze)

### **Search and Care Money Matters Program**

207 East 94th Street  
New York, NY 10128  
(212) 289-5300 x208  
[www.searchandcare.org/money-matters/](http://www.searchandcare.org/money-matters/)  
Search and Care helps older adults on the Upper West Side and Upper East Side organize documents and bank statements, budget, pay bills on time, and identify unnecessary expenses.

### **New Economy Project**

121 West 27th St., Suite 804  
New York, NY 10001  
Financial Justice Hotline: (212) 925-4929 (Hours: M 4PM-6PM, T/W/Th 12PM-2PM)  
[www.neweconomynyc.org/](http://www.neweconomynyc.org/)  
The New Economy Project offers resources to protect New Yorkers from predatory financial tactics, including information about community development credit unions and individual rights regarding payday loans, debt collection, creditor lawsuits, immigrants' financial rights, and credit reports. The project also runs a Financial Justice Hotline at (212) 925-4929.

### **Financial Empowerment Centers:**

The NYC Department of Consumer Affairs helps

to organize Financial Empowerment Centers, where financial counselors provide free assistance on issues such as debt, credit, budgeting, and bank accounts. You can make an appointment at any Center by calling 3-1-1. The following Financial Empowerment Centers are located in our district:

**Neighborhood Housing Services of New York City**  
307 West 36th St., 12th Floor  
New York, NY 10018  
Phone: (212) 519-2500  
Fax: (212) 727-8171

**Midtown Community Court**  
314 West 54th St.  
New York, NY 10019  
(646) 264-1300  
[www.nyc.gov/site/dca/consumers/file-your-taxes.page](http://www.nyc.gov/site/dca/consumers/file-your-taxes.page)

**NYC Free Tax Filing**  
New York City offers free online and in-person tax filing services for low-income individuals and families. Information about eligibility and online filing can be found at <https://www.nyc.gov/site/dca/consumers/file-your-taxes.page>

## Food & Nutrition Assistance

This section provides information about programs that deliver meals to eligible seniors, as well as a list of soup kitchens, food pantries, farmers' markets, and community-supported agriculture programs.

*Since hours of operation can change frequently, please contact individual organizations for the latest information.*

**Citymeals-on-Wheels**  
355 Lexington Ave.  
New York, NY 10017  
(212) 687-1234  
[www.citymeals.org](http://www.citymeals.org)  
Citymeals-on-Wheels prepares and delivers meals to homebound and elderly New Yorkers age 60 years or older who are physically or mentally incapacitated, unable to prepare meals, and able to live safely at home if services are provided to them.

**Encore Community Services - Senior Center Home Delivery Program**

239 West 49th St.  
New York, NY 10019  
(212) 581-2910

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

For the homebound population who are unable to attend the Center, hot meals are delivered. They also offer a friendly visiting program, shopping assistance, and more.

**Food Bank for New York City**

39 Broadway, 10th Floor  
New York, NY 10006  
(212) 566-7855

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

Food Bank for New York City procures and distributes food to a network of more than 1,000 community-based member programs citywide, helping to provide 400,000 free meals a day for New Yorkers in need. Their website includes a food program locator that shows food pantries, soup kitchens, and senior centers throughout the City that serve meals.

**God's Love We Deliver**

(212) 294-8102

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

The Home Delivered Meal Program provides home-delivered meals to clients all

over New York City. If you are living with a life-altering illness and have difficulty shopping or cooking, call to find out more information about becoming a client.

**Project FIND Hamilton Older Adult Center**

141 West 73rd St.  
New York, NY 10023  
(212) 787-7710

[www.projectfind.org/hamilton\\_center](http://www.projectfind.org/hamilton_center)

The Hamilton Senior Center provides lunch Sunday-Friday and dinner Monday-Friday. Lunch is served from 11:00AM-12:30PM and dinner is served from 3:30-5:00PM.

**The Center at Red Oak (WSFSSH)**

135 West 106th St.  
New York, NY 10025

[wsfssh.org/senior-center/](http://wsfssh.org/senior-center/)

The Center at Red Oak, run by the West Side Federation for Senior and Supportive Housing, serves older adults in the Manhattan Valley community of the Upper West Side of Manhattan. The Center is open Monday-Friday, 8:30AM-4:30PM. The Center runs activities that include arts and crafts, exercise, health workshops, computer classes,

English as a Second Language, and games. Older adults can also participate in workshops, field trips, and holiday celebrations. Assistance with social services is also provided. Lunch is offered Monday - Friday 12-1PM (\$1.50 for seniors and \$3.06 for home attendants).

### **WhyHunger**

505 Eighth Ave., Suite 2100  
New York, NY 10018  
(212) 629-8850

[www.whyhunger.org](http://www.whyhunger.org)  
WhyHunger is a leader in building the movement to end hunger and poverty by connecting people to nutritious, affordable food and by supporting grassroots solutions that inspire self-reliance and community empowerment.

### *Soup Kitchens and Food Pantries*

*Since hours of operation can change, please contact individual organizations for the latest information.*

### **Crossroads Food Pantry**

329 West 42nd St.  
New York, NY 10036  
(212) 564-9070  
Every other Saturday  
9am - 1pm.

### **Christ and St. Stephen's Church Brown Bag Program**

120 West 69th St.  
New York, NY 10023  
(212) 787-2755, ext. 5  
[www.csschurch.org/brown-bag-program/](http://www.csschurch.org/brown-bag-program/)  
Christ and St. Stephen's Church provide Grab & Go lunches at the sidewalk in front of the church door from 9:30 to 10:30AM every Monday through Friday. Anyone is welcome.

### **Holy Apostles Soup Kitchen**

296 9th Ave.  
New York, NY 10001  
(212) 924-0167  
[holypostlessoupkitchen.org/](http://holypostlessoupkitchen.org/)  
Hot Meals To-Go: Monday - Friday, 10:30am - 12:30pm  
Pantry Hours: Tuesdays, Wednesdays & Thursdays  
1:30 PM - 3:30 PM  
In addition to soup kitchen meals, referrals are available for services such as haircuts, clothing pantries, benefits, eyeglasses, and more.

### **National Council of Jewish Women (NCJW) Food Pantry/Community Kitchen**

(212) 687-5030, ext. 463  
[www.ncjwny.org/programs/](http://www.ncjwny.org/programs/)  
NCJW has a weekly food pantry, which provides a 3-day emergency supply of food to



families in need. The pantry is open every Monday from 9:30 am to 1:30 pm. NCJW also offers a twice-weekly community kitchen, which provides hot meals and take-away bags for all who need it. Meals are served on Wednesdays at 4:30 pm and Sundays at 11:30 am.

### **Rutgers Presbyterian Church**

236 West 73rd St.

New York, NY 10023

(212) 877-8227

[www.rutgerschurch.org/what-we-do/thursday-night-meals](http://www.rutgerschurch.org/what-we-do/thursday-night-meals)

Rutgers Presbyterian Church provides meals every Thursday night to the first 70 guests.

### **St. Clement's Episcopal Church**

423 West 46th St.

New York, NY 10036

(212) 246-7277

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

Food Pantry is open every two weeks, on Friday from 2pm to 6pm and Saturday from 8:30am to 11:30am. Call at the number above or check the outside of the church for the schedule.

### **Stephen Wise Free Synagogue**

30 West 68th St.

New York, NY 10023

(212) 877-4050

[swfs.org](http://swfs.org)

Stephen Wise Free Synagogue

distributes food packages to guests in need from 8:00 to 9:00 AM every Saturday.

### **St. Francis of Assisi**

135 West 31st St.

New York, NY 10001

(212) 736-8500

Soup Kitchen: Every day, 7am - 7:30am

Sandwiches and coffee. Line starts at around 6:30am.

### **St. John's Bread of Life**

213 West 31st St.

New York, NY 10001

(212) 564-9070, ext. 203

Food Pantry: Wednesdays

12pm - 2:30pm

Must live between 14th St. and 50th St. Proof of residence and ID required.

### **St. Luke's Lutheran Church**

308 West 46th St.

New York, NY 10036

(212) 246-3540

Soup Kitchen: Tuesdays and

Thursdays, 1pm - 2pm

Hot meals with takeout available.

### **St. Paul's House**

335 West 51st St.

New York, NY 10019

(212) 265-5433

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

Food Pantry: Tuesdays, 9:30 - 10:30 am  
Creighton's Cafe Indoor  
Breakfast: Mondays,  
Wednesday, Fridays, 8:00 AM to 8:30 AM  
Must live between West 30th St. and West 60th St. from 5th Ave. to the Hudson River. Two proofs of address and photo ID are required.

### **Sylvia Rivera Food Pantry**

446 West 36th St.  
New York, NY 10018  
(212) 629-7440  
Soup Kitchen: Tuesday - Friday  
2pm - 3pm  
Food Pantry: Thursdays, 9am - 10am  
You must bring your own bag for the food pantry. Additionally, Sylvia Rivera features a specialized pantry with foods specifically selected for those living with HIV/AIDS.

### **Church of the Ascension**

12 West 11th St.  
New York, NY 10011  
(212) 254-8620  
Food Pantry: Every 2nd and 3rd Saturday of the month, 8:30 am - 12:00 pm  
Line up on W. 11th St. starting at 5th Ave.

### **Salvation Army, New York Temple**

132 West 14th St.  
New York, NY 10011  
(212) 337-7469  
Soup Kitchen: Monday - Thursday, 12:00 - 1:00 pm  
Food Pantry: Monday - Friday, 9:30am - 12:00pm, 1:00 - 3:00 pm  
Photo ID and proof of address in 10002-10007, 10009-10014, 10038, 10041, 10047, or 10048 required at first visit for pantry. Visitors are encouraged to bring a proof of income, though all in need will be served.

### **St. Peter's Episcopal Church**

346 West 20th St.  
New York, NY 10011  
(212) 929-2390  
[www.stpeterschelsea.org](http://www.stpeterschelsea.org)  
Food Pantry: Saturdays  
10:30 - 11:30 am, except select weekends, holidays, and severe weather. 2023 closure dates are: 11/25, 12/23, 12/30.

### **Xavier Mission at The Church of St. Francis Xavier**

55 West 15th St.  
New York, NY 10011  
(212) 627-2100  
[xaviermission.org/programs/EmergencyPantry](http://xaviermission.org/programs/EmergencyPantry) (pre-packaged): Monday-Friday  
10:00am - 2:00pm  
Customer-Choice Pantry: 2nd

Saturdays, 9:30am-11:30am  
(doors open at 9:00am,  
registration required)

Soup Kitchen: Sundays, 12:45 -  
3:00 pm

Seniors and disabled line up  
on West 16th Street for soup  
kitchen; all others on West 15th  
Street.

### **Blessed Sacrament Church**

152 West 71st St.

New York, NY 10023

(212) 877 3111 Ext. 510

[blessedsacramentnyc.org/](http://blessedsacramentnyc.org/)  
social-action-outreach

Soup Kitchen: Sundays starting  
at 2:00 pm until food is gone.

Closed July and August.

### *Farmers' Markets*

#### **57th St. Greenmarket**

10th Ave. and 57th St.

New York, NY 10019

[nfmfd.org/ny/new-york/1000060/](http://nfmfd.org/ny/new-york/1000060/)

Wednesday & Saturday, April -  
December

Market Hours: 8:00 am - 5:00 pm

This farmers' market accepts  
SNAP, WIC, and SFMNP.

#### **PS 11 Farm Market**

320 West 21st St. (between  
8th Ave. & 9th Ave.)

New York, NY 10011

June - November, Wednesdays,

8:00 - 10:00 am

[ps11chelsea.org/ps11-farm-market/](http://ps11chelsea.org/ps11-farm-market/)

#### **Abingdon Square Greenmarket**

West 12th St. and Hudson St.

New York, NY 10014

Saturdays, 8:00 am - 2:00 pm

[www.grownyc.org/  
greenmarket/manhattan/  
abingdon-square](http://www.grownyc.org/greenmarket/manhattan/abingdon-square)

This farmers' market stays open  
year-round.

#### **Tucker Square Greenmarket**

West 66th St. and Broadway

New York, NY 10023

Thursday, Saturday 8am - 4pm,  
year-round

[www.grownyc.org/  
greenmarket/manhattan/  
tuckerthursday](http://www.grownyc.org/greenmarket/manhattan/tuckerthursday)

### *Community-Supported Agriculture (CSA) Programs*

#### **Hell's Kitchen Farm Project**

Pickup: Metro Baptist Church  
410 W 40th St. (between 9th  
and 10th)

Wednesdays, 4:30-7:30pm  
(May 31-Oct 25)

Email:

[info@hellskitchenfarmproject.org](mailto:info@hellskitchenfarmproject.org)  
[www.hkfp.org/csa](http://www.hkfp.org/csa)

## Composting

### **New York City Department of Sanitation (DSNY)**

Call 3-1-1

125 Worth St.

New York, NY 10013

[www.makecompost.nyc/](http://www.makecompost.nyc/)

# Hoarding

Hoarding is the compulsive purchasing, acquiring, searching, and saving of items that have little or no value. The behavior typically has negative effects, including emotional, physical, social, and financial problems for a hoarder and family members.

### **Adult Protective Services (APS) Central Intake Unit**

718-557-1399 (say APS)

[www.nyc.gov/site/hra/help/adult-protective-services.page](http://www.nyc.gov/site/hra/help/adult-protective-services.page)

APS arranges services and support for physically and/or mentally impaired adults who are at risk of harm.

### **Children of Hoarders**

[www.childrenofhoarders.com/wordpress](http://www.childrenofhoarders.com/wordpress)

Children of Hoarders aims to improve the lives of children from hoarded homes by raising awareness, providing educational materials and programs, increasing access to practical support, and advocating for public policies that address the needs of children of hoarders.

**The International OCD  
Foundation Hoarding Center**  
P.O. Box 961029  
Boston, MA 02196  
(617) 973-5801  
Email: [info@iocdf.org](mailto:info@iocdf.org)  
[hoarding.iocdf.org](http://hoarding.iocdf.org)  
The International OCD  
Foundation Hoarding Center  
aims to help everyone affected,  
including hoarders and their  
families. They provide access to  
local and national resources.

## Healthcare & Hospitals

Our district contains many  
healthcare institutions that  
provide quality emergency and  
specialized care to individuals  
who need it.

### Hospitals

#### **Lenox Health Greenwich Village Emergency Department (LHGV)**

30 Seventh Ave.  
New York, NY 10011  
(646) 665-6000  
[www.northwell.edu/lenox-  
health-greenwich-village/  
emergency-department](http://www.northwell.edu/lenox-health-greenwich-village/emergency-department)

#### **Mount Sinai West**

1000 Tenth Ave.  
New York, NY 10019  
(212) 523-4000  
[www.roosevelthospitalnyc.org](http://www.roosevelthospitalnyc.org)

#### **NYU Langone Urgent Care and Ambulatory Care**

355 West 52nd St., 5th Floor  
New York, NY 10019  
(646) 754-2599  
[nyulangone.org/locations/  
urgent-care-at-nyu-langone-  
ambulatory-care-west-side](http://nyulangone.org/locations/urgent-care-at-nyu-langone-ambulatory-care-west-side)

## **Ryan Health**

110 West 97th St.  
New York, NY 10025 or  
645 10th Ave.  
New York, NY 10036  
(212) 749-1820  
[ryanhealth.org/](http://ryanhealth.org/)  
Ryan Health is a Federally  
Qualified Health Center that  
provides affordable primary  
and specialty care, including  
dental care, women's health,  
HIV/AIDS care, sexual and  
reproductive health, opioid  
addiction treatment, and more.

## **VA NY Harbor Healthcare System VA Affairs Hospital**

423 East 23rd St.  
New York, NY 10010  
(212) 686-7500  
[www.nyharbor.va.gov](http://www.nyharbor.va.gov)

## *Mental Healthcare*

## **NY Service Program for Older People (SPOP)**

302 West 91st St.  
New York, NY 10024  
(212) 787-7120  
[www.spop.org](http://www.spop.org)  
Provides individual and group  
counseling, crisis intervention,  
assessment, and service  
coordination for older adults.

## **NYC Well**

Phone Number: 988  
NYC Well is a City initiative to  
end the stigma associated with  
mental health and help people  
find treatment options. They  
offer a confidential and free  
phone service to connect you to  
a counselor if you are in crisis.  
NYC Well offers Mental Health  
First Aid (MHFA) trainings as  
well.

## **Mood Disorders Support Group**

545 8th Ave.  
New York, NY 10018  
(212) 533-6374  
[www.mdsg.org](http://www.mdsg.org)  
The Mood Disorders Support  
Group is a nonprofit, self-help  
organization serving both  
individuals with depression and  
bipolar disorder, as well as their  
families/friends. The group  
coordinates several free support  
groups each week.

## **Jewish Board of Family and Children's Services**

135 West 50th St.  
New York, NY 10020  
(844) 663-2255 or (212) 582-9100  
<https://jewishboard.org/>  
Provides help to those suffering  
from a range of emotional and  
social issues. Services include  
evaluation/assessment, crisis



intervention, and individual, couple, family, and group therapy.

### Other Specialized Health Care

#### **Alzheimer's Foundation of America (AFA)**

322 Eighth Ave., 16th Floor  
New York, NY 10001

(866) 232-8484

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

The Alzheimer's Foundation of America (AFA) provides care and services to individuals living with Alzheimer's disease and related illnesses, and to their families and caregivers. They have a toll-free helpline where you can speak with a social worker.

#### **American Diabetes Association**

333 Seventh Ave., 10th Floor  
New York, NY 10001

(800) 342-2383 or (212) 725-4925

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

Support programs and advocacy for people living with diabetes.

#### **Big Apple RX**

(888) 454-5602

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

Big Apple RX is a city-wide free prescription discount card program. It is accepted at many pharmacies around the City, such as Duane Reade, CVS,

Rite Aid, Walgreens, Target, Walmart, Costco, as well as some independent pharmacies.

#### **CancerCare**

275 Seventh Ave., 22nd Floor  
New York, NY 10001

(800) 813-4673

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

Provides free professional support services to individuals, families and caregivers to help them cope with and manage the emotional and practical challenges of cancer. Services include counseling support groups, workshops and financial assistance, such as small financial grants.

#### **Planned Parenthood - Manhattan Health Center**

26 Bleecker St.

New York, NY 10012

(212) 965-7000

[www.plannedparenthood.org/health-center/new-york/new-york/10012/manhattan-health-center-3325-91110](http://www.plannedparenthood.org/health-center/new-york/new-york/10012/manhattan-health-center-3325-91110)

Planned Parenthood provides affordable health care and sex education. The organization offers abortion services and referrals, birth control, emergency contraception, general health care, HIV services, LGBT services, men's health services, patient

education, pregnancy testing and services, and STD testing, treatment, and vaccines.

### **SHARE**

165 West 46th St., Suite 712  
New York, NY 10036  
(212) 719-0364

National Helpline:  
(844) 275-7427

[www.sharecancersupport.org](http://www.sharecancersupport.org)  
For individuals with breast, ovarian, or uterine cancers who are seeking education, support, or advocacy opportunities.

### **SUNY College of Optometry - University Eye Care Center**

33 West 42nd St.  
New York, NY 10036  
(212) 938-4001

[www.universityeyecenter.org](http://www.universityeyecenter.org)  
The patient care facility of the State University of New York College of Optometry provides a wide range of services for all eye care patients, including comprehensive exams, vision therapy, laser eye surgery, and low vision services. Free vision screenings are provided for low-income individuals and senior citizens. Accepts Medicaid and Medicare.

### Medicaid and Medicare Assistance

#### **Medicaid Helpline, NYC Human Resources Administration**

(888) 692-6116

[www1.nyc.gov/site/hra/help/health-assistance.page](http://www1.nyc.gov/site/hra/help/health-assistance.page)

For those 65 and older, blind, or disabled to ask questions about applying for Medicaid or to have an application mailed to you.

#### **Medicaid Helpline, NYS Department of Health**

(800) 541-2831

[https://www.health.ny.gov/health\\_care/medicaid/](https://www.health.ny.gov/health_care/medicaid/)

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

(212) 602-4180 or (800) 701-0501  
[aging.ny.gov/medicare-savings-program](http://aging.ny.gov/medicare-savings-program)

HIICAP Counselors can provide information and help with applications for the Medicare Savings Programs (MSPs) as well as other Medicare options. Medicare Savings Programs (MSPs) are state programs that help pay for Medicare costs (including premiums, deductibles, and copays) if you are income-eligible.

**Medicare Rights Center**  
(800) 333-4114  
[www.medicarerights.org/](http://www.medicarerights.org/)  
The Medicare Rights Center works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives.

# Housing

Below you will find senior-specific housing resources as well as organizations that provide multi-age housing.

**Encore West Residence**  
755 Tenth Ave. (between 51st and 52nd St.)  
New York, NY 10019  
(212) 991-3727  
[www.encorenyc.org/encore-west-residence/](http://www.encorenyc.org/encore-west-residence/)  
Encore West Residence provides affordable housing for low-income seniors age 62 or older who meet income criteria. The residence offers onsite services and recreational activities.

**Evelyn and Louis Green Residence at Cooper Square (JASA-Housing Services)**  
200 East 5th St.  
New York, NY 10003  
(212) 273-5359  
[www.jasa.org/services/housing](http://www.jasa.org/services/housing)  
The residence offers group activities, social services, and special safety features including on-duty social workers.

**Fredric Fleming Residence**  
443 West 22nd Street  
New York, NY 10011  
(212) 242-5277

[www.wsfssh.org/buildings/frederic-fleming-house](http://www.wsfssh.org/buildings/frederic-fleming-house)  
Fredric Fleming residence is an assisted living facility that offers residents aged 55 or older independent living options and daily support services.

### **New York Foundation for Senior Citizens (NYFSC)**

Clinton Gardens  
404 West 54th St.  
New York, NY 10019  
(212) 489-9339  
[www.nyfsc.org/housing-services/affordable-housing/](http://www.nyfsc.org/housing-services/affordable-housing/)  
Clinton Gardens offers 100 units of subsidized and Enriched Housing for low-income seniors aged 62 or older. The Enriched Housing Program assists with personal care, housekeeping, shopping, meal preparation, medical appointments, and other personal needs.

### **Home Sharing Program**

11 Park Pl., 14th Floor  
New York, NY 10007  
(212) 962-7559  
[www.nyfsc.org/home-sharing/](http://www.nyfsc.org/home-sharing/)  
NY Foundation for Senior Citizens' Home Sharing Program matches senior citizens aged 60 years or older living in NYC with compatible persons in need of housing. This program promotes companionship and

relieves financial hardship.

### **Thomas Apartments**

102 West 91st St.  
New York, NY 10024  
(718) 707-7771  
[www.nyc.gov/site/nycha/about/developments.page](http://www.nyc.gov/site/nycha/about/developments.page)  
NYCHA public housing built specifically for seniors. To be eligible, you and all other household members must be at least 62 years of age, and income cannot exceed established income limits. You must apply through the NYCHA application process. For more information, call 311 and ask for NYCHA.

### **VillageCare**

510 West 46th St.  
New York, NY 10036  
(212) 977-4600  
[www.villagecare.org](http://www.villagecare.org)  
VillageCare serves people with chronic conditions as well as seniors in need of continuing care and rehabilitation services. It offers a variety of community and residential programs as well as managed care. VillageCare at 46th Street and Tenth Avenue, an assisted living program, is a market-rate senior living community with on-site services and recreational and social activities for seniors aged 62 years or older.

**West Side Federation for Senior and Supportive Housing (WSFSSH)**

2345 Broadway  
New York, NY 10024  
(212) 721-6032

[wsfssh.org/](http://wsfssh.org/)  
WSFSSH operates a number of buildings on the Upper West Side that provide housing for seniors, as well as formerly homeless adults.

*Naturally Occurring Retirement Communities (NORCs)*

**Elliott-Chelsea NORC**

441 West 26th St.  
New York, NY 10001  
(212) 760-9800  
[www.hudsonguild.org](http://www.hudsonguild.org)

**Lincoln House Outreach NORC**

303 West 66th St.  
New York, NY 10023  
(212) 875-8958  
[lincolnhouseoutreach.org/](http://lincolnhouseoutreach.org/)

**Lincoln Square NORC**

250 West 66th St.  
New York, NY 10023  
(212) 874-0860  
<https://goddard.org/programs/older-adults/norc/>

**Penn South NORC**

290 Ninth Ave.  
New York, NY 10001  
(212) 243-3670  
Hours: Monday - Friday, 9am - 5pm  
[nyconnects.ny.gov/services/penn-south-naturally-occurring-retirement-community-sofanypp67](http://nyconnects.ny.gov/services/penn-south-naturally-occurring-retirement-community-sofanypp67)

**West Side NORC**

593 Columbus Ave.  
New York, NY 10024  
(212) 665-3853  
[goddard.org/programs/older-adults/norc/](http://goddard.org/programs/older-adults/norc/)

*Utilities Assistance*

**Con Edison Senior Direct Program**

(800) 404-9097  
[www.coned.com/en/accounts-billing/payment-plans-assistance/special-services](http://www.coned.com/en/accounts-billing/payment-plans-assistance/special-services)  
Con Edison's Senior Direct Program is a toll-free phone service for customers aged 62 or older who have questions about their Con Edison account. Representatives advise customers about bill payment options, government aid programs, and other organizations that offer similar assistance.

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

(718) 557-1399

[access.nyc.gov/programs/home-energy-assistance-program-heap/](http://access.nyc.gov/programs/home-energy-assistance-program-heap/)

HEAP helps low-income homeowners and renters pay bills for air conditioners, heating fuel, equipment, and repairs.

## **Verizon LifeLine**

### **USAC Lifeline Support Center**

P.O. Box 7081

London, KY 40742

(800) 234-9473

[www.verizon.com/support/residential/account/manage-account/lifeline-discount](http://www.verizon.com/support/residential/account/manage-account/lifeline-discount)

Verizon LifeLine is a government assistance program that offers telephone discounts to qualified low-income customers.

# **Legal Assistance**

Navigating the legal system can be a complicated process and it is extremely important that you know your rights while doing so. The organizations below offer legal assistance and information regarding the legal system.

## **City Bar Justice Center's Veterans Assistance Project**

42 West 44th St.

New York, NY 10036

Legal Hotline:

(212) 626-7383

[www.citybarjusticecenter.org/projects/veterans-assistance-project/](http://www.citybarjusticecenter.org/projects/veterans-assistance-project/)

The Veterans Assistance Project helps low-income veterans by providing pro-bono assistance with disability benefits claims. They offer a veterans intake line, which offers information and advice and screens cases to be invited to a monthly legal clinic.

## **Elderlaw Answers**

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

A website that offers information on a range of topics related to elder law.

## **Goddard Riverside Law Project**

51 West 109th St.

New York, NY 10025

(212) 799-9638

[goddard.org/programs/fighting-homelessness/goddardlawproject/](http://goddard.org/programs/fighting-homelessness/goddardlawproject/)

The Goddard Riverside Law Project provides free legal services and tenant-organizing support to low-income residents on the west side of Manhattan.

The Law Project assists tenants with problems such as eviction, harassment, rent overcharge, illegal lockouts, lack of essential services, and others. Staff can also help tenants identify and obtain housing-related benefits and screen tenants for consumer debt-related issues.

## **Housing Conservation Coordinators (HCC)**

777 Tenth Ave.

New York, NY 10019

(212) 541-5996

[www.hcc-nyc.org](http://www.hcc-nyc.org)

HCC offers a range of civil legal services including representation on benefit, consumer, landlord/tenant, immigration and trusts/estates matters to eligible low- and moderate-income tenants, tenant associations, HDFC shareholders, and other community organizations.

## **Housing Court Answers**

111 Centre St., 2nd Floor

Room 225

New York, NY 10013

(212) 962-4795

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

Housing Court Answers staffs a hotline for callers with information about housing law, rent arrears assistance, and homeless prevention guidance.

## **Manhattan Legal Services**

40 Worth St., Suite 606

New York, NY 10013

(646) 442-3100

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

Manhattan Legal Services provides legal assistance to low-income residents of Manhattan through free legal representation, advocacy, and community education. They specialize in family law, housing law, government benefits, consumer protection, and immigration.

## **Kinship Caregiver Law Project**

Intake Line: (212) 417-3850

[mobilizationforjustice.org/projects/kinship-caregiver-law-project/](http://mobilizationforjustice.org/projects/kinship-caregiver-law-project/)

Kinship Caregiver Law Project helps to provide legal stability through representation in custody, guardianship and adoption matters, access to public benefits, and special immigration cases.



**LawHelpNY**

42 West 44th St.  
New York, NY 10036  
[www.lawhelpny.org/issues/seniors](http://www.lawhelpny.org/issues/seniors)

LawHelp assists low-income people in finding free legal aid in New York and provides information about legal rights, courts, and more pertaining to New York State. The website contains a hotline list to guide you to help with your specific needs.

**Legal Aid Society**

199 Water St.  
New York, NY 10038  
(212) 577-3300  
[legalaidsoc.org/](http://legalaidsoc.org/)

Legal Aid Society is a non-profit organization that offers legal services to low-income New Yorkers. They work on civil, criminal, and juvenile rights cases. The Society also has a hotline for those seeking assistance with immigration and citizenship issues.

Legal Aid Immigration Helpline:  
(844) 955-3425  
Access to Benefits (A2B)  
Helpline: (888) 663-6880

**Manhattan District Attorney's Elder Abuse Unit**

1 Hogan Pl.  
New York, NY 10013  
Hotline: (212) 335-9007  
[www.manhattanda.org/resources-victims-elder-abuse](http://www.manhattanda.org/resources-victims-elder-abuse)

The Manhattan District Attorney's Elder Abuse Unit investigates and prosecutes crimes involving victims age 60 and over. They also provide services in procuring an Order of Protection, emergency housing, and social services referrals.

**Mobilization for Justice**

100 William St., 6th Floor  
New York, NY 10038  
(212) 417-3700  
[www.mobilizationforjustice.org](http://www.mobilizationforjustice.org)  
Mobilization for Justice provides free legal assistance to New Yorkers on a variety of civil legal issues, including issues related to disability and aging rights.

**New York Legal Assistance Group (NYLAG)**

7 Hanover Square, 18th Floor  
New York, NY 10004  
(212) 613-5000  
[www.nylag.org](http://www.nylag.org)  
NYLAG is a non-profit law office providing free civil legal services to low-income New Yorkers. Elder Law Specialists work with seniors to address issues related to entitlements, health care, nursing home/hospital rights, guardianship, abuse and neglect, consumer matters, and other issues affecting seniors.

**Urban Justice Center**

40 Rector St., 9th Floor  
New York, NY 10006  
(646) 602-5600

[www.urbanjustice.org](http://www.urbanjustice.org)  
The Urban Justice Center provides direct legal services, advocacy, political organization, and community education to New York's most vulnerable populations.

**Volunteer Lawyers for the Arts (VLA)**

1 East 53rd St., 6th Floor  
New York, NY 10022  
(212) 319-2787

[www.vlany.org](http://www.vlany.org)  
VLA provides pro bono arts-related legal representation to low-income individual artists and nonprofit arts organizations and a broad range of other services for the arts community, including legal counseling, educational programs, advocacy, and alternative dispute resolution.

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

40 Worth St., Suite 820  
New York, NY 10013  
(347) 521-5704

[www.volsprobono.org](http://www.volsprobono.org)  
The VOLS Elderly Project provides free legal services to low-income Manhattan residents aged 60 or older by conducting 12 monthly legal advice clinics at senior centers that provide legal information

and advice to elder services case managers, social workers, and advocates. The project also coordinates volunteer attorneys to represent eligible seniors seeking assistance with Life Planning Documents.

**Manhattan District Attorney's Witness Aid Services Unit**

(212) 335-9040

[www.manhattanda.org/wasu-test/](http://www.manhattanda.org/wasu-test/)

The Witness Aid Services Unit provides a variety of court-related services, social services, and counseling services designed to meet the needs of crime victims, witnesses, and their families.

**Manhattan District Attorney's Victim Resources**

(212) 335-4308 (Domestic Violence & Child Abuse)

(212) 335-9007 (Elder Abuse)

[manhattanda.org/victim-resources/](http://manhattanda.org/victim-resources/)

Provides a full range of services and resources for crime survivors and their families.

**New York State Office of Victim Services**

55 Hanson Pl., 10th Floor  
Brooklyn, NY 11217  
(800) 247-8035

[ovs.ny.gov/](http://ovs.ny.gov/)

Provides financial assistance for victims' expenses such as medical bills, counseling, burial

and funeral costs, lost wages, and other types of assistance. The office connects victims to a network of victim service providers across New York.

### Elder Abuse Resources

#### **New York City Department for the Aging Elderly Crime Victims Resource Center**

2 Lafayette St.

New York, NY 10007

Call 311

[www.nyconnects.ny.gov/services/elderly-crime-victims-resource-center-sofanyp1583](http://www.nyconnects.ny.gov/services/elderly-crime-victims-resource-center-sofanyp1583)

The Elderly Crime Victims

Resource Center provides direct resources and referrals, elder abuse prevention activities and counseling, and supportive services to victims of elder abuse. After-hours calls will be rerouted to Safe Horizon's hotline for 24/7 assistance.

#### **New York City Elder Abuse Center Helpline**

(212) 746-6905

[nyceac.org/](http://nyceac.org/)

Non-emergency service for concerned persons that provides information, support and resources. Services are free and confidential.

#### **New York State Department of Health's Nursing Home and Adult Care Abuse Hotlines**

To file a complaint regarding Certified Adult Care Facilities, including abuse, contact:  
Adult Home Complaint Hotline:  
(866) 893-6772

Home Care/Hospice Hotline:  
(800) 628-5972

Federal and State regulations require the reporting of alleged violations of abuse, mistreatment and neglect immediately to the facility administrator and to the Department of Health.

#### **The Harry and Jeanette Weinberg Center for Elder Justice**

Information Hotline:

(800) 567-3646, press 9

[theweinbergcenter.org/](http://theweinbergcenter.org/)

The Weinberg Center is the Nation's first elder abuse shelter serving eligible individuals 60 years and older. The Center provides emergency short-term housing, health care services, legal advocacy, and support services to victims of elder abuse.

# LGBTQIA+

## Services

The following resources offer support and programming to LGBTQIA+ individuals.

### **Callen-Lorde Community Health Center**

356 West 18th St.  
New York, NY 10011  
(212) 271-7200  
[callen-lorde.org/](http://callen-lorde.org/)  
Callen-Lorde Community Health Center provides quality health care and related services geared toward New York's lesbian, gay, bisexual, and transgender communities, regardless of ability to pay.

### **Gay Men's Health Crisis (GMHC)**

307 West 38th St.  
New York, NY 10018  
(212) 367-1000  
Email: [info@gmhc.org](mailto:info@gmhc.org)  
[www.gmhc.org/](http://www.gmhc.org/)  
Provides HIV/AIDS prevention, care and advocacy, and offers a number of programs serving people over 50, including wellness services, nutrition education, mental health services, advocacy and benefits, and HIV testing.

### **LGBT National Help Center**

LGBT National Hotline:  
(888) 843-4564  
LGBT National Senior Hotline  
(for adults over 50):  
(888) 234-7243  
Email: [help@LGBThotline.org](mailto:help@LGBThotline.org)  
[www.glnh.org](http://www.glnh.org)

This free and anonymous hotline offers peer counseling and referrals for services available to LGBT individuals nationwide. The hotline is run by the LGBT National Help Center, which also operates an online peer-support chat program.

### **The Lesbian, Gay, Bisexual, and Transgender Community Center of NYC**

208 West 13th St.  
New York, NY 10011  
(212) 620-7310  
Email: [info@gaycenter.org](mailto:info@gaycenter.org)  
[gaycenter.org/home](http://gaycenter.org/home)  
The Center provides social services, public policy, educational, cultural, and recreational programs designed to nurture and empower LGBT people. Programming and support services include substance abuse treatment and prevention, HIV-related concerns, bereavement, transgender issues, and other mental health needs.

## **Transgender Legal Defense and Education Fund**

520 8th Ave., Suite 2204

New York, NY 10018

(646) 862-9396

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

The mission of Transgender Legal Defense and Education Fund is to end discrimination and achieve equality for transgender people. They offer education on transgender rights and legal representation for transgender people experiencing discrimination in federal courts and for those seeking name changes.

## **Services and Advocacy for LGBT Elders (SAGE)**

305 Seventh Ave., 15th Floor

New York, NY 10001

National Headquarters:

(212) 741-2247

SAGE Center Midtown:

(646) 576-8669

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

SAGE is a national organization that advocates on behalf of elderly LGBT individuals through policy work, partnerships, and local community centers throughout the United States. It offers a variety of services including cultural, health and wellness, and workforce development programs.

# **Local Pharmacies**

There are many pharmacies in the district where you can pick up your household needs and your prescription medications.

## **New London Pharmacy**

246 Eighth Ave.

New York, NY 10011

(212) 243-4987

[newlondonpharmacy.com](http://newlondonpharmacy.com)

## **Chelsea Royal Care Pharmacy**

154 9th Ave.

New York, NY 10011

(212) 255-8000

[chelsearoyalcarepharmacy.com/](http://chelsearoyalcarepharmacy.com/)

## **Midwest Pharmacy**

791 9th Ave.

New York, NY 10019

(212) 581-0888

## **Bowen Pharmacy**

826 10th Ave.

New York, NY 10019

(212) 956-9111

## **Park West Pharmacy**

461 Columbus Ave.

New York, NY 10024

(212) 721-3883

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

**Thomas Drugs**

171 Columbus Ave., # 1  
New York, NY 10023  
(212) 877-7340  
[www.thomasdrugsny.com/](http://www.thomasdrugsny.com/)

**79th Street Pharmacy**

215 W 79th St.  
New York, NY 10024  
(646) 370-5978  
[79thstreetpharmacy.com](http://79thstreetpharmacy.com)

**Joseph Pharmacy**

216 W 72nd St.  
New York, NY 10023  
(212) 875-1718  
[www.josephspharmacy.com/](http://www.josephspharmacy.com/)

**Broadway Chemists**

2350 Broadway  
New York, NY 10024  
(212) 877-0888  
[www.broadwaychemists.com/](http://www.broadwaychemists.com/)

**New Amsterdam Drug Mart**

698 Amsterdam Ave.  
New York, NY 10025  
(212) 865-9700  
[www.newamsterdamdrugmart.com/](http://www.newamsterdamdrugmart.com/)

**West Side Pharmacy**

225 Columbus Ave.  
New York, NY 10023

**Ivan Pharmacy**

691 Columbus Ave.  
New York, NY 10025  
(212) 222-4400  
[ivanpharmacy.com/](http://ivanpharmacy.com/)

**Apthorp Pharmacy**

2191 Broadway  
New York, NY 10024  
(212) 877-3480  
[apthorprx.com/](http://apthorprx.com/)

**Arrow Pharmacy**

883 9th Ave.  
New York, NY 10019  
(212) 245-8469  
[www.arrowpharmacy.com/](http://www.arrowpharmacy.com/)

**Danny's Pharmacy II**

110 West End Ave.  
New York, NY 10023  
(212) 362-0000  
[www.dannyspharmacy2.com/](http://www.dannyspharmacy2.com/)

# Long-Term Care

Long-term care refers to medical, personal, or other services that you may need over an extended period of time. We hope these resources will make the process of learning about long-term care easier and more efficient.

## **Eldercare Locator**

(800) 677-1116  
eldercare.acl.gov

The Eldercare Locator is designed to help older adults and their families and caregivers find their way through the maze of services for seniors – including long-term care – by identifying trustworthy local support resources. The goal is to provide users with the information and resources to help seniors live independently and safely in their homes and communities for as long as possible.

## **Guide to Medicaid Managed Long-Term Care**

[www.health.ny.gov/health\\_care/medicaid/redesign/docs/mltc\\_guide\\_e.pdf](http://www.health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf)

Managed Long-Term Care Plan Directory: [https://www.health.ny.gov/health\\_care/](https://www.health.ny.gov/health_care/)

[medicaid/redesign/mrt90/plan\\_directory/index.htm](http://medicaid/redesign/mrt90/plan_directory/index.htm)  
The Managed Long-Term Care Program provides health and long-term care services to adults with chronic illness or disabilities. This link will take you to a directory of long-term care plans in New York State.

## **National Clearinghouse for Long-Term Care Administration of Community Living**

330 C St. SW

Washington, D.C. 20201  
(202) 401-4634

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

[LongTermCare.gov](http://LongTermCare.gov) is a government website run by the U.S. Department of Health and Human Services. The website provides information about the services and supports included in long-term care.

## **The NYS Partnership for Long-Term Care (NYSPLTC)**

(518) 474-0662

[www.nyc.gov/html/hra/html/services/long\\_term\\_care.shtml](http://www.nyc.gov/html/hra/html/services/long_term_care.shtml)

NYSPLTC is a unique Department of Health program combining private long-term care insurance and Medicaid Extended Coverage. Its purpose is to help New Yorkers financially prepare for the possibility of needing nursing home care, home care, or assisted living services.



## **New York State Department of Health Consumer Guide to Long-Term Care**

[www.health.ny.gov/health\\_care/medicaid/program/longterm/](http://www.health.ny.gov/health_care/medicaid/program/longterm/)

The New York State Department of Health offers a Consumer Guide to Community-Based Long-Term Care, which explains what long-term care services are, who can receive them, how to find these services, and methods of payment.

## **Independent Consumer Advocacy Network (ICAN)**

(844) 614-8800

[icannys.org](http://icannys.org)

ICAN is a New York State service for people with Medicaid who need long-term care or behavioral health services. ICAN assists with enrolling in and using managed care plans that cover long-term care or behavioral health services. Services include private and one-on-one counseling about health insurance options, education for consumers and caregivers, and professional training for social services organizations. All services are free and confidential.

## **Long-Term Care Community Coalition (LTCCC)**

1 Pennsylvania Plaza, Suite 6252  
New York, NY 10119  
(212) 385-0355

[nursinghome411.org/](http://nursinghome411.org/)  
LTCCC educates the public and advocates for systemic change to improve the lives of older adults and people with disabilities living in long-term care facilities.

## **Mobilization for Justice Nursing Home Residents Project**

100 William St., 6th Floor  
New York, NY 10038  
(855) 444-6477

[mobilizationforjustice.org/projects/nursing-home-residents-project/](http://mobilizationforjustice.org/projects/nursing-home-residents-project/)

The Nursing Home Residents Project provides information, advice, and advocacy for nursing home residents and their families. They also offer legal representation in areas such as abuse and neglect, civil rights, improper discharge planning, and unfair consumer practices.

## **A Place for Mom**

(866) 518-0936

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

A Place for Mom is a free referral service that assists in finding the right residential senior care center for your loved ones.

## **Aging with Dignity**

(850) 681-2010

[agingwithdignity.org/](http://agingwithdignity.org/)

An organization that helps

elders make informed choices later in life.

### **End of Life Choices NY**

(212) 726-2010

[endoflifechoicesny.org/](http://endoflifechoicesny.org/)

This organization's goals are to support, educate, and advocate for people who are in their last stages of life. They offer various services and advocate for justice at the end of life.

### **Hospice Foundation of America**

(202) 457-5811

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

The Hospice Foundation of America provides resources for people in end-of-life situations as well as their families. The foundation's goal is to enhance the U.S. Healthcare System's services and resources.

# Medical Marijuana

Medical marijuana has been credited with a host of therapeutic uses in recent years. This is especially true for older adults suffering from cancer, Alzheimer's, certain kinds of pain, and more. It is always essential that you speak with your doctor about whether the medical use of marijuana is appropriate for your condition. To learn more about medical marijuana in New York State, please see the resources below.

### **Columbia Care**

212 East 14th St.

New York, NY 10003

(646) 453-7178

[www.col-careny.com/](http://www.col-careny.com/)

Columbia Care Manhattan dispensary is one of the first medical marijuana dispensaries in New York State, providing pharmaceutical-grade products to qualifying patients in New York. A State-issued patient or caregiver certification is required to make THC product purchases.

**RISE Dispensary Manhattan**

2 East 30th St.

New York, NY 10016

(212) 689-8676

[risecannabis.com/dispensaries/new-york/manhattan-nyc/](http://risecannabis.com/dispensaries/new-york/manhattan-nyc/)

RISE Manhattan offers medical cannabis for pickup and in-store shopping. State ID is required for purchase.

**Etain, LLC**

242 East 58th St.

New York, NY 10022

(914) 437-7898

Etain has a large range of cannabis products available. A Patient Certification issued by a doctor and a New York State ID are required for purchase.

**MedMen, Inc.**

433 Fifth Ave.

New York, NY 10016

(646) 846-5551

[medmen.com/ny/](http://medmen.com/ny/)

MedMen NYC dispensaries offer a range of legal medical marijuana products. Online shopping and express pickup are available.

**Vireo Health Marijuana Delivery**

(917) 818-3110

[vireohealth.com/ny/delivery](http://vireohealth.com/ny/delivery)

Vireo is a marijuana delivery service, which aims to make medical marijuana more accessible to those who can't visit dispensaries, or who desire the convenience of home delivery. All deliveries are handled exclusively by Vireo employees using company-owned delivery vehicles outfitted with cutting-edge safety features and GPS tracking devices.

# NYPD Police Precincts

Below is a list of NYPD Precincts in our district, along with the meeting times of each Precinct Community Council. Precinct Community Councils are designed to foster connections between community residents and NYPD service members.

## **6th Precinct**

233 West 10th St.

New York, NY 10014

(212) 741-4811

Community Affairs:

(212) 741-4826

[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/6thprecinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/6thprecinct.page)

The Precinct Community Council meetings typically take place on the last Wednesday of each month at 7:00 pm on Zoom.

## **10th Precinct**

230 West 20th St.

New York, NY 10011

(212) 741-8211

Community Affairs:

(212) 741-8226

[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/10th-precinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/10th-precinct.page)

The Precinct Community

Council meets on the last Wednesday of the month at 7:00 pm at the 10th Precinct located at 230 West 20th Street.

## **20th Precinct**

120 West 82nd St.

New York, NY 10024

(212) 580-6411

Community Affairs:

(212) 580-6427/6428

[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/20th-precinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/20th-precinct.page)

The Precinct Community Council meetings are usually held on the fourth Thursday of each month at the 20th Precinct at 7:00 pm.

## **Midtown North Precinct**

306 West 54th St.

New York, NY 10019

(212) 767-8400

Community Affairs:

(212) 767-8447

[www.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-north-precinct.page](http://www.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-north-precinct.page)

The Precinct Community Council meets every third Tuesday of the month at 7:00 pm on Zoom.

## **Midtown South Precinct**

357 West 35th St.

New York, NY 10001-1701

(212) 239-9811

Community Affairs:  
(212) 239-9846  
[www.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-south-precinct.page](http://www.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-south-precinct.page)  
The Precinct Community Council meets on the fourth Tuesday of the month at 6:30 pm on Zoom.

### **Central Park Precinct**

86th and Transverse Rd.  
New York, NY 10024  
(212) 570-4820  
[www.nyc.gov/site/nypd/bureaus/patrol/precincts/central-park-precinct.page](http://www.nyc.gov/site/nypd/bureaus/patrol/precincts/central-park-precinct.page)  
The Precinct Community Council meetings typically take place on the second Wednesday of the month at 7:00 pm at the Precinct.

### **24th Precinct**

151 W. 100th St.  
New York, NY 10025-5146  
(212) 678-1811  
Community Affairs:  
(212) 678-1803  
[www.nyc.gov/site/nypd/bureaus/patrol/precincts/24th-precinct.page](http://www.nyc.gov/site/nypd/bureaus/patrol/precincts/24th-precinct.page)  
The Precinct Community Council meetings typically take place on the third Wednesday of each month at 7:00 pm in the Precinct.

# Opioid Addiction Resources

Opioid addiction is an epidemic in our country. Below are resources to help combat drug abuse and attend to the care of those affected.

### **NYC Department of Health - Alcohol & Drug Use**

24/7 Help Hotline: 9-8-8  
[www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page](http://www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page)  
The NYC Department of Health website contains information about how to prevent an overdose and where you can go if you or someone you know has overdosed.

### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

5600 Fishers Ln.  
Rockville, MD 20857  
General Inquiries: (877) 726-4727  
National Suicide Prevention Lifeline: (800) 273-8255  
TTY: (800) 799-4889  
National Helpline:  
(800) 662-4357

Disaster Distress Helpline:  
(800) 985-5990  
TTY: (800) 846-8517  
[www.samhsa.gov](http://www.samhsa.gov)  
SAMHSA offers numerous  
resources and hotlines for  
those seeking treatment and for  
concerned loved ones.

## Pet Care

Seniors who would like assistance with the care of their pets can reach out to organizations that provide in-home pet care services. Other organizations offer pet therapy programs through which pets provide emotional comfort to individuals in need.

### **Animal Medical Center (AMC)**

510 East 62nd St.

New York, NY 10065

(212) 838-8100

AMC offers a 24/7 emergency room and specialty care for dogs, cats, and exotic pets.

### **ASPCA Animal Hospital, Services, and Advocacy**

424 East 92nd St.

New York, NY 10128

(844) 692-7722

[www.asPCA.org/nyc/asPCA-animal-hospital-nyc](http://www.asPCA.org/nyc/asPCA-animal-hospital-nyc)

The ASPCA provides a range of services and advocacy for our animals, including their animal hospital. The Animal Hospital provides urgent veterinary care for cats and dogs whose owners are experiencing financial challenges. Reduced-cost services are available to lower-income households.

Appointment required, no walk-ins.

**Pets Are Wonderful Support (PAWS)**

134 West 29th St., Suite 802  
New York, NY 10001  
(212) 203-4760

[pawsny.org/](http://pawsny.org/)

The mission of PAWS NY is to help New York City's most vulnerable residents remain with their pets by delivering critical programs and services through a community of partners and volunteers. Their Housecalls Program provides home visits for dog walking, litter maintenance, medication administration, provision of food and water, transportation to/from the vet, and grooming for older pet owners who meet their eligibility requirements. Additionally, the Pets Pantry Program distributes pet food and supplies on a limited basis to people who are having trouble buying food for their pets.

**Therapy Dogs International**

(973) 252-9800

Email: [tdi@gti.net](mailto:tdi@gti.net)

[www.tdi-dog.org/](http://www.tdi-dog.org/)

Therapy Dogs International provides therapy dog visits to homes, nursing homes, shelters,

and hospitals, as well as therapy dog support during hospice care.



# Senior Centers

Becoming involved in senior centers can be an excellent way to stay engaged with your peers and community while meeting new people. There are a number of senior community centers in our district that provide a variety of programs, including lectures, classes, financial and legal services, and meals.

*Older adults in need of meal delivery service can enroll in New York City's emergency meal program, GetFoodNYC, by calling 311 or visiting [nyc.gov/GetFoodNYC](http://nyc.gov/GetFoodNYC).*

## **Encore Senior Center**

239 West 49th St.

New York, NY 10019

(212) 581-2910

[www.encorenyc.org/programs/](http://www.encorenyc.org/programs/)

Encore offers lectures and discussion groups on various subjects, such as crime prevention, nutrition, legal rights, fire safety, and estate planning. It also offers a variety of activities, such as yoga, tai chi, salsa dancing, painting classes, movies, trips, birthday celebrations, bingo, concerts, and holiday parties. From 9:00 to 10:00 am, the Center also

offers a breakfast cart to seniors for a small fee.

## **Goddard Riverside Senior Centers**

[goddard.org/programs/older-adults/seniorcenter/](http://goddard.org/programs/older-adults/seniorcenter/)

Services provided include breakfast and lunch, social events, benefits advocacy, wellness health and nutrition classes, trips, community partnerships, arts and music workshops, and much more. There are also on-site staff members available to help with housing issues.

## **Goddard Riverside Senior Center**

593 Columbus Ave.

New York, NY 10024

(212) 873-6600

## **Lincoln Square Senior Center**

250 West 65th St.

New York, NY 10023

(212) 874-0860

## **Greenwich House Senior Centers**

122 West 27th St., 6th Floor

New York, NY 10001

(212) 991-0003 or (212) 489-9800

Email:

[seniors@greenwichhouse.org](mailto:seniors@greenwichhouse.org)

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

network-of-older-adult-centers/  
Greenwich House operates several senior centers that provide services for seniors in and around Greenwich Village. The centers offer meals and a variety of activities, including poetry, health lectures, painting, bingo, exercise classes, movies, sing-a-longs, card playing, and day trips. Staff members also assist seniors in obtaining the services, benefits, entitlements, and referrals that they need.

### **Hudson Guild Adult Services**

119 Ninth Ave.  
New York, NY 10011  
(212) 924-6710  
[www.hudsonguild.org](http://www.hudsonguild.org)  
Hudson Guild Adult Services provides personal support and social services to clients aged 55 or older, including intensive and walk-in case management for both home-bound and mobile seniors, information and referral services, and access to additional services for legal, financial, health insurance, medical, and housing needs.

### **Project FIND Senior Centers**

160 West 71st St., #2F  
New York, NY 10023  
[www.projectfind.org](http://www.projectfind.org)  
Project FIND was established by the National Council on Aging

and works to provide homeless and low- and moderate-income seniors with the services they need. They operate supportive housing residences and senior centers with a variety of programming. The nearby centers are listed below.

### **Clinton Senior Center (Project FIND)**

530 West 55th St.  
New York, NY 10019  
(212) 757-2026  
[www.projectfind.org/clinton](http://www.projectfind.org/clinton)  
Services offered include lunch, dinner, gardening club, library, large dining room, trips, holiday parties, computer classes, strength training, tai chi, belly dancing, ping-pong, Zumba, chorus, line dancing, bingo, senior legal clinics, and aromatherapy.

### **Coffeehouse Senior Center (Project FIND)**

331 West 42nd St.  
New York, NY 10036  
(646) 545-4621  
[www.projectfind.org/coffeehouse](http://www.projectfind.org/coffeehouse)  
Services include breakfast and lunch, provided Monday through Friday to seniors aged 60 years or older. A takeaway bag of canned

items is available for eligible seniors four days a week. Dinner is offered every Thursday evening.

**Woodstock Senior Center (Project FIND)**

127 West 43rd St., 2nd Floor  
New York, NY 10036  
(212) 575-0693

[www.projectfind.org/woodstock\\_center](http://www.projectfind.org/woodstock_center)

Services include breakfast and lunch, Tuesday through Sunday from 8:30 to 10:00 am for seniors aged 60 years or older. The Center also offers a computer room, Sunday art classes, monthly parties, a homeless-in-reach program, shower facilities on weekday mornings, tai chi, exercise classes, and board games.

**Hamilton Older Adult Center (Project FIND)**

141 W. 73rd St., #10  
New York, NY 10023  
(212) 787-7710

[www.projectfind.org/hamilton\\_center](http://www.projectfind.org/hamilton_center)

The Hamilton Center offers an array of online and in-person classes taught by certified instructors and other qualified professionals residing throughout NYC, as well as freshly prepared

meals to members on a first-come, first-served basis.

**Edie Windsor SAGE Center (Midtown)**

305 Seventh Ave., 15th Floor  
New York, NY 10001

(646) 576-8669

[sagenyc.org/nyc/centers/midtown.cfm](http://sagenyc.org/nyc/centers/midtown.cfm)

The Edie Windsor Center is the first LGBT+ Senior Center. SAGE – or Services & Advocacy for LGBT+ Elders – is a national organization that offers supportive services and consumer resources for LGBT+ older adults and their caregivers. Services offered at the Midtown location include case management, caregiver support, benefits counseling, employment assistance, and arts, fitness, and nutritional classes.

**VISIONS at Selis Manor**

135 West 23rd St.

New York, NY 10011

(646) 486-4444

[www.visionsvcb.org/what-we-do/senior-center/](http://www.visionsvcb.org/what-we-do/senior-center/)

VISIONS is the first community center specifically designed for those who are blind or severely visually impaired. Programming includes classes in self-development, fitness, creative arts, and technology.

## **Uptown Interagency Council for the Aging**

241 West 72nd St.

New York, NY 10023

[uicny.org/](http://uicny.org/)

The Council for the Aging offers networking opportunities, lectures, performances, fine arts instruction, recreational activities, fitness activities, performing arts and musical workshops, and trips. They also offer social work services.

## **The Wechsler Center for Modern Aging**

334 Amsterdam Ave.

New York, NY 10023

(646) 505-4444

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

[mmjccm.org/](http://mmjccm.org/)

[adults/60wechsler-center-modern-aging](http://adults/60wechsler-center-modern-aging)

Programming at The Wechsler Center includes a focus on a deepening expansion of volunteer leadership engagement, broadening of the JCC's Caring Initiative aimed at supporting our older adults as they age in place, and a permanent virtual center encompassing programming, fostering social connections, and poised to embark on new innovations. The Center has a wide range of events, activities, trips, and classes for seniors.

## **Helen Bloom LINC Program at the National Council of Jewish Women**

(646) 884-9471

Email: [lmaun@ncjwny.org](mailto:lmaun@ncjwny.org)

[www.ncjwny.org/programs](http://www.ncjwny.org/programs)

The Lunch, Interaction, Nurturing & Companionship (LINC) program is designed to provide individuals with memory impairment and their caregivers with recreational programming. LINC sessions include art, music, movement and pet therapy.

## **JASA Club 76+ Older Adult Center**

120 West 76th St.

New York, NY 10023

(212) 712-0170

[www.jasa.org/services/older-adult-centers](http://www.jasa.org/services/older-adult-centers)

JASA's Older Adult Center on 76th Street organizes group activities, trips, special events, and other programming. A hot kosher lunch is served Monday-Friday, 12:00-1:00pm.

# Technology

Various organizations and City institutions offer free or reduced-price technology classes year-round. Below is a list of course offerings in our district.

## **DOROT**

171 West 85th St.

New York, NY 10024

(917) 441-3706

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

DOROT is a non-profit organization that provides services for older adults.

DOROT's Tech Coaching pairs older adults with volunteers for visits in-home, at DOROT, over videoconferencing, or over the phone. Visits tend to focus on learning common technology, such as new devices, email, Zoom, social media, entertainment, and searching the internet, among other tasks. One-time coaching is also provided at DOROT to work on specific goals.

## **NYC Department of Parks & Recreation: Computer Resource Centers**

[www.givepulse.com/group/2003-NYC-Parks-and-Recreation-Computer-Resource-Centers](http://www.givepulse.com/group/2003-NYC-Parks-and-Recreation-Computer-Resource-Centers)

The New York City Department of Parks & Recreation provides

basic instruction for seniors and others who have limited experience with computers, as well as instruction on topics like web browsing, Internet security, resume writing, and web design. All classes are free to Parks Department Recreation Center members.

## **Chelsea Recreation Center**

430 West 25th St.

New York, NY 10001

(212) 255-3705

[www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC)

## **Gertrude Ederle Recreation Center**

232 West 60th St.

New York, NY 10023

(212) 397-3159

[www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC)

## **TechOpps**

(212) 360-2791

Email: [techopps.crc@parks.nyc.gov](mailto:techopps.crc@parks.nyc.gov)

[www.nycgovparks.org/programs/media/techopps](http://www.nycgovparks.org/programs/media/techopps)

TechOpps is a program offered through NYC Parks Media Education Programs where members can receive computer training in Microsoft Office or Adobe Creative Cloud. Those who apply and are accepted into the program will be expected to

devote 12-15 hours per week for 6-8 weeks, in order to prepare for certification as either a Microsoft Office Specialist or Adobe Certified Associate in Visual Communication using Adobe Creative Cloud.

### **New York Public Library**

(917) 275-6975

[www.nypl.org/tech-connect](http://www.nypl.org/tech-connect)  
The New York Public Library's TechConnect program offers more than 80 technology classes at libraries throughout NYC, all completely free.

### **Older Adults Technology Services (OATS)**

168 7th St., Suite 3A

Brooklyn, NY 11215

(718) 360-1707

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

OATS, operated by the NYC Parks & Recreation Department, provides free computer training to older adults in communities across New York City.

### **OATS Senior Planet Exploration Center**

127 West 25th St.

New York, NY 10001

(646) 590-0615

[seniorplanet.org/](http://seniorplanet.org/)

OATS provides computer and technology resources and training for older adults and operates an intergenerational program with high school students, using technology to

promote cross-generational connections.

### **SeniorTechNYC at the JCC**

334 Amsterdam Ave.

New York, NY 10023

(646) 505-4444

Email: [seniortechnyc@mmjccm.org](mailto:seniortechnyc@mmjccm.org)

[mmjccm.org/seniortech](http://mmjccm.org/seniortech)

The Jewish Community Center holds technology classes for seniors, including courses on how to use tablets, cell phones, and computers. Registration for courses is available through the website or by calling the number above.

# Transportation

Many senior centers provide free or reduced-price transportation programs for their members. Contact your local senior center for more information (or refer to any of the senior centers mentioned in this guide).

## **EasyPay MetroCard**

The Customer Service Center:  
3 Stone St.  
New York, NY 10004  
5-1-1 or (877) 323-7433

[new.mta.info/fares/easypay](http://new.mta.info/fares/easypay)  
The EasyPay MetroCard is linked to your credit or debit card and refills automatically so you don't have to wait in lines. Apply online or call for additional information.

## **New York Foundation for Senior Citizens (NYFSC): Project C.A.R.T.**

11 Park Pl., 14th Floor  
New York, NY 10007  
(212) 956-0855  
[www.nyfsc.org/support-services/free-transportation/](http://www.nyfsc.org/support-services/free-transportation/)  
Project C.A.R.T. provides free transportation van services for senior citizens aged 60 and over who have difficulty using public transportation. Vans are

wheelchair accessible. C.A.R.T.'s five vans take seniors to and from medical appointments and hospitals, activities at senior centers, and entitlement appointments. The vans operate Monday through Friday from 9:00 am to 3:45 pm and are not available during lunch hours.

## **Parking Permits for People with Disabilities (NYC DOT)**

28-11 Queens Plaza North  
8th Floor  
Long Island City, NY 11101  
(718) 433-3100

[www.nyc.gov/html/dot/html/motorist/pppdinfo.shtml#nycpermit](http://www.nyc.gov/html/dot/html/motorist/pppdinfo.shtml#nycpermit)

If you are a New York City resident with a disability that impairs your mobility, you can apply for a City or State Parking Permit for People with Disabilities. This permit allows drivers to park in any space labeled by the International Symbol of Access in the U.S. and Canada. To apply for a permit, use the link above.

## **Reduced-Fare MetroCards for customers 65+**

The Customer Service Center:  
3 Stone St.  
New York, NY 10004  
5-1-1 or (212) 638-7622  
[new.mta.info/fares/reduced-](http://new.mta.info/fares/reduced-)



The MTA offers reduced-fare MetroCards at a fare of \$1.35 for customers aged 65 or older and for those with disabilities of any age.

### **Fair Fares NYC**

Call 3-1-1

[nyc.gov/fairfares](http://nyc.gov/fairfares)

With the Fair Fares NYC discount, eligible New Yorkers can receive a 50% discount on either subway and eligible bus fares, or Access-A-Ride. PayPer-Ride, 7-Day (Weekly) and 30-Day (Monthly) Unlimited ride options are all available. Check your eligibility on their website or by calling.

## **Veterans**

For free assistance in accessing your veterans' benefits, contact your State, county, or local veterans' benefits counselor at (888) VETS-NYS (838-7697) or (718) 447-8787. You can also visit [veterans.ny.gov](http://veterans.ny.gov) for more information about services available to veterans.

### *Crisis Management*

#### **Veterans Crisis Line**

988, press 1

Or text 838-255

#### **City University of New York (CUNY) Veterans Affairs**

555 West 57th St.

14th Floor, Suite 1401

New York, NY 10019

(646) 664-8835

Email: [Lisa.Beatha@CUNY.edu](mailto:Lisa.Beatha@CUNY.edu)

[www.cuny.edu/about/university-resources/veterans-affairs](http://www.cuny.edu/about/university-resources/veterans-affairs)

The CUNY Office of Veterans Affairs is dedicated to fostering a sense of community and developing a channel of communication among veteran and reservist students, and with faculty, staff, and administration.

## **NYC Veterans Alliance**

118 W 22nd St.

New York, NY 10011

(929) 265-4549

Email:

[hello@nycveteransalliance.org](mailto:hello@nycveteransalliance.org)

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

The NYC Veterans Alliance is a nonpartisan, grassroots coalition dedicated to connecting NYC veterans to organizations, advocating for improved policies that affect veterans and their families, informing the NYC veterans community and the public about policies and news affecting them, and empowering veterans to speak up and take action.

## **NYS Department of Veterans' Services**

245 West Houston St.

New York, NY 10010

Make an Appointment:

(888) 838-7697

Veterans Crisis Line:

988, then Press 1

[www.veterans.ny.gov](http://www.veterans.ny.gov)

The Division of Veterans' Services works closely with federal, State, municipal, and private agencies to garner resources and knowledge to help veterans and their families with economic, employment, rehabilitation, medical treatment, home health care,

education, and tax exemption needs.

## **SAGEVets**

305 Seventh Ave., 15th Floor  
New York, NY 10001

Crisis Hotline: (877) 360-5428

Headquarters: (212) 741-2247

[www.sageusa.org/nyc/sagevets/index.cfm](http://www.sageusa.org/nyc/sagevets/index.cfm)

SAGEVets is a partnership between SAGE (Services & Advocacy for LGBT Elders) and Veterans Justice Legal Services NYC to help older LGBT veterans access VA benefits and improve their overall health and wellness. SAGEVets serves LGBT veterans over the age of 50 who reside in New York State. In addition to general assistance, SAGEVets will provide guidance to veterans impacted by the military's policies regarding LGBT people.

## **United War Veterans Council, Inc.**

245 W Houston St., #208

New York, NY 10014

(212) 693-1476

[uwvc.org](http://uwvc.org)

The mission of the United War Veterans Council is to mobilize our communities to honor and support America's veterans. UWVC hopes to unite veterans groups, community

organizations, City, State, and federal agencies, local businesses, and the general public behind efforts to care for veterans of all ages.

### **Veterans' Health Care Benefits (CHAMPVA)**

(800) 733-8387

[www.va.gov/communitycare/programs/dependents/champva/](http://www.va.gov/communitycare/programs/dependents/champva/)

CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

### **Yoga for Vets NYC**

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

Find free yoga classes for veterans in the area.

### **Veterans Yoga Project**

P.O. Box 6472

Alameda, CA 94501 USA

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

Email:

[info@veteransyogaproject.org](mailto:info@veteransyogaproject.org)

Find free yoga and meditation classes in person and online.

Taught by veterans for veterans.



New York State Senator  
**Brad Hoylman-Sigal**

**District 47**

**District Office:**

322 Eighth Avenue, Suite 1700  
New York, NY 10001  
Phone: (212) 633-8052

**Albany Office:**

310 Legislative Office Bldg.  
Albany, NY 12247  
Phone: (518) 455-2451

**EMAIL:** [hoylman@nysenate.gov](mailto:hoylman@nysenate.gov)

**WEB:** [hoylman.nysenate.gov](http://hoylman.nysenate.gov)



bradhoylman



@SenatorHoylman

Contact me with questions, concerns,  
or suggestions.

