



New York State Senator
Brian Kavanagh

Senior Resource Guide





New York State Senator **Brian Kavanagh**

Contact my office with questions,
concerns, or suggestions.

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New York, NY 10007

☎ 212-298-5565

Albany Office:

Legislative Office Building, Suite 512

Albany, NY 12247

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✂ [@BrianKavanaghNY](https://twitter.com/BrianKavanaghNY)



BRIAN KAVANAGH
SENATOR, 27TH DISTRICT

THE SENATE
STATE OF NEW YORK

CHAIR
HOUSING, CONSTRUCTION &
COMMUNITY DEVELOPMENT

COMMITTEES
CODES
CONSUMER PROTECTION
ELECTIONS
ENERGY & TELECOMMUNICATIONS
ENVIRONMENTAL CONSERVATION
SOCIAL SERVICES

Dear Friend,

I am pleased to provide this Senior Resource Guide for the 27th District to share a collection of resources that are available for seniors and caregivers in our community. This guide includes health care and housing resources, as well as social and recreational activities. I hope that this can serve as a resource for you and your loved ones.

This guide is current as of December 2024. We have done our best to make this as comprehensive as possible, but we understand that we may have missed organizations and resources, and phone numbers and contact information are subject to change. If there is anything you feel we should add to the next iteration, or if you have any difficulty accessing the resources listed here, please feel free to contact my office at 212-298-5565 or kavanagh@nysenate.gov. This guide is additionally available on my website, kavanagh.nysenate.gov.

I look forward to seeing you around the district!

Sincerely,

A handwritten signature in black ink, appearing to read 'B. Kavanagh'.

Brian Kavanagh
New York State Senator, 27th District

Contents

Important Phone Numbers	9
Voting	10
Community Boards	10
Elected Officials	10
Police Precincts	11
Benefits	12
Employment Benefits	12
Food Benefits	12
Health Benefits	13
Transportation Benefits	14
Veterans' Benefits	14
Benefit Screenings	14
Housing Benefits	14
Social Security	15
Legal Resources	15
Consumer Protection	16
Elder Abuse	17
Advocacy and Action Groups	18
Housing	19
Nursing and Rehabilitation	19
Independent and Assisted Living	20
Assistance with Property Tax, Utilities, and Repair	20
Assistance with Rent	21
Fuel and Utility Costs	22
Weatherization	22
Tenant Advocacy Organizations	22
Transportation	22
Transportation Discounts	22
Travel Assistance	23
Accessibility	23
Health Care	23
Health Care Proxy	23
Health Insurance Programs	24
Hospitals	24
Community Health Clinics	25
Home Care Options	26
Mental Health Services	26
Prescription Discounts	27
Blood Pressure Programs	28

Contents

Senior Centers	28
Naturally Occurring Retirement Communities	29
Nutrition and Wellness	31
Support Services	31
Food Access and Assistance	31
Greenmarkets	31
Friendly Visiting	32
Support Groups	32
Caregiver Resources	33
Adult Day Programs	33
Services for People with Disabilities	34
Services for the Visually Impaired	34
Parks, Recreation, and Fitness	34
Outdoor Pools	36
Recreation Centers	37
Walking Clubs	38
Volunteer Opportunities	38
Educational and Cultural Resources	38
Performing Arts	38
Museums	39
Libraries	40
Community Activities and Groups	40
Discount Programs	41
Continuing Education	41
Computer Training	42
Financial Planning and Resources	42
Financial Protection	43
Emergency Preparedness	43

Important Phone Numbers

Always Call 911 In Case of Emergency

Health Services

Poison Control Center	212-764-7667
Parent Helpline	800-244-5373
NYC Domestic Violence Hotline	800-621-4673
Suicide Prevention Hotline	212-673-3000
Betances Health Center	212-227-8401
Charles B. Wang Community Health Center	212-379-6988
Gouverneur Health Center	212-238-7000
NYP/Lower Manhattan Hospital	212-312-5000
Ryan-NENA Community Health Center, Inc.	212-477-8500
VA NY Harbor Healthcare System - Manhattan	212-686-7500

Legal and Social Services

NYC Housing Authority Customer Contact Center	718-707-7771
IRS Tax Assistance	800-829-1040
Mobilization for Justice	212-417-3700
Unemployment Insurance Claims Helpline	888-209-8124
Urban Justice Center	646-602-5600

Libraries

New York Public Library	917-275-6975
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Senior Services

Elderly Pharmaceutical Insurance Coverage (EPIC)	800-332-3742
Medicare	800-MEDICARE
NYS Office for the Aging	800-342-9871
NYC Department of Aging	311
NYC DFTA Aging Connect Hotline	212-244-6469
Senior Citizen Housing Assistance	311

Transportation

Metropolitan Transportation Authority/E-ZPass	511
Access-A-Ride	877-337-2017

Utilities

Con Edison Gas and Electric Emergency	212-683-8830
NYS Public Service Commission Emergency	800-342-3355
National Grid Gas Emergency/Customer Support	718-643-4050
Home Energy (HEAP) Grants	800-342-3009

Voting

Register to vote by visiting ny.gov/services/register-vote and go to the Online Voter Registration Form. Alternatively, visit your local Board of Elections office.

200 Varick Street, 10th Floor
New York, NY 10014
212-886-2100

To find your local polling place, visit vote.nyc/page/find-your-poll-site or call 311.

Community Boards

Community Board 1

1 Centre Street, Room 2202 North
New York, NY 10007
212-669-7970
nyc.gov/site/manhattancb1/index.page

Community Board 2

3 Washington Square Village, Suite 1A
New York, NY 10012
212-979-2272
cbmanhattan.cityofnewyork.us/cb2

Community Board 3

59 East 4th Street
New York, NY 10003
212-533-5300
nyc.gov/site/manhattancb3/index.page

Elected Officials

Who Represents Me?

mygovnyc.org

Use the link above in order to check who your elected officials are.

The White House

1600 Pennsylvania Avenue NW
Washington, D.C. 20500
202-456-1111
whitehouse.gov

New York State Governor

Kathy Hochul

NYS Capitol Building
Albany, NY 12224
518-474-8390
governor.ny.gov

New York State Attorney General

Letitia James

NYS Capitol Building
Albany, NY 12224
800-771-7755
ag.ny.gov

New York State Comptroller

Thomas DiNapoli

110 State Street
Albany, NY 12236
518-474-4044
osc.state.ny.us

United States Senate

Charles Schumer

780 3rd Avenue, Suite 2301
New York, NY 10017
212-486-4430
schumer.senate.gov

Kirsten Gillibrand

780 3rd Avenue, Suite 2601
New York, NY 10017
212-688-6262
gillibrand.senate.gov

United States House of Representatives

10th District — Daniel Goldman

Manhattan Office
290 Broadway, Suite 291
New York, NY 10007
212-822-7878
goldman.house.gov

12th District — Jerrold Nadler
Manhattan Office
201 Varick Street, Suite 669
New York, NY 10014
212-367-7350
nadler.house.gov

New York State Assembly

65th District — Grace Lee
64 Fulton Street, Room 302
New York, NY 10038
212-312-1420
nyassembly.gov/mem/Grace-Lee

66th District — Deborah Glick
853 Broadway, Suite 2007
New York, NY 10003
212-674-5153
nyassembly.gov/mem/Deborah-J-Glick

61st District — Charles Fall
250 Broadway, Suite 2203
New York, NY 10007
718-442-9932
nyassembly.gov/mem/Charles-D-Fall

New York City Mayor

Eric Adams
City Hall
New York, NY 10007
212-788-3000
nyc.gov/office-of-the-mayor

New York City Public Advocate

Jumaane D. Williams
1 Centre Street, 15th Floor
New York, NY 10007
212-669-7200
advocate.nyc.gov

New York City Comptroller

Brad Lander
1 Centre Street
New York, NY 10007
212-669-3916
comptroller.nyc.gov

Manhattan Borough President

Mark Levine
1 Centre Street, 19th Floor
New York, NY 10007
212-531-1609
manhattanbp.nyc.gov

New York City Council

1st District — Christopher Marte
65 East Broadway
New York, NY 10002
212-587-3159
council.nyc.gov/district-1

2nd District — Carlina Rivera
254 East 4th Street
New York, NY 10009
212-677-1077
council.nyc.gov/district-2

3rd District — Erik Bottcher
224 West 30th Street, Suite 1206
New York, NY 10001
212-564-7757
council.nyc.gov/district-3

Police Precincts

Police Service Area 4
130 Avenue C
New York, NY 10009
212-375-9360
nyc.gov/site/nypd/bureaus/transit-housing/police-service-area-4.page

1st Precinct
16 Ericsson Place
New York, NY 10013
212-334-0611
nyc.gov/site/nypd/bureaus/patrol/precincts/1st-precinct.page

5th Precinct
19 Elizabeth Street
New York, NY 10013
212-334-0711
nyc.gov/site/nypd/bureaus/patrol/precincts/5th-precinct.page

6th Precinct

233 W 10th Street
New York, NY 10014
212-741-4811

nyc.gov/site/nypd/bureaus/patrol/precincts/6th-precinct.page

7th Precinct

19 1/2 Pitt Street
New York, NY 10002
212-477-7311

nyc.gov/site/nypd/bureaus/patrol/precincts/7th-precinct.page

9th Precinct

321 East 5th Street
New York, NY 10003
212-477-7812

nyc.gov/site/nypd/bureaus/patrol/precincts/9th-precinct.page

NYPD Transit District 1

1 Central Park West
New York, NY 10023
212-258-2840

nyc.gov/site/nypd/bureaus/transit-housing/transit-district-1.page

NYPD Transit District 2

Canal Street Subway Station
West Broadway/Lispenard Street
New York, New York 10013
212-966-5711

nyc.gov/site/nypd/bureaus/transit-housing/transit-district-2.page

Benefits

Public Assistance

311

portal.311.nyc.gov/article/?kanumber=KA-03115

Cash benefits can provide essential food, clothing, and shelter. Benefits vary depending on specific situations.

Employment Benefits

ReServe

633 3rd Avenue
New York, NY 10017
212-727-4335

reserveinc.org

ReServe is an innovative nonprofit that matches continuing professionals age 55+ with organizations that need their expertise.

Senior Community Service Employment Program

2 Lafayette Street, 6th Floor
New York, NY 10007
877-872-5627

dol.gov/agencies/eta/seniors

The Senior Community Service Employment Program (SCSEP) helps job seekers improve their skills, obtain training, and find a job. The goal of the program is for participants to gain the skills they need to find and sustain employment in the workforce. Must be 55 or over and meet certain income requirements.

Food Benefits

Commodity Supplemental Food Program (CSFP)

fns.usda.gov/csfp/commodity-supplemental-food-program

718-498-9208

The New York State Department of Health's Commodity Supplemental Food Program (CSFP) offers free, nutritious foods to seniors 60 years of age and older. Additionally, senior families enrolled in CSFP can receive benefits to purchase fresh fruits and vegetables at farmers' markets through the Senior Farmers' Market Nutrition Program.

Supplemental Nutrition Assistance Program (SNAP)

109 E 16th St.
New York, NY 10003
718-722-8013 or 311

nyc.gov/services/apply-snap

Formerly known as the Food Stamp Program, SNAP provides food support to low-income New Yorkers, including working families, the elderly and the disabled, to increase their ability to purchase food. To receive SNAP benefits, a household must qualify under eligibility rules set by the federal government. To see if you're eligible, visit nyc.gov/accessnyc.

Health Benefits

BigAppleRx

888-454-5602

bigapplerx.com

A free discount card accepted at many pharmacies in New York City; cannot be used in conjunction with other discounts/insurance, but can be used for medications not covered.

Elderly Pharmaceutical Insurance Coverage (EPIC)

800-332-3742

health.ny.gov/health_care/epic

EPIC is a free New York State program that helps income-eligible seniors age 65 and older supplement their out-of-pocket Medicare Part D drug plan costs. EPIC helps pay the Medicare Part D drug plan premiums for low- to moderate-income members. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To join EPIC, one must be a NYS resident age 65 or over, have an annual income less than \$75,000 (single) or \$100,000 (married), be enrolled or eligible to be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid Benefit. Pharmacies must be EPIC participants.

Medicaid

Medicaid is a State-run health insurance program that is primarily available to people with limited incomes or resources, but it is also available to those who meet other

requirements. To find out whether you qualify for Medicaid, visit ACCESS NY at nyc.gov/accessnyc or call the NYC Human Resources Administration at 718-557-1399.

Chinatown Medicaid Office

115 Chrystie Street, 5th Floor
New York, NY 10002
212-334-6114

nyc.gov/site/hra/locations/medicaid-locations.page

Medicare

800-MEDICARE (800-633-4273)

medicare.gov

Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.

Extra Help With Medicare Prescription Drug Plans

800-772-1313

ssa.gov/medicare/prescriptionhelp/

Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.

Medicare Rights Center

266 W 37th Street, 3rd floor
New York, NY 10018
212-869-3850

medicarerights.org

The Medicare Rights Center offers many free resources to help people with Medicare and their caregivers understand their rights and options.

Senior Medicare Patrol (SMP) Programs

800-333-4374

nysenior.org/senior-medicare-patrol/about-senior-medicare-patrol

These programs assist Medicare and Medicaid beneficiaries in order to prevent health care fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills and identify inappropriate charging for service.

Transportation Benefits

Access-A-Ride

877-337-2017

new.mta.info/accessibility/access-a-ride

Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations, call the number above.

Reduced-Fare MetroCards/OMNY

212-674-2300

new.mta.info/fares/reduced-fare/omny/welcome-to-omny

Individuals who are 65 and older or have a disability may apply for a Reduced-Fare MetroCard. Proof of age is needed when applying for a Reduced-Fare MetroCard and can be provided with a birth certificate, Medicare card, Social Security award letter, driver license or NY State non-driver ID.

Veterans' Benefits

U.S. Department of Veteran Affairs

245 West Houston Street

New York, NY 10014

800-827-1000

va.gov

423 East 23rd Street

New York, NY 10010

212-686-7500

va.gov

New York City Mayor's Office of Veteran Affairs (MOVA)

1 Centre Street

New York, NY 10007

212-442-4171

nyc.gov/veterans

MOVA advises the Mayor on issues and initiatives impacting the veteran and military community. MOVA works with the U.S. Department of Veterans Affairs (VA), the New York State Department of Veterans' Services (DVS), City agencies, veterans' organizations, and other stakeholders to offer services to veterans, their dependents, and survivors.

Benefit Screenings

ACCESS NYC

311

nyc.gov/accessnyc

ACCESS NYC is a free electronic information and screening tool that allows people of all ages to identify and screen their eligibility for over 30 City, State, and federal benefit programs, including SNAP, HEAP, and Medicaid. It also provides information on agency office locations that are near you. Available in Spanish, Chinese, Russian, Korean, Haitian Creole, and Arabic.

Benefits CheckUp

800-794-6559

benefitscheckup.org

Benefits CheckUp is a free service from the National Council on Aging. Benefits CheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. You can apply for many of the programs online, or you can print an application form.

Community Service Society Public Benefits and Housing Information Line

212-614-5552

cssny.org/programs

A team of benefit and housing counselors provide information and resources on public benefit and housing programs to individuals and families seeking assistance.

Housing Benefits

Disabled Rent Increase Exemption (DRIE)

66 John Street, 3rd Floor

New York, NY 10038

311

access.nyc.gov/programs/disability-rent-increase-exemption-drie/

The DRIE program freezes the rents of disabled people living in rent-regulated apartments or Mitchell-Lama buildings. Households that are eligible include those receiving Supplemental Security Income, Social Security Disability Income, a disability pension from the U.S. Department of Veterans Affairs, or disability-related Medicaid.

Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)

833-499-0343

nysocr.org/Programs/RESTORE

RESTORE program funds may be used to pay for the cost of emergency repairs to eliminate hazardous conditions in homes owned by the elderly when the homeowners cannot afford to make the repairs in a timely fashion.

Senior Citizens Homeowner Exemption (SCHE)

311

nyc.gov/site/finance/property/landlords-sche.page

SCHE provides a tax reduction for property owners who own and live in a co-op, condominium, or a one-, two-, or three-family home. To be eligible, applicants must be at least 65 years of age or older with a combined income of \$37,399 or less.

Weatherization Referral and Packaging Program (WRAP)

311

nyconnects.ny.gov/services/weatherization-referral-and-packaging-program-wrap-sofa48383

Provides low-income elderly people (60+) with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows, and repairs to furnaces and roofs. No limits on assets, monthly income limit for one person is \$1,963 and for couples \$2,567. Must receive HEAP benefits to be eligible.

Senior Citizen Rent Increase Exemption (SCRIE)

311

nyc.gov/site/finance/property/landlords-scrie.page

SCRIE offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes from the City of New York. Applicants must meet ALL of the eligibility requirements. For SCRIE eligibility, applicants must:

- Be 62 years of age or older;

- Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent-controlled or rent-stabilized apartments or hotel stabilized);
- Have an annual household income of \$50,000 or less; and
- Pay more than one-third of the household's aggregate disposable income for rent.

Social Security

U.S. Social Security Administration

123 William Street, 3rd Floor

New York, NY 10038

800-772-1213

ssa.gov

If you require a new Social Security card, you need to update your personal information, or your employer requests that you visit a Social Security Office, go to the Card Center.

Supplemental Security Income (SSI)

800-772-1213

ssa.gov/disabilityssi/ssi.html

A monthly payment for people with low income to supplement social security.

Legal Resources

New York City Clerk

141 Worth Street

New York, NY 10013

212-669-2400

cityclerk.nyc.gov

For marriage licenses.

NYC Department of Health Bureau of Vital Records

125 Worth Street

New York, NY 10013

855-322-1022

nyc.gov/vitalrecords

For birth and death certificates.

NY Law Help

lawhelpny.org

Provides low- and moderate-income individuals with free and low-cost legal information and assistance.

VOLS Legal Services Senior Law Project

347-521-5704

volsprobono.org/projects/seniorlaw

Helps seniors with landlord-tenant issues, as well as documents needed to maintain income and avoid homelessness.

**Good Old Lower East Side (GOLES) -
Tenant Rights and Eviction Prevention
Counseling**

171 Avenue B

New York, NY 10009

212-533-2541

goles.org/eviction-prevention-housing-rights

GOLES provides assistance to tenants living in rent-regulated apartments, public housing, and Section 8 housing. Provides legal counseling, government benefit assistance, and advocacy support.

Legal Aid Society

199 Water Street

New York, NY 10038

212-577-3300

legal-aid.org

Serves low-income residents with legal assistance regarding public benefits, housing, Social Security, elder abuse and more.

Manhattan Legal Services

40 Worth Street, Suite 606

New York, NY 10013

646-442-3100

legalservicesnyc.org

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

Mobilization for Justice

100 William Street

New York, NY 10038

212-417-3700

mobilizationforjustice.org/projects/manhattan-seniors-project/

The Manhattan Seniors Project helps hundreds of seniors to age in place with dignity each year by preventing evictions and resolving health care problems.

New York City Bar Justice Center

42 West 44th Street

New York, NY 10036

212-626-7383

citybarjusticecenter.org

Provides several programs, including a Legal Referral Service, Veterans Assistance Project, Consumer Bankruptcy Project, and an Elder Law Project. Has a free advice hotline for low-income callers.

New York Legal Assistance Group

7 Hanover Square, 18th Floor

New York, NY 10004

212-613-5000

nylag.org

Provides free civil legal services to New Yorkers who cannot afford attorneys. Services include direct representation, case consultation, advocacy, community education, training, financial counseling, and impact litigation.

Urban Justice Center

40 Rector Street, 9th Floor

New York, NY 10006

646-602-5620

urbanjustice.org/get-help

The Urban Justice Center takes appointments for legal assistance and has regularly scheduled legal clinics around New York City.

Consumer Protection**Do Not Call Registry**

Consumer Assistance Hotline

888-382-1222

donotcall.gov

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

NYC Department of Consumer Affairs

42 Broadway, 9th Floor

New York, NY 10004

311

nyc.gov/site/dca/index.page

The New York City Department of Consumer Affairs (DCA) empowers consumers and businesses to ensure a fair and vibrant marketplace. Complaint forms and educational materials are available on their website.

NYS Attorney General Consumer Frauds and Protection Bureau

28 Liberty Street
New York, NY 10005

800-771-7755 (General Hotline)

ag.ny.gov/resources/individuals/consumer-issues

The Bureau of Consumer Frauds and Protection prosecutes businesses and individuals engaged in fraudulent, misleading, deceptive or illegal trade practices. In addition to litigating, the Bureau mediates thousands of complaints each year from individual consumers.

NYS Division of Consumer Protection

800-697-1220 (Consumer Assistance Hotline)

800-503-9000 (Senior Information Line)

dos.ny.gov/consumerprotection/

Advocates for and works to empower New York consumers through education and direct assistance. The agency hosts a monthly toll-free "Senior Consumer Information Line," which allows Seniors statewide to access free information they can use to stay safe, maximize their independence, and improve their everyday lives. Spanish is spoken.

Elder Abuse

Adult Care and Assisted Living Complaints Hotline

866-893-6772

Home Care/Hospice Hotline

800-628-5972

Nursing Home Abuse Hotline

888-201-4563

Adult Protective Services (APS)

212-630-1853 (to refer a new case)

212-279-5794 (South Manhattan Office)

nyc.gov/html/hra/html/services/adult_process.shtml

APS is a State-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm.

Cardozo Guardianship Clinic

55 Fifth Avenue
New York, NY 10003

cardozo.yu.edu/academics-and-clinics

The Guardianship Clinic provides direct legal services to the community by assisting low-income individuals and families coping with disability and incapacity who are seeking or opposing guardianships; to provide assistance to the courts, particularly in dealing with low-income individuals seeking or needing guardianship services; and to represent guardians with respect to problems relating to guardianship proceedings.

H.E.A.L. Program

New York Asian Women's Center

32 Broadway, 10th Floor

New York, NY 10004

212-732-0054

nyawc.org

The H.E.A.L. program specializes in providing services to older Asian adults ages 50+ to live free from different types of violence. The services provided are counseling, support groups and wellness programs, a Senior Peer Volunteer program, as well as safe and confidential residential services.

Jewish Association Serving the Aging (JASA) - Legal/Social Work Elder Abuse Program (LEAP)

jasa.org/services/legal

212-273-5272

JASA's LEAP offers specially trained attorneys and social workers to identify, eliminate, and prevent abuse. LEAP staff provide legal assistance and social services directly to seniors.

LiveOn NY - Elder Abuse Initiative

49 West 45th Street, 7th Floor

New York, NY 10036

212-398-6565

liveon-ny.org

Raises public awareness about elder abuse, strengthens nonprofit and governmental capacities to assist victims, and organizes advocacy campaigns to increase funding for abuse prevention services.

New York City Department For The Aging - Elderly Crime Victims Resource Center

2 Lafayette Street
New York, NY 10007
311

nyc.gov/site/dfta/services/elder-abuse-crime.page

Services include: crisis intervention, emergency assistance, case assistance, counseling and advocacy.

New York County District Attorney's Office Elder Abuse Program

1 Hogan Place
New York, NY 10013
212-335-8920

manhattanda.org/victim-resources/elder-abuse/

The Elder Abuse Program focuses on investigating and prosecuting cases involving elderly victims of crime, and also provides social service referrals.

Advocacy and Action Groups

Alliance for Retired Americans - New York Chapter

518-783-6231

nystate.retiredamericans.org

The Alliance for Retired Americans is a nationwide organization with over 4.2 million members. They have information on voting and voter protection, long-term care and nursing homes, health care reform, Social Security, and Medicare, among other issues.

American Association for Retired Persons (AARP)

780 Third Avenue, 33rd Floor
New York, NY 10017
877-926-8300

aarp.org

National organization that offers Medicare supplemental health insurance, along with other insurance, discounts on prescription drugs and other goods, advocacy services, and other information for people age 50 and over.

The American Geriatrics Society (AGS)

40 Fulton Street, 18th Floor
New York, NY 10017
212-308-1414

americangeriatrics.org

AGS is a not-for-profit dedicated to improving the health, independence and quality of life of older people.

Elder Care Resource Center

532 Broadhollow Road, Suite 123
Melville, NY 11747
887-353-3750

eldercareresourcecenter.info

This is a website created to provide information and contacts to those who need help. It has over 1,200 links to elder care resources including government benefits, support organizations, geriatric doctors, and skilled nursing facilities.

Jewish Association Serving the Aging

247 West 37th Street
New York, NY 10018
212-273-5200

jasa.org

JASA provides a wide range of services to adults aged 55 and older. The services include protective services, caregiver assistance, meals, and mental health services.

LiveOnNY

49 West 45th Street, 7th Floor
New York, NY 10036
212-398-6565

liveon-ny.org

LiveOn NY is a membership organization of more than 200 senior service agencies. Its 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 West 37th Street, 3rd Floor
New York, NY 10018
212-869-3850

medicarerights.org

The Medicare Rights Center is the largest independent source of healthcare information for people with Medicare, and works to bring

the consumer voice to the national debate on Medicare reform. It provides direct assistance to older adults and people with disabilities, as well as friends, family, caregivers, and professionals who have Medicare questions or problems.

National Consumer Voice for Quality Long-Term Care

1001 Connecticut Avenue NW, Suite 425
Washington, D.C. 20036
202-332-2275

theconsumervoic.org

The Consumer Voice helps ensure that consumers are empowered to advocate for themselves. They advocate for public policies that support quality care, train and support individuals and groups that advocate for consumers of long term care, and promote the critical role of direct-care workers.

New York Gray Panthers

244 Madison Avenue, Suite 396
New York, NY 10016
917-535-0457

graypanthersnyc.org

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

New York State Coalition for the Aging

1450 Western Avenue, Suite 101
Albany, NY 12203
518-765-2790

coalitionforaging.org

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

New York Statewide Senior Action Council - New York City Chapter

275 State Street
Albany, NY 12210
518-436-1006

nysenior.org

Advocates for the legislative inclusion of seniors and for full representation among service programs to ensure and promote the well-being of the aging. Also helps seniors understand Medicare Part D and hospital

patients' rights. Provides advice on medical plans and offers resource information and intervention services.

Older Women's League

1627 Eye Street NW, Suite 600
Washington, D.C. 20006
202-450-8986

owl-national.org

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

SAGE

305 Seventh Avenue, 15th floor
New York, NY 10001
212-741-2247

sageusa.org

Services and Advocacy for LGBT Elders is dedicated to improving the lives of LGBT older adults. SAGE offers supportive services and consumer resources for older adults and their caregivers, advocates for public policy changes that address the needs of older people, and provides training for aging providers and LGBT organizations.

Housing

Nursing and Rehabilitation

A complete list of NYC nursing homes can be found at: profiles.health.ny.gov/directory/nursing_homes

A Place for Mom

866-344-8005

aplaceformom.com

This website is a free referral service to help locate an appropriate senior care center.

**New York State Department of Health
Nursing Home Profiles - profiles.health.ny.gov/directory/nursing_homes**

General Information - health.ny.gov/facilities/nursing

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

New East Side Nursing Home

25 Bialystoker Place
New York, NY 10002
212-673-8500

Frederic Fleming House

2345 Broadway
New York, NY 10024
212-242-5277

wsfssh.org/our-buildings

Provides 24-hour, 7-days-a-week comprehensive congregate care for formerly homeless men and women with special needs over the age of 50.

New York Gouverneur Healthcare Services Skilled Nursing Facility

227 Madison Street
New York, NY 10002
212-238-7000

nyc.gov/gouverneur

The 215-bed Nursing Facility provides 24-hour care for individuals in need of short- or long-term care, offering skilled nursing and rehabilitation care.

Robert Mapplethorpe Residential Treatment Facility

327 East 17th Street
New York, NY 10003
212-420-5690

wehealny.org/services/BI_Aidsservices/Mapplethorpe.html

The Robert Mapplethorpe Residential Treatment Facility (RMRTF) provides full medical and social services for people living with HIV/AIDS who cannot live on their own, but do not need inpatient hospital care.

VillageCare Rehabilitation and Nursing Center

214 West Houston Street
New York, NY 10014
212-337-9400

villagecare.org/vcrn

105-bed center designed as a place where patients receive rehabilitation and recovery care to prepare them to return home.

Independent and Assisted Living

Brookdale Battery Park

455 North End Avenue
New York, NY 10282
212-766-8782

brookdaleliving.com/hallmark-battery-park-city.aspx

Privately run independent living facility for senior citizens, with an assisted living section on its second floor.

Helen Harris Senior Housing

80 Rutgers Slip
New York, NY 10002
212-566-2729

Hong Ning Housing for the Elderly

50 Norfolk Street
New York, NY 10002
212-477-1493

Ridge Street Gardens (New York Foundation for Senior Citizens)

80 Ridge Street, Suite 92
New York, NY 10002
212-598-4148

Located on the Lower East Side, Ridge Street Gardens provides 100 units of subsidized, low-income housing for seniors.

St. Margaret's House

49 Fulton Street
New York, NY 10038
212-766-8122

Located in the heart of downtown Manhattan, St. Margaret's House is comprised of one- and two-bedroom units. Common areas include a community dining room, library and outdoor gardens. In order to be eligible, applicants must be 62 or older or disabled/mobility impaired. Additional income and household size criteria also apply.

Assistance with Property Taxes, Utilities, and Repairs

Disabled Homeowner's Exemption (DHE)

311
nyc.gov/site/finance/property/landlords-dhe.page

The Disabled Homeowners Exemption (DHE) provides a property tax abatement for eligible property owners who have a medically certifiable disability and an annual income below \$37,399. You cannot receive both DHE and SCHE. If your property qualifies for both, only SCHE will be granted.

Real Property Tax Credit

tax.ny.gov/pit/credits/real_property_tax_credit.htm

The Real Property Tax Credit provides relief to low-income senior residents of New York State. Contact the New York State Department of Taxation and Finance for more details.

Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)

212-480-6700

nyshcr.org/programs/restore

The RESTORE Program is available to low-income seniors who need financial assistance for emergency home repairs. The maximum grant is \$5,000 and is only available to those who have lived in their homes for at least three years. The program is administered through RESTORE-qualified agencies in your service area. Call or visit the website for additional info.

Senior Citizens Homeowner Exemption (SCHE)

nyc.gov/site/finance/property/landlords-sche.page

SCHE provides a tax reduction for property owners who own and live in a co-op, condominium, or a one-, two-, or three-family home. To be eligible, applicants must be at least 65 years of age or older with an income of \$37,399 or less.

New York State School Tax Relief (STAR) Program

311

tax.ny.gov/star

New York State Residents who are homeowners qualify for the Basic School Tax Relief (STAR) program regardless of age if their annual adjusted gross income is \$500,000 or less and the property is their primary residence. Residents 65 and older who qualify for Basic STAR and have an annual household income of less than \$84,050 are eligible for the Enhanced STAR program.

Veterans' Tax Exemption

nyc.gov/site/finance/property/landlords-veterans.page

The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the U.S. Armed Forces

in WWI and II, Korea, Vietnam, or the Gulf War. The spouse or registered domestic partner of a qualified veteran, the unmarried surviving spouse of a qualified veteran, and a Gold Star parent (the parent of a child who died in the line of duty while serving in the U.S. Armed Forces during one of the periods above) are also eligible for this exemption.

Assistance with Rent

Disabled Rent Increase Exemption (DRIE) 311

nyc.gov/site/finance/property/landlords-drie.page

The DRIE program freezes the rents of disabled people living in rent-regulated apartments or Mitchell-Lama buildings. Households that are eligible include those receiving Supplemental Security Income, Social Security Disability Income, a disability pension from the U.S. Department of Veterans Affairs, or disability-related Medicaid if the applicant has received Supplemental Security Income or Social Security Disability Income in the past. Applicants also must be in a household that, in the previous calendar year, had a combined income of \$50,000 or less and spent more than one-third of monthly household income on rent.

Senior Citizen Rent Increase Exemption (SCRIE)

311

nyc.gov/site/finance/property/landlords-scrie.page

SCRIE offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes from the City of New York. Applicants must meet ALL of the eligibility requirements. For SCRIE eligibility, applicants must:

- *Be 62 years of age or older;*
- *Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent-controlled or rent-stabilized apartments or hotel stabilized);*
- *Have an annual household income of 50,000 or less; and*
- *Pay more than one-third of the household's aggregate disposable income for rent.*

Fuel and Utility Costs

Home Energy Assistance Program (HEAP)

718-557-1399

For the New York City Program: nyc.gov/html/hra/html/services/energy.shtml

For the New York State Program: otda.ny.gov/programs/heap/

A one-time grant per year to help low-income homeowners and renters pay fuel and utility costs.

Heating Equipment Repair or Replacement

800-342-3009

The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income homeowners repair or replace furnaces, boilers, and other direct heating components necessary to keep their home's primary heating source functional. Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler, and/or other essential heating equipment.

Weatherization

Weatherization Referral and Packaging Program (WRAP)

311

nyconnects.ny.gov/services/weatherization-referral-assistance-and-packaging-program-wrap-sofa48389

Provides low-income elderly people (60+) with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows, and repairs to furnaces and roofs. No limits on assets. Monthly income limit for one person is \$1,963 and for couples \$2,567. Must receive HEAP benefits to be eligible.

Tenant Advocacy Organizations

Good Old Lower East Side (GOLES) - Tenant Rights and Eviction Prevention Counseling

171 Avenue B

New York, NY 10009

212-533-2541

goles.org/direct-services

Good Old Lower East Side (GOLES) provides assistance to tenants living in rent-regulated apartments, public housing, and Section 8. Provides legal counseling, government benefit assistance and advocacy support.

Housing Court Answers

212-962-4795

cwtfhc.org

A non-profit organization that provides advice to unrepresented tenants in Housing Court proceedings, works to improve the Housing Court system, and advocates for the right to counsel in Housing Court. Operates a telephone hotline from 9 am to 5 pm to provide information regarding Housing Court proceedings, the enforcement of housing code violations, and other landlord/tenant issues to New York City residents, community-based organizations, and other service providers.

Metropolitan Council on Housing

339 Lafayette Street, Suite 301

New York, NY 10012

212-979-6238 (Membership)

212-979-0611 (Tenants' Rights)

metcouncilonhousing.org

A citywide membership-based tenants' advocacy organization that works to preserve and expand affordable housing and rent regulation through grassroots organizing, lobbying, direct action, and public education.

New York State Tenants and Neighbors Coalition

255 W 36th Street, #505

New York, NY 10018

212-608-4320

tandn.org

A statewide organization of tenants, tenant associations, and other community groups that fight for tenants' rights and affordable housing through organizing, education, leadership development, and grassroots mobilization.

Transportation

Transportation Discounts

E-ZPass

e-zpassny.com

Apply for an E-ZPass online, at a retail location, or via mail. See website for more details.

Reduced-Fare MetroCards/OMNY

718-330-1234

new.mta.info/fares/reduced-fare

Individuals who are 65 and older or have a disability may apply for a Reduced-Fare MetroCard. Proof of age is needed when applying for a Reduced-Fare MetroCard and can be provided with a birth certificate, Medicare card, Social Security award letter, driver license or NYS non-driver ID.

Travel Assistance

Community Arranged Resident Transportation Program (C.A.R.T.)

404 West 54th Street
New York, NY 10019
212-956-0855

nyfsc.org/support-services/free-transportation

Operating in Manhattan, from the Battery to 96th Street on the East Side and to 110th Street on the West Side five days a week, C.A.R.T.'s five vans take seniors to and from medical appointments and hospitals, planned activities at senior centers, and entitlements on which they depend. C.A.R.T. also delivers meals to homebound seniors living in mid-Manhattan. In addition to its established routes, Project C.A.R.T. provides private car service for emergencies, as well as for medical, social service and entitlement appointments, and visits to relatives and friends in hospitals or nursing homes.

Downtown Connection Free Bus

120 Broadway, Suite 3340
New York, NY 10271
212-566-6700

downtownny.com/about-us/services/downtown-connection-bus

Operated by the Downtown Alliance, the free Downtown Connection bus route operates from 10 am-7:30 pm, seven days a week except Thanksgiving, Christmas Day and New Year's Day, with free Americans with Disabilities Act (ADA) compliant service. Buses come on average at 10-minute intervals on weekdays — traffic permitting — and at 15-minute intervals on weekends. The bus travels from Beekman and Water Street on the East Side, south around the tip of Manhattan,

then north through Battery Park City and then east to City Hall, and returning. (Buses make 37 stops around the perimeter of Lower Manhattan, including a Warren/Murray Street retail loop.)

Accessibility

MTA Guides to Accessible Transit

511

new.mta.info/accessibility

Access-A-Ride

access.nyc.gov/programs/access-a-ride

877-337-2017

Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations, call the number above.

Health Care

Health Care Proxy

311

health.ny.gov/publications/1430.pdf

Individuals who are unable to make health care decisions can designate a Health Care Proxy to make health care decisions on their behalf.

Health Insurance Information Counseling and Assistance Program (HIICAP)

212-602-4180

nyc.gov/site/dfta/services/health-insurance-assistance.page

The NYC HIICAP is New York's source for free, current and impartial information about health care coverage. Through a helpline and volunteer counselors, HIICAP provides information on all aspects of health insurance, including Medicare, prescription drug information, long-term care insurance, Medicaid for people with Medicare, and more.

New York State Department of Health

Corning Tower, Empire State Plaza
Albany, NY 12237
866-881-2809

New York State Health Insurance Resource Center Long-Term Care

health.ny.gov/facilities/long_term_care

Provides information on long-term care and insurance policies for New York State.

Health Insurance Programs

Medicaid

Medicaid is a State-run health insurance program that is primarily available to people with limited incomes or resources, but it is also available to those who meet other requirements.

To find out whether you qualify for Medicaid, visit ACCESS NY at nyc.gov/accessnyc, or call the NYC Human Resources Administration at 718-557-1399.

Chinatown Medicaid Office

115 Chrystie Street, 5th Floor
New York, NY 10002
212-334-6114

nyc.gov/site/hra/locations/medicaid-locations.page

Medicare

800-MEDICARE (800-633-4227)

medicare.gov

Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.

Senior Medicare Patrol (SMP) Programs

518-436-1006

nysenior.org/senior-medicare-patrol

These programs assist Medicare and Medicaid beneficiaries in order to prevent health care fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills, and identify inappropriate charging for service.

New York State of Health

855-355-5777

nystateofhealth.ny.gov
health.ny.gov

New York State of Health is a marketplace where individuals can shop for and enroll in affordable health insurance plans. These plans are for people who do not currently receive Medicare and who don't have insurance through their employers.

New York State Partnerships for Long-Term Care

888-697-7582

nyspltc.health.ny.gov

The New York State Partnership for Long-Term Care combines private long-term care insurance with Medicaid to help people prepare financially for possible nursing home care, home care, or other long-term care services as specified under the policy. It allows New Yorkers to protect assets while remaining eligible for Medicaid Extended Coverage if their long-term care needs exceed the period covered by their private partnership insurance policy.

NYC Department of Social Service Administration Office of Citywide Health Insurance Access

150 Greenwich Street, 40th Floor
New York, NY 10007

U.S. Health and Human Services Center for Medicare and Medicaid Services

26 Federal Plaza, 38th Floor
New York, NY 10278

Hospitals

Complaints Related to New York Hospitals

New York State Department of Health
Centralized Hospital Intake Program
Mailstop: CA/DCS Empire State Plaza
Albany, NY 12237
800-804-5447

To issue a complaint about a hospital or a diagnostic and treatment center, call the toll-free number above, or file a complaint in writing by mailing the address above.

Gouverneur Healthcare Services

227 Madison Street
New York, NY 10002
212-238-7897

nyc.gov/html/hhc/gouverneur/html/home/home.shtml

New York Presbyterian/Lower Manhattan

Hospital

170 William Street
New York, NY 10038
212-312-5000

nyp.org/lowermanhattan

Veterans Administration New York Harbor Healthcare System - Manhattan

23 East 23rd Street
New York, NY 10010
212-686-7500

nyharbor.va.gov

Community Health Clinics

Betances Health Center

280 Henry Street
New York, NY 10002
212-227-8401

betances.org

Geriatric care at Betances provides comprehensive medical services to address the core primary and specialty medical needs of patients 60 years of age and older.

Lower East Side/Catherine M. Abate Health Center

255 E Houston Street
New York, NY 10002
212-477-1120

chnnyc.org/lower-east-side-center

Geriatric care, preventative medicine, nutrition counseling, social services, and health education are offered. Spanish and Chinese spoken.

Charles B. Wang Community Health Center

125 Walker Street, 2nd Floor
New York, NY 10013

268 Canal Street
New York, NY 10013

168 Centre Street, 3rd Floor
New York, NY 10013

212-966-0461 Health Education

212-379-6988 Adult Medicine

212-966-0228 Women's Health

212-941-2213 Mental Health

212-226-3888 Pediatrics

212-226-9339 Dental

212-226-1661 Social Work

cbwchc.org

Non-profit health center providing medical and mental health services for children, and dental and optical services for all ages, with

a focus on Asian-Americans. The center is also a local WIC enrollment and services site, where staff conduct community education, advocacy, and outreach. Chinese, Spanish, Vietnamese, and Korean spoken.

NYU Dental School

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

dental.nyu.edu/patientcare.html

Offers quality, lower-cost dental care provided by dental students.

Henry Street Settlement Community Consultation Center

40 Montgomery Street
New York, NY 10002
212-233-5032

henrystreet.org/health-and-wellness-services/

A non-profit clinic providing mental health and approved primary health care services, the CCC delivers outpatient mental health services, psychiatric day treatment, crisis services, HIV family mental health services, Asian bicultural services, vocational rehabilitation, housing, primary healthcare, parent education and support, and job training opportunities, as well as legal and financial services and screenings for entitlement benefits and SNAP enrollment. Spanish, Chinese, Mandarin, Cantonese, Italian, and German spoken.

Ryan-NENA Community Health Center

279 East 3rd Street
New York, NY 10009
212-749-1820

ryancenter.org/home.htm

A non-profit outpatient health center for patients of all ages offering medical, dental, and optical care; HIV/AIDS care; substance abuse treatment; and counseling. Languages spoken include Spanish, French, Russian, and Chinese.

Judson Health Center

34 Spring Street
New York, NY 10012
212-925-5000

Roberto Clemente Center

540 East 13th Street
New York, NY 10009
212-387-7400

Smith Family Health Center
60 Madison Street
New York, NY 10038
212-571-0889

Home Care Options

CPC Home Attendant Program

1 York Street, 2nd Floor
New York, NY 10013
212-219-8100

Provides personal care services in the home to clients who are medically disabled, aged and/or physically handicapped. The program is staffed with bilingual/bicultural Chinese- and Spanish-speaking registered nurses and case coordinators to supervise the delivery of home care services.

Expanded In-Home Services for the Elderly Program (EISEP), NYC Dept. for the Aging health.ny.gov/health_care/medicaid/program/longterm/expand.htm

EISEP assists older New Yorkers who need help with activities of daily living (e.g., dressing, bathing, personal care) and instrumental activities of daily living (e.g., shopping, housekeeping, cooking), who want to remain at home and are not eligible for Medicaid. Case managers help elders and their families decide what help is needed and arrange for services that may include non-medical in-home services, non-institutional respite services for caregivers, ancillary services, and other services available in the community. EISEP supports and supplements care provided by families and friends. Participants whose incomes are above 150% of poverty share in the cost of the services, according to a sliding scale.

Home Care Service Program (HCSP)

311
nyc.gov/site/hra/help/long-term-care.page

The Home Care Services Program (HCSP) offers access to Medicaid-funded long-term care programs designed to help eligible elderly or disabled individuals remain safely at home, rather than in a nursing home or other institution. In some cases, the Home Care Services Program will assess medical needs and determine the appropriate care required. Eligibility for Medicaid-funded home care programs varies among programs, but all programs require that the applicant be Medicaid-eligible.

The New York Foundation for Senior Citizens - Home Attendant Program

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

nyfsc.org/support-services/home-attendant-program

Under the Home Attendant Program, the Foundation's registered nurses and social workers visit seniors at home to assess their needs and to supervise the more than 1,000 home attendants the Foundation employs to meet their needs. Home attendants are trained by Foundation staff to perform daily tasks such as health-related personal care, housekeeping, shopping, cooking, and accompanying seniors to medical appointments.

VNS Health New York

7 Mott Street
New York, NY 10013
800-675-0391

vnsny.org

This home health care service provides members of the community support using both care and technology to maximize effectiveness. The VNSNY matches patients with the care they need while being sure to account for any financial concerns. Both Medicare and Medicaid are accepted, and services run 24/7.

Mental Health Services

Geriatric Mental Health Initiative

50 Broadway, 19th Floor
New York, NY 10004
212-244-6469

nyc.gov/site/dfta/services/geriatric-mental-health.page

The Geriatric Mental Health Alliance (GMHA) operates a Geriatric Mental Health Training and Technical Assistance Center without walls that provides support to various provider systems to increase their capacity and skill to meet the mental health needs of the older adults with whom they work.

Greenwich House Senior Health and Consultation Center

27 Barrow Street, 3rd Floor
New York, NY 10014
212-242-4140, ext. 251

greenwichhouse.org/network-of-older-adult-centers

This program offers affordable consultation as well as help with the necessary changes that come with aging. Services are provided at the center, but necessary home calls can sometimes be made.

Hamilton Madison House Chinatown Family Consultation Center (CFCC)

253 South Street, 3rd Floor
New York, NY 10002
212-720-4540

hamiltonmadisonhouse.org/behavioral-health-services.html

A full-service mental outpatient clinic, the CFCC provides evaluations, therapy and community outreach.

Hamilton Madison House Social Adult Day Program

253 South Street, 2nd Floor, East Wing
New York, NY 10002
212-349-3724

Striving to improve the quality of life for those 55 years and above with dementia and memory loss, this program offers transportation, nutritious meals, support groups, and recreational activities. Mandarin and Cantonese spoken.

Manhattan Veterans Center

32 Broadway, 2nd Floor, Suite 200
New York, NY 10004
212-951-6866

University Settlement Consultation Center

184 Eldridge Street
New York, NY 10002
212-453-4522

universitysettlement.org

The Consultation Center works to provide mental health services to those in need. English, Mandarin, Cantonese and Spanish are spoken.

Prescription Discounts

AARP Prescription Discount Program

877-422-7718

aarp-pharmacy.com

This program was created by AARP to provide exclusive discounts on FDA-approved prescription medications and specialty drugs.

Elderly Pharmaceutical Insurance Coverage (EPIC)

800-332-3742

health.ny.gov/health_care/epic

EPIC is a free New York State program that helps income-eligible seniors age 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC helps pay the Medicare Part D drug plan premiums for low- to moderate-income members. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To join EPIC, one must be a NYS resident age 65 or over, have an annual income less than \$35,000 (single) or \$50,000 (married), be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid benefit. Pharmacies must be EPIC participants.

Extra Help Paying for Medicare Prescription Drug Plans

800-772-1213

ssa.gov/medicare/prescriptionhelp

Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.

BigAppleRx

311

portal.311.nyc.gov/article/?kanumber=KA-02933

A free discount card accepted at many pharmacies in New York City; cannot be used in conjunction with other discounts/insurance, but can be used for medications not covered.

Blood Pressure Programs

Organized by the New York City Department for the Aging, trained senior volunteers measure the blood pressure of their peers in biweekly screening and monitoring sessions. Adhering to a special protocol developed in association with the Department of Health, the volunteers keep records and follow up with anyone whose blood pressure is too high. The program is available at the following senior center:

University Settlement Senior Center

189 Allen Street
New York, NY 10002
212-473-8217

Senior Centers

BRC Senior Center

30 Delancey Street
New York, NY 10002
212-533-2020

brc.org/older-adults

BRC's Senior Center provides community, social and educational activity, health and mental health services, recreation, and nutritious meals.

Chinese American Planning Council NY Chinatown Senior Citizens Center

55 Chrystie Street
New York, NY 10002
212-233-8930

CSCC is celebrated for its orchestra room, where seniors actively practice and perform for their predominantly Cantonese-speaking peers. This senior center also offers the Senior Strollers walking club.

CPC Project Open Door

168 Grand Street
New York, NY 10013
212-431-9026

cpc-nyc.org/programs/seniorservices/open-door-senior-center

CPC provides meals, social activities such as art shows, and homecare services to New York's population of elderly Chinese. Breakfast, lunch, health promotion and nutrition information, educational and recreational opportunities, and case assistance are available.

Good Companion Senior Center

334 Madison Street, Basement
New York, NY 10002
212-406-5044

henrystreet.org/programs/oa-services/older-adult-center/

Health and wellness classes, exercise facilities, legal services, benefits and entitlements counseling, case management, recreation and educational classes, including arts, computers, games, current events discussions, and holiday celebrations are offered. This senior center also offers a Stay Well Exercise Program, providing weekly exercise classes to enhance balance and build muscle strength, which run approximately 40-50 minutes.

Grand Street Settlement

Grand Coalition of Seniors

80 Pitt Street
New York, NY 10002
212-674-1740

grandsettlement.org/programs-and-services/seniors

The Grand Coalition offers nutritious meals that meet multiethnic dietary preferences. Other services at Grand Street include assistance with Medicare, HEAP, SSI and SNAP, health and mental health care, housing assistance, exercise programs, recreational and cultural activities, and volunteer opportunities.

Greenwich House Senior Center at Independence Plaza

310 Greenwich Street
New York, NY 10013
212-267-0499

greenwichhouse.org/network-of-older-adult-centers/

Meals, classes, health and wellness activities, social work services, and specialized services for homebound seniors are offered.

Hamilton Madison House

City Hall Senior Center

100 Gold Street, Lower Lobby
New York, NY 10038
212-788-5580

The center serves as a hub for information and referrals, including consultation regarding Social Security, SNAP, Medicaid, Medicare, and senior housing. It also offers nutritious meals, recreational activities, and educational classes.

Mott Street Senior Center

180 Mott Street
 New York, NY 10002
 212-966-5460

nyfsc.org/support-services/older-adult-centers/

Exercise, bingo, mahjong, dancing, painting, ceramics, sculpting, sewing, knitting, and crocheting, among other activities, are offered. Each day, members can enjoy delicious, nutritionally balanced breakfasts and lunches, many of which feature Italian and Chinese dishes.

Southbridge Adult and Senior Citizens Center

90 Beekman Street
 New York, NY 10038
 212-732-9363

southbridgetowers.com

A variety of recreational and cultural programs are open to anyone over 55 in the downtown area, including health and fitness programs, arts and crafts, drawing and chess. The Center also offers a nurse, a shopping van service, and assistance with social services such as Medicare, Access-A-Ride, and Meals-On-Wheels.

UJC Adult Luncheon Club

15 Willett Place
 New York, NY 10002
 212-673-9328

ujces.org/adult-lunch-club-nyc

University Settlement Neighborhood Center

189 Allen Street
 New York, NY 10002
 212-473-8217

universitysettlement.org/programs/older-adults/neighborhood-center

Breakfast and lunch, classes, activities, and social services, including errand escorts and meal delivery for homebound seniors are offered. This senior center also offers biweekly blood pressure screening and monitoring sessions, a walking club, and the Stay Well Exercise Program, a program that provides weekly exercise classes that run approximately 40-50 minutes.

Weinberg Center for Balanced Living

197 East Broadway
 New York, NY 10002
 646-395-4270

mannycantor.org/older-adults

Provides empowering classes, workshops, and social events focused on maintaining personal health, engaging the senses, and motivating individuals through an ongoing learning curve of experiences related to fitness, general wellness, and arts and culture. Also provides social services such as counseling and health and wellness programs.

Naturally Occurring Retirement Communities (NORCs)

Our district is also home to a number of development-based senior centers and Naturally Occurring Retirement Communities (NORCs). These senior centers provide many services for residents of a particular housing development or neighborhood.

Educational Alliance, Co-Op Village NORC

465 Grand Street
 New York, NY 10002
 646-395-4510

mannycantor.org/co-op-village-norc-educational-alliance

Available to all NORC residents ages 60 and above, Co-Op Village offers social work assistance, nursing services, and limited transportation to medical appointments. Provides classes in yoga, board games, creative writing, tai chi, mahjong, arts, dance, knitting, and exercise.

Grand Street Settlement Baruch Elders Services Team (BEST) Program

72 Columbia Street
 New York, NY 10002
 212-982-4171

grandsettlement.org/programs-and-services/seniors

This program provides comfortable lounges and a host of activities and services to elderly residents of Bernard Baruch Houses. Programs include classes in gardening, yoga and art, activities such as bingo, gardening, and mental health support groups.

Hamilton Madison House Knickerbocker Village Senior Services NORC

32 Monroe Street, Apartment G1
 New York, NY 10002
 212-349-0616

hamiltonmadisonhouse.org/older-adult-services.html

Community health seminars, activities including bingo, tai chi, dance, scheduled trips, and holiday celebrations.

**Hamilton Madison House
Smith Senior Center NORC**

36 Monroe Street
New York, NY 10002
212-349-0616

Case management and benefit and entitlement, hot lunches served five days a week and a variety of scheduled classes, including computer classes, geared toward seniors with limited or no prior knowledge of computers, "Stay Well" exercise classes, ceramics classes, and more are provided.

Henry Street Settlement

Vladeck Cares NORC

351 Madison Street
New York, NY 10002
212-477-0455, ext. 19

henrystreet.org/programs/oa-services/norcvladeck-cares

This program provides free services to residents of Vladeck Houses who are 60 years of age and older to assist them in independent living, scheduling and transportation to medical appointments, financial management, and long-term care planning. Health screenings, free flu shots, and counseling services are also available. English, Spanish, and Chinese are spoken.

Lillian Wald Houses Senior Center

12 Avenue D
New York, NY 10009
212-260-2731

The Center provides important nutritional information and offers affordable hot lunches Sunday through Friday and dinners Monday through Friday. Seniors can participate in recreational activities and use the two fitness rooms, complete with machines and free weights. Chinese and Spanish are spoken.

NY Foundation for Senior Citizens

LaGuardia Senior Center

280 Cherry Street
New York, NY 10002
212-732-3656

For a small suggested contribution, seniors can eat balanced meals (breakfast and lunch) that have been carefully planned by

nutritionists. Seniors can participate in a range of activities: exercises, arts and crafts, music, bingo, mahjong, health promotion, and English classes.

Greenwich House Older Adult Center at Center on the Square

20 Washington Square North
New York, NY 10011
212-777-3355

www.greenwichhouse.org

Our Lady of Pompeii Center

25 Carmine Street
New York, NY 10014
212-989-3620

www.greenwichhouse.org

AAFECare Older Adult Center

111 Norfolk Street
New York, NY 10002
212-358-9922

www.aafe.org/missions/community-services/aafe-care/

John Paul II Friendship Center

103 E 7th Street
New York, NY 10009
212-673-7704

en.polishslaviccenter.us/klub-jp-2/

Meltzer Center

94 E 1st Street
New York, NY 10009
212-253-5624

www.universitysettlement.org/programs/older-adults/meltzer/

Sirovich Center for Balanced Living

331 East 12th Street
New York, NY 10003
212-228-7836

www.14streety.org/adult-programs/sirovich-center/

Vision Urbana NORC

75 Delancey Street
New York, NY 10002
646-626-9748

[www2.visionurbana.org/
SeniorCenterNORC](http://www2.visionurbana.org/SeniorCenterNORC)

Fu Kang Senior Center Inc.

223 Park Row
New York, NY 10028
718-603-3999

Nutrition and Wellness

Support Services

Informal Alert and Alive discussion groups are offered at centers throughout the City. They are led by trained senior volunteers in sessions that run continuously. Members share their beliefs, attitudes and concerns about aging in a warm and congenial atmosphere. Alert and Alive Programs can be found at the following locations:

GOLES Healthy Aging Program (GHAP)

169 Avenue B
New York, NY 10009
212-533-2541

goles.org/seniors

This preventative health care initiative assists those in the Lower East Side age 50 and above. Offers counseling and assistance for housing and health services, as well as referrals and cultural programs.

New York Foundation for Senior Citizens, Inc.

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

nyfsc.org

The New York Foundation for Senior Citizens provides a wide range of support services for older adults, including information about housing, transportation, senior centers, activities, and theater discounts.

Service Program for Older People at Grand Street Settlement

72 Columbia Street
New York, NY 10002
212-787-7120, ext. 514

spop.org

Offers clinical, integrated physical and mental health care, and specialized substance abuse counseling.

United Jewish Council of the East Side

465 Grand Street, Floor 4
New York, NY 10002
212-233-6037

ujces.org

The UJC provides services to East Side senior citizens, including friendly visiting, telephone

reassurance, and access to food service pantries.

Food Access and Assistance

The City of New York Home Delivered Meals for Seniors

311

New York City delivers nutritionally balanced meals to the homes of seniors age 60 and older who are unable to attend a group meal program or prepare their own meals.

Citymeals on Wheels

212-687-1234

citymeals.org

This privately funded organization provides home-delivered meals to anyone who is: 60 years of age or older; physically and/or mentally incapacitated and in need of some assistance; unable to prepare nutritious meals or has no friends or family to do so; or is receiving only limited Medicaid services (recipients of Medicaid home and personal care services are currently ineligible for home-delivered meals). To request Meals on Wheels service, please call the phone number listed above.

New York Foundation for Senior Citizens

11 Park Place
New York, NY 10007
212-962-7817

nyfsc.org

Jewish Association for Services for the Aged (JASA) Meals and Nutrition

212-273-5200

jasa.org/community/meals

Provides home-delivered and kosher meals.

Greenmarkets

For more information on greenmarkets, including a list of vendors, visit grownyc.org/greenmarket or call 311.

Abingdon Square Greenmarket

Hudson Street and West 12th Street
Open Saturday year-round

Bowling Green Greenmarket
Broadway and Whitehall Street
Open Tuesday 8:00 am - 3:30 pm

City Hall Park Greenmarket
Broadway at Chambers Street
Open Tuesday year-round.
8:00 am - 3:00 pm

Saint Mark's Church Greenmarket
East 10th Street and 2nd Avenue
Open Tuesday June - November
8:00 am - 6:00 pm

Staten Island Ferry Whitehall Terminal Greenmarket
4 South Street, inside Ferry Terminal Building
Open Saturday 8:00 am - 1:00 pm

Tompkins Square Greenmarket
Avenue A and East 7th Street
Open Sunday year-round

Tribeca Greenmarket
Greenwich Street between Chambers Street and Duane Street
Open Saturday year-round
8:00 am - 2:00 pm

Union Square Greenmarket
North and West sides of Union Square Park
Open Monday, Wednesday, Friday, and Saturday year-round

Water Street Greenmarket Water Street at Coenties Slip
Open Thursday July - November

Friendly Visiting

Henry Street Settlement Senior Companion Program
265 Henry Street
New York, NY 10002
212-766-9200
Senior Companions are volunteers who make independence a reality for older adults. Senior Companions are at least 55 years old, can use mass transit, and are available 10-40 hours a week. Senior Companion services include companionship, friendly visiting, light errands, meal planning, medication reminders, caregiver respite, and medical escort.

Heights and Hills Friendly Visiting Service
81 Willoughby Street, Suite 302
Brooklyn, NY 11201
718-596-8789
Program matches volunteers of all ages with homebound and isolated seniors for weekly companionship. Volunteers and clients go on walks, run errands, cook together, play cards, knit, and talk about music, art, sports, politics, their families, and whatever else they find in common.

SAGE Friendly Visitor Program
305 7th Avenue, 6th Floor
New York, NY 10001
212-741-2247
sageusa.org/cure/visitor.cfm
All those who participate in this program must be a SAGE client, or a referral, friend, neighbor, or other service provider. Once a client decides to participate, a SAGE staff person comes to the home of the client and matches the client with a volunteer. All volunteers are screened, trained, and committed to at least one year with each client.

Visiting Neighbors
3 Washington Square Village, Suite 1F
New York, NY 10012
212-260-6200
visitingneighbors.org
This service matches volunteers with seniors 60+ in Lower Manhattan. Volunteers are carefully screened and trained, and are committed to a few hours each week. Volunteers will escort seniors to medical appointments, on errands, and to the grocery store.

Support Groups

Center for Bereavement
118 East 93rd Street, Suite 1C
New York, NY 10128
917-453-6570
centerforbereavement.com
Provides grief counseling and therapy in a safe, confidential, and private setting to assist in the mourning process through individual grief counseling/therapy or in bereavement groups with other mourners, facilitated by a seasoned, licensed therapist.

Caregiver Resources

Caregivers Action Network

202-454-3970

caregiveraction.org

Provides educational materials and guides for family caregivers, including resources and information on workshops and tips for caregiving.

Adult Day Programs

Sunnyside Community Services

265 Henry Street
New York, NY 10002
718-906-0669

scsny.org/programs/care-nyc/

Care NYC on the Lower East Side provides free services to caregivers 18+ who are caring for someone with Alzheimer's disease or dementia.

Hamilton Madison

House Adult Day Services

253 South Street, 2nd Floor
New York, NY 10002
212-349-3724

hamiltonmadisonhouse.org

Hamilton Madison House's mission is to improve quality of life for participants with memory loss while providing support and education to caregivers and family members. Services include meals, door-to-door transportation, social and recreational activities, and support groups. Mandarin and Cantonese spoken.

VillageCare Adult Day Health Center

214 W. Houston Street
New York, NY 10014
212-337-9220

villagecare.org/

Adult Day Health Care program providing comfort and promoting independence through a full range of nursing, nutritional, case management, rehabilitative services and social activities. Services include physical therapy, personal care assistance, health-related diagnostic services, and social services, as well as full-time nursing services. A comprehensive therapeutic recreation program includes creative arts, exercise, yoga, tai chi, discussion groups, lectures, live musical entertainment,

movies, and local trips. Individualized programs are geared to helping persons with behavioral health problems, Parkinson's disease, Alzheimer's disease, dementia, and other chronic illnesses. Private door-to-door transportation is provided.

Divine Living Adult Daycare Center

280 Delancey Street
New York, NY 10002
212-777-7755

Cathay Adult Day Care Center

118 Baxter Street, LL
New York, NY 10013
212-226-1353

Angelas Adult Day Care

87 Bowery, 2nd Floor
New York, NY 10002
917-345-6720

Confucius Social Daycare Center

33 Bowery, #B201
New York, NY 10002
212-226-2338

Golden Sun Life Daycare

75 E Broadway, 2nd Floor
New York, NY 10002
646-492-0625

Golden Town Adult Day Care Center

99 Canal Street, 2nd Floor
New York, NY 10002
212-966-6809

Longevity Adult Day Care Center

285 Grand Street
New York, NY 10002
212-966-1378

Sunshine Services Enterprises Inc.

101 Lafayette Street, 2nd Floor
New York, NY 10002
212-845-9950

Project ORE

344 E 14th Street
New York, NY 10003
212-780-0800

www.14streety.org/adult-programs/project-ore/

Services for People with Disabilities

Access-A-Ride

877-337-2017

new.mta.info/accessibility/access-a-ride

Access-A-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations, call the number above.

Public Health Solutions

Facilitated Enrollment for the Aged, Blind, and Disabled (FE-ABD)

40 Worth Street
New York, NY 10013
800-544-8269

www.healthsolutions.org/community-work/health-insurance/aged-blind-disabled/

Center for Independence of the Disabled of New York

1010 6th Avenue
New York, NY 10018
212-674-2300

cidny.org

Provides benefits counseling and direct services to those with disabilities. Also advocates to improve the lives of people living with disabilities.

Mayor's Office for People With Disabilities

100 Gold Street, 2nd Floor
New York, NY 10038
311

711 (Relay Service for Deaf/Hard of Hearing)

nyc.gov/mopd

The Mayor's Office for People with Disabilities works to ensure that New Yorkers with disabilities can lead happy, healthy and productive lives.

Services for the Visually Impaired

American Foundation for the Blind

2 Penn Plaza, Suite 1102
New York, NY 10121
212-502-7600

afb.org

Provides directory of services for seniors with vision impairments.

Lighthouse International

15 West 65th Street
New York, NY 10023
800-284-4422

lighthouseguild.org

Assists people of all ages who are blind or partially sighted to lead independent and productive lives.

National Federation of the Blind of New York State

718-567-7821

nfbny.org

The National Federation of the Blind is the largest organization of blind and low-vision people in the United States. The group strives to reform general attitudes toward the blind.

New York State Commission for the Blind

866-871-3000

ocfs.ny.gov/main/cb

Provides a listing of not-for-profit agencies in New York that offer resources for those with visual impairments.

VISIONS - Services for the Blind and Visually Impaired

500 Greenwich Street, 3rd Floor
New York, NY 10013
212-625-1616

visionsvcb.org

Non-profit agency offering blind or visually impaired individuals rehabilitation through at-home instruction on safety techniques for independent living, indoor/outdoor mobility training, and employment services for youth and adults, including prevocational, skills training, and job placement.

Parks, Recreation, and Fitness

ABC Playground

East Houston Street between Norfolk Street and Essex Street

nycgovparks.org/parks/abc-playground

Features basketball courts, playgrounds, and sprinklers.

Alfred E. Smith Playground

Catherine Slip and Catherine Street
nycgovparks.org/parks/alfred-e-smith-playground

Features basketball courts, handball courts, volleyball courts, recreation centers, playgrounds, and Wi-Fi.

Baruch Playground

Baruch Place and Mangin Street
nycgovparks.org/parks/baruchplayground

Features basketball courts, handball courts, and playgrounds.

Bowling Green

Broadway and Bowling Green
nycgovparks.org/parks/bowlinggreen

Features eateries.

Canal Park

Canal Street between West Street and Washington Street

nycgovparks.org/parks/canalpark

Features benches.

Capsouto Park

Varick Street between Canal Street and Laight Street

nycgovparks.org/parks/capsoutopark

Features a fountain and chess tables.

Captain Jacob Joseph Playground

Henry Street and Rutgers Street
nycgovparks.org/parks/m122

Features playgrounds.

City Hall Park

Broadway, Park Row and Chambers Street

nycgovparks.org/parks/cityhallpark

Features benches, eateries and Wi-Fi.

Collect Pond Park

Leonard Street between Centre Street and Lafayette Street

nycgovparks.org/parks/M242

Features benches.

Columbus Park Playground

Baxter Street, Mulberry Street, Worth Street, Bayard Street

nycgovparks.org/parks/M015

Features basketball courts, playgrounds, and sprinklers.

Coleman Playground

Cherry Street, Pike Street, Monroe Street, and Market Street

nycgovparks.org/parks/colemanplayground

Features baseball fields, handball courts, skate parks, basketball courts, dog runs, playgrounds, and sprinklers.

Corlears Hook Park

Jackson Street, Cherry Street, FDR Drive

nycgovparks.org/parks/M017

Features baseball fields, playgrounds, dog runs, and sprinklers.

Duane Park

Hudson Street, Duane Street

nycgovparks.org/parks/M025

Features benches.

East River Park

Montgomery Street to East 13th Street and FDR Drive

nycgovparks.org/parks/eastriverpark

Features barbecuing areas, baseball fields, basketball fields, bicycling and greenways, dog runs, fitness equipment, football fields, playgrounds, running tracks, soccer fields, sprinklers, eateries and tennis courts.

Governors Island

govisland.com

Governors Island is a 172-acre island located in the heart of New York Harbor. Features bike rentals, mini golf, children's play area, sprinklers, ballfields, and hammocks. Accessible via ferry from Pier 6 at Brooklyn Bridge Park and the Battery Maritime Building at 10 South Street in Lower Manhattan. The park is open from late May through late September.

Hamilton Fish Park

Pitt Street, Stanton Street, Sheriff Street, East Houston Street

nycgovparks.org/parks/hamilton-fish-park

Features a pool, basketball courts, handball courts, fitness equipment, Wi-Fi, rec center, playground, and sprinklers.

Hudson River Park - Pier 40

West Side Highway and West Houston Street
212-627-2020

hudsonriverpark.org

Features dog runs, mini golf, trapeze, play areas, kayaking, and a carousel.

Little Flower Playground

Madison Street between Clinton Street and Rutgers Street

nycgovparks.org/parks/littleflowerplayground

Features basketball courts, handball courts, playgrounds, and sprinklers.

Luther Gulick Playground

Willett Street, Broome Street, Columbia Street, Delancey Street

nycgovparks.org/parks/luthergulickplayground

Features basketball courts, handball courts, playgrounds, and sprinklers.

Playground One

Madison Street between Catherine Street and Oliver Street

nycgovparks.org/parks/playgroundone

Features basketball courts, playgrounds, and sprinklers.

Sara D. Roosevelt Park

East Houston Street to Canal Street between Chrystie Street and Forsyth Street

nycgovparks.org/parks/saradroosevelt

Features basketball courts, handball courts, playgrounds, soccer fields, sprinklers, and volleyball courts.

Sophie Irene Loeb Playground

Henry Street, Market Street, East Broadway

nycgovparks.org/parks/sophieireneloeb/facilities/playgrounds

Features a playground.

Seward Park

Essex Street, Jefferson Street and East Broadway

nycgovparks.org/parks/sewardpark

Features basketball courts, volleyball courts, playgrounds, and sprinklers.

Tanahey Playground

Cherry Street to Water Street, Catherine Slip to Market Slip

nycgovparks.org/parks/tanaheyplayground

Features basketball courts, playgrounds, and roller hockey.

The Battery

Battery Place and State Street

nycgovparks.org/parks/batterypark

Features eateries, playgrounds, a carousel, and Wi-Fi.

Thomas Paine Park

Lafayette Street, Centre Street, Worth Street, and Duane Street

nycgovparks.org/parks/thomaspainepark

Features eateries and Wi-Fi.

Tompkins Square Park

Avenue A to Avenue B from East 7th Street to East 10th Street

212-387-7685

nycgovparks.org/parks/tompkinssquarepark

Features basketball courts, dog runs, fitness equipment, handball courts, pool, playground, Wi-Fi and sprinklers.

Vesuvio Playground

Spring Street between Thompson Street and Sullivan Street

nycgovparks.org/parks/vesuvioplayground

Features basketball courts, handball courts, outdoor pools, playgrounds, and sprinklers.

Washington Market Park

Chambers Street and Greenwich Street

nycgovparks.org/parks/washingtonmarketpark

Features, basketball courts, tennis courts, fitness equipment, and eateries.

William Passannante Ballfield

West Houston Street, between 6th Avenue and Macdougall Street

nycgovparks.org/parks/williampassannanteballfield

Features playgrounds and ballfields.

Outdoor Pools

Hamilton Fish Pool

Pitt Street and Houston Street

212-387-7687

Tompkins Square Pool

Avenue A between East 7th Street and East 10th Street

212-639-9675

Vesuvio Pool

Thompson Street between Spring and Prince Street
212-343-0959

Chinatown YMCA - Houston Street Center

273 Bowery
New York, NY 10002
212-912-2460

ymcanyc.org/chinatown

Downtown Community Center

120 Warren Street
New York, NY 10007
212-766-1104

ManhattanYouth.org

The Downtown Community Center offers open swim and lap sessions, as well as several swim clinics and exercise classes for community residents age 65 and above. During designated Senior Swim hours, the entire pool is reserved for senior use.

Senior HeART Wellness Program

273 Bowery
New York, NY 10002
212-475-5008

Organized by University Settlement, this health and wellness program is for adults age 50 and above and offers classes in aquatics, fitness, and health.

Shape Up NYC

212-360-3307
nycgovparks.org/programs/recreation/shape-up-nyc

This program, a joint effort between the NYC Parks Department and the Department of Health and Mental Hygiene, offers classes in a number of recreation centers in both Manhattan and Brooklyn. Classes offered range from zumba to yoga and pilates, and are run by qualified instructors. Below are centers located in or close to the district. Call for more information on classes and times.

Alfred E. Smith Recreation Center

80 Catherine Street
New York, NY 10038
212-285-0301

Chinatown YMCA Cornerstone

286 South Street
New York, NY 10002
212-385-9349

Community Center at Stuyvesant High School

345 Chambers Street
New York, NY 10282
212-267-9700

Hamilton Fish Recreation Center

128 Pitt Street
New York, NY 10002
212-387-7687

Two Bridges Neighborhood Council

275 Cherry Street
New York, NY 10002
212-566-2729

The Silversneakers Fitness Program

silversneakers.com

This program is the Nation's leading exercise program designed exclusively for older adults and involves aerobics and access to the fitness center and pool. This opportunity is offered to those 65+, and applicants must be Medicare-eligible members of a sponsoring health plan, though those who do not meet this qualification may pay a fee. Below are locations within the district:

Chinatown YMCA - Houston Street Center

273 Bowery
New York, NY 10002
212-912-2460

Jian Hui Dance Studio

118 Baxter Street, #203
New York, NY 10013
212-334-9998

Weinberg Center for Balanced Living

197 East Broadway
New York, NY 10002

mannycantor.org/older-adults/

Part of the Educational Alliance, this program for registered members and seniors age 55 and above offers classes and workshops to improve one's fitness, flexibility, and personal health. Includes yoga, swimming, pilates, tai chi, and more.

Recreation Centers

Provided by the Department of Parks and Recreation, these facilities offer indoor pools, game rooms, libraries, computer resources, and more. Seniors age 62 and above receive a discounted fee of \$25 for annual membership access to all centers.

Alfred E. Smith Recreation Center

80 Catherine Street
New York, NY 10038
212-285-0301

nycgovparks.org/facilities/recreationcenters/M194

Features fitness room, playground, artificial turf field, outdoor and indoor basketball courts, and an indoor volleyball court.

Hamilton Fish Recreation Center

128 Pitt Street
New York, NY 10002
212-387-7687

nycgovparks.org/facilities/recreationcenters/M033

Features an outdoor pool, outdoor basketball court, cardio room, and outdoor handball court.

Walking Clubs

These clubs are active in a variety of senior centers and other facilities throughout New York City that provide services to seniors. Each club walks to achieve a target number of steps, anywhere from 25,000 to 100,000+. Members use pedometers to count their steps. Individual totals contribute to the club's goal.

Big Apple Senior Strollers

212-442-8962
A walking club for senior citizens run by the NYC Department for the Aging.

Volunteer Opportunities

Foster Grandparent Program

311
aging.ny.gov/foster-grandparents-program-fgp

Seniors can work one-on-one to provide support to at-risk children, helping them with developmental and learning tasks.

Home Safety Audit Program

212-962-7559
nyfsc.org/support-services/repair-safety-services

Organized by the New York Foundation for Senior Citizens, volunteers age 55 and above can be trained and dispatched to visit the homes of seniors in order to identify potential hazards and ways to resolve them.

Home Sharing Program

212-962-7559
nyfsc.org/home-sharing

Organized by the New York Foundation for Senior Citizens, this program matches adult "hosts" who wish to share excess space in their homes or apartments with compatible guests in need of housing. This successful program helps seniors relieve financial hardship and provides companionship.

New York Cares

65 Broadway, 19th Floor
New York, NY 10006
212-228-5000

newyorkcares.org

New York Cares is New York City's largest volunteer organization that arranges volunteer programs for nonprofits, City agencies and public schools.

The Senior Corps

AmeriCorps

800-942-2677

www.americorps.gov/serve/american-seniors

Educational and Cultural Resources

NYC-ARTS Cultural Guide for Seniors

nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniors-manhattan

The cultural guides for seniors provide details on New York City cultural groups' programs for senior citizens and groups; ticket and membership discounts; and assistance available for visitors with disabilities. The cultural groups include museums, dance and theater companies, libraries, performing arts venues, zoos and more.

Performing Arts

The Public Theater

425 Lafayette Street
New York, NY 10003
212-539-8500

publictheater.org

The Public Theater has five theaters and operates "Shakespeare in the Park" in the Delacorte Theater in Central Park.

Borough of Manhattan Community College (BMCC) Tribeca Performing Arts Center
199 Chambers Street
New York, NY 10007
212-220-1459

tribecapac.org

This performing arts center strives to present new and high-quality work in music, theater, film, visual arts, and dance for audiences of all ages.

Third Street Music Settlement New Horizons Band and New Horizons Chorus
235 East 11th Street
New York, NY 10003
212-777-3240

Offers adults age 50+ the opportunity to learn how to play an instrument in a band or how to sing in a chorus. All skill levels welcomed. Participants in the band may bring their own instruments or rent them.

Museums

Anne Frank Center USA
244 Fifth Avenue, Suite J220
New York, NY 10001
212-431-7993

annefrank.com

The Anne Frank Center USA is a full-service gallery that uses Anne Frank's life and words to explore the disastrous effects of injustice and prejudice. Through a permanent exhibition on her life, as well as interactive displays, visitors learn about Anne's world in hiding and her incredible optimism despite the chaos around her. Also on display are copies of her famous diary, family photos, and other artifacts from the Holocaust.

One World Observatory
285 Fulton Street
New York, NY 10007
844-696-1776

oneworldobservatory.com

One World Observatory provides breathtaking views of the City skyline from the 102nd floor of 1 World Trade Center.

Lower East Side Tenement Museum
103 Orchard Street
New York, NY 10002
877-975-3786

tenement.org

Senior discount: Tickets for senior citizens (65+) are offered at a reduced fee of \$20. This

museum provides a glimpse into the heart-tugging hardship and continuing relevance of the turn-of-the-century American immigrant experience. Offers a number of interactive, family-friendly tours led by guides in period costumes.

Museum at Eldridge Street
12 Eldridge Street
New York, NY 10002
212-219-0888

eldridgestreet.org

This museum is one of New York's City's most treasured American Jewish sites, which you can explore on your own or with a guided tour. Tours are offered every hour on the hour. With a senior discount, admission is \$10, and Monday admission is free.

Museum of Chinese in America
215 Centre Street
New York, NY 10013
212-619-4785

mocanyc.org

Senior discount: Museum admission is \$5 for senior citizens (65+) and is free for all ages on Thursdays. This museum illustrates the rich history and culture of Chinese Americans through historical and visual art exhibitions, walking tours, and extensive archives.

Museum of Jewish Heritage
36 Battery Place
New York, NY 10280
646-437-4202

mjhny.org

Senior discount: Reduced admission price of \$10 for senior citizens (65+), and is free for all ages every Wednesday from 4 pm to 8 pm. This museum uses personal objects, photos, and film to highlight Jewish cultural heritage from the 19th and 20th centuries.

New Museum of Contemporary Art
235 Bowery
New York, NY 10002
212-219-1222

newmuseum.org

Senior discount: The museum offers a reduced admission fee of \$14 to senior citizens and is free on Thursdays from 7:00 pm - 9:00 pm. The New Museum of Contemporary Art is Manhattan's only museum solely devoted to contemporary art and is a leading venue for new art.

New York City Fire Museum

278 Spring Street
New York, NY 10013
212-691-1303

nycfiremuseum.org

Senior discount: The museum offers a reduced admission fee of \$5 for senior citizens. The museum surveys the profession of firefighting from the days of hand-pumped, horse-drawn fire engines to the modern era's blaze-dousing behemoths.

Skyscraper Museum

39 Battery Place
New York, NY 10280
212-968-1961

skyscraper.org

The Skyscraper Museum celebrates the architecture of New York City through photography and interactive exhibits. There is a \$2.50 admission for seniors.

Smithsonian National Museum of the American Indian

1 Bowling Green
New York, NY 10004
212-514-3700

nmai.si.edu

Admission is free every day for all ages. A panoply of Native American art gathered from every corner of the continent, including masks, pottery, and other assorted artifacts.

South Street Seaport Museum

12 Fulton Street
New York, NY 10038
212-748-8600

seany.org

The South Street Seaport Museum preserves and interprets the history of New York City as a world port, a place where goods, labor and cultures are exchanged through work, commerce, and the interaction of diverse communities.

Libraries

Battery Park City Library

175 North End Avenue
New York, NY 10282
212-790-3499

nypl.org/locations/battery-park-city

Chatham Square Library

33 East Broadway
New York, NY 10002
212-964-6598

nypl.org/locations/chatham-square

Mulberry Street Library

10 Jersey Street
New York, NY 10012
212-966-3424

nypl.org/locations/mulberry-street

Jefferson Market Library

425 Avenue of the Americas
New York, NY 10001
212-243-4334

nypl.org/locations/jefferson-market

New Amsterdam Library

9 Murray Street
New York, NY 10007
212-732-8186

nypl.org/locations/new-amsterdam

Seward Park Library

192 East Broadway
New York, NY 10002
212-477-6770

nypl.org/locations/seward-park

Tompkins Square Library

331 East 10th Street
New York, NY 10009
212-228-4747

nypl.org/locations/tompkins-square

Community Activities and Groups

American Legion

245 West Houston Street, Room 212B
New York, NY 10014
212-807-3066

nylegion.net

The American Legion, the Nation's largest wartime veterans' organization, is devoted to mutual helpfulness, and is committed to mentoring youth and sponsoring wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

Local Posts:

Fraternity, NY Post 612

1 Washington Square Village, Suite 2A
New York, NY 10012
212-228-3330

Lt. B. R. Kimlau, NY Post 1291

191 Canal Street
New York, NY 10013
212-925-5528

ltkimlau.com

Colonel John R. Slattery, NY Post 1099; Department of Public Works, NY Post 1222;

Robert L. Hague, NY Post 1242;
Schoolmens, NY Post 543;

Sgt. Carl G. Tos, NY Post 1396;

Veterans Administration, NY Post 1347;

Wall Street, NY Post 1217
346 Broadway, Room 802
New York, NY 10013

Customs, NY Post 51;

Franklin Delano Roosevelt, NY Post 1284;

Greenwich Village, NY Post 18;

Liberty-Grand Street, NY Post 22;

Rhineland East Side, NY Post 6;

346 Broadway, Room 3E
New York, NY 10013

Metropolitan, NY Post 385

346 Broadway, 3rd Floor
New York, NY 10013

New York City Police, NY Post 460

346 Broadway, Suite 812
New York, NY 10013
646-801-8839

al460.org

United Manhattan, NY Post 9

270 Seaman Avenue
New York, NY 10034
212-567-0474

Washington Square, NY Post 1212

179 Sullivan Street
New York, NY 10012
212-674-9517

Discount Programs

Project S.T.E.P. (Senior Theatre Enrichment Program)

11 Park Place, 14th Floor
New York, NY 10007

212-962-7655

nyfsc.org/activities/senior-theatre-enrichment-program/

The New York Foundation for Senior Citizens collaborates with the Theatre Development Fund (TDF) to give seniors ages 62 and over an opportunity to obtain low-cost tickets for on- and off-Broadway performances.

Continuing Education

Baruch College

55 Lexington Avenue
New York, NY 10010
646-312-1000

baruch.cuny.edu

Seniors age 60 or older can audit classes for \$80 per semester.

Borough of Manhattan Community College

199 Chambers Street
New York, NY 10007
212-220-8000

bmcc.cuny.edu

Seniors are able to apply as a non-matriculated student and audit classes for \$80 a semester.

CUNY School of Professional Studies

119 West 31st Street
New York, NY 10001
212-652-2869

sps.nyu.edu/

Senior citizens may enroll in undergraduate courses only, on an audit basis for \$80 a semester.

City College - QUEST: A Community for Lifelong Learning

25 Broadway, 7th Floor
New York, NY 10004
212-925-6625, ext. 229

questcontinuingednyc.org

This non-profit organization is self-governed by retired professionals aged 55 years and above. Members use the facilities of the Center for Worker Education at the City College of New York to participate in over 30 college-level classes and workshops each semester.

NYU School of Continuing and Professional Studies Professional Pathways Program
7 East 12th Street, Room 133
New York, NY 10003
212-998-7200
scps.nyu.edu

Pace University's Adult Resource Center (PARC)
1 Pace Plaza
New York, NY 10038
866-722-3338
pace.edu/program/senior-programs-parc
This senior program, which costs \$100 for one year, offers those ages 55+ a host of different opportunities. Those involved in the PARC program have access to lecture series, the school's library, the school's computer lab, and social events.

Computer Training

New York Public Library
nypl.org/classes
Offers hands-on classes from the basics to internet search strategies to Microsoft Word and Excel - and much more. Register online or contact local branches for details.

Financial Planning and Resources

AARP Tax Counseling for the Elderly (TCE)
888-687-2277
aarp.org/money/taxes/aarp_taxaide
The IRS-sponsored TCE Program provides free tax help to people age 60 and older. As part of the program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. Trained and certified AARP Tax-Aide volunteer counselors help people of low- to middle-income with special attention to those age 60 and older.

Free Credit Reports
877-322-8228
annualcreditreport.com
While there are many companies that charge people to obtain copies of their credit reports, all New Yorkers are entitled to receive one

free credit report each year from each of the major credit reporting agencies. All three national credit bureaus (Experian, Equifax and TransUnion) must provide you with a copy of your credit report once every year, upon request, under provisions of the Fair Credit Reporting Act. If you are the victim of identity theft, you are entitled to a second report from each agency.

NY Connects - Emergency Assistance for Adults (EAA)
119 9th Avenue
New York, NY 10011
212-966-9852
NYConnects@aging.nyc.gov
The EAA program, run through NY Connects, evaluates the need for emergency financial assistance for SSI participants when circumstances are beyond the individual's control.

Met Council
120 Broadway, 7th Floor
New York, NY 10271
212-453-9500
metcouncil.org
Met Council is the voice of the Jewish poor and the first line of defense for the community's needy. It fights poverty through comprehensive social services and strives to treat every individual with dignity and respect. Its grassroots Jewish Community Council network works to strengthen families and neighborhoods throughout New York City.

NYC Financial Empowerment Centers
311
nyc.gov/site/dca/consumers/get-free-financial-counseling.page
In cooperation with a number of non-profit organizations, New York City operates free Financial Empowerment Centers in each borough. The centers provide free one-on-one financial counseling by professional counselors in person or by phone in English and Spanish. It is best to make an appointment ahead of time.

Center for NYC Neighborhoods

17 Battery Place, Suite 702
New York, NY 10004
212-566-3050

cnycn.org

The Center for New York City Neighborhoods (CNYCN) was created to address the local repercussions of the national foreclosure crisis. Through comprehensive citywide programming that includes legal services, housing counseling, and consumer education, CNYCN pursues multiple strategies to assist those at risk of losing their homes to foreclosure. The center also operates a free, confidential foreclosure prevention hotline.

Single Stop USA Tax Program

212-727-4200

www.singlestop.org/about-our-free-tax-program/

Services are offered at the following locations (by appointment only).

Ottendorfer Library

135 2nd Avenue
New York, NY 10003

Square Senior Center

20 Washington Square North
New York, NY 10011

Bloomingdale Library

150 West 10th Street
New York, NY 10025

Administrative Office

123 William Street
New York, NY 10038

Financial Protection

Credit Freeze

New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. This prohibits crediting agencies from releasing the contents of their credit reports or scores so no new credit accounts can be issued until the freeze is lifted. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number, and proof of current address. Individuals must contact each agency again when they want to lift the freeze.

Equifax Security Freeze

P.O. Box 105788
Atlanta, GA 30348
860-349-9960

equifax.com/personal/credit-report-services/credit-freeze

Experian Security Freeze

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

experian.com/freeze/center.html

TransUnion Security Freeze

P.O. Box 6790
Fullerton, CA 92834
888-909-8872

transunion.com/credit-freeze

New Economy Project – NYC Financial Justice Hotline

212-925-4929

neweconomynyc.org/nychotline

Provides information and referrals for low-income residents regarding issues with unfair debt collection practices, tax refund loans, payday loans, and credit reporting and repair.

Emergency Preparedness

Aware Prepare

health.ny.gov/environmental/emergency/families_individuals_caregivers/aware_prepare_info.htm

A collective effort of NYS agencies and other regional organizations, this website provides a variety of resources to help individuals and their families prepare in the event of an environmental disaster.

Disaster Preparedness for Seniors Guide redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html

Developed by the American Red Cross, this guide helps seniors develop a plan of action in the event of a house fire, power outage, hurricane, or attack on the community.

**Federal Emergency Management Agency
(FEMA) Hotline**

800-621-3362

[fema.gov](https://www.fema.gov)

Features tips on how to prepare for an emergency and how to apply for assistance after an emergency.

Ready New York Guide

311

[nyc.gov/site/em/ready/guides-resources.
page](https://www.nyc.gov/site/em/ready/guides-resources.page)

This guide was collaboratively developed by DFTA and the Office of Emergency Management (OEM). It addresses issues specific to seniors and people with disabilities in the event of an emergency. The guide is available in English, Russian, Spanish, and Chinese. You can call 311 for the guide on audiotape.

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