

Important Resources For Older Adults

Dear Neighbor:

I wanted to share with you this list of resources my staff and interns put together for our virtual Senior Resource Fair held in October. This list focuses on online and phone resources that we have all become much more reliant on during this current pandemic.

You can find additional resources in my 2019-2020 Senior Resource Guide, available at <https://www.nysenate.gov/newsroom/articles/2017/liz-krueger/sen-kruegers-resource-guides>. There are also links to other guides my office has put together on that page.

If you would like a hard copy of any of the guides call my office at **212-490-9535** or email lkrueger@nysenate.gov.



Liz

AARP is a national organization providing benefits, advocacy and resources for people 50 years and over. *Phone: 866.227.7442 Website: www.aarp.org*

AARP's National Tele-Town Hall Meetings: Through weekly national tele-town hall meetings, AARP has connected more than 100,000 people with federal officials and experts for information on a range of issues related to the coronavirus. During these live events, participants have asked questions – and gotten answers – on topics including safety and prevention, Medicare beneficiary costs, coverage and policies related to tele-health services, avoiding frauds and scams, and caring for loved ones. We plan to continue hosting tele-town halls every Thursday at 1 p.m. ET. Information about upcoming events as well as transcripts and audio recordings of past events are available at <https://www.aarp.org/health/conditions-treatments/info-2020/tele-town-hall-coronavirus.html>.

Ageing Connect is the New York City's direct link to aging services. Call 212-AGING-NYC to speak with an Aging Specialist and learn about services and support available to older adults and their caregivers, as well as volunteer opportunities.

Carter Burden Network promotes the well-being of seniors 60 and older through a continuum of services, advocacy, arts and culture, health and wellness and volunteer programs, all oriented to individual, family and community needs. We are dedicated to supporting the efforts of older people to live safely and with dignity. *Phone: 212-879-7400 Website: <https://www.carterburdennetwork.org/>*

Gray Panthers mobilizes and unites elders, youngers, in-betweeners to confront today's challenges: the plague of COVID-19, the war against Social Security and ageism in all its manifestations-following Maggie Kuhn's legacy of activism and intergenerational collaboration. For further information, follow this link: www.graypanthersnyc.org, call (347) 415-0943, or email susan@graypanthersnyc.org.

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Lenox Hill Neighborhood House operates two Senior Centers, the Center @ Lenox Hill Neighborhood House and the Senior Center at Saint Peter's Church, serving adults 60 and older from diverse backgrounds and abilities residing in New York City. The Center @ Lenox Hill Neighborhood House, one of the City's Innovative Senior Centers, provides an incredible array of expansive programming that attracts 350 seniors daily while providing a broad range of invaluable public health, case management, fitness and aquatics, health and wellness, arts and culture, education and socialization activities. The Senior Center at Saint Peter's Church, the only senior center in East Midtown, attracts 150 seniors daily, serving farm to table lunch and offers a full schedule of social, legal, health, and unparalleled arts and cultural offerings. For more information on Lenox Hill Neighborhood House and our Senior Center Programs, please visit our website at www.lenoxhill.org or by calling **212-218-0316**, ask for Senior Center Director Rachel Bender.

LiveOn NY's Benefits Outreach Program offers older adults free and confidential benefit screenings and application assistance for benefits such as SNAP (a benefit to purchase food,) SCRIE (NYC's Rent Freeze program,) the Medicare Savings Program (which covers the cost of the Medicare Part B,) Medicaid and more. We know how difficult and confusing applying for benefit programs can be! Our staff provides assistance and support throughout the application process, and beyond. For information, please contact **(212) 398-5045** or email benefits@liveon-ny.org.

Join In Virtual Programming Offered By LiveOn NY Members at <https://www.liveon-ny.org/virtual-activities>.

Due to COVID-19 many of New York's Senior Centers have moved their incredible activities and classes online. Older adults (defined as those age 60 and over for many programs) can now connect to their peers and attend classes and activities either online over platforms such as Zoom or in some cases, over the phone. Offerings range from art and exercise classes to lectures, discussion groups, and religious services. Caregivers can also find links to webinars and classes about caregiving.

National Council on Aging: The National Council on Aging has created a COVID-19 Resource Guide for Older Adults available at https://www.ncoa.org/ncoa_acf/covid-19-resources-for-older-adults/. Older adults can find information on how to handle stress, access food, and how to get care during this pandemic. They have also created a Key Government Resource Guide at <https://www.ncoa.org/covid-19/covid-19-resources-for-professionals-1/key-government-resources-for-professionals/> where older adults and service providers can access information from local, state, and federal governments.

New York StateWide Senior Action Council advocates for legislation of importance to older adults and for full representation among service programs to ensure and promote wellbeing of older adults: www.nysenior.org.

SAGE is the country's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual and transgender (LGBT) older adults. Our mission is to lead in addressing issues related to lesbian, gay, bisexual and transgender (LGBT) aging. SAGE offers innovative services and programs to LGBT older people throughout New York City and nationwide through our affiliate network, SAGENet. From arts and culture, to health and wellness, and much more, SAGE's innovative services and programs support thousands of LGBT older people in communities around the country." For more information, visit SAGE's website: <https://www.sageusa.org/>, SAGE NYC's website: <https://sagenyc.org/nyc/>, or call **212-741-2247**.

Important Resources For Older Adults

Search and Care serves any older person aged 60-plus, regardless of race, gender, religion, creed or economic capabilities. The agency's mission is to "seek out vulnerable older people who need help managing life's daily activities or accessing essential services and provide them supports and companionship required to live with security and dignity in the manner they choose." They offer fee-free, comprehensive, personalized Social Work and approximately 20 other services for seniors living primarily in Yorkville, Carnegie Hill, and East Harlem including online/telephonic money management, groups/enrichment activities, "Talkin' It Out" for discreet chats with MSWs, tech coaches, and pet upkeep. Our mantra: "No older person should ever fall through the cracks." For more information, visit Search and Care's website: www.searchandcare.org, call 212-289-5300, or email SandC@searchandcare.org.

Selfhelp's Virtual Senior Center: A unique, transformational program, Selfhelp's acclaimed Virtual Senior Center (VSC) has engaged homebound seniors into the larger community for more than eight years by using technology to connect them with other participants in a range of activities. A cornerstone activity of the program is its interactive, real-time classes where participants can hear, see and talk with each other in an interactive session. Over 40 classes are typically offered each week ranging from art history to current events to museum tours to weight training and other exercise programming. This groundbreaking program effectively reduces social isolation by creating social networks for otherwise shut-in seniors, connecting them to each other and to the outside world.

You can access the Virtual Senior Center at <http://vscl.selfhelp.net/>.

Want to learn more? Call 212-947-8701.

What is the VSC: <https://www.youtube.com/watch?v=QEm5fYpx1cl&feature=youtu.be>.

Senior Planet, powered by OATS (Older Adults Technology Services), harnesses technology to change the way we age. Our courses, programs, and activities help older adults learn new skills, save money, get in shape, and make new friends: <https://seniorplanet.org/>.

Stanley M. Isaacs Neighborhood Center is a non-profit, multi-service organization focusing primarily on the needs of children and low-income families, out-of-school and out-of-work youth, and aging New Yorkers including our isolated and homebound elderly neighbors. We are offering virtual programming until in-person groups can resume, including arts & culture groups, support & discussion groups, exercise programs, and more. We have a dedicated team of social workers and nurses providing individual services with a focus housing stability, health & wellness, and financial security. All services are free and available to all New Yorkers over 60. For more information, follow this link: www.isaacscenter.org or call 212-360-7620.

Stein Neighborhood Senior Center provides a wide range of valuable, high quality services and programs to older adults in New York City. Steins programs and services promote overall Health and Welfare, and provide opportunities for engaging socialization, support independence, and help individuals continue to live full lives at home and in their community. Stein Senior Center is currently offering Online Classes via Zoom, and is partnering with the Hunter College Nursing Program on Health Presentations and Q&A sessions. For more information visit www.steinseniorcenter.org.



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**If you would like to join my email list,
email lkrueger@nysenate.gov with the subject
"Join Lizlist".**