

New York State Senator

**Daniel Squadron**

[squadron.nysenate.gov](http://squadron.nysenate.gov)



# Senior Resource Guide

**Guía de Recursos  
para Personas Mayores**

**年長者資訊指南**





# SENIOR RESOURCE GUIDE

## GUÍA DE RECURSOS PARA PERSONAS MAYORES

## 年長者資訊指南

This guide has been made as accurate as possible at the time of printing. Please be advised that organizations, programs, and contact information are subject to change. Please feel free to contact our office at 212-298-5565 if you find information in this guide that has changed, or if there are additional resources that should be included in our next edition.

Se ha hecho esta guía en la forma más precisa posible en el momento de su impresión. Tenga en cuenta que las organizaciones, los programas y la información de contacto están sujetos a cambios. No dude en ponerse en contacto con nuestra oficina al 212-298-5565 si encuentra en esta guía información que ha cambiado, o si hay recursos adicionales que se deben incluir en nuestra próxima edición.

這本小冊子的資料在印刷出版時儘量準確。但不排除指南內的機構、活動項目或聯絡信息隨時有可能更改。請致電 917-254-3138 通知我們；如閣下發現資料更改或有更詳盡資訊需要在下一次出版時加印。





DANIEL SQUADRON  
SENATOR, 26TH DISTRICT

THE SENATE  
STATE OF NEW YORK

RANKING MEMBER  
CODES  
CITIES

COMMITTEES  
CORPORATIONS, AUTHORITIES  
AND COMMISSIONS  
FINANCE  
INVESTIGATIONS AND  
GOVERNMENT OPERATIONS  
SOCIAL SERVICES  
TRANSPORTATION

Dear Friend,

I am proud to provide this Senior Resource Guide for the 26th State Senate District, a compilation of resources available right in our neighborhood. Quality health care, housing options and a vibrant social community are vital to our well-being. I hope these resources are helpful to you.

If you have any questions or comments, please do not hesitate to contact my office. I look forward to seeing you around the neighborhood!

Sincerely,

Daniel Squadron  
State Senator  
26<sup>th</sup> Senate District

LOWER MANHATTAN OFFICE: 250 BROADWAY, SUITE 2011 NEW YORK, NY 10007 - TEL: (212) 298-5565  
BROOKLYN OFFICE: 209 JORALEMON ST. BOROUGH HALL, RM. 300 - BROOKLYN, NY 11201 - TEL: (718) 875-1517  
ALBANY OFFICE: 515 LEGISLATIVE OFFICE BLDG. - ALBANY, NY 12247 - TEL: (518) 455-2625  
E-MAIL: [SQUADRON@NYSENATE.GOV](mailto:SQUADRON@NYSENATE.GOV) • WEBSITE: [SQUADRON.NYSENATE.GOV](http://SQUADRON.NYSENATE.GOV)



DANIEL SQUADRON  
SENATOR, 26TH DISTRICT

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Estimado Amigo,

Estoy orgulloso de ofrecer esta guía para las personas mayores, “Senior Guide,” para el Distrito 26 del Senado Estatal, una recopilación de recursos accesibles e importantes en nuestra comunidad. Atención médica de calidad, opciones de vivienda y una comunidad social vibrante son vitales para nuestro bienestar. Espero que estos recursos sean útiles para usted.

Si usted tiene alguna pregunta o comentario, no dude de ponerse en contacto con mi oficina. Espero verlos en el distrito!

Atentamente,

Daniel Squadron  
Senador Estatal  
Distrito 26

LOWER MANHATTAN OFFICE: 250 BROADWAY, SUITE 2011 NEW YORK, NY 10007 - TEL: (212) 298-5565  
BROOKLYN OFFICE: 209 JORALEMON ST. BOROUGH HALL, RM. 300 - BROOKLYN, NY 11201 - TEL: (718) 875-1517  
ALBANY OFFICE: 515 LEGISLATIVE OFFICE BLDG. - ALBANY, NY 12247 - TEL: (518) 455-2625  
E-MAIL: [SQUADRON@NYSENATE.GOV](mailto:SQUADRON@NYSENATE.GOV) • WEBSITE: [SQUADRON.NYSENATE.GOV](http://SQUADRON.NYSENATE.GOV)



DANIEL SQUADRON  
SENATOR, 26TH DISTRICT

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亲爱的朋友,

我很榮幸代表州參議院第26選區提供這份年長者指南。一份能在我們社區找到重要資訊包括有素質的健保服務和全面住房選擇，以及為這個充滿活力的社區提供各項福利服務的指引。希望你在選擇這些服務時這本小冊子能幫到你。

如你有任何問題或建議：請不要猶豫聯絡我們的辦事處或致電華語熱線電話（917） 254-3138.

希望很快在其他社區活動中見到你！

友好的,

史葛靜

第26选区参议员

LOWER MANHATTAN OFFICE: 250 BROADWAY, SUITE 2011 NEW YORK, NY 10007 - TEL: (212) 298-5565  
BROOKLYN OFFICE: 209 JORALEMON ST. BOROUGH HALL, RM. 300 - BROOKLYN, NY 11201 - TEL: (718) 875-1517  
ALBANY OFFICE: 515 LEGISLATIVE OFFICE BLDG. - ALBANY, NY 12247 - TEL: (518) 455-2625  
E-MAIL: SQUADRON@NYSENATE.GOV • WEBSITE: SQUADRON.NYSENATE.GOV





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## **Important Phone Numbers**

## **Números de Teléfono**

## **Importantes**

## **重要電話號碼**

**Always Dial 911 in Case of  
Emergency.**

**Siempre llame al 911 en caso de  
una emergencia.**

如有緊急情況請致電 911.

### **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 -  
Brooklyn.....718-836-6600  
VA NY Harbor Healthcare System -  
Manhattan.....212-686-7500

### **Legal and Social Services**

NYC Domestic Violence  
Hotline.....800-621-4673  
Suicide Prevention Hotline....212-673-3000  
NYC Housing Authority Customer Contact  
Center.....718-707-7771

IRS Tax Assistance.....800-829-1040  
MFY Legal Services.....212-417-3700  
South Brooklyn Legal  
Services.....718-237-5500  
Unemployment Insurance Claims  
Helpline.....888-209-8124  
Urban Justice Center.....646-602-5600

### **Libraries**

New York Public Library.....917-275-6975  
Brooklyn Public Library.....718-230-2100

### **Senior Services**

Elderly Pharmaceutical Insurance  
Coverage (EPIC) .....1-800-332-3742  
Medicare .....1-800-MEDICARE  
NYS Office for the Aging..1-800-342-9871  
NYC Department of Aging.....311  
Senior Citizen Housing Assistance.....311

### **Transportation**

Metropolitan Transportation Authority/E-Z  
Pass.....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  
New York State Public Service  
Commission Utilities, Phone, and Cable  
Billing Complaint Line .....800-342-3377  
Home Energy (HEAP)  
Grants.....800-342-3009  
National Grid Customer  
Support.....718-643-4050

**Elections and Voting**  
**Elecciones y Votación**  
**選舉及投票**

*Register to vote by visiting [vote.nyc.ny.us/html/voters/voters.shtml](http://vote.nyc.ny.us/html/voters/voters.shtml) and downloading the form. Alternatively, visit your local Board of Elections office.*

**Brooklyn**

345 Adams Street, 4th Floor  
Brooklyn, NY 11201  
718-797-8800

**Manhattan**

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

*To find your local polling place, visit [nyc.pollsitelocator.com/](http://nyc.pollsitelocator.com/) or call 311.*

**Community Boards**  
**Juntas Comunitarias**  
**社區委員會**

**Brooklyn Community Board 1**

435 Graham Avenue  
Brooklyn, NY 11211  
718-389-0009  
[www.nyc.gov/html/bkncb1/html/home/home.shtml](http://www.nyc.gov/html/bkncb1/html/home/home.shtml)

**Brooklyn Community Board 2**

350 Jay Street, 8th Floor  
Brooklyn, NY 11201-2921  
718-596-5410  
[www.nyc.gov/html/bkncb2/html/home/home.shtml](http://www.nyc.gov/html/bkncb2/html/home/home.shtml)

**Brooklyn Community Board 6**

250 Baltic Street  
Brooklyn, NY 11201  
718-643-3027  
[www.brooklyncb6.org/](http://www.brooklyncb6.org/)

**Manhattan Community Board 1**

1 Centre Street, Room 2202 North  
New York, NY 10007  
212-669-7970  
[www.nyc.gov/html/mancb1/html/home/home.shtml](http://www.nyc.gov/html/mancb1/html/home/home.shtml)

**Manhattan Community Board 2**

3 Washington Square Village,  
Suite 1A  
New York, NY 10012  
212-979-2272  
[www.nyc.gov/html/mancb2/html/home/home.shtml](http://www.nyc.gov/html/mancb2/html/home/home.shtml)

**Manhattan Community Board 3**

59 East 4th Street  
New York, NY 10003  
212-533-5300  
[www.nyc.gov/html/mancb3/html/home/home.shtml](http://www.nyc.gov/html/mancb3/html/home/home.shtml)

**Elected Officials**

**Funcionarios Electos**

**民選代表/議員**

*NYS Governor:*

**Andrew Cuomo**

NYS Capitol Building

Albany, NY 12224

518-474-8390

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

*NYS Attorney General:*

**Eric Schneiderman**

NYS Capitol Building

Albany, NY 12224

800-771-7755

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

*NYS Comptroller:*

**Tom DiNapoli**

110 State Street

Albany, NY 12236

518-474-4044

[www.osc.state.ny.us/](http://www.osc.state.ny.us/)

*US Senate:*

**Charles Schumer**

780 Third Avenue, Suite 2301

New York, NY 10017

212-486-4430

[www.schumer.senate.gov/](http://www.schumer.senate.gov/)

**Kirsten Gillibrand**

780 Third Avenue, Suite 2601

New York, NY 10017

212-688-6262

[www.gillibrand.senate.gov/](http://www.gillibrand.senate.gov/)

*US House of Representatives:*

**7th District — Nydia Velazquez**

*Brooklyn Office*

266 Broadway, Suite 201

Brooklyn, NY 11211

718-599-3658

[velazquez.house.gov/](http://velazquez.house.gov/)

*Lower East Side Office*

500 Pearl Street, Suite 973

New York, NY 10007

212-619-2606

[velazquez.house.gov/](http://velazquez.house.gov/)

*Southwest Brooklyn Office*

16 Court Street, Suite 1006

Brooklyn, NY 11241

718-222-5819

[velazquez.house.gov/](http://velazquez.house.gov/)

**10th District — Jerrold Nadler**

*Brooklyn Office*

6605 Fort Hamilton Parkway

Brooklyn, NY 11219

718-373-3198

[nadler.house.gov/](http://nadler.house.gov/)

*Manhattan Office*

201 Varick Street, Suite 669

New York, NY 10014

212-367-7350

[nadler.house.gov/](http://nadler.house.gov/)

**12th District — Carolyn Maloney**

*Brooklyn Office*

619 Lorimer Street

Brooklyn, NY 11211

718-349-5972

[maloney.house.gov/](http://maloney.house.gov/)

*Manhattan Office*

1651 3rd Avenue, Suite 311

New York, NY 10128

212-860-0606

[maloney.house.gov/](http://maloney.house.gov/)

*NYS Assembly:*

**51st District — Felix Ortiz**

5004 4th Avenue

Brooklyn, NY 11220

718-492-6334

[assembly.state.ny.us/mem/Felix-W-Ortiz/](http://assembly.state.ny.us/mem/Felix-W-Ortiz/)

**52nd District — Jo Anne Simon**

341 Smith Street

Brooklyn, NY 11231

718-246-4889

[assembly.state.ny.us/mem/Jo-Anne-Simon/](http://assembly.state.ny.us/mem/Jo-Anne-Simon/)

**53rd District — Maritza Davila**

249 Wilson Avenue

Brooklyn, NY 11237

718-443-1205

[assembly.state.ny.us/mem/Maritza-Davila/](http://assembly.state.ny.us/mem/Maritza-Davila/)

**56th District — Joseph Lentol**

619 Lorimer Street

Brooklyn, NY 11211

718-383-7474

[assembly.state.ny.us/mem/Joseph-R-Lentol/](http://assembly.state.ny.us/mem/Joseph-R-Lentol/)

**65th District — Vacant**

250 Broadway, Suite 2234

New York, NY 10007

212-312-1420

**66th District — Deborah Glick**

853 Broadway, Suite 2007

New York, NY 10003

212-674-5153

[assembly.state.ny.us/mem/Deborah-J-Glick/](http://assembly.state.ny.us/mem/Deborah-J-Glick/)

**74th District — Brian Kavanagh**

237 1st Avenue, Room 407

New York, NY 10003

212-979-9696

[assembly.state.ny.us/mem/Brian-Kavanagh/](http://assembly.state.ny.us/mem/Brian-Kavanagh/)

*New York City Council:*

**1st District — Margaret Chin**

165 Park Row, Suite 11

New York, NY 10038

212-587-3159

[council.nyc.gov/d1/html/members/home.shtml](http://council.nyc.gov/d1/html/members/home.shtml)



**2nd District — Rosie Mendez**

237 First Avenue, Suite 504  
New York, NY 10003  
212-677-1077  
[council.nyc.gov/d2/html/members/  
home.shtml](http://council.nyc.gov/d2/html/members/home.shtml)

**3rd District — Corey Johnson**

224 West 30th Street, Suite 1206  
New York, NY 10001  
212-564-7757  
[council.nyc.gov/d3/html/members/  
home.shtml](http://council.nyc.gov/d3/html/members/home.shtml)

**33rd District — Stephen Levin**

410 Atlantic Avenue  
Brooklyn, NY 11217  
718-875-5200  
[council.nyc.gov/d33/html/members/  
home.shtml](http://council.nyc.gov/d33/html/members/home.shtml)

**34th District — Antonio Reynoso**

244 Union Avenue  
Brooklyn, NY 11211  
718-963-3141  
[council.nyc.gov/d34/html/members/  
home.shtml](http://council.nyc.gov/d34/html/members/home.shtml)

**35th District — Laurie Cumbo**

1 Hanson Place, Suite 201  
Brooklyn, NY 11243  
718-260-9191  
[council.nyc.gov/d35/html/members/  
home.shtml](http://council.nyc.gov/d35/html/members/home.shtml)

**39th District — Brad Lander**

456 5th Avenue  
Brooklyn, NY 11215  
718-499-1090  
[council.nyc.gov/d39/html/members/  
home.shtml](http://council.nyc.gov/d39/html/members/home.shtml)

**Police Precincts**

**Precintos Policiales**

**警察局**

**Always Dial 911 in Case of  
Emergency.**

**Siempre llame al 911 en caso de  
una emergencia.**

如有緊急情況請致電 911.

*Brooklyn:*

**76th Precinct**

191 Union Street  
Brooklyn, NY 11231  
718-834-3211  
[www.nyc.gov/html/nypd/html/  
precincts/precinct\\_076.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_076.shtml)

**84th Precinct**

301 Gold Street  
Brooklyn, NY 11201  
718-875-6811  
[www.nyc.gov/html/nypd/html/  
precincts/precinct\\_084.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_084.shtml)

**90th Precinct**

211 Union Avenue

## Important Phone Numbers - Números de Teléfono Importantes - 重要電話號碼

Brooklyn, NY 11211  
718-963-5311  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_090.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_090.shtml)

### 94th Precinct

100 Meserole Avenue  
Brooklyn, NY 11222  
718-383-3879  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_094.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_094.shtml)

### *Manhattan:*

### 1st Precinct

16 Ericsson Place  
New York, NY 10013  
212-334-0611  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_001.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_001.shtml)

### 5th Precinct

19 Elizabeth Street  
New York, NY 10013  
212-334-0711  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_005.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_005.shtml)

### 7th Precinct

19 ½ Pitt Street  
New York, NY 10002  
212-477-7311  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_007.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_007.shtml)

### 9th Precinct

321 East 5th Street  
New York, NY 10003  
212-477-7811  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_009.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_009.shtml)

## **Benefits**

## **Beneficios**

## **福利指引及權利**

### **Public Assistance**

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[www.nyc.gov/html/hra/html/services/cash.shtml](http://www.nyc.gov/html/hra/html/services/cash.shtml)

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

### **Employment Benefits**

#### **Beneficios de Empleo**

#### **就業福利**

### **ReServe**

633 3rd Avenue

New York, NY 10017

212-727-4335

[www.reserveinc.org/](http://www.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

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

Services/

*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**

#### **Beneficios de Alimentos**

#### **糧食福利**

### **Commodity Supplemental Food Program (CSFP)**

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

718-498-9208

*The New York State Department of Health's Commodity Supplemental Food Program (CSFP) offers free, nutritious foods to seniors aged 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)**

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## Benefits - Beneficios - 福利指引及權利

[www1.nyc.gov/site/hra/help/snap-benefits-food-program.page](http://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page)

*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 [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc).*

### SNAP Offices:

*Brooklyn:*

#### Fort Greene

275 Bergen Street, 1st Floor  
Brooklyn, NY 11217  
718-722-8013

#### North Brooklyn

500 Dekalb Avenue, 4th Floor  
Brooklyn, NY 11205  
718-722-8013

#### Williamsburg

30 Thornton Street  
Brooklyn, NY 11206  
718-722-8013

*Manhattan:*

#### Waverly

12 West 14th Street, 4th Floor

New York, NY 10011  
718-722-8013

### Health Benefits Beneficios de la Salud 健保福利

#### BigAppleRx

888-454-5602  
[www.bigapplerx.com](http://www.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  
[www.health.ny.gov/health\\_care/epic/](http://www.health.ny.gov/health_care/epic/)  
*EPIC is a free New York State program that helps income-eligible seniors aged 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*

## **Benefits - Beneficios - 福利指引及權利**

*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 [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc) or call the NYC Human Resources Administration at (718) 557-1399.*

### **Boerum Hill Medicaid Office**

35 4th Avenue  
Brooklyn, NY 11217  
718-623-7427

### **Chinatown Medicaid Office**

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

### **Medicare**

1-800-MEDICARE (1-800-633-4273)  
[www.medicare.gov](http://www.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

[www.ssa.gov/medicare/prescriptionhelp/](http://www.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**

216 West 37th Street, 3rd Floor  
New York, NY 10018  
212-869-3850

[www.MedicareRights.org](http://www.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**

212-639-9675

[www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm](http://www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm)  
*These programs assist Medicare and*

## Benefits - Beneficios - 福利指引及權利

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

### Housing Benefits Beneficios de Vivienda 房屋福利

#### Disabled Rent Increase Exemption (DRIE)

66 John Street, 3rd Floor,  
New York, NY 10038  
311  
[www1.nyc.gov/nyc-resources/  
service/1522/disability-rent-  
increase-exemption-drie-program](http://www1.nyc.gov/nyc-resources/service/1522/disability-rent-increase-exemption-drie-program)  
*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 US Department of Veteran 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.*

#### Home Energy Assistance Program (HEAP)

800-692-0557 (General)  
212-331-3150 (Heat Line)  
[www1.nyc.gov/site/hra/help/energy-  
assistance-page](http://www1.nyc.gov/site/hra/help/energy-assistance-page)  
*HEAP is a federally funded program that assists eligible households with grants to pay regular and emergency energy heating costs. HEAP eligibility is determined by whether the household income is below the current New York State income guidelines that correspond to the household size and the household energy costs. HEAP may be able to offer a benefit even if heat and utilities are included in the rent or the applicant lives in subsidized housing and pays directly for heating costs.*

#### New York City Housing Authority

212-306-3000 (General)  
718-707-7771 (Customer Contact  
Center)  
[www1.nyc.gov/site/nycha/index.page](http://www1.nyc.gov/site/nycha/index.page)

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

212-480-6700  
[www.nyshcr.org/Programs/  
RESTORE/](http://www.nyshcr.org/Programs/RESTORE/)  
*RESTORE program funds may be used to pay for the cost of*

## Benefits - Beneficios - 福利指引及權利

*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)

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<http://www1.nyc.gov/site/finance/benefits/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.*

### Senior Citizen Rent Increase Exemption (SCRIE)

311

[www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie](http://www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie)

*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;*
- *Pay more than one-third of the household's aggregate disposable income for rent.*

### Weatherization Referral and Packaging Program (WRAP)

311

[www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm](http://www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm)  
*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.*

### Social Security

#### Seguro Social

社會安全保障福利

### U.S. Social Security Administration

800-772-1213

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

## Benefits - Beneficios - 福利指引及權利

*If you require a new Social Security Card, need to update your personal information, or your employer requests that you visit a Social Security Office, go to one of the following Card Centers:*

### **Brooklyn:**

154 Pierrepont Street, 6th Floor  
Brooklyn, NY 11201

### **Manhattan:**

123 William Street, 3rd Floor  
New York, NY 10038

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

800-772-1213

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

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

### **Transportation Benefits Beneficios de Transporte**

交通福利

### **Access-a-Ride**

[web.mta.info/nyct/paratran/guide.htm](http://web.mta.info/nyct/paratran/guide.htm)

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.*

### **Reduced-fare Metrocards**

718-330-1234

[web.mta.info/nyct/fare/rfindex.htm](http://web.mta.info/nyct/fare/rfindex.htm)

*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's license or NY State non driver's ID.*

### **Veterans Benefits**

### **Beneficios de Veteranos**

退伍軍人福利

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

1-800-827-1000

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

### **Regional Office:**

245 West Houston Street

New York, NY 10014

800-827-1000

### **Veteran Administration New York Harbor Healthcare System - Brooklyn**

80 Poly Place



## **Benefits - Beneficios - 福利指引及權利**

Brooklyn, NY 11209  
718-836-6600  
[www.nyharbor.va.gov/](http://www.nyharbor.va.gov/)

### **Veteran Administration New York Harbor Healthcare System - Manhattan**

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

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

108 Leonard Street  
New York, NY 10013  
212-442-4171  
[www.nyc.gov/veterans](http://www.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 Division of Veterans Affairs (NYSDVA), City Agencies, veteran's organizations and other stakeholders to offer services to veterans, their dependents and survivors.*

### **Benefit Screening Preevaluación de Beneficios 福利篩查**

#### **ACCESSNYC** 311

[www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc)  
*ACCESSNYC 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**

571-527-3900  
[www.benefitscheckup.org/](http://www.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

[www.cssny.org/programs/entry/  
center-for-benefits-and-services](http://www.cssny.org/programs/entry/center-for-benefits-and-services)

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

## **Legal Resources** **Recursos Legales** **法律資訊**

*Citywide:*

### **New York City Clerk**

141 Worth Street

212-669-2400

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

*For marriage licenses.*

### **NYC Department of Health**

#### **Bureau of Vital Records**

125 Worth Street

New York, NY 10013

212-639-9675

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

*For birth and death certificates.*

### **NY Law Help**

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

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

*Brooklyn:*

### **Brooklyn Legal Services**

260 Broadway, Suite 2

Brooklyn, NY 11211

718-487-2300

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

*Brooklyn Legal Services has provided high-quality, neighborhood*

*based civil legal services to low-income individuals, families, community groups, and nonprofit organizations in Brooklyn for over 44 years. Non emergency walk-in clients will generally not be seen.*

### **Brooklyn Office for the Aging (BOFTA)**

111 Livingston Street, 7th Floor

Brooklyn, NY 11201

718-645-3111

[www.legal-aid.org/en/civilpractice/](http://www.legal-aid.org/en/civilpractice/brooklynofficefortheaging.aspx)

[brooklynofficefortheaging.aspx](http://brooklynofficefortheaging.aspx)

*BOFTA provides services to vulnerable seniors in areas such as housing, health care, government benefits, disability benefits, and family law.*

### **Legal Services NYC,**

#### **Brooklyn Programs**

105 Court Street, 3rd Floor

Brooklyn, NY 11201

718-237-5500

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

*Manhattan:*

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

171 Avenue B

New York, NY 10009

212-533-2541

[www.goles.org/services.html](http://www.goles.org/services.html)

*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

[www.legal-aid.org](http://www.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

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

**MFY Legal Services**

299 Broadway, 4th Floor

New York, NY 10007

212-417-3700

[www.mfy.org/projects/manhattan-seniors-project/](http://www.mfy.org/projects/manhattan-seniors-project/)

*MFY's 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

[www.mycbar.org/citybarjusticecenter](http://www.mycbar.org/citybarjusticecenter)

*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

[www.nylag.org](http://www.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 - Veteran Advocacy Project**

40 Rector Street, 9th Floor

New York, NY 10006

646-602-5620

[vap.urbanjustice.org](http://vap.urbanjustice.org)

*The Veteran Advocacy Project provides free legal services to low-income veterans, with a focus on those living with Post Traumatic Stress, Traumatic Brain Injury, substance abuse problems, and mental illness. By appointment only.*

**Consumer Protection**

**Protección al Consumidor**

保障消費者權益

**Do Not Call Registry**

Consumer Assistance Hotline

888-382-1222

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

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

**NYC Department of Consumer Affairs**

42 Broadway, 9th Floor

New York, NY 10004

311

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

**NY State Attorney General Consumer Frauds and Protection Bureau**

120 Broadway, 3rd Floor

New York, NY 10271

800-771-7755 (General Hotline)

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

*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)

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

## Legal Resources - Recursos Legales - 法律資訊

*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 spoken.*

### **Elder Abuse** **Abuso de Ancianos** 老人受虐待

**Always Dial 911 in Case of Emergency.**  
**Siempre llame al 911 en caso de una emergencia.**  
如有緊急情況請致電 911.

**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)  
718-722-4830 (Brooklyn Office)

212-279-5794 (South Manhattan Office)  
[www.nyc.gov/html/hra/html/services/adult\\_process.shtml](http://www.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  
[www.cardozo.yu.edu/clinics-professional-skills/clinics/guardianship-clinic](http://www.cardozo.yu.edu/clinics-professional-skills/clinics/guardianship-clinic)  
*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.*

**Jewish Association for Services for the Aged - Legal Social Work Elder Abuse Program (LEAP)**  
[www.jasa.org/community/legal-assistance](http://www.jasa.org/community/legal-assistance)  
212-273-5272

## Legal Resources - Recursos Legales - 法律資訊

*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.*

### **Kings County District Attorney's Office Elder Abuse Unit**

350 Jay Street, 15th Floor  
Brooklyn, NY 11201  
718-250-3071

[www.brooklynda.org/elder-abuse-unit/](http://www.brooklynda.org/elder-abuse-unit/)

*The Elder Abuse Unit prosecutes crimes against victims 60 and older.*

### **LiveOn NY - Elder Abuse Initiative**

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

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

[www.nyc.gov/html/dfta/html/services/crime-victims.shtml](http://www.nyc.gov/html/dfta/html/services/crime-victims.shtml)

*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

*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**  
**Grupos de Defensa y Acción**  
**公益維護及維權團體**

**Alliance for Retired Americans -  
New York Chapter**

518-783-6231

[www.nysara.org](http://www.nysara.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

866-227-7442

[www.aarp.org](http://www.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

[www.americangeriatrics.org](http://www.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**

150 Broad Hollow Road, Suite 120

Melville, New York 11747

1-877-Elder-50

[www.eldercareresourcecenter.info](http://www.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

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

*JASA provides a wide range of services to adults age 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



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

[www.medicarerights.org](http://www.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, DC 20036

202-332-2275

[theconsumervoice.org](http://theconsumervoice.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

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

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

**New York State Coalition for the Aging**

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

[www.coalitionforaging.org](http://www.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

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

*Advocates for the legislative inclusion of seniors and for full representation among service programs to ensure and promote the well-being of the aging. Also helps seniors understand Medicare Part D and hospital patients' rights. Provides advice on medical plans and offers resource information and intervention services.*

*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.*

**Older Women's League**

1627 Eye Street NW, Suite 600  
Washington, DC 20006  
202-450-8986

[www.owl-national.org](http://www.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

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

*Services and Advocacy for LGBT Elders is dedicated to improving the lives of LGBT older adults.*

**Housing  
Vivienda**  
有關房屋方面

**Nursing and Rehabilitation**  
**Residencia Geriátrica y de**  
**Rehabilitación**  
護理院及復康中心

*A complete list of NYC nursing homes can be found at:  
[www.nursinghomes.nyhealth.gov/](http://www.nursinghomes.nyhealth.gov/).*

**A Place for Mom**  
866-344-8005  
[www.aplaceformom.com](http://www.aplaceformom.com)  
*This website is a free referral service to help locate an appropriate senior care center.*

**New York State Department of Health**  
[nursinghomes.nyhealth.gov/](http://nursinghomes.nyhealth.gov/)  
(Nursing Home Profiles)  
[www.health.ny.gov/facilities/nursing](http://www.health.ny.gov/facilities/nursing)  
(General Information)  
*All nursing homes in New York are regulated by the NY State Department of Health. The agency's website provides comprehensive information on nursing homes including rankings, regulations, and inspection reports, as well as information about patients' rights and nursing home alternatives.*

*Brooklyn:*

**Bedford Center for Nursing and Rehabilitation**

40 Heyward Street  
Brooklyn, NY 11249  
718-858-6200  
[www.bedfordcenterrehab.com/](http://www.bedfordcenterrehab.com/)  
*Bedford Center is a 200 bed, Glatt Kosher, Sub-Acute Care Center providing care to the community of Williamsburg. Bedford Center specializes in post-acute rehabilitation and nursing care, and provides families with long term care options in a secure environment.*

**Cobble Hill Health Care Center**

380 Henry Street  
Brooklyn, NY 11201  
718-855-6789  
[www.cobblehilllifecare.org/cobblehill](http://www.cobblehilllifecare.org/cobblehill)  
*A not-for-profit long- and short-term care facility offering a range of medical, nursing and rehabilitation services, as well as social workers and counselors making weekly rounds and Alzheimer's, hemodialysis and cardiac-rehabilitation programs.*

## Housing - Vivienda - 有關房屋方面

### **Hopkins Center for Rehabilitation and Healthcare**

155 Dean Street

Brooklyn, NY 11217

718-694-6700

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

*The Hopkins Center for Rehabilitation and Healthcare is a long-term care facility located in the Boerum Hill section of Brooklyn. The facility offers an array of services including on-site dental, radiology, rehabilitation therapy, social work services, pastoral care, and a beauty parlor.*

### **Phoenix Rehabilitation and Residential Health Care**

140 St. Edwards Street

Brooklyn, NY 11201

718-858-6400

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

*Phoenix Rehabilitation is a 400-bed, long term care facility located in the Fort Greene section of Brooklyn.*

*Manhattan:*

### **Frederic Fleming House**

443 West 22nd Street

New York, NY 10011

212-242-5277

[www.wsfssh.org/buildings/frederic-fleming-house/](http://www.wsfssh.org/buildings/frederic-fleming-house/)

*Provides 24 hour, 7-day-a-week comprehensive congregate care for*

*formerly homeless men and women with special needs over the age of 50.*

### **New East Side Nursing Home**

25 Bialystoker Place

New York, NY 10002

212-673-8500

### **New York Gouverneur Healthcare Services Skilled Nursing Facility**

227 Madison Street

New York, NY 10002

212-238-7000

[www.nyc.gov/gouverneur](http://www.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 Facility**

327 East 17th Street

New York, NY 10003

212-420-5690

[www.wehealny.org/services/BI\\_Aidsservices/Mapplethorpe.html](http://www.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.*

## Housing - Vivienda - 有關房屋方面

### **VillageCare Rehabilitation and Nursing Center**

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

[www.villagecare.org/vcrnc](http://www.villagecare.org/vcrnc)

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

### **Independent and Assisted Living Vivienda Asistida e Independiente**

獨居及家居護理

*Brooklyn:*

### **Cumberland Gardens**

425 Cumberland Street  
Brooklyn, NY 11201  
718-623-8181

*Cumberland Gardens provides 105 units of subsidized housing for low-income senior citizens. It offers social and recreational services.*

### **Pierrepont House for the Elderly**

55 Pierrepont Street  
Brooklyn, NY 11201  
718-852-3390

[www.ccbq.org/what-we-do/housing-services/pierrepont-house-elderly](http://www.ccbq.org/what-we-do/housing-services/pierrepont-house-elderly)

*Pierrepont House for the Elderly is a 188-unit senior citizen independent living program sponsored by Catholic Charities. As a caring*

*community it provides safe, affordable housing as well as support services and opportunities for education, socialization and recreation.*

*Manhattan:*

### **Brookdale Battery Park**

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

[www.BrookdaleLiving.com/hallmark-battery-park-city.aspx](http://www.BrookdaleLiving.com/hallmark-battery-park-city.aspx)

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

### **David Podell House**

179 Henry Street  
New York, NY 10002  
212-766-8782

[www.edalliance.org/older\\_adults](http://www.edalliance.org/older_adults)  
*Federally subsidized senior residences operated by the Educational Alliance. Seniors who live in Podell House take advantage of the comprehensive social services and senior programming offered through the Weinberg Center for Balanced Living at Manny Cantor Center.*

### **Helen Harris Senior Housing**

80 Rutgers Slip  
New York, NY 10002

## Housing - Vivienda - 有關房屋方面

212-566-2729

### **Hong Ning Housing for the Elderly**

50 Norfolk Street  
New York, NY 10002  
212-475-7730

### **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 Tax and Utilities**

### **Ayuda con los Impuestos de Propiedad y Utilidades**

物業稅、租務及能源等的補助

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

311

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

*The Disabled Homeowner's Exemption (DHE) provides a property tax abatement for eligible property owners who have a medically certifiable disability and an annual income below \$37,399. 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](http://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

[www.nyshcr.org/programs/restore](http://www.nyshcr.org/programs/restore)

*The RESTORE Program is available*

## **Housing - Vivienda - 有關房屋方面**

*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)**

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

311

[www.tax.ny.gov/pit/property/star/index.htm](http://www.tax.ny.gov/pit/property/star/index.htm)

*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**

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

**Asistencia de Alquiler**

租務補助

### **Disabled Rent Increase Exemption (DRIE)**

311

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

*The DRIE program freezes the rents of disabled people living in rent-*



## Housing - Vivienda - 有關房屋方面

*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 US Department of Veteran 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 had a combined income of \$50,000 or less and spent more than 1/3 of monthly household income on rent.*

### Senior Citizen Rent Increase Exemption (SCRIE)

311

[www1.nyc.gov/site/finance/benefits/tenants-scrie.page](http://www1.nyc.gov/site/finance/benefits/tenants-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;*
- *Pay more than one-third of the household's aggregate disposable income for rent.*

### Fuel and Utility Costs

### Costos de Combustible y Utilidades

### 煤氣及能源補助

### 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.*

### Home Energy Assistance Program (HEAP)

800-692-0957 (General)  
212-331-3150 (Heat Line)



## Housing - Vivienda - 有關房屋方面

For the New York City Program:

[www.nyc.gov/html/hra/html/services/energy.shtml](http://www.nyc.gov/html/hra/html/services/energy.shtml)

For the New York State Program:

[www.otda.ny.gov/programs/heap/](http://www.otda.ny.gov/programs/heap/)

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

### Weatherization

### Climatización

### 防寒保暖

### Weatherization Referral and Packaging Program (WRAP)

311

[www.aging.ny.gov/NYSOFA/](http://www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm)

[programs/econsecurity/WRAP.cfm](http://www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm)

*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 Organizaciones de Defensa de Inquilinos

### 住客維權組織

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

171 Avenue B

New York, NY 10009

212-533-2541

[www.goles.org/services.html](http://www.goles.org/services.html)

*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

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

*A non-profit organization that provides advice to unrepresented tenants in Housing Court proceedings, works to improve the Housing Court system and advocates for the right to counsel in Housing Court. Operates a telephone hotline from 9 am to 5 pm to provide information regarding Housing Court proceedings and 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/](http://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**

236 West 27th Street, 4th Floor

New York, NY 10001

212-608-4320

[www.tenantsandneighbors.org](http://www.tenantsandneighbors.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 Transporte** 有關交通事項

**Transportation Discounts  
Descuentos de Transporte**  
交通費折扣

### **E-ZPass**

[www.e-zpassny.com/](http://www.e-zpassny.com/)

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

### **Reduced-fare Metrocards**

718-330-1234

[web.mta.info/nyct/fare/rfindex.htm](http://web.mta.info/nyct/fare/rfindex.htm)

*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's license or NY State non driver's ID.*

### **Travel Assistance**

**Servicios de Asistencia de Viaje**

交通輔助

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

11 Park Place, 14th Floor

New York, NY 10007

212-962-7559

[www.nyfsc.org/services/freetrans.html](http://www.nyfsc.org/services/freetrans.html)

*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

[www.DownTownNY.com/getting-around/downtown-connection](http://www.DownTownNY.com/getting-around/downtown-connection)

*Operated by the Downtown Alliance, the free Downtown Connection bus route operates from 10a.m.-7.30p.m., 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

### Accesibilidad

輔助上落的設施

### MTA Guide to Accessible Transit:

511

[web.mta.info/accessibility/transit.htm](http://web.mta.info/accessibility/transit.htm)

### Access-a-Ride

[web.mta.info/nyct/paratran/guide.htm](http://web.mta.info/nyct/paratran/guide.htm)

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**

### **Recursos de Salud**

### **健保照顧**

#### **Health Care Proxy**

800-342-9871

[www.health.ny.gov/forms/doh-1430.pdf](http://www.health.ny.gov/forms/doh-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

[www.nyc.gov/html/dfta/html/benefits/health.shtml](http://www.nyc.gov/html/dfta/html/benefits/health.shtml)

*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**

[www.health.ny.gov/facilities/long\\_term\\_care/](http://www.health.ny.gov/facilities/long_term_care/)

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

#### **Health Insurance Programs**

#### **Programas de Seguro de Salud**

#### **健康保險計畫**

#### **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 [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc) or call the NYC Human Resources Administration at (718) 557-1399.*

#### **Boerum Hill Medicaid Office**

35 4th Avenue  
Brooklyn, NY 11217  
718-623-7427 or 718-623-7428

#### **Chinatown Medicaid Office**

115 Chrystie Street, 5th Floor  
New York, NY 10002

212-334-6114

### **Medicare**

1-800-MEDICARE (800-633-4227)

[www.medicare.gov](http://www.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**

212-639-9675

[www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm](http://www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm)

*These programs assist Medicare and Medicaid beneficiaries in order to prevent healthcare 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**

1-855-355-5777

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

*NY 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**

866-950-7526

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

*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.*

### **Hospitals Hospitales 醫院**

### **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

## Health Care - Recursos de Salud - 健保照顧

1-800-804-5447

*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.*

*Brooklyn:*

### **Brooklyn Hospital Center**

121 Dekalb Avenue  
Brooklyn, NY 11201  
718-250-8000  
[www.tbh.org/](http://www.tbh.org/)

### **New York Methodist Hospital**

506 6th Street  
Brooklyn, NY 11215  
718-780-3000  
[www.nym.org/](http://www.nym.org/)

### **Veterans Administration New York Harbor Healthcare System - Brooklyn**

806 Poly Place  
Brooklyn, NY 11209  
718-836-6600  
[www.nyharbor.va.gov/](http://www.nyharbor.va.gov/)

### **Woodhull Hospital**

760 Broadway  
Brooklyn, NY 11206  
718-963-8000  
[nyc.gov/hhc/woodhull](http://nyc.gov/hhc/woodhull)

*Manhattan:*

### **Gouverneur Healthcare Services**

227 Madison Street  
New York, NY 10002  
212-238-7897  
[www.nyc.gov/html/hhc/gouverneur/html/home/home.shtml](http://www.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  
[www.downtownhospital.org/](http://www.downtownhospital.org/)

### **Veterans Administration New York Harbor Healthcare System - Manhattan**

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

### **Community Health Clinics**

**Clínicas de Salud Comunitarias**

社區健康診所

*Brooklyn:*

### **CABS Health Center**

94-98 Manhattan Avenue  
Brooklyn, NY 11206  
718-388-0390  
[www.chnny.org/locations/cabs-](http://www.chnny.org/locations/cabs-)

health-center/  
*Spanish spoken.*

**Joseph P. Addabbo Family Health Center**

120 Richards Street  
Brooklyn, NY 11231  
718-945-7150  
www.addabbo.org

**ODA Primary Care Health Center**

14-16 Heyward Street  
Brooklyn, NY 11249  
718-260-4600  
www.odahealth.org  
*A not-for-profit healthcare provider that offers a full range of primary care and specialty services.*

**Williamsburg Family Health Center**

99 Division Avenue  
Brooklyn, NY 11249  
718-599-6200  
www.tbh.org/outpatient-care/  
williamsburg-family-health-center

**Woodhull Greenpoint Community Health Center**

875 Manhattan Avenue  
Brooklyn, NY 11222  
718-630-3220  
www.nyc.gov/html/hhc/woodhull/  
html/centers/centers.shtml

**Woodhull Williamsburg Community Health Center**

279 Graham Avenue  
Brooklyn, NY 11221  
718-963-7821  
www.nyc.gov/html/hhc/woodhull/  
html/centers/centers.shtml

*Manhattan:*

**Betances Health Center**

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

**Catherine M. Abate Health Center**

150 Essex Street  
New York, NY 10002  
212-477-1120  
www.chcnyc.org/our-locations/  
catherine-m-abate  
*Geriatric care, preventative medicine, nutrition counseling, social services and health education are offered. Spanish and Chinese spoken.*



## Health Care - Recursos de Salud - 健保照顧

### **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  
[www.cbwchc.org/](http://www.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.*

### **Henry Street Settlement - Community Consultation Center**

40 Montgomery Street  
New York, NY 10002  
212-233-5032  
[www.henrystreet.org/programs/primary-behavioral-health/](http://www.henrystreet.org/programs/primary-behavioral-health/)  
*A non-profit clinic providing mental health and approved primary*

*healthcare services, the CCC delivers outpatient mental health services, psychiatric day treatment, crisis services, HIV family mental health services, Asian bi-cultural 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 Food Stamp enrollment. Languages spoken include Spanish, Chinese, Mandarin, Cantonese, Italian, and German.*

### **Judson Health Center**

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

### **Ryan-NENA Community Health Center**

279 East 3rd Street  
New York, NY 10009  
212-477-8500  
[www.ryancenter.org/home.htm](http://www.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.*

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### **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  
212-346-0500

### **Home Care Options**

#### **Opciones de Cuidado Domiciliario**

#### **家居照顧的選擇**

### **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**

[www.nyc.gov/html/caregiver/gettinghelp-2.html](http://www.nyc.gov/html/caregiver/gettinghelp-2.html).

*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)**

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

*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*

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*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

[www.nyfsc.org/services/support\\_homeattend.html](http://www.nyfsc.org/services/support_homeattend.html)

*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.*

### **Visiting Nurse Service of New York**

800-675-0391

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

### **Brooklyn Office:**

1630 East 15th Street  
Brooklyn, NY 11229

### **Manhattan Office:**

1250 Broadway, 7th Floor  
New York, NY 10001

### **Mental Health Services Servicios de la Salud Mental 心理健康科服務**

*Brooklyn:*

### **Brooklyn Veterans Center**

25 Chapel Street, Suite 604  
Brooklyn, NY 11201  
718-630-2830

### **Heights and Hills**

57 Willoughby Street, 4th Floor  
Brooklyn, NY 11201  
718-596-8789

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

*Heights and Hills delivers information, direction and support for the elderly of Brooklyn.*

*Manhattan:*

**Geriatric Mental Health Alliance  
of New York City**

50 Broadway, 19th Floor  
New York, NY 10004  
212-614-5772

[www.mhaofnyc.org/gmha/](http://www.mhaofnyc.org/gmha/)  
*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  
[www.greenwichhouse.org/senior\\_](http://www.greenwichhouse.org/senior_health/index)  
[health/index](http://www.greenwichhouse.org/senior_health/index)

*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

*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. Staff speaks Mandarin and Cantonese.*

**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

[www.universitysettlement.org/us/](http://www.universitysettlement.org/us/programs/mental_health_services/consultation_center/)  
[programs/mental\\_health\\_services/](http://www.universitysettlement.org/us/programs/mental_health_services/consultation_center/)  
[consultation\\_center/](http://www.universitysettlement.org/us/programs/mental_health_services/consultation_center/)  
*The Consultation Center works to provide mental health services to*

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*those in need. Professionals at the Center speak English, Mandarin, Cantonese and Spanish.*

### Prescription Discounts Descuentos de Recetas Médicas 藥品折扣計畫

#### AARP Prescription Discount Program

877-422-7718

[www.aarp-pharmacy.com](http://www.aarp-pharmacy.com)

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

#### BigAppleRx

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[www.bigapplerx.com](http://www.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

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

*EPIC is a free New York State program that helps income-eligible seniors aged 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

[www.ssa.gov/medicare/prescriptionhelp/](http://www.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.*

### Blood Pressure Programs Programas de la Presión Arterial 量度血壓服務

*Organized by the New York City Department for the Aging, trained senior volunteers measure the*

*blood pressure of their peers in bi-weekly 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 centers:*

*Brooklyn:*

**Diana H. Jones Senior Center**

9 Noll Street  
Brooklyn, NY 11206  
718-782-3601

**Eileen Dugan Senior Center**

380 Court Street  
Brooklyn, NY 11231  
718-596-1956

**Park Slope Senior Center**

463A Seventh Street  
Brooklyn, NY 11215  
718-832-3726

**Prospect Hill Senior Center**

283 Prospect Avenue  
Brooklyn, NY 11215  
718-499-9574

**Raices Times Plaza Senior Center**

460 Atlantic Avenue

Brooklyn, NY 11217  
718-694-0895

*Manhattan:*

**University Settlement Senior Center**

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

## Senior Centers

## Centros de Ancianos

## 老人中心

*Brooklyn:*

### **Eileen Dugan Senior Citizens Center**

380 Court Street  
Brooklyn, NY 11231  
718-596-1956

*Provides a variety of services, including group lunches, nutritional programs, educational and recreational activities and case assistance.*

### **Independence Neighborhood Senior Center**

114 Taylor Street  
Brooklyn, NY 11211  
718-388-9242  
[milldev.org/senior-programs/independence/](http://milldev.org/senior-programs/independence/)

*Provides a variety of activities including zumba, dominoes, bingo and origami.*

### **Northside Senior Center**

179 North 6th Street  
Brooklyn, NY 11211  
718-387-2316  
[www.ccbq.org/what-we-do/older-adult-services/northside-senior-center](http://www.ccbq.org/what-we-do/older-adult-services/northside-senior-center)

*Services include lunch, case assistance, educational, recreational and health promotional activities.*

### **Pete McGuinness Senior Center**

715 Leonard Street  
Brooklyn, NY 11222  
718-383-1940  
[www.ccbq.org/what-we-do/older-adult-services/pete-mcguinness-senior-center](http://www.ccbq.org/what-we-do/older-adult-services/pete-mcguinness-senior-center)

*Offers a range of activities and services Monday through Friday, which includes: lunch; social services provided by an experienced Case Manager and a Program Manager (Polish/English speaking) for entitlements, benefits and referrals; educational workshops, computer classes, healthy aging classes in Tai Chi, chair yoga, meditation and aerobics; line dance and ballroom dance; lifestyle management classes; oil painting and crafts classes; humor and politics discussion; sing-alongs and first run movies. Transportation to the center is provided to seniors who are unable to take public transportation.*



## Senior Centers - Centros de Ancianos - 老人中心

### **Polish and Slavic Center (PSC) “Krakus” Senior Center**

176 Java Street

Brooklyn, NY 11222

718-383-3434

[www.polishslaviccenter.org/  
en/m.16.page.html?agid=25](http://www.polishslaviccenter.org/en/m.16.page.html?agid=25)

*Krakus activity is not limited to serving meals. Krakus also offers educational and recreational activities such as chess, cards, dominoes, bingo, movies, a choir and many more activities. ESL classes are offered twice a week. Polish spoken.*

### **St. Charles Jubilee Senior Center**

55 Pierrepont Street

Brooklyn, NY 11201

718-855-0326

[www.ccbq.org/what-we-do/older-adult-services](http://www.ccbq.org/what-we-do/older-adult-services)

*Provides nutritional, educational, recreational, health promotional, social service and intergenerational programs as well as multi-cultural events.*

### **Swingin’ Sixties Seniors Center**

211 Ainslie Street

Brooklyn, NY 11211

718-963-3793

*This senior center offers breakfast and hot lunch as well as a variety of programs including art classes, computer classes, yoga, dancing,*

*nutrition and wellness programs, a walking club and bingo and card playing.*

*Manhattan:*

### **BRC Senior Center**

30 Delancey Street

New York, NY 10002

212-533-2020

[www.brc.org/programs\\_senior\\_services.php](http://www.brc.org/programs_senior_services.php)

*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**

70 Mulberry Street

New York, NY 10013

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/senior-](http://cpc-nyc.org/programs/senior-)



## Senior Centers - Centros de Ancianos - 老人中心

services/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

[www.henrystreet.org/programs/senior-services/good-companions-senior-center.html](http://www.henrystreet.org/programs/senior-services/good-companions-senior-center.html)

*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

646-201-4251

[www.GrandSettlement.org/programs/senior-services](http://www.GrandSettlement.org/programs/senior-services)

*The Grand Coalition offers nutritious meals that meet multi-ethnic dietary preferences. Other services at Grand Street include assistance with Medicare, HEAP, SSI and Food Stamps, 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

[www.greenwichhouse.org/about/senior\\_services](http://www.greenwichhouse.org/about/senior_services)

*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, food stamps,*

## Senior Centers - Centros de Ancianos - 老人中心

*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  
[www.nyfsc.org/services/sencenters.html](http://www.nyfsc.org/services/sencenters.html)

*Exercise, bingo and 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  
[www.southbridgetowers.com/development/community\\_groups.aspx](http://www.southbridgetowers.com/development/community_groups.aspx)

*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  
[www.ujces.org/events.aspx](http://www.ujces.org/events.aspx)

### **University Settlement Neighborhood Center**

189 Allen Street  
New York, NY 10002  
212-473-8217  
[www.universitysettlement.org/us/programs/older\\_adults/senior\\_center/](http://www.universitysettlement.org/us/programs/older_adults/senior_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 bi-weekly 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/program/adults/](http://mannycantor.org/program/adults/)

## Senior Centers - Centros de Ancianos - 老人中心

weinberg-center/

*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

#### Comunidades de Retiro 退休社區長者計劃

*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

[www.edalliance.org/older\\_adults](http://www.edalliance.org/older_adults)

*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, mah-jong, arts, dance, knitting, and exercise.*

### Grand Street Settlement Baruch Elders Services Team (BEST) Program

72 Columbia Street

New York, NY 10002

212-982-4171

[www.grandsettlement.org/programs/senior-services](http://www.grandsettlement.org/programs/senior-services)

*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 and 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

[www.knickvill.com/en/senior\\_service.php](http://www.knickvill.com/en/senior_service.php)

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

## Senior Centers - Centros de Ancianos - 老人中心

### **Hamilton Madison House, Smith Senior Center NORC**

50 Madison Street  
New York, NY 10038  
212-349-3724 ext. 9312

*Case management and benefit and entitlement, hot lunches served five days a week, 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, NORC/ Vladeck Cares**

351 Madison Street  
New York, NY 10002  
212-477-0455, ext. 19  
[www.HenryStreet.org/programs/senior-services/norcvladeck-cares.html](http://www.HenryStreet.org/programs/senior-services/norcvladeck-cares.html)

*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. Nurses and social workers speak English, Spanish, and Chinese.*

### **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. The staff speaks Chinese and Spanish.*

### **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.*

## **Nutrition and Wellness** **Nutrición y Bienestar** **營養及健康服務**

**Support Services**  
**Servicios de Apoyo**  
**支持協調服務**

### **Alert and Alive Programs**

*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:*

*Brooklyn:*

**Diana H. Jones Senior Center**  
9 Noll Street  
Brooklyn, NY 11206  
718-782-3601

**Eileen Dugan Senior Center**  
380 Court Street  
Brooklyn, NY 11231  
718-596-1956

**Northside Senior Center**  
179 North 6th Street

Brooklyn, NY 11211  
718-387-2316

### **GOLES Healthy Aging Program (GHAP)**

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

[www.goles.org/services.html](http://www.goles.org/services.html)

*This preventative healthcare 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

[www.nyfsc.org](http://www.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 theatre discounts.*

### **Service Program for Older People at Grand Street Settlement**

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

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

## **Nutrition and Wellness - Nutrición y Bienestar - 營養及健康服務**

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

### **United Jewish Council of the East Side**

235 East Broadway  
New York, NY 10002  
212-233-6037

[www.ujces.org](http://www.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**

#### **Acceso a Alimentos y Asistencia**

#### **送餐及護理服務**

### **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

[www.citymeals.org/](http://www.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 case management agency listed below that is closest to your home:*

*Brooklyn:*

### **Heights and Hills Community Council**

57 Willoughby Street, 4th Floor  
Brooklyn, NY 11201  
718-596-8789  
[www.heightsandhills.org](http://www.heightsandhills.org)

### **Ridgewood Bushwick Case Management**

555 Bushwick Avenue  
Brooklyn, NY 11206  
718-821-0254

*Manhattan:*

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

11 Park Place  
New York, NY 10007  
212-962-7817  
[www.nyfsc.org](http://www.nyfsc.org)

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

212-273-5272

[www.jasa.org/community/meals](http://www.jasa.org/community/meals)

*Provides home-delivered and kosher  
meals.*

**Greenmarkets**

**Mercados Publicos**

**綠色市集**

*For more information on  
greenmarkets, including a list of  
vendors, visit [www.grownyc.org/  
greenmarket](http://www.grownyc.org/greenmarket) or call 311.*

*Manhattan:*

**Abingdon Square Greenmarket**

Hudson Street and West 12th Street

*Open Saturday year-round*

**Bowling Green Greenmarket**

Broadway at Battery Place

*Open Tuesday & Thursday year-round*

**City Hall Park Greenmarket**

Broadway at Chambers Street

*Open Tuesday & Friday March -  
December*

**Saint Mark's Church  
Greenmarket**

East 10th Street and 2nd Avenue

*Open Tuesday June - November*

**Staten Island Ferry Whitehall  
Terminal Greenmarket**

4 South Street, inside Ferry

Terminal Building

*Open Tuesday & Friday year-round*

**Tompkins Square Greenmarket**

Ave A and East 7th Street

*Open Sunday year-round*

**Tribeca Greenmarket**

Greenwich Street between

Chambers Street and Duane Street

*Open Saturday (year-round) and*

*Wednesday (March - December)*

**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*

*Brooklyn:*

**Brooklyn Borough Hall  
Greenmarket**

Plaza at Court Street and Montague  
Street

*Open Tuesday, Thursday and*

*Saturday year-round*



**Carroll Gardens Greenmarket**

Carroll Street, between Smith Street  
and Court Street

*Open Sunday year-round*

**Grand Army Plaza Greenmarket**

Prospect Park West and Flatbush  
Avenue

*Open Saturday year-round*

**Greenpoint/McCarren Park  
Greenmarket**

Union Avenue between Driggs  
Avenue & North 12th Street

*Open Saturday year-round*

**Friendly Visiting**

**Visitas Domiciliarias Amistosas**

**府上探訪服務**

**Henry Street Settlement Senior  
Companion Program**

265 Henry Street

New York, NY 10002

212-477-0455

*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**

57 Willoughby Street, 4th Floor

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, 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

[www.sageusa.org/cure/visitor.cfm](http://www.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

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



## **Nutrition and Wellness - Nutrición y Bienestar - 營養及健康服務**

*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**

#### **Grupos de Apoyo**

支持協調服務團體

### **Center for Bereavement**

118 East 93 Street, Suite 1C  
New York, NY 10128  
212-289-8570

[www.centerforbereavement.com](http://www.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.*

### **Friends In Deed**

594 Broadway, Suite 706  
New York, NY 10012  
212-925-2009

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

*Friends In Deed is a crisis center that provides emotional and spiritual support for anyone diagnosed with HIV/AIDS, cancer*

*and other life-threatening physical illnesses.*

### **Heights and Hills**

57 Willoughby Street, 4th Floor  
Brooklyn, NY 11201  
718-596-8789

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

*Heights and Hills promotes successful aging in place by providing case management for homebound seniors, information, referral and supportive counseling for family and friends caring for seniors, as well as transportation services.*

### **Caregiver Resources**

#### **Recursos para Cuidadores**

給予照顧/護理的資訊

### **Caregivers Action Network**

202-454-3970

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

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

### **The Eldercare Locator**

800-677-1116

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

*This public service developed by the U.S. Administration on Aging*

*connects seniors and their families to local services.*

**Hamilton Madison House  
Caregiver Services Manhattan**

100 Gold Street, Lower Level  
New York, NY 10038  
212-788-1688

*Provides services to the Chinese and Korean communities including supportive counseling, respite care, shopping assistance and home visits.*

**NYS Caregiving & Respite  
Coalition**

585-244-8400

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

*Provides information, research and support to caregivers.*

**Williamsburg Social Services**

32 Penn Street  
Brooklyn, NY 11211  
718-782-2315

*This center, run by the Jewish Association Serving the Aging (JASA), provides social services and support to senior citizens of all backgrounds.*

**Adult Day Programs**

**Programas Durante el Día para Adultos**

**成人日間活動計劃**

**Hamilton Madison House Adult  
Day Services**

253 South Street, 2nd Floor  
New York, NY 10002  
212-720-4540

[www.hamiltonmadisonhouse.org](http://www.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**

121B West 20th Street  
New York, NY 10011  
212-337-9220

[www.vcnny.org/communitycare](http://www.vcnny.org/communitycare)

*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*

## **Nutrition and Wellness - Nutrición y Bienestar - 營養及健康服務**

*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.*

### **Services for People with Disabilities Servicios para las Personas con Discapacidades**

#### **殘障人士服務**

#### **Access-a-Ride**

877-337-2017

[web.mta.info/nyct/paratran/guide.htm](http://web.mta.info/nyct/paratran/guide.htm)

*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.*

### **Brooklyn Center for Independence of the Disabled**

27 Smith Street, Suite 200

Brooklyn, NY 11201

718-998-3000

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

*Empowers persons with disabilities by improving the quality of their lives and fostering their integration into the mainstream of society. Also develops educational programs including training for advocacy for their individual civil rights.*

### **Center for Independence of the Disabled of New York**

841 Broadway, Suite 301

New York, NY 10003

212-674-2300

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

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

## **Nutrition and Wellness - Nutrición y Bienestar - 營養及健康服務**

**Services for the Visually Impaired**  
**Servicios para Personas con**  
**Discapacidades Visuales**  
視障人士服務

### **American Foundation for the Blind**

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

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

*Provides directory of services for seniors with vision impairments.*

### **Computer Center for Visually Impaired People at Baruch College**

55 Lexington Avenue  
New York, NY 10010  
646-312-1420

[www.baruch.cuny.edu/ccvip](http://www.baruch.cuny.edu/ccvip)

*The Computer Center for Visually Impaired People (CCVIP) has been in the business of Assistive Technology training, research and service since 1978.*

### **Helen Keller Services for the Blind - Brooklyn**

57 Willoughby Street  
Brooklyn, NY 11201  
718-522-2122

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

*Helen Keller Services for the Blind enables individuals who are blind,*

*visually-impaired, deaf-blind, and/or have combined hearing-vision loss to live, work and thrive in their community of choice.*

### **Lighthouse International**

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

[www.lighthouseguild.org](http://www.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

[www.nfbny.org](http://www.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 towards the blind.*

### **New York State Commission for the Blind**

866-871-3000

[ocfs.ny.gov/main/cb](http://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

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

## **Recreation and Fitness**

## **Recreación y**

## **Acondicionamiento Físico**

## **康樂及健身**

### **Parks**

### **Parques**

### **公園**

*Brooklyn:*

#### **Adam Yauch Park**

Atlantic Avenue, Columbia Place,  
State Street

[www.nycgovparks.org/parks/  
adamyauchpark](http://www.nycgovparks.org/parks/adamyauchpark)

*Features dog friendly areas,  
playgrounds, fitness equipment, and  
sprinklers.*

#### **American Playground**

Franklin Street between Milton  
Street and Noble Street

[www.nycgovparks.org/parks/  
americanplayground/](http://www.nycgovparks.org/parks/americanplayground/)

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

#### **Bedford Playground**

Bedford Avenue between South 9th  
Street and Division Avenue

[www.nycgovparks.org/parks/  
bedfordplayground/](http://www.nycgovparks.org/parks/bedfordplayground/)

*Features basketball courts, handball*

*courts, playgrounds, and sprinklers.*

#### **Brooklyn Bridge Park**

Furman Street and Montague Street  
to Plymouth Street and Adams  
Street

718-222-9939

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

*Features a carousel, playgrounds,  
kayaking, rowing, biking, dog runs,  
volleyball, fitness, swimming, and  
weekend family programs.*

#### **Bushwick Inlet Park**

Kent Avenue between North 7th  
Street and North 10th Street

[www.nycgovparks.org/parks/  
bushwickinletpark](http://www.nycgovparks.org/parks/bushwickinletpark)

*Features a multipurpose field, a  
green building with a green roof,  
a viewing platform, playground,  
football field, baseball field, soccer  
field, and public access to the  
waterfront.*

#### **Carroll Park**

Court Street to Smith Street,  
between Carroll Street and President  
Street

[www.nycgovparks.org/parks/  
carrollpark](http://www.nycgovparks.org/parks/carrollpark)

*Features bocce courts, playgrounds,  
sprinklers, and wi-fi.*

### **Cobble Hill Park**

Clinton Street between Verandah Place and Congress Street

[www.nycgovparks.org/parks/cobblehillpark/](http://www.nycgovparks.org/parks/cobblehillpark/)

*Features playgrounds.*

### **Commodore Barry Park**

Navy Street to North Elliot Place, between Flushing Avenue and Park Avenue

[www.nycgovparks.org/parks/commodorebarrypark](http://www.nycgovparks.org/parks/commodorebarrypark)

*Features baseball fields, basketball courts, football fields, handball courts, outdoor pools, playgrounds, and sprinklers.*

### **De Hostos Playground**

Harrison Avenue between Walton Street and Lorimer Street

[www.nycgovparks.org/parks/dehostosplayground/](http://www.nycgovparks.org/parks/dehostosplayground/)

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

### **DiMattina Playground**

Hicks Street and Rapelye Street

[www.nycgovparks.org/parks/dimattina-playground/](http://www.nycgovparks.org/parks/dimattina-playground/)

*Features dog friendly areas, playgrounds, and sprinklers.*

### **East River State Park**

Kent Avenue and North 10th Street

718-782-2731

[www.nysparks.com/parks/155/details.aspx](http://www.nysparks.com/parks/155/details.aspx)

*Features lawns, picknicking, and barbecue areas.*

### **Grand Ferry Park**

Grand Street and River Street

[www.nycgovparks.org/parks/grandferrypark/](http://www.nycgovparks.org/parks/grandferrypark/)

*Features dog friendly areas.*

### **Hillside Park**

Columbia Heights and Vine Street

[www.nycgovparks.org/parks/hillsidepark/](http://www.nycgovparks.org/parks/hillsidepark/)

*Features dog friendly areas and wifi hotspots.*

### **Jacob's Ladder Playground**

Clymer Street between Kent

Avenue and Wythe Avenue

[www.nycgovparks.org/parks/jacobsladderplayground/](http://www.nycgovparks.org/parks/jacobsladderplayground/)

*Features a playground.*

### **Marcy Park South**

Marcy Avenue and Division Avenue

<http://www.nycgovparks.org/parks/marcy-park-south/map>

*Features handball courts and basketball courts.*

### **McCarren Park**

Berry Street, Nassau Avenue,

Lorimer Street, Driggs Avenue,  
North 10th Street, Manhattan  
Avenue, Bayard Street, Union  
Avenue

[www.nycgovparks.org/parks/  
mccarren-park](http://www.nycgovparks.org/parks/mccarren-park)

*Features baseball fields, basketball  
courts, bocce courts, dog friendly  
areas, eateries, fitness equipment,  
football fields, handball courts,  
ice skating rinks, outdoor pools,  
playgrounds, recreation centers,  
running tracks, skate parks, soccer  
fields, sprinklers, tennis courts, and  
wifi.*

### **Middleton Playground**

Lee Avenue between Lynch Street  
and Middleton Street

[www.nycgovparks.org/parks/  
middletonplayground/](http://www.nycgovparks.org/parks/middletonplayground/)

*Features basketball courts,  
handball courts, sprinklers, and a  
playground.*

### **Monsignor McGolrick Park**

Russell Street, Monitor Street  
between Nassau Avenue and  
Driggs Avenue

[www.nycgovparks.org/parks/  
mcgrmcolrickpark](http://www.nycgovparks.org/parks/mcgrmcolrickpark)

*Features dog friendly areas,  
playground, and sprinklers.*

### **Mother Cabrini Park**

President Street and Van Brunt

Street

[www.nycgovparks.org/parks/  
mothercabrinipark](http://www.nycgovparks.org/parks/mothercabrinipark)

*Features playgrounds.*

### **Roberto Clemente Ballfield**

Division Avenue between Wythe  
Avenue and Kent Avenue

[www.nycgovparks.org/parks/  
B382A](http://www.nycgovparks.org/parks/B382A)

*Features a baseball field.*

### **Rodney Park South**

Rodney Street between Division  
Avenue and South 9th Street

[www.nycgovparks.org/parks/  
B223OC/map](http://www.nycgovparks.org/parks/B223OC/map)

*Features basketball courts and a  
playground.*

### **Roebling Playground**

Lee Avenue between Wilson Street  
and Taylor Street

[www.nycgovparks.org/parks/  
roeblingplayground/](http://www.nycgovparks.org/parks/roeblingplayground/)

*Features basketball courts,  
handball courts, and a playground.*

### **Sobel Playground**

Division Avenue between Lee  
Avenue and Roebling Street

[www.nycgovparks.org/parks/  
sobelplayground/](http://www.nycgovparks.org/parks/sobelplayground/)

*Features a playground.*



**Steuben Playground**

Flushing Avenue between Steuben Street and Williamsburg Place  
[www.nycgovparks.org/parks/B221/](http://www.nycgovparks.org/parks/B221/)  
*Features fitness equipment, handball courts and a playground.*

**Van Voorhees Park**

Columbia Street, Hicks Street between Congress Street and Atlantic Avenue  
[www.nycgovparks.org/parks/vanvoorheespark](http://www.nycgovparks.org/parks/vanvoorheespark)  
*Features fitness equipment, handball courts, playground, and tennis courts.*

**WNYC Transmitter Park**

West Street between Kent Street and Greenpoint Avenue  
[www.nycgovparks.org/parks/transmitter-park](http://www.nycgovparks.org/parks/transmitter-park)  
*Features fishing, playgrounds, and sprinklers.*

*Manhattan:*

**ABC Playground**

East Houston Street between Norfolk Street and Essex Street  
[www.nycgovparks.org/parks/abcplayground/](http://www.nycgovparks.org/parks/abcplayground/)  
*Features basketball courts, playgrounds, and sprinklers.*

**Alfred E. Smith Playground**

Catherine Slip and Catherine Street  
[www.nycgovparks.org/parks/alfred-e-smith-playground](http://www.nycgovparks.org/parks/alfred-e-smith-playground)  
*Features basketball courts, handball courts, volleyball courts, recreation centers, playgrounds, and wifi.*

**Baruch Playground**

Baruch Place and Mangin Street  
[www.nycgovparks.org/parks/baruchplayground](http://www.nycgovparks.org/parks/baruchplayground)  
*Features basketball courts, handball courts, and playgrounds.*

**Bowling Green**

Broadway and Bowling Green  
[www.nycgovparks.org/parks/bowlinggreen](http://www.nycgovparks.org/parks/bowlinggreen)  
*Features eateries.*

**Canal Park**

Canal Street between West Street and Washington Street  
[www.nycgovparks.org/parks/canalpark](http://www.nycgovparks.org/parks/canalpark)  
*Features benches.*

**Capsouto Park**

Varick Street between Canal Street and Laight Street  
[www.nycgovparks.org/parks/capsoutopark](http://www.nycgovparks.org/parks/capsoutopark)  
*Features a fountain and chess tables.*

**Captain Jacob Joseph  
Playground**

Henry Street and Rutgers Street  
[www.nycgovparks.org/parks/m122](http://www.nycgovparks.org/parks/m122)  
*Features playgrounds.*

**City Hall Park**

Broadway, Park Row and  
Chambers Street  
[www.nycgovparks.org/parks/  
cityhallpark](http://www.nycgovparks.org/parks/cityhallpark)  
*Features benches, eateries and  
wifi.*

**Collect Pond Park**

Leonard Street between Centre  
Street and Lafayette Street  
[www.nycgovparks.org/parks/  
M242/](http://www.nycgovparks.org/parks/M242/)  
*Features benches.*

**Columbus Park Playground**

Baxter Street, Mulberry Street,  
Worth Street, Bayard Street  
[www.nycgovparks.org/parks/M015](http://www.nycgovparks.org/parks/M015)  
*Features basketball courts,  
playgrounds, and sprinklers.*

**Coleman Playground**

Cherry Street, Pike Street, Monroe  
Street, and Market Street  
[www.nycgovparks.org/parks/  
colemanplayground/](http://www.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  
[www.nycgovparks.org/parks/M017](http://www.nycgovparks.org/parks/M017)  
*Features baseball fields,  
playgrounds, dog runs, and  
sprinklers.*

**Duane Park**

Hudson Street, Duane Street  
[www.nycgovparks.org/parks/  
M025/](http://www.nycgovparks.org/parks/M025/)  
*Features benches.*

**East River Park**

Montgomery Street to East 13th  
Street and FDR Drive  
[www.nycgovparks.org/parks/  
eastriverpark/](http://www.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](http://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

[www.nycgovparks.org/parks/hamilton-fish-park](http://www.nycgovparks.org/parks/hamilton-fish-park)

*Features a pool, basketball courts, handball courts, fitness equipment, wifi, rec center, playground, and sprinklers.*

### **Hudson River Park - Pier 40**

West Side Highway and West Houston Street

212-627-2020

[www.hudsonriverpark.org/](http://www.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

[www.nycgovparks.org/parks/littleflowerplayground/](http://www.nycgovparks.org/parks/littleflowerplayground/)

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

### **Luther Gulick Playground**

Willett Street, Broome Street, Columbia Street, Delancey Street

[www.nycgovparks.org/parks/luthergulickplayground](http://www.nycgovparks.org/parks/luthergulickplayground)

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

### **Playground One**

Madison Street between Catherine Street and Oliver Street

[www.nycgovparks.org/parks/playgroundone/](http://www.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

[www.nycgovparks.org/parks/saradroosevelt](http://www.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

[www.nycgovparks.org/parks/sophieireneloeb/facilities/playgrounds](http://www.nycgovparks.org/parks/sophieireneloeb/facilities/playgrounds)

*Features a playground.*

### **Seward Park**

Essex Street, Jefferson Street and East Broadway

[www.nycgovparks.org/parks/sewardpark/](http://www.nycgovparks.org/parks/sewardpark/)

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

### **Tanahey Playground**

Cherry Street to Water Street, Catherine Slip to Market Slip

[www.nycgovparks.org/parks/tanaheyplayground](http://www.nycgovparks.org/parks/tanaheyplayground)

*Features basketball courts, playgrounds, and roller hockey.*

### **The Battery**

Battery Place and State Street

[www.nycgovparks.org/parks/batterypark](http://www.nycgovparks.org/parks/batterypark)

*Features eateries, playgrounds, a carousel, and wi-fi.*

### **Thomas Paine Park**

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

[www.nycgovparks.org/parks/thomaspainepark](http://www.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

[www.nycgovparks.org/parks/tompkinssquarepark/](http://www.nycgovparks.org/parks/tompkinssquarepark/)

*Features basketball courts, dog runs, fitness equipment, handball courts, pool, playground, wifi and sprinklers.*

### **Vesuvio Playground**

Spring Street between Thompson Street and Sullivan Street

[www.nycgovparks.org/parks/vesuvioplayground](http://www.nycgovparks.org/parks/vesuvioplayground)

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

### **Washington Market Park**

Chambers Street and Greenwich Street

[www.nycgovparks.org/parks/washingtonmarketpark](http://www.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

[www.nycgovparks.org/parks/williampassannanteballfield/](http://www.nycgovparks.org/parks/williampassannanteballfield/)

*Features playgrounds and ballfields.*

## **Indoor Pools**

### **Piscinas Cubiertas**

#### **室內泳池**

#### **Metropolitan Recreation Center Pool**

261 Bedford Avenue  
Brooklyn, NY 11211  
[www.nycgovparks.org/parks/metropolitan-recreation-center/facilities/indoor-pools/metropolitan-pool](http://www.nycgovparks.org/parks/metropolitan-recreation-center/facilities/indoor-pools/metropolitan-pool)

*Must be a member of the Metropolitan Recreation Center to use the pool. Membership is free for youths under 18, \$25 for youths 18-24 and \$150 for adults.*

#### **Tony Dapolito Pool**

Clarkson Street and Seventh Avenue South  
[www.nycgovparks.org/parks/tony-dapolito-recreation-center/facilities/indoor-pools/tony-dapolito-pool](http://www.nycgovparks.org/parks/tony-dapolito-recreation-center/facilities/indoor-pools/tony-dapolito-pool)

*Must be a member of the Tony Dapolito Recreation Center to use the pool. Membership is free for youths under 18, \$25 for youths 18-24 and \$150 for adults. Pool is closed during summer months to make room for outdoor pool.*

## **Outdoor Pools**

### **Piscinas Descubiertas**

#### **室外泳池**

#### *Brooklyn:*

#### **Brooklyn Bridge Park Pop Up Pool**

Pier 2  
[www.nycgovparks.org/parks/brooklynbridge-park/facilities/outdoor-pools/brooklyn-bridge-park-popup-pool](http://www.nycgovparks.org/parks/brooklynbridge-park/facilities/outdoor-pools/brooklyn-bridge-park-popup-pool)

#### **Commodore Barry Pool**

Flushing and Park Avenues, Navy and North Elliot Streets  
718-243-2593

#### **McCarren Park Pool**

776 Lorimer Street  
Brooklyn, NY 11222  
718-965-6580

#### *Manhattan:*

#### **Hamilton Fish Pool**

Pitt Street and Houston Street  
212-387-7687

#### **Tompkins Square Pool**

Avenue A between East 7th Street and East 10th Street  
212-387-6784

### **Vesuvio Pool**

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

### **Fitness**

### **Acondicionamiento Físico**

### **健身中心**

### **Chinatown YMCA - Houston Street Center**

273 Bowery  
New York, NY 10002  
212-912-2460  
[www.ymcanyc.org/chinatown](http://www.ymcanyc.org/chinatown)

### **Dodge YMCA**

225 Atlantic Avenue  
Brooklyn, NY 11201  
718-625-3136  
[www.ymcanyc.org/dodge](http://www.ymcanyc.org/dodge)  
*Features exercise equipment,  
exercise classes, gymnasium,  
swimming pool, and a steam and  
sauna room.*

### **Downtown Community Center**

120 Warren Street  
New York, NY 10007  
212-766-1104  
[www.ManhattanYouth.org](http://www.ManhattanYouth.org)  
*The Downtown Community Center  
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.*

### **Greenpoint YMCA**

99 Meserole Avenue  
Brooklyn, NY 11222  
212-912-2260  
[www.ymcanyc.org/greenpoint](http://www.ymcanyc.org/greenpoint)  
*Includes a fitness center as well  
as health and wellness, adult  
education, childcare and family  
programs.*

### **Senior HEART Wellness Program**

275 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  
[www.nycgovparks.org/programs/  
recreation/shape-up-nyc](http://www.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.*

*Brooklyn:*

**Independence Towers**

114 Taylor Street  
Brooklyn, NY 11249  
718-302-3416

**McCarren Play Center**

776 Lorimer Street  
Brooklyn, NY 11222  
718-218-2380

**Metropolitan Recreation Center**

261 Bedford Avenue  
Brooklyn, NY 11211  
718-599-5707

**Williamsburg Community Center**

195 Graham Avenue  
Brooklyn, NY 11206  
718-387-7482

*Manhattan:*

**Alfred E. Smith Recreation Center**

80 Catherine Street

New York, NY 10038  
212-285-0301

**Chinatown YMCA Cornerstone**

200 Madison 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**

415 East Houston Street  
New York, NY 10002  
212-673-2290

**Two Bridges Community Center**

286 South Street  
New York, NY 10002  
212-385-9352

**Two Bridges Neighborhood Council**

82 Rutgers Slip  
New York, NY 10002  
212-233-7859

**The Silversneakers Fitness Program**

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

118-122 Baxter Street  
New York, NY 10013  
212-334-9998

**Southbridge Fitness**

66 Frankfort Street  
New York, NY 10031  
212-964-4414

**St. Charles Jubilee Senior Center**

55 Pierrepont Street  
Brooklyn, NY 11201  
718-855-0326

*This senior center offers daily lunches and a variety of activities including tai chi, aerobics, yoga, dancing, art classes, a computer*

*lab and cultural trips.*

**St. Francis College**

180 Remsen Street  
Brooklyn, NY 11201  
718-489-5272

[www.sfc.edu/page.cfm?p=463](http://www.sfc.edu/page.cfm?p=463)

*In addition to cultural and entertainment programming, St. Francis College offers swimming, Tai-Chi and other fitness classes.*

**Weinberg Center for Balanced Living**

197 East Broadway  
New York, NY 10002

[www.mannycantor.org/programs/adults/weinbergcenter](http://www.mannycantor.org/programs/adults/weinbergcenter)

*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**

**Centros de Recreacion**

**康樂體育中心**

*Provided by the Department of Parks & 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.*

*Brooklyn:*

**McCarren Play Center**

776 Lorimer Street  
Brooklyn, NY 11222  
718-218-2380

[www.nycgovparks.org/facilities/recreationcenters/B058](http://www.nycgovparks.org/facilities/recreationcenters/B058)

*Features an outdoor pool, indoor and outdoor basketball courts, cardio room, fitness room, outdoor soccer field, and other fitness equipment.*

**Metropolitan Recreation Center**

261 Bedford Avenue  
Brooklyn, NY 11211  
718-599-5707

[www.nycgovparks.org/facilities/recreationcenters/B085](http://www.nycgovparks.org/facilities/recreationcenters/B085)

*Features an indoor pool, fitness room, and cardio room.*

*Manhattan:*

**Alfred E. Smith Recreation Center**

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

[www.nycgovparks.org/facilities/recreationcenters/M194](http://www.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

[www.nycgovparks.org/facilities/recreationcenters/M033](http://www.nycgovparks.org/facilities/recreationcenters/M033)

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

**Tony Dapolito Recreation Center**

1 Clarkson Street  
New York, NY 10014  
212-242-5228

[www.nycgovparks.org/facilities/recreationcenters/M103](http://www.nycgovparks.org/facilities/recreationcenters/M103)

*Features athletic fields, baseball fields, indoor basketball courts, outdoor bocce courts, fitness room, handball courts, indoor and outdoor pools, and an outdoor soccer field.*

## **Walking Clubs**

### **Clubes de Caminar**

#### **健步班**

*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

[www.nyc.gov/html/dfta/html/health/health.shtml](http://www.nyc.gov/html/dfta/html/health/health.shtml)

*A walking club for senior citizens run by the NYC Department for the Aging.*

*Brooklyn:*

### **Pete McGuinness Senior Center**

715 Leonard Street

Brooklyn, NY 11222

718-383-1940

### **Swinging Sixties Senior Center**

211 Ainslie Street

Brooklyn, NY 11211

718-963-3793

*Manhattan:*

### **New York Chinatown Senior Citizens Center**

70 Mulberry Street

New York, NY 10013

212-233-8930

### **University Settlement Neighborhood Center**

189 Allen Street

New York, NY 10002

212-473-8217

## **Volunteer Opportunities**

### **Oportunidades para Voluntarios**

#### **參予義工服務**

### **Foster Grandparent Program**

311

[www.nyc.gov/html/dfta/html/volunteering/foster.shtml](http://www.nyc.gov/html/dfta/html/volunteering/foster.shtml)

*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

[www.nyfsc.org/services/repair.html](http://www.nyfsc.org/services/repair.html)

*Organized by the New York Foundation for Senior Citizens, volunteers aged 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

[www.nyfsc.org/services/home\\_sharing.html](http://www.nyfsc.org/services/home_sharing.html)

*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

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

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

### **Retired Senior Volunteer Program**

105 East 22nd Street, Suite 401

New York, NY 10010

212-614-5394

[www.cssny.org/services/rsvp/](http://www.cssny.org/services/rsvp/)

*RSVP’s mission is two-fold: providing meaningful, invigorating opportunities for older adults and helping nonprofit organizations in New York City reach more clients and provide more services.*

### **Community Activities and Groups Actividades y Grupos Comunitarios 社區活動及團體**

#### **Battery Park City Seniors**

21 West Thames Street

New York, NY 10280

212-912-0678

[bpcseniors@gmail.com](mailto:bpcseniors@gmail.com)

*A free membership group for seniors offering programs which include a walking group, luncheons, theater trips, visits to museums as well as exercise and art history classes.*

#### **Battery Park City Conservancy Public Programs**

75 Battery Place

New York, NY 10280

212-267-9700

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

*This non-profit organization is in charge of approximately 36 acres of public space and hosts programs which include walking tours, bird watching, drawing classes, tai-chi classes, music and dance performances and gardening projects.*

**American Legion**

245 West Houston Street, Room  
212B

New York, NY 10014

212-807-3066

[nylegion.net](http://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:*

**Colonel John R. Slattery, NY Post 1099**

346 Broadway, Room 802

New York, NY 10013

**Customs, NY Post 51**

346 Broadway, Room 3E

New York, NY 10013

**Department of Public Works, NY Post 1222**

346 Broadway, Room 802

New York, NY 10013

**Franklin Delano Roosevelt, NY Post 1284**

346 Broadway, Room 3E

New York, NY 10013

**Fraternity, NY Post 612**

1 Washington Square Village  
Suite 2A

New York, NY 10012

212-228-3330

**Greenwich Village, NY Post 18**

346 Broadway, Room 3E

New York, NY 10013

**Liberty-Grand Street, NY Post 22**

346 Broadway, Room 3E

New York, NY 10013

**Lt. B. R. Kimlau, NY Post 1291**

191 Canal Street

New York, NY 10013

212-925-5528

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

**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/](http://al460.org/)

**Rhineland East Side**

**NY Post 6**

346 Broadway, Room 3E  
New York, NY 10013

**Robert L Hague, NY Post 1242**

346 Broadway, Room 3E  
New York, NY 10013

**Schoolmens, NY Post 543**

346 Broadway, Room 802  
New York, NY 10013

**Sgt. Carl G. Tos, NY Post 1396**

346 Broadway, Room 802  
New York, NY 10013

**St. Stanislaus Memorial, NY Post 1771**

519 Leonard Street  
Brooklyn, NY 11222  
718-383-9822  
[ststanspost1771.org/](http://ststanspost1771.org/)

**United Manhattan, NY Post 9**

346 Broadway, Room 3E  
New York, NY 10013  
212-567-0474

**Veterans Administration, NY Post 1347**

346 Broadway, Room 802  
New York, NY 10013

**Wall Street, NY Post 1217**

346 Broadway, Room 802  
New York, NY 10013

**Washington Square, NY Post 1212**

193 Prince Street  
New York, NY 10012  
212-674-9517

## Educational and Cultural Resources

### Recursos Culturales y Educativos

#### 教育及文化資訊

#### NYC-ARTS Cultural Guide for Seniors

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

*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

#### Artes Escénicas

#### 表演藝術

*Brooklyn:*

#### Brooklyn Academy of Music Senior Cinema

30 Lafayette Avenue

Brooklyn, NY 11217

718-636-4122

[www.bam.org/programs/senior-cinema](http://www.bam.org/programs/senior-cinema)

*In this free monthly series, seniors 65 and over watch classic movies on the big screen while enjoying complimentary popcorn and soda.*

#### Brooklyn Arts Council- Seniors Partnering with Artists Citywide (SPARC)

20 Jay Street, Suite 616

Brooklyn, NY 11201

718-625-0080, ext. 234

[www.brooklynartscouncil.org/documents/2100](http://www.brooklynartscouncil.org/documents/2100)

*SPARC provides selected artists with a stipend in exchange for the creation and delivery of arts programming for seniors. Artists will engage participating seniors in an art project or series of cultural programs over the course of the residency, which will also include a public program component – exhibits, readings, performances, open houses or other cultural interactions open to the surrounding community.*

#### Brooklyn Center for the Performing Arts

2900 Campus Road

Brooklyn, NY 11210

718-951-4660

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

*Presents classical music, opera, ballet, modern dance, popular*

*artists in concert, and more.  
Seniors age 65 and older receive  
\$2 off ticket prices.*

### **Heights Players**

26 Willow Place  
Brooklyn, NY 11201  
718-237-2752  
www.HeightsPlayers.org  
*Presents musicals, dramas and  
comedies, as well as readings and  
workshops. With Senior discount,  
play tickets are \$18 and musical  
tickets are \$23.*

### **St. Francis College Special Events**

180 Remsen Street  
Brooklyn, NY 11201  
718-489-5272  
www.sfc.edu/page.cfm?p=463  
*St. Francis College hosts a variety  
of special lectures, concerts and  
performances.*

*Manhattan:*

**Borough of Manhattan  
Community College (BMCC)  
Tribeca Performing Arts Center**  
199 Chambers Street  
New York, NY 10007  
212-220-1459  
www.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 band  
may bring their own instruments or  
rent them.*

### **Museums**

#### **Museos**

#### **博物館**

*Brooklyn:*

### **BRIC Rotunda Gallery**

33 Clinton Street  
Brooklyn, NY 11201  
718-683-5604  
bricartsmedia.org/contemporary-art/  
exhibitions  
*This contemporary art gallery  
produces six shows per year,  
featuring works by those who live,  
work or were born in Brooklyn.*

**Brooklyn Historical Society**

128 Pierrepont Street

Brooklyn, NY 11201

718-222-4111

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

*Dedicated to preserving and encouraging the study of Brooklyn's history, this urban history center houses an array of exhibitions as well as workshops and a library. Discounted admission of \$6 for seniors.*

**Brooklyn Museum**

200 Eastern Parkway

Brooklyn, NY 11238

718-638-5000

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

*Senior discount: Admission for senior citizens is \$10.*

*The Brooklyn Museum, housed in a 560,000-square-foot, Beaux-Arts building, is one of the oldest and largest art museums in the country. Its world-renowned permanent collections range from ancient Egyptian masterpieces to contemporary art, and represent a wide range of cultures. The Museum also offers year-round programs for adult learners, including art-making classes and one-day workshops, films, performing arts, gallery talks and tours.*

**Brooklyn Navy Yard Center at BLDG 92**

63 Flushing Avenue

Brooklyn, NY 11205

718-907-5992

[www.bldg92.org](http://www.bldg92.org)

*Originally a part of one of Americas first Naval Yards, BLDG 92 has been transformed into a museum dedicated to the history of the Brooklyn Navy Yard and Naval operations in general. Admission is free and within the building is an art gallery located on the third floor.*

**New York City Transit Museum**

Corner of Boerum Place &

Schermerhorn Street

Brooklyn, NY 11201

718-694-1600

[www.mta.info/mta/museum](http://www.mta.info/mta/museum)

*Senior discount: "Senior Wednesdays" offers free admission to all senior citizens (62+); on other days, there is a reduced admission fee of \$5 for senior citizens. The New York Transit Museum is the largest museum in the United States that is dedicated to urban transportation history. It is home to over 100 years of transit artifacts and memorabilia, including elevator and subway cars.*



*Manhattan:*

**Anne Frank Center**

44 Park Place  
New York, NY 10007  
212-431-7993  
[www.annefrank.com](http://www.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.*

**Lower East Side Tenement Museum**

103 Orchard Street  
New York, NY 10002  
877-975-3786  
[www.tenement.org](http://www.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 costume.*

**Museum at Eldridge Street**

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

[www.EldridgeStreet.org](http://www.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 on every hour on the hour. With senior discount admission is \$10 and Monday admission is free.*

**Museum of American Finance**

48 Wall Street  
New York, NY 10005  
212-908-4110

[www.moaf.org/index](http://www.moaf.org/index)  
*The Museum of American Finance is the nation's only independent museum dedicated to preserving, exhibiting and teaching about American finance and financial history. Housed in an historic bank building on Wall Street, the Museum's magnificent grand mezzanine banking hall provides an ideal setting for permanent exhibits on the financial markets, money, banking, entrepreneurship, and Alexander Hamilton.*

### **Museum of Chinese in America**

215 Centre Street  
New York, NY 10013  
212-619-4785

[www.mocanyc.org](http://www.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

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

*Senior discount: Reduced admission price of \$10 for senior citizens (65+), and is free for all ages every Wednesday from 4p.m. to 8p.m.*

*This museum uses personal objects, photos, and film to highlight Jewish cultural heritage from the 19th and 20th century.*

### **New Museum of Contemporary Art**

235 Bowery  
New York, NY 10002  
212-219-1222

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

*Senior discount: The museum offers a reduced admission fee of \$14 to senior citizens and is free on Thursdays from 7:00 p.m. - 9:00 p.m.*

*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

[www.NycFireMuseum.org](http://www.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.*

### **One World Observatory**

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

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

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

### **Skyscraper Museum**

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

[www.skyscraper.org](http://www.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

[www.nmai.si.edu](http://www.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

[www.seany.org](http://www.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**

#### **Bibliotecas**

#### **圖書館**

#### *Brooklyn:*

*The Brooklyn Public Library offers a free Books-by-Mail service that provides books-on-tape, eBooks and audio for e-readers as well as audio CDs and DVDs to seniors who are homebound and have a vision disability. To find out more about this program, contact the Service to the Aging (SAGE) office at 718-236-1760 or email [seniors@bklynlibrary.org](mailto:seniors@bklynlibrary.org).*

#### **Brooklyn Heights Library**

280 Cadman Plaza West  
Brooklyn, NY 11201  
718-623-7100

[www.bklynlibrary.org/locations/brooklyn-heights](http://www.bklynlibrary.org/locations/brooklyn-heights)

#### **Carroll Gardens Library**

396 Clinton Street  
Brooklyn, NY 11231  
718-596-6972

[www.bklynlibrary.org/locations/carroll-gardens](http://www.bklynlibrary.org/locations/carroll-gardens)

#### **Central Library**

10 Grand Army Plaza  
Brooklyn, NY 11238

718-230-2100

<http://www.bklynlibrary.org/locations/central>

**Greenpoint Library**

107 Norman Avenue  
Brooklyn, NY 11222

718-349-8504

[www.bklynlibrary.org/locations/greenpoint](http://www.bklynlibrary.org/locations/greenpoint)

**Williamsburgh Library**

240 Division Avenue  
Brooklyn, NY 11211

718-302-3485

[www.bklynlibrary.org/locations/williamsburgh](http://www.bklynlibrary.org/locations/williamsburgh)

*Manhattan:*

**Battery Park City Library**

175 North End Avenue  
New York, NY 10282

212-790-3499

[www.nypl.org/locations/battery-park-city](http://www.nypl.org/locations/battery-park-city)

**Chatham Square Library**

33 East Broadway  
New York, NY 10002

212-964-6598

[www.nypl.org/locations/chatham-square](http://www.nypl.org/locations/chatham-square)

**Hamilton Fish Park Library**

415 East Houston Street  
New York, NY 10002

212-673-2290

[www.nypl.org/locations/hamilton-fish-park](http://www.nypl.org/locations/hamilton-fish-park)

**Mulberry Street Library**

10 Jersey Street  
New York, NY 10012

212-966-3424

[www.nypl.org/locations/mulberry-street](http://www.nypl.org/locations/mulberry-street)

**New Amsterdam Library**

9 Murray Street  
New York, NY 10007

212-732-8186

[www.nypl.org/locations/new-amsterdam](http://www.nypl.org/locations/new-amsterdam)

**Seward Park Library**

192 East Broadway  
New York, NY 10002

212-477-6770

[www.nypl.org/locations/seward-park](http://www.nypl.org/locations/seward-park)

**Stephen A. Schwarzman Building (Main Branch)**

Fifth Avenue at 42nd Street  
New York, NY 10018

917-275-6975

[www.nypl.org/locations/schwarzman](http://www.nypl.org/locations/schwarzman)

### **Tompkins Square Library**

331 East 10th Street  
New York, NY 10009  
212-228-4747  
[www.nypl.org/locations/tompkins-square](http://www.nypl.org/locations/tompkins-square)

### **Discount Programs**

### **Programas de Descuentos**

### **折扣計畫**

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

11 Park Place, 14th Floor  
New York, NY 10007  
212-962-7655  
[www.nyfsc.org/services/sentheatre.html](http://www.nyfsc.org/services/sentheatre.html)

*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**

### **Continuación de Educación**

### **成人教育**

### **Age-Friendly NYC College Link**

1216 5th Avenue  
New York, NY 10029  
212-822-7251  
[www.agefriendlycollege.org/](http://www.agefriendlycollege.org/)

*A searchable database, Age-Friendly College provides information about educational opportunities for older adults at local colleges and universities.*

### **Baruch College**

55 Lexington Avenue  
New York, NY 10010  
646-312-1000  
[www.baruch.cuny.edu](http://www.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  
[www.bmcc.cuny.edu](http://www.bmcc.cuny.edu)  
*Seniors are able to apply as a non matriculated student and audit classes for \$80 a semester.*

### **Brooklyn College, Brooklyn Lifelong Learning**

2900 Bedford Avenue  
Brooklyn, NY 11210  
718-951-5647  
[www.brooklyn.cuny.edu/web/academics/centers/irpe.php](http://www.brooklyn.cuny.edu/web/academics/centers/irpe.php)  
*Offers an extensive array of courses, workshops and lectures in art, literature, history, foreign languages, computers and more. Also film screenings, tai*

*chi or yoga classes and trips.  
Membership fee is required.*

**CUNY School of Professional Studies**

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

[www.sps.cuny.edu](http://www.sps.cuny.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/](http://questcontinuingednyc.org/)

*This non-profit organization is self-governed by retired professionals age 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.*

**Kingsborough Community College, My Turn Program**

2001 Oriental Boulevard  
Brooklyn, NY 11235  
718-368-5079

[www.kbcc.cuny.edu/myturn](http://www.kbcc.cuny.edu/myturn)

*NY State residents 60 years of age or older can attend classes as matriculating or non-matriculating students tuition-free.*

**The New School, Institute for Retired Professionals (IRP)**

66 West 12th Street, Room 502  
New York, NY 10011  
212-229-5682

[www.newschool.edu/irp/](http://www.newschool.edu/irp/)

*IRP members are people who have come together to create a community in which each person's learning experience is enriched through exchange with other members of diverse backgrounds and interests. The program is open to retired and semi-retired people. Courses are offered in history, literature, philosophy, the humanities, science, art, music, drama, and other subjects. An application and tuition fees are required. Scholarships are available.*

**NYU School of Continuing and Professional Studies Professional Pathways Program**

7 East 12th Street, Room 133  
New York, NY 10003  
212-998-7200

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

**Pace University's Adult Resource Center (PARC)**

1 Pace Plaza

New York, NY 10038

212-346-1244

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

*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 Programs  
Entrenamiento de Computación**

學習電腦

**Brooklyn Public Library**

[www.bklynlibrary.org/calendar/list?keys=computer+basics](http://www.bklynlibrary.org/calendar/list?keys=computer+basics)

*Offers introductory computer classes at a variety of branches throughout Brooklyn.*

**New York Public Library**

[www.nypl.org/classes](http://www.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.*

**YMCA**

Various Sites

212-630-9600

[www.ymcanyc.org/association/classes/computer-classes](http://www.ymcanyc.org/association/classes/computer-classes)

*Introductory and more advanced classes offered at various locations. Call or visit the web site for more information.*



## Financial Planning and Resources

## Planificación y Recursos Financieros

### 理財計畫及資訊

#### **AARP Tax Counseling for the Elderly (TCE)**

888-687-2277

[www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

*The IRS-sponsored TCE Program provides free tax help to people aged 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.*

#### **Bill Payer Program**

195 Montague Street

Brooklyn, NY 11201

718-858-2360

[www.cscs-ny.org/money\\_management/index.php](http://www.cscs-ny.org/money_management/index.php)

*Coordinated by the Council of Senior Centers and Services of New York City, Inc. (CSCS) with the AARP Foundation, this free service ensures that low-*

*income adults and individuals with disabilities are meeting their financial obligations. Trained volunteers meet one-on-one with seniors in their own homes to assist in monthly bill-paying.*

#### **Free Credit Reports**

877-322-8228

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

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

#### **Grand Street Settlement Single Stop**

80 Pitt Street

New York, NY 10002

646-201-4289

[www.grandsettlement.org/programs/adult-a-family-services](http://www.grandsettlement.org/programs/adult-a-family-services)  
*This program provides legal consultation, financial counseling*



*and benefits and social service assistance.*

## **Human Resources**

### **Administration Emergency Assistance for Adults (EAA)**

718-557-1399

[www.nyc.gov/html/hra/html/services/cash.shtml](http://www.nyc.gov/html/hra/html/services/cash.shtml)

*New York City residents may apply for a one-time emergency grant, also called a “One Shot,” when an unforeseen circumstance prevents the applicant from meeting an expense. An applicant must meet eligibility guidelines and is subject to investigative review of the application. Emergency grant applicants may obtain rental assistance in cases of impending evictions, assistance with home energy and utility bills, disaster assistance including moving expenses, and the purchase of personal items for health and safety.*

## **Met Council**

120 Broadway, 7th Floor  
New York, NY 10271  
212-453-9500

[www.MetCouncil.org](http://www.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

[www.nyc.gov/html/ofe/html/find/find.shtml](http://www.nyc.gov/html/ofe/html/find/find.shtml)

*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.*

## **Financial Protection Protección Financiera 財務保障**

### **Center for NYC Neighborhoods**

17 Battery Place, Suite 702  
New York, NY 10004  
212-566-3050  
[www.cnycn.org](http://www.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.*

### **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  
[www.freeze.equifax.com](http://www.freeze.equifax.com)

### **Experian Security Freeze**

P.O. Box 9554  
Allen, TX 75013  
888-397-3742  
[www.experian.com/freeze/center.html](http://www.experian.com/freeze/center.html)

### **TransUnion Security Freeze**

P.O. Box 6790  
Fullerton, CA 92834  
888-909-8872  
[freeze.transunion.com](http://freeze.transunion.com)

### **New Economy Project – NYC Financial Justice Hotline**

212-925-4929  
[www.neweconomynyc.org/nychotline](http://www.neweconomynyc.org/nychotline)  
*Provides information and referrals for low-income residents regarding issues with unfair debt collection practices, tax refund loans, payday loans, credit reporting and repair.*

## Emergency Preparedness Preparación para Emergencias 緊急準備

### Aware Prepare

[www.dhes.ny.gov/aware-prepare](http://www.dhes.ny.gov/aware-prepare)  
*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

[www.redcross.org/prepare/location/home-family/seniors](http://www.redcross.org/prepare/location/home-family/seniors)  
*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  
[www.fema.gov](http://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

[www1.nyc.gov/site/em/ready/guide-resources.page](http://www1.nyc.gov/site/em/ready/guide-resources.page)

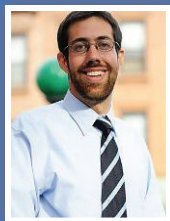
*This guide was collaboratively developed by DFTA and the Office of Emergency Management (OEM). It addresses issues specific to seniors and people with disabilities in the event of an emergency. The guide is available in English, Russian, Spanish and Chinese. You can call 311 for the guide on audiotape.*











New York State Senator  
**Daniel Squadron**  
District 26

**Contact me with questions,  
concerns, or suggestions:**

**Póngase en contacto conmigo con  
preguntas, preocupaciones  
o sugerencias:**

任何你關心的問題或寶貴  
意見，請與我聯絡。

華語熱線電話：(917)  
254-3138

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250 Broadway, Suite 2011  
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☎ (212) 298-5565

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Rm. 300  
Brooklyn, NY 11201  
☎ (718) 875-1517

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515 Legislative Office Building  
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