



New York State Senator  
**Robert Jackson**  
District 31

# Senior Resource Guide





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# Senior Resource Guide



Dear neighbors,

I hope the resources that my staff and I have compiled in this book are useful for you. As an older member of our community myself, I am dedicated to ensuring we have a lot of opportunities for those of us who choose to age in place within Senate District 31. Staying active and finding community are two of the most important ways we can stay young at heart!

In Unity,

A handwritten signature in black ink, reading "Robert Jackson". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Robert Jackson  
State Senator  
31st District



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# GOVERNMENT AGENCIES

## New York City Agencies

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

2 Lafayette Street, 7th Floor

New York, NY 10007-1392

(212) 639 9675

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

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

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

(212) 788 2830

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

### **NYC Department of Finance**

SCRIE - Call 311 ask for SCRIE

<https://www1.nyc.gov/site/rentfreeze>

### **NYC Council of Senior Centers and Services**

[cscs-ny.org](http://cscs-ny.org)

212-398-6565 ext: 228

### **NYPD Precincts non-emergency**

Emergency Call 911

10th Precinct 212.741.8211

Midtown North Precinct 212.767.8400

20th Precinct 212.580.6411

24th Precinct 212.678.1811

26th Precinct 212.678.1311

30th Precinct 212.690.8811

33rd Precinct 212.927.3200

34th Precinct 212.927.9711

50th Precinct 718.543.5700

## **New York State Agencies**

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

(800) 342-9871 (senior helpline)

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

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

(800) 332-3742

[www.healthny.gov/health\\_care/epic/](http://www.healthny.gov/health_care/epic/)

## **Federal Agencies**

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

(877) 927-8387

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

### **Regional Office**

245 West Houston Street

New York, NY 10014

(800) 827-1000

Hours 8:30am - 4:00pm

(Monday-Friday)

### **Manhattan Veterans Center**

32 Broadway, 2nd Floor, Suite 200 (between Morris Street and Exchange Place)

New York, NY 10004

(212) 742-9591

## WELLNESS

### Senior Centers and Residences in District 31

#### **Project Find Clinton Neighborhood Senior Center**

530 West 55th Street

New York, NY 10019

212.757.2026

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

#### **Lincoln Square Neighborhood Center**

250 West 65th Street

New York, NY 10023

212.874.0860

[www.lsnycny.org/contact-us](http://www.lsnycny.org/contact-us)

#### **Find Aid ISC Senior Center\***

141 West 73rd Street

New York, NY 10023

212.501.8966

#### **JASA Club 76 Senior Center\***

120 West 76th Street

New York, NY 10023

212.712.0170

#### **Luxury Senior Living\***

350 West End Avenue

New York, NY 10023

212.969.8464

[305westendassistedliving.com](http://305westendassistedliving.com)

#### **An Atria Residence**

333 West 86th Street

New York, NY 10024

646.862.7934

**Goddard Riverside Neighborhood Senior Center**

593 Columbus Avenue  
New York, NY 10024  
212.873.6600

**West Side Federation for Senior and Supportive Housing**

2345 Broadway  
New York, NY 10024  
212.721.6032 ext: 1001  
[www.wsfssh.org/central-office/](http://www.wsfssh.org/central-office/)

**The Franciscan Community Center**

214 West 97th Street  
New York, NY 10025  
212.932.8040  
[www.holynamenyc.org/about](http://www.holynamenyc.org/about)

**Marseilles Seniors Housing**

230 W 103rd Street  
New York, NY 10025  
212.663.6000  
[www.wsfssh.org](http://www.wsfssh.org)

**ABSW Neighborhood Senior Center**

221 West 107th Street  
Manhattan, NY 10025  
212.749.8400

**The Center At The Red Oak Neighborhood Senior Center\***

135 West 106th Street  
New York, NY 10025  
212.749.7015

**Food Bank Neighborhood Senior Center\***

252 West 116th Street  
New York, NY 10026  
212.566.1463

**One Stop Senior Services**

475 Riverside Drive #1846  
New York, NY 10115  
212.864.7900

**Jackie Robinson Neighborhood Senior Center\***

1301 Amsterdam Avenue  
New York, NY 10027  
212.666.4910

**ARC Central Harlem Senior Center\***

120 West 140th Street  
New York, NY 10030  
(212) 926-4871

**Manhattanville Senior Center**

530 West 133rd Street  
New York, NY 10031  
212.368.4973

**Hamilton Grange Neighborhood Senior Center**

420 West 145th Street  
New York, NY 10031  
212.862.4181

**Manhattanville Riverside Neighborhood Senior Center**

3333 Broadway  
New York, NY 10031  
212.862.5562

**Riverstone Senior Life Services**

99 Fort Washington Avenue  
New York, NY 10032  
212.927.5600

**Mary McLeod Bethune Senior Center**

1970 Amsterdam Avenue (Basement Level)  
New York, NY 10032  
212.928.6086

**Church on the Hill (Cothoa Luncheon Club)**

2005 Amsterdam Avenue (159th Street)  
New York, NY 10032  
212.781.6580

**Seniors Helping Seniors**

600 West 168th Street  
New York, NY 10032  
212.543.9383

**Social Adult Care, Inc. (Daytime)**

516 W 181st Street  
New York, NY 10033  
646.274.4842

**S.T.A.R. Senior Center (Washington Heights Community)**

650 West 187th Street  
New York, NY 10033  
212.781.8331 X13  
[Starseniorcenter.org](http://Starseniorcenter.org)

**Moriah Senior Center**

90 Bennett Avenue  
New York, NY 10033  
212.923.5715  
[www.moriahseniorcenter.org](http://www.moriahseniorcenter.org)

**ARC XVI Fort Washington Senior Center**

4111 Broadway  
New York, NY 10033  
212.781.5700

**RAIN Inwood Neighborhood Senior Center**

84 Vermilyea Avenue  
New York NY 10034  
212.567.3200

**Dyckman Neighborhood Center**

3754 10th Avenue  
New York, NY, 10034  
212.567.8782

**Philip Randolph Neighborhood Senior Center\***

108 West 146th Street  
New York, NY 10039  
212.281.1349

**Polo Grounds Senior Center\***

2965 Eighth Avenue  
New York, NY 10039  
917.507.9583

**Isabella Geriatric Center**

515 Audubon Avenue  
New York, NY 10040  
212.342.9200

**YM & YWHA of Washington Heights & Inwood**

54 Nagle Avenue  
New York, NY 10040  
212.569.6200  
[www.ywashhts.org](http://www.ywashhts.org)

**Marble Hill Senior Center\***

5365 Broadway

Bronx, NY 10463

718.562.8551

**\*Indicates senior centers not in Senate District 31**



# HEALTHCARE AND BENEFITS

## **Veteran Benefits**

### **eBenefits Questions and Technical Issues**

1-800-983-0937

Monday-Friday, 8am-9pm ET

### **Manhattan Vet Center**

32 Broadway, Suite 200

New York, NY 10004

(212) 951 6860

### **Military One Source Employee Assistance Program**

1-800-342-9647

7 days a week, 24 hours a day

### **Veterans Affairs Benefits and Services**

1-800-827-1000

Monday-Friday 8am-9pm ET

### **Vietnam Veterans of America**

130 W Kingsbridge Road

Bronx, NY 10468

(718) 364 7262

## **Benefits**

New York City seniors may qualify for a range of city, state, and federal benefit programs. For information on available benefits and eligibility, consult online resources like ACCESS NYC or Benefits CheckUp. Senior centers and many local social service agencies also provide individual assistance and benefits pre-screening.

**HOT LINE: To speak with a benefit specialist, call LiveOnNY at (212) 398-5054 or email: [benefits@liveon-nyc.org](mailto:benefits@liveon-nyc.org)**

### **ACCESS NYC**

This free online service tells you if you qualify for over 30 city, state, and federal benefit programs. ACCESS NYC contains all the information you will need to apply for benefits—how to apply, where to go, and what documents to bring. You can apply or renew online for some benefit programs. You can use the service anonymously, or you can create an account. [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc)

### **Benefits CheckUp**

This is a free online service of the National Council of Aging, a nonprofit service and advocacy organization representing older adults and the community organizations that serve them. Benefits CheckUp asks questions to help identify benefits that could save you money and cover the costs of everyday expenses. [www.benefitscheckup.org](http://www.benefitscheckup.org)

311 System with operators who can connect you with services in more than 170 languages and provide around-the-clock response seven days a week, New York City's 311 telephone and online system is New Yorkers' primary resource for information about city programs and services.

You can also:

- Visit 311 online.
- Text 311-692.
- Call 311 or 212-NEW-YORK, (212-639-9675) from outside New York City.
- Skype NYC311.
- Contact 311 using a TTY or Text Telephone at (212) 504-4115.

## MEDICARE

To get accurate, up-to-date information, there's an easy-to-use online resource that helps answer questions about Medicare benefits, rights, and options:

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

If you do not have internet access, you may call or visit the Medicare Rights Center:

520 Eighth Ave., North Wing, 3rd Floor, New York, NY 10018.

Hotline: (800) 333-4114 or (212) 869-3850.

(The following information is excerpted from [www.medicareinteractive.org](http://www.medicareinteractive.org).)

Different parts of Medicare cover different services. You may hear about four parts of Medicare: Part A, Part B, Part C, and Part D.

**“Original” Medicare**, administered directly by the federal government (and the way most people get their Medicare), has two parts:

**Part A** (Hospital Insurance) covers most medically necessary hospital, skilled nursing facility, home health, and hospice care. It is free if you have worked and paid Social Security taxes for at least 40 calendar quarters (10 years); you will pay a monthly premium if you have worked and paid taxes for less time.

**Part B** (Medical Insurance) covers most medically necessary doctors' services, preventive care, durable medical equipment, hospital outpatient services, laboratory tests, x-rays, mental health care, and some home health and ambulance services. You pay a monthly premium for this coverage.

**Medicare Part C** is not a separate benefit. Part C is the part of Medicare policy that allows private health insurance companies to provide Medicare benefits. These Medicare private health

plans, such as HMOs and PPOs, are known as Medicare Advantage plans. If you want, you can choose to get your Medicare coverage through a Medicare Advantage plan instead of original Medicare.

**Medicare Part D** is the part of Medicare that provides outpatient prescription drug insurance. Part D is provided only through private insurance companies that have contracts with the government – it is never provided directly by the government (like original Medicare is). If you want Part D, you must choose Part D coverage that works with your Medicare health benefits. If you have original Medicare, choose a stand-alone Part D plan. (To be clear, you must pay a private company for Part D drug coverage.)

**Medicare Advantage** plans must offer at least the same benefits as original Medicare (those covered under Parts A and B) but can do so with different rules, costs, and coverage restrictions. You can also get Part D as part of the benefits package if you choose. Many different kinds of Medicare Advantage plans are available. You may pay a monthly premium for this coverage, in addition to your Part B premium.

## **MEDICAID**

Medicaid pays medical bills for low-income individuals, including services that may not be covered by Medicare (e.g., dental care, custodial home care, long-term nursing home care, prescription drugs, eyeglasses, and hearing aids).

### **Eligibility**

- There are no age restrictions.
- Persons receiving SSI or public assistance are automatically eligible.
- Persons 65 or older, disabled, or blind are eligible as follows: asset limit of \$18,850 for an individual, \$21,750 for a couple plus a \$1,500 burial fund per person. Income limit of \$825 net

monthly for one person and \$1,209 for a couple. These amounts include a standard \$20 income disregard.

### **Medicaid Surplus Income Program**

If income is more than the limits above but medical bills (paid or unpaid) equal the difference, you may want to inquire about the Medicaid Surplus Income Program. The spend-down is meant for people who have income slightly higher than would normally qualify them for Medicaid coverage but who have medical expenses that significantly reduce their usable income.

### **Nursing Home Transfer of Income and Assets**

If one spouse is institutionalized, the community-based spouse may keep \$2,981 monthly (after health insurance premiums) of the couple's combined income without incurring any financial obligation to the Medicaid program. Even if the income does exceed the \$2,981 per month, the community-based spouse may do a "spousal refusal" and may keep resources of \$119,220.

### **To apply for Medicaid:**

#### **Manhattanville Medicaid Office**

520-530 West 135th St., 1st Floor  
Bet. Broadway and Amsterdam Ave.  
(212) 939-0207/0208

Medicare Savings Program (Pays for Medicare Part B Premium)

#### **Bellevue Hospital Medicaid Office**

462 First Ave., "G" Link, Ground Floor  
Bet. East 26th and East 28th Sts.  
(212) 679-7424

#### **Chinatown Medicaid Office**

115 Chrystie St., 5th Floor  
Bet. Grand and Broome Sts.  
(212) 334-6114

**Metropolitan Hospital Medicaid Office**

1901 First Ave., 1st Floor - Room 1D-27

Bet. East 97th and East 99th Sts.

(212) 423-7006

**NYC Temporary Assistance**

Temporary assistance provides cash benefits for low-income and unemployed persons to provide essential food, clothing, and shelter. Benefits vary depending on specific situations and may include income assistance, rent assistance, housing assistance, and work-related expenses and/or special needs.

- Contact the NYC Human Resource Administration at (718) 557-1399;

visit [www1.nyc.gov/site/hra/about/careers.page](http://www1.nyc.gov/site/hra/about/careers.page) or an HRA Job Center.

**Supplemental Security Income (SSI)**

Supplemental Security Income provides additional monthly cash benefits to people with low income and limited resources who are age 65 or older, blind, or have a disability.

**Allowable Assets**

To receive SSI, assets must be worth no more than \$2,000 for an individual or \$3,000 for a married couple. However, not all assets are counted toward these limits. Assets such as a home, household goods, one car, some life insurance policies, and burial plots are typically excluded.

**Income Limits**

SSI divides income into two categories: earned and unearned. Earned income includes wages, net earnings from self-employment, and certain royalties. Unearned income includes Social Security benefits, workers' or veteran's compensation, pensions, support and maintenance in kind, annuities, and other income not earned.

### Income Limits

- Individual whose income is only from wages: \$1,551/month.
- Individual whose income is not from wages: \$753/month.
- Couple whose income is only from wages: \$2,285/month.
- Couple whose income is not only from wages: \$1,120 month.

The following income is generally exempt from these limits:

- \$20 a month of earned or unearned income.
- \$65 a month of earned income plus one-half of earned income over \$65.
- Income tax refunds, home energy assistance.

To contact the Social Security Administration:

(800) 772-1213

TTY service: (800) 325-0778

Mon.–Fri., 7am–7pm

New York State Regional Office: (212) 264-2500

Get information online at: [www.ssa.gov](http://www.ssa.gov)

### **Health Assistance (mental health, disability assistance and free health service clinics)**

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

CIDNY provides benefits counseling, direct services, housing assistance, transition services for youth with disabilities, employment-related assistance, healthcare access, peer support groups, information and referrals, and recreational activities. All CIDNY services are free.

841 Broadway, Suite 301

Bet. East 13th and East 14th Sts.

New York, NY 10003

(212) 674-2300

TTY: (212) 674-5619

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

**Enriched Housing Programs**

225 East 93rd Street  
New York, NY 10128  
Phone: (212) 369-5523  
Fax: (212) 410-4462

**Geriatric Mental Health Alliance**

Geriatric Mental Health Alliance provides depression screening, advocacy, and referrals.

50 Broadway, 19th Floor  
Bet. Exchange Place and Beaver Street  
New York, NY 10004  
(212) 614-5753  
[www.mha-nyc.org](http://www.mha-nyc.org)

**LifeNet**

LifeNet is New York City's free, confidential, 24-hour Mental Health Hotline for information, a referral, or if you just need to talk.

- English and all other languages: (800) 543-3638, TTY: (212) 982-5284
- In Spanish: (877) 298-3373

**Mayor's Office for People with Disabilities (MOPD)**

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

**Mental Health Resources**

Several free or low-cost mental health services are available to NYC seniors, including:

**Mount Sinai Hospital Geriatric Psychiatry Clinic** provides a variety of services for seniors over 65 who receive care from Mount Sinai Hospital. Services include mental health screenings, medication management, case management, group



therapy, social work, and home placement.

1440 Madison Avenue

Bet. East 99th and East 101st Streets

New York, NY 10029

(212) 241-9382

[www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry](http://www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry)

**New York Foundation for Senior Citizens (NYFSC)** is dedicated to helping New York's seniors enjoy healthier, safer, more productive and dignified lives in their homes and communities and to help them avoid the need for premature institutionalization.

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

### **Dyckman Senior Center**

3754 10th Avenue

New York, NY 10034

Phone: (212) 569-7790

Fax: (212) 304-2173

**SPOP: New York Service Program for Older People** provides counseling for adults over 55 at their clinic and at designated senior service sites throughout Manhattan. SPOP will also provide counseling in an older adult's home if he or she is unable to travel due to physical or emotional problems.

302 West 91st St.

Bet. Riverside Drive and West End Ave.

New York, NY 10024

(212) 787-7120

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

### **Vision & Hearing Impairments**

Lighthouse Guild International: offers people who are blind or visually impaired, or have multiple disabilities a range of services, including medical, rehabilitation, educational, vocational, long-term care, and social services, all designed

to enhance physical, emotional, social, and intellectual functioning. They have two locations:

**East Side:**

111 East 59th St.

Bet. Park and Lexington Aves.

New York, NY 10022

(212) 821-9200 or (800) 829-0500

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

**West Side:**

15 West 65th St.

Bet. Central Park West and Columbus Ave.

New York, NY 10023

(212) 769-6200 or (800) 284-4422

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

**VISIONS** helps the blind and visually impaired lead active and independent lives. Services include an intergenerational volunteer program, temporary overnight rehabilitation facility, rehabilitation day program, community outreach, and training and helpline service.

500 Greenwich St., 3rd Floor

Bet. Spring and Canal Sts.

New York, NY 10013

(888) 245-8333, Ext. 144

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

**VISIONS at Selis Manor:** is an adapted learning environment and meeting place for blind youth, adults, and seniors.

Programs include support groups, computer training, adapted activities, and volunteer and social work services.

135 West 23rd St.

Bet. Sixth and Seventh Aves.

New York, NY 10011

(646) 486-4444, Ext. 11

# EDUCATION & CULTURAL RESOURCES

## Continuing Education

### Blueprint Supported Education

2090 Adam Clayton Powell Blvd., 12th Floor, New York, NY  
10027

646-503-5600

<http://www.blueprintsed.org>

Email [blueprint@communityaccess.org](mailto:blueprint@communityaccess.org)

Services to adults 18 years and older who live in New York City and have a history of mental health conditions. We have a special focus on individuals who have had involvement in the criminal justice system (but this is not a requirement for service).

### City University of New York (CUNY)

The Office of the University Registrar

205 East 42nd Street, 8th Floor

New York, NY 10017

1800-CUNY-YES

### Columbia University

Office of Military and Veterans Affairs

212 Kent Hall

MC 9203, 1140 Amsterdam Avenue

New York, NY 10027

212-854-3161

Fax 212-854-2818

Email [veterans@columbia.edu](mailto:veterans@columbia.edu)

### Fordham University

Glen Redpath

Associate Director of Admissions

Fordham School of Professional and Continuing Studies  
113 West 60th Street, Room 301  
New York, NY 10023  
Phone: 212-636-6375  
Fax: 212-636-6375  
Email REDPATH@Fordham.EDU

**New York University (NYU)**  
Jeffery S. Gould Welcome Center  
50 West Fourth Street  
New York, NY 10003  
212-998-4550  
Weekdays 9AM-5PM  
Saturday 10AM-4PM

For questions about admissions and to mail application materials:

383 Lafayette Street  
New York, NY 10003 USA  
212-998-4500  
admisisions.ops@nyu.edu

**NYC and Westchester Graduate Admission**  
Christian Reyes  
Senior Admission Counselor  
914-422-4283  
creyes2@pace.edu

**State University of New York (SUNY)**  
33 West 42nd Street, 18th Floor  
New York, NY 10036  
Telephone: 212-364-5821  
Fax: 518-320-1573  
Email: SUNYinNYC@suny.edu  
Hours 8:30am to 4:30pm M-F

**PACE**

NYC and Westchester Undergraduate Admission

Sara Carton

Senior Admission Counselor

914-773-3746

scarton@pace.edu

**Veterans Seeking Education**

VITAL (Veteran Integration To Academic Leadership)

VITAL Initiative Coordinator

Yvette Branson

Email: Yvette.Branson@va.gov

646-772-6087

**Activities**

**Coming of Age NYC** convenes communities of New Yorkers 50+ who live with purpose and passion.

Comingofagenyc.org or email Pam Ramsden, Manager, at pramsden@pssusa.org.

**Dorot:** Most opportunities with Dorot, a nonprofit aimed at alleviating social isolation, involve volunteering with people aged 65 to 100, along with other programs.

To learn more about Dorot programs, sign up for the mailing list, [www.dorotusa.org](http://www.dorotusa.org) or call 917-441-3743.

**JASA Joint Public Affairs Committee (JPAC):** This grassroots senior advocacy group emphasizes leadership and civic involvement and provides training seminars, access to local and state officials, newsletters, and public conferences.

JASA Help Center

247 West 37th St. 9th Floor

New York, NY 10018

212-273-5260 or [www.jasa.org/advocacy](http://www.jasa.org/advocacy)

**ReServe, Inc.** matches retirees age 50+ who want to work

part-time for a small stipend with public service agencies, non-profits, and a few for-profit organizations. “ReServists” are placed in meaningful assignments, ranging from 10 to 20 hours a week, and receive payment from minimum wage (\$15 in New York) to as much as \$25/hour.

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

Contact: call 877-290-6145 or email: [info@reserve.org](mailto:info@reserve.org).

**Senior Planet** offers a variety of 5- and 10-week courses on a quarterly basis: The fall quarter begins on September 30 and ends on December 5. Questions? Please visit the Senior Planet Exploration Center

127 W 25th Street

New York, NY 10011

Between 10am and 5pm

Monday – Friday, call us at 646-590-0615, or email us at [reception@seniorplanet.org](mailto:reception@seniorplanet.org).

### **New York Public Libraries in District 31**

Bloomingdale Library

150 West 100th Street

New York, NY 10025

Phone: 212-222-8030

### **Columbus Library**

742 10th Avenue

New York, NY 10019

Phone: 212-586-5098

### **Fort Washington Library**

535 West 179th Street

New York, NY 10033

Phone: 212-927-3533

### **George Bruce Library**

518 West 125th Street  
New York, NY 10027  
Phone: 212-662-9727

**Hamilton Grange Library**

503 West 145th Street  
New York, NY 10031  
Phone: 212-926-2147

**Inwood Library**

4790 Broadway  
New York, NY 10034  
Phone: 212-942-2445

**Morningside Heights Library**

2900 Broadway  
New York, NY 10025  
Phone: 212-864-2530

**Riverside Library**

127 Amsterdam Avenue  
New York, NY 10023  
Phone: 212-870-1810

**St. Agnes Library**

444 Amsterdam Avenue  
(between West 81st and West 82nd Streets)  
New York, NY 10024  
Phone: 212-621-0619

**Washington Heights Library**

1000 St. Nicholas Avenue  
New York, NY 10032  
212-923-6054

# NUTRITION & WELLBEING

## Food Programs

**Harlem Independent Living Center:** provides the community members with disabilities the following services:

- Application assistance (benefits, food stamps, housing)
- Assistive device training
- Benefit advisement
- Deafness services
- Equipment maintenance and repair
- Independent living skills training
- Information and referral
- Peer counseling/support groups
- Service referrals
- Vocational/educational opportunities
- Re-entry Outreach Program (ROP)

289 St. Nicholas Ave., Suite 21, Lower Level

Bet. West 124th and West 125th Sts.

New York, NY 10027 Phone: (212) 222-7122

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

SNAP, formerly known as Food Stamps, is a federal program that provides food assistance for low-income Americans (including families, seniors, and the disabled).

Each application is evaluated on an individual basis, and eligibility is based on income.

**Self-service SNAP services** are also available at

St. Nicholas Job Center #18

132 W. 125th Street, New York, NY 10027

Phone: 212-666-5678 | 212-666-5576

Fax: 917-639-2499 | HDU Fax: 917-639-2500

Monday - Friday 8:30am to 5:00pm



**Eligibility**

Eligibility to receive benefits is based on household size, income, and some household expenses. Call 311 or the NYC Human Resources Administration at (718) 557-1399 to request an application by mail. To find out if you qualify and to apply online, go to [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc).

You may also pick up an application or get help at one of the following SNAP Centers:

**Washington Heights S13:**

4055 10th Avenue, Lower Level

New York, NY 10034

Phone: 212-569-9835 | Fax: 917-639-2496

Monday – Friday 8:30am to 5:00pm

**Waverly S19:**

12 West 14th St, 4th Fl.

New York, NY 10011

Phone: 212-352-2524 | Fax: 917-639-2504

Monday - Friday 8:30am to 5:00pm

# FINANCIAL RESOURCES & HOUSING

## Housing

### **Broadway Housing Communities (BHC)**

575 W155 Street

New York, NY 10032

212-568-2030

Homeless Housing Services

### **CASA**

Central Intake:

132 W. 125th Street, 5th Floor

New York, NY 10027

Tel: 929-221-8851 | 929-221-8889

Fax: 212-666-1459

Monday – Friday 9:00am to 5:00pm

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

DHE is a tax exemption granted to owners of one-, two-, and three-family houses, condominiums, or cooperative apartments who meet disability status, income and residency requirements. For more information, visit [nyc.gov/html/dof/html/property/Disabled\\_homeowners.shtml](http://nyc.gov/html/dof/html/property/Disabled_homeowners.shtml).

### **Family Eviction Prevention Subsidy (FEPS)**

717-2577-1399

**HEAP (Home Energy Assistance Program)** provides a one-time per year grant to help low-income homeowners and renters pay fuel and utility costs. Only HEAP-eligible households paying directly for heat may apply for help with fuel, repair of heat-related equipment or temporary relocation. HEAP also provides an emergency benefit for people facing heat-related energy emergencies. For more information, call 311 or the HEAP information line at (800) 692-0557.

**HOMEBASE**

Manhattan SUS – Urgent Housing Programs, Inc.

Washington Heights 516 W 181st St., 4th Floor

East Harlem 2322 3rd Ave., 3rd Floor

Homebase Repair

917-492-1019

Landlord and building issues, eviction, repairs, etc.

**HPD - NYC Housing Prevention and Development**

[nyc.gov/site/hpd](http://nyc.gov/site/hpd)

Call 311

**HRA - Adult Protective Services**

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

212-971-2727

**LifeLine Phone**

If your household's income is at 135% or less of the federal poverty guidelines, you may be eligible for a Lifeline Program discount. Phone: 800-837-4966

**Met Council on Housing**

212-979-0611

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

Twitter/Instagram@met\_council

Tenant's Legal services

**Northern Manhattan Improvement Corporation (NMIC)**

45 Wadsworth Ave.

New York, NY 10033

Phone: 212-822-8300

Fax: 212-740-9646

<http://www.nmic.org>

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

Housing-eviction prevention, immigration, domestic violence and consumer issues

**Riverside Edgemcombe Neighborhood Association (RENA)**

506 W 153rd St, New York, NY 10031

Provides housing and community service programs where people can learn about tenant rights.

Opens Thursday at 7:30PM

**SCRIE/DRIE (Rent Freeze Program)**

[https://www1.nyc.gov/site/rentfreeze/tools/scrie-applications.  
page](https://www1.nyc.gov/site/rentfreeze/tools/scrie-applications.page)

Phone: 311

**Senior Citizen Homeowners Exemption (SCHE)**

SCHE provides savings of 5% to 50% to qualified property owners of one- to three-unit dwellings, condominiums, or cooperative apartments. Homeowners who apply and receive SCHE are automatically enrolled in Enhanced STAR.

To apply, call 311 or download an application form on the DOF website: [www.nyc.gov/dof](http://www.nyc.gov/dof)

**Sinergia, Inc.**

2082 Lexington Avenue, 4th Floor

New York, NY 10035

212-643-2840

<https://www.sinergiany.org>

Email [information@sinergiany.org](mailto:information@sinergiany.org)

Transitional housing for homeless families who have children with disabilities, community residences for adults with developmental disabilities, parenting classes for adults with mental retardation, Day Habilitation, Family Support Services, Home Care, Family Care Programs, Medicaid Services Coordination, Housing Assistance Programs, and a Neighborhood Preservation Program. In 1995, Sinergia, Inc.'s Metropolitan Parent Center (MPC) began providing information, training, referral and individual advocacy to parents living in New York City.

## **Utility Assistance Program (UAP)**

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

212-331-3150

## **MTA**

### **Reduced-Fare MetroCard**

Reduced fares are available for MTA subway, bus, and rail customers who are 65 or older or who have qualifying disabilities.

The reduced fare is half the base fare. The base fare for subways and local buses is \$2.75, so the reduced fare is \$1.35.

The Reduced-Fare MetroCard is a personalized card with your name and photo. You must apply for the card and be approved to receive it.

Forms, personal assistance, and free photography are available when you apply in person. No payment is required to apply.

For reduced fares, the following forms of ID are accepted:

A valid driver's license from any state (or legal equivalent issued to nondrivers).

A valid passport from any country.

A NYC Department of Aging ID card.

A Medicare card (Medicaid not accepted).

An Access-A-Ride ID card or an MTA Reduced-Fare ID card (pre-1995).

Note: To be accepted, the ID must have a photo of you.

### **To Apply In Person**

**You can apply in person at our Customer Service Center or at a MetroCard Bus or MetroCard Van. Forms, assistance, and**

**free photography are available. Bring two valid IDs. At least one must be a photo ID. See the list of accepted IDs above.**

**Visit the Customer Service Center at 3 Stone Street in Lower Manhattan (between Broadway and Broad Street). Open weekdays, 9 a.m. to 5 p.m., except holidays.**

**By Subway, take: to Bowling Green\*; or (1)\* to South Ferry\*, or , (W) to Whitehall St.**

**By Bus, take: M5, M15, or M20**

The MTA's New York City Transit Access-A-Ride (AAR) Paratransit Service provides public transportation for eligible customers with disabilities that prevent them from using the public buses and subways.

Call Access-A-Ride

Call 877-337-2017 or 718-393-4999 for more information.

## LEGAL RESOURCES

### Immigration

#### **CUNY Citizenship Now! - CUNY Xpress Immigration Center**

CUNY Citizenship Now provides free, high quality, and confidential immigration law services to help individuals and families on their path to U.S. citizenship. Our attorneys and paralegals offer one-on-one consultations to assess participants' eligibility for legal benefits and assist them in applying when qualified. We also coordinate community, educational, and volunteer initiatives to help expand opportunities for New York City's immigrant population.

(646) 664-9350

<http://www.cuny.edu/citizenshipnow>

Immigration Services Drop-in, Fax, Phone calls. Appointments accepted: Yes

#### **Office of New American Immigration Hotline**

1-800-566-7636 / 212 419-3737

All immigration questions and referrals based on location M-F  
9:00am-8:00pm

#### **The New Sanctuary Coalition**

239 Thompson Street

New York, NY 10012

646-395-2925

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

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

Help with immigration issues from deportation to providing sanctuary.

#### **The Northern Manhattan Coalition for Immigrant Rights (NMCIR)**

5030 Broadway, Suite 639, NYC 10034

Phone (212) 781-0355

Fax (212) 781-0943

<http://www.NMCIR.org>

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

Legal help with immigration: Adjustment of Status, Help filings with USCIS, Consular Processing, Deferred Action for Childhood Arrivals (DACA), Employment authorization, Family-based petitions, Naturalization/Citizenship, Removal hearings, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions.









