

New York State Senator

**Brad Hoylman**

District 27

# SENIOR RESOURCE GUIDE





New York State Senator

**Brad Hoylman's**

# **SENIOR RESOURCE GUIDE**

**RANKING MINORITY MEMBER**

ENVIRONMENTAL CONSERVATION

INVESTIGATIONS &  
GOVERNMENT OPERATIONS

**COMMITTEES**

AGING

CULTURAL AFFAIRS, TOURISM, PARKS  
& RECREATION

HEALTH

JUDICIARY

LOCAL GOVERNMENT



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Dear Neighbor:

Our senior citizens made our neighborhoods the wonderful places they are today, so we owe it to them to provide support to help improve their lives. Therefore, I'm proud to present this Senior Resource Guide for residents of the 27th Senate District of New York. This guide will help seniors identify important benefits, services and information available right here in the community so that their physical, social and economic needs are met.

I hope that you'll find this guide useful when making decisions and planning for the future for you or a loved one. If you have any questions or comments, I encourage you to call me at 212-633-8052.

Sincerely,

Brad Hoylman  
State Senator  
27th Senate District

Office of New York State Senator Brad Hoylman  
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We have done our best to make this guide as complete and accurate as possible. Yet, in a city as dynamic and vibrant as ours, we may have missed useful resources. It is also common for organizations to move, change phone numbers, or close entirely. If there are additional resources or changes you feel should be included in the next edition of this guide, please feel free to contact Senator Hoylman's office at 212-633-8052 or [hoylman@nysenate.gov](mailto:hoylman@nysenate.gov).

The information in this publication is provided as a resource for seniors and their caregivers in New York City, but is not intended as an endorsement of any organization or service.

# Senior Resource Guide

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## **Important Numbers and Hotlines:**

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

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

**National Crisis Line:**  
(800) 999-9999

**New York State Division of  
Human Rights:** (718) 741-8400

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

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

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

**Battered Women Hotline:**  
(718) 499-2151

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

**Child Abuse Hotline:**  
(800) 342-3720

**Crime Victim Hotline:**  
(212) 577-7777, (800) 689-4357

**Domestic Violence Hotline:**  
(800) 621-4673

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

**Homeless Hotline:**  
(800) 994-6494, (212) 533-5151

**Hunger Hotline:** (866) 888-8777

**Immigration Hotline:**  
(212) 419-3737, (800) 566-7636

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

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

**Rape & Sexual Assault Hotline:**  
(212) 423-2140, (212) 227-3000

**Runaway Hotline:**  
(800) 786-2929  
((800) RUN-AWAY)

**Suicide Hotline:** (800) 273-8255

## Government Agencies

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

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

2 Lafayette Street, 7th Floor  
New York, NY 10007  
(212) 442-1100

TTY: (212) 504-4115

Call 3-1-1 or the following help line: (800) 342-9871

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

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

2 Lafayette Street  
New York, NY 10007  
Call 3-1-1

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

The Alzheimer's and Caregiver Resource Center of the New York City Department for the Aging provides a variety of services that are free and strictly confidential. These include individual assessments, referrals to medical diagnostic centers, community-based services and support groups, referral to community services, education and training, entitlement counseling, assistance with the nursing home placement process, and information on

housing alternatives such as assisted living.

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

100 Gold Street, 2nd Floor  
New York, NY 10038  
(212) 788-2830

TTY: (212) 788-2838

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

### **NYC Mayor's Office of Veterans Affairs (MOVA)**

346 Broadway (between Catherine Lane and Leonard Street)

New York, NY 10013

(212) 442-4172

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

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

2 Empire State Plaza  
Albany, NY 12223-1251  
(800) 342-9871

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

### **New York State Attorney General**

120 Broadway  
New York, NY 10271  
(212) 416-8300  
Hotline: (800) 771-7755

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

The Attorney General assists New Yorkers with a variety of legal issues, including consumer rights, public health and



environment, civil rights, and worker rights.

## **New York Board of Elections**

New York State:

<https://www.elections.ny.gov/>

New York County:

<https://www.elections.ny.gov/countyboards.html>

New York City:

<http://vote.nyc.ny.us/html/home/home.shtml>

Visit the websites listed above of the New York Board of Elections for information about voter registration forms and deadlines, absentee ballots, election dates, and district maps.

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

Manhattan offices:

641 Lexington Avenue  
New York, NY 10022

Or

25 Beaver Street, 5th Floor  
New York, NY 10004  
(866) ASK-DHCR / (866) 275-3427

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

HCR is the state agency responsible for administering rent regulation laws. It publishes Fact Sheets that describe major

elements of rent control and rent stabilization. HCR is also responsible for mitigating tenant concerns, processing complaints against landlords, offering rent reduction programs, and administering legal protections for renters.

## **New York State Department of Health**

Riverview Center

150 Broadway, Suite 355

Albany, NY 12204

Phone: (518) 402-0836

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

The New York State Department of Health is the department of the New York state government responsible for public health. They also provide information and resources regarding New York State's Medical Marijuana Program, which you can get more information on by calling (866) 811-7957.

## **New York State Division of Human Rights, Age Discrimination**

Adam Clayton Powell State  
Office Building

163 West 125th Street, 4th Floor  
New York, NY 10027

(212) 961-8650

General number: 718-741-8300

Age Discrimination Help Line:  
(800) 342-9871

<https://dhr.ny.gov/>

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

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

Local DMV:

366 West 31st Street  
New York, NY 10001  
(212) 645-5550

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

### **NYS Division of Veterans Affairs - Regional Office**

2 Empire State Plaza, 17th Floor  
Albany, NY 12223  
(888) 838-7697

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

### **U.S. Social Security Administration**

(800) 772-1213  
TTY: (800) 325-0778

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

### **SS Card Center: Manhattan**

123 William Street, 4th Floor  
New York, NY 10038  
(800) 772-1213

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

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

#### **Administration on Aging**

Regional Support Center:

26 Federal Plaza, Room 38-102  
New York, NY 10278  
(212) 264-2976

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

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

Regional Office:

245 West Houston Street  
New York, NY 10038  
(212) 827-1000

Hours: 8:30am - 4pm (Monday - Friday)

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

## Advocacy & Action Groups

In this section, you will find a list of community organizations that are committed to advocating for the needs of older adults.

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

780 Third Avenue, 33rd Floor  
New York, NY 10017  
(866) 227-7442

[www.aarp.org/about-aarp](http://www.aarp.org/about-aarp)

The AARP Foundation is a charitable organization that helps people aged 50 or older with issues such as hunger, income, housing, and isolation. They provide both direct assistance and work as legal advocates for the rights of the elderly.

### **Community Service Society (CSS)**

105 East 22nd Street  
New York, NY 10010  
(212) 254-8900

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

CSS seeks to fight poverty in New York both through advocacy efforts and by offering programs and services to low-income New Yorkers. CSS works on issues including access to

health care, affordable housing, disconnected youth, economic security, imprisonment and reentry, and workforce equality.

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

519 Eighth Avenue, 16th Floor  
New York, NY 10018

Phone: (212) 643-2828

Fax: (212) 643-2956

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

GNYHCFA is a nonprofit trade association serving the long-term care needs of individuals living in the greater New York metropolitan area and beyond. GNYHCFA offers resources centered on safety, education, legal services, long-term care, Medicaid, labor relations, and more. See the website above for a full list of resources offered.

### **Hearing Loss Association of America (NY Downstate Chapter)**

520 East 20th Street, Apt. 8E  
New York, NY 10009

(212) 674-9128

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

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

experiencing hearing loss with resources.

### **JASA's Institute for Senior Action (IFSA)**

247 West 37th Street, 9th Floor  
New York, NY 10018  
(212) 273-5272  
[www.jasa.org/advocacy/ifsa](http://www.jasa.org/advocacy/ifsa)

IFSA is a 10-week program that offers training in advocacy and social action. Prominent government, nonprofit, and community leaders aid students to engage in citywide issues, learn community organization skills, take action in their community, and understand the legislative process in NYC, NY State, and Washington D.C. Upon acceptance, a \$100 fee is due for all 10 sessions.

### **JASA's Joint Public Affairs Committee (JPAC)**

247 West 37th Street, 9th Floor  
New York, NY 10018  
(212) 273-5260  
[www.jasa.org/advocacy/jpac](http://www.jasa.org/advocacy/jpac)

JPAC is an advocacy coalition of adults aged 55 or older that promotes leadership and civic engagement. JPAC enables members to take action and advocate on important issues in different communities. Annual fees are \$20 per individual, \$35

per couple.

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

49 West 45th Street, 7th Floor  
New York, NY 10036  
(212) 398-6565  
[www.cscs-ny.org](http://www.cscs-ny.org)

LiveOn NY is comprised of over 100 senior service agencies that serve over 300,000 senior citizens throughout New York City. Their goal is to ensure that the elderly of New York City receive quality services by helping senior service organizations build their capacity to provide superior programs and services through advocacy, training, innovative programming, and the exchange of ideas.

### **Medicare Rights Center**

520 Eighth Avenue, North Wing,  
3rd Floor  
New York, NY 10018  
Hotline: (800) 333-4114  
(212) 869-3850  
[www.medicarerights.org](http://www.medicarerights.org)

The Medicare Rights Center is a national, nonprofit consumer service organization that works with people on Medicare to help them understand their

rights and benefits and ensure that they have access to quality healthcare.

### **Metropolitan Council on Housing**

339 Lafayette Street #301  
New York, NY 10012  
Rights Hotline: (212) 979-0611  
Monday, Wednesday, and  
Friday, 1:30pm - 5pm  
[www.metcouncilonhousing.org](http://www.metcouncilonhousing.org)

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

### **New York Gray Panthers**

244 Madison Avenue, Suite 396  
New York, NY 10016  
(917) 535-0457  
[www.graypanthersnyc.org](http://www.graypanthersnyc.org)

Gray Panthers is a national organization committed to civic participation in achieving social and economic justice and peace. Gray Panthers work together to work to create a humane society and eliminate injustice, discrimination, and ageism by advocating for a single-payer, universal health care system, protecting the environment, and promoting international human rights.

### **New York State Tenants & Neighbors Coalition**

236 W 27th Street #400  
New York, NY 10001  
(212) 608-4320  
[www.tenantsandneighbors.org](http://www.tenantsandneighbors.org)

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

### **New York StateWide Senior Action Council, Inc.**

275 State Street  
Albany, NY 12210  
(518) 436-1006  
Helpline: (800) 333-4374  
[www.nysenior.org](http://www.nysenior.org)

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

### **New York State Coalition for the Aging (NYSCA)**

1450 West Avenue, Suite 101

Albany, NY 12203

(518) 765-2790

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

NYSCA provides advocacy, professional development, leadership skills, and education for individuals and organizations serving older adults. They work to strengthen and expand community-based services and help older adults live independently in their homes with the necessary support services.

**Older Women's League (OWL)**

1627 Eye Street, NW Suite 600

Washington, D.C. 20006

(202) 450-8986

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

OWL is a national grassroots organization advocating for economic, political, and social equality for midlife and older women. OWL uses education, research, and advocacy to speak out on issues facing women over 40, including encore entrepreneurship, cost-effective and comprehensive health care, social security, wellness, retirement security, and long-term care.

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

1216 Fifth Avenue

New York, NY 10029

(212) 822-7200

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

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

## Benefits

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

### **Access NYC**

Call 3-1-1

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

Access NYC is a free online service that helps you determine your eligibility and apply for city, state, and federal health human service benefit programs. It provides information on how to apply for benefits, where to go, and what documents are required.

### **BenefitsCheckUp**

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

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

training.

### **Benefits.gov**

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

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

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

Manhattan Business Center  
66 John Street, 2nd Floor  
New York, NY 10038  
Call 3-1-1

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

DHE provides property tax exemptions to disabled owners of one, two, and three family houses, condominiums, or cooperative apartments. At least one homeowner must have a documented mental or physical disability and the combined income of all owners cannot be more than \$37,399.



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

Manhattan Business Center  
66 John Street, 2nd Floor  
New York, NY 10038  
Call 3-1-1

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

DRIE offers tenants who qualify to have their rent frozen at their current level and be exempt from future rent increases. Tenants must have a total annual income of \$50,000 or less, spend more than 1/3 of their monthly household income on rent, and receive Federal Supplemental Security Income, Federal Social Security Disability Insurance, U.S. Department of Veterans Affairs disability pension or compensation, or disability-related Medicaid.

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

2 Lafayette Street  
New York, NY 10007  
(800) 332-3742

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

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

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

122 East 124th Street lobby  
New York, NY 10035  
(800) 692-0557  
Hotline: (800) 342-3009

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

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

### **Medicare Rights Center**

520 Eighth Avenue, North Wing  
3rd Floor  
New York, NY 10018  
(212) 869-3850

National helpline: (800) 333-4114  
[www.medicare.gov](http://www.medicare.gov)

Medicare is a national social insurance program that guarantees access to health insurance for Americans aged 65 or older.

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

Manhattan Business Center  
66 John Street, 2nd Floor  
New York, NY 10038  
Call 3-1-1

[home2.nyc.gov/html/dof/html/property/senior\\_citizen.shtml](http://home2.nyc.gov/html/dof/html/property/senior_citizen.shtml)



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

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

66 John Street, 3rd Floor  
New York, NY 10038

Call 3-1-1

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

SCRIE offers eligible individuals aged 62 or older exemptions from some or all increases in rent. You may qualify for SCRIE if you have a total household income of \$50,000 annually, pay more than one-third of your household's total monthly income in rent, and live in a rent-controlled, rent-stabilized, or Mitchell-Lama apartment. Please note that, unfortunately, NYCHA and Section 8 tenants are not eligible for SCRIE.

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

Waverly Location:

12 West 14th Street, 4th Floor  
New York, NY 10011  
(212) 352-2519

[www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap](http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap)

SNAP provides food support to low-income New Yorkers.

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

Call 3-1-1

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

The Enhanced STAR exemption provides savings on school district taxes for New York State homeowners aged 65 and over with qualifying incomes.

### **Veterans' Tax Exemption**

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

Call 3-1-1

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

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

## Caregiver Support

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

### **Home Instead Senior Care**

400 East 56th Street  
Professional Wing, Suite 2  
New York, NY 10022  
(212) 614-8057  
[www.homeinstead.com/368/aboutus/Pages/AboutUs.aspx](http://www.homeinstead.com/368/aboutus/Pages/AboutUs.aspx)

Home Instead Senior Care is a fully licensed, full-service home care service agency with the New York State Department of Health. They provide a variety of services, such as companionship, home-helpers, personal services, respite care, Alzheimer's care, and short-term recovery.

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

247 West 37th Street  
New York, NY 10018  
(212) 273-5272  
[www.jasa.org](http://www.jasa.org)

JASA is one of New York's largest agencies serving older adults. They provide

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

### **Lighthouse Guild**

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

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

### **NYC Caregiver**

2 Lafayette Street  
New York, NY 10007  
Call 3-1-1  
[www.nyc.gov/html/caregiver](http://www.nyc.gov/html/caregiver)

NYC Caregiver provides resources to find local caregiver support services and can help answer many questions in regard to caring for physically frail or cognitively impaired adults aged 60 or older or to grandparents caring for children aged 18 or younger.

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

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

(212) 962-7559

Email: [nyfscinc@aol.com](mailto:nyfscinc@aol.com)

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

The New York Foundation for Senior Citizens Home Attendant Services, which is licensed by the New York State Department of Health, offers home health, personal care, medication monitoring, cooking, and other services as well as companionship to appointments.

### **Partners in Caring at SAGE**

305 Seventh Avenue

New York, NY 10001

(212) 741-2247

Hours: 9am – 5pm (Monday - Friday)

The Partners in Caring program at SAGE provides various services to families and caregivers of the elderly. Services include counseling, outreach, public information, support groups, training, individual respite, and many others. Please contact the office for a complete list of all services offered and eligibility requirements.

### **People Care**

116 West 32nd Street

New York, NY 10001

(212) 631-7300

<http://www.peoplecare.com>

Home care agency licensed by the NYS Department of Health. They match patients with home health aides and registered nurses.

### **Visions Caregiver Program**

500 Greenwich Street, 3rd Floor

New York, NY 10013

(212) 625-1616

Hours: 9am - 5pm

(Monday - Friday)

[www.visionsvcb.org/visions/  
programs/caregiver](http://www.visionsvcb.org/visions/programs/caregiver)

The Caregiver Program at Visions provides services to caregivers who are assisting older adults aged 60 years or older who are blind or visually

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

## Case Management/ Social Services

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

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

729 Seventh Avenue, 10th floor  
New York, NY 10019  
(212) 221-7300  
[www.actorsfund.org/services-and-programs/senior-services](http://www.actorsfund.org/services-and-programs/senior-services)

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

### **DOROT**

171 West 85th Street  
New York, NY 10024  
(212) 769-2850  
[www.dorotusa.org](http://www.dorotusa.org)

DOROT is an organization that alleviates social isolation among the elderly and

provides services such as friendly visiting, door-to-door transportation, meal delivery, wellness programs, and others.

### **Hartley House**

413 West 46th Street  
New York, NY 10036  
(212) 246-9885  
[www.hartleyhouse.org](http://www.hartleyhouse.org)

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

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

11 Park Place, 14th Floor  
New York, NY 10007-2801  
(212) 962-7559  
[www.nyfsc.org](http://www.nyfsc.org)

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

services, free transportation, ombudsman program, senior centers, intergenerational activities, and a senior theater enrichment program.

**SAGE (Services and Advocacy for GLBT Elders)**

305 Seventh Avenue, 15th Floor  
New York, NY 10001  
(212) 741-2247  
[www.sageusa.org](http://www.sageusa.org)

SAGE is a national organization that offers supportive services and consumer resources for LGBT older adults and their caregivers. Services include case management, caregiver support, benefits counseling, employment assistance, and arts, fitness, and nutritional classes.

**Selfhelp Community Services**

520 Eighth Avenue  
New York, NY 10018  
(866) 735-1234  
[www.selfhelp.net](http://www.selfhelp.net)

Selfhelp helps seniors age in peace with its comprehensive, personalized private care management program. Selfhelp offers case management for Adult Protective Services (APS) clients; Alzheimer's and HIV/AIDS support; and Nazi victim services. They also have six

housing complexes serving low- and moderate-income seniors, six senior centers, and four naturally occurring retirement communities (NORCs).

## Cultural and Recreational Activities

### Museums:

#### Merchant's House Museum

29 East Fourth Street  
New York, NY 10003  
(212) 777-1089

<http://merchantshouse.org/>

\$10 admission for seniors

#### Whitney Museum of American Art

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

<http://whitney.org/>

Admission for seniors is \$17 online and \$18 at the museum. Closed Tuesdays.

#### Rubin Museum of Art

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

\$10 for seniors, free for seniors first Monday of the month, free every Friday from 6 pm-10 pm.

#### Museum at the Fashion Institute of Technology

Seventh Avenue at 27th Street  
New York, NY 10001  
Free admission. Closed Sundays and Mondays.

### Recreational and Fitness Activities:

#### The High Line

<http://www.thehighline.org/activities>

Built on an abandoned railroad, the High Line is an elevated park that stretches from 34th Street between 10th and 12th Avenues down to 12th Street. The High Line now hosts a number of activities, events, and classes including Tai Chi, meditation, gentlemen's boxing, and more.

#### NYC Parks

NYC Parks offers a number of senior membership discounts at recreation centers and indoor pools as well as fitness programming for seniors. For more information on recreation center membership, visit the following website: <https://www.nycgovparks.org/programs/recreation-centers/membership>

### Recreation centers with pools in our district:

#### Asser Levy Recreation Center

392 Asser Levy Place  
New York, NY 10010  
(212) 447-2020 or (212) 447-2023

## **Gertrude Ederle Recreation Center**

232 West 60th Street  
New York, NY 10023  
(212) 397-3159

## **Tony Dapolito Recreation Center**

1 Clarkson Street  
New York, NY 10014  
(212) 242-5228 or (212) 242-5418

## **The City Parks Foundation**

(718) 760-6999  
<http://www.cityparksfoundation.org/sports/seniors-fitness/>

The City Parks Foundation runs free Senior Fitness programs. Information on how to register can be found on their website. To learn more or to register by phone, you can call the number above.

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

20th Street and Hudson River Park  
New York, NY 10011  
(212) 336-6000  
<https://www.chelseapiers.com/gym/membership/overview/senior/>

Senior memberships are available, which include fitness classes, personal training, and

access to facilities.

## **Theater and Arts:**

Some organizations offer senior discounts for plays and other cultural events. The resources in this section will direct you to cultural and arts organizations that currently offer programming and discounts for seniors.

## **Greenwich House Pottery**

16 Jones Street  
New York, NY 10014  
(212) 242-4106  
Email: [pottery@greenwichhouse.org](mailto:pottery@greenwichhouse.org)  
[http://www.greenwichhouse.org/gh\\_pottery/index](http://www.greenwichhouse.org/gh_pottery/index)

The Greenwich House offers pottery classes for all levels.

## **Mind the Gap at New York Theatre Workshop**

79 East 4th Street  
New York, NY 10003  
(212) 780-9037 ext. 9575  
Email: [mindthegap@nytw.org](mailto:mindthegap@nytw.org)

Mind the Gap is a free workshop in which half of the participants are aged 60 years or older, and half are teenagers aged 14 – 18 years. Over the course of 10 sessions, participants from each age group work in pairs to



interview each other and write a play inspired by their partner's personal stories. To apply for the program, visit <https://www.nytw.org/mind-the-gap-application/>

### **NYC-ARTS**

<https://www.nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniors-manhattan>

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

### **Theatre Development Fund (TDF)**

<https://www.tdf.org/nyc/79/Proof-of-Eligibility>

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

# Community Boards

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

**Manhattan Community Board 2**  
*Neighborhoods: Greenwich Village, West Village, NoHo, SoHo, Lower East Side, Chinatown, Little Italy*

3 Washington Square Village,  
Apt. 1A  
New York, NY 10012  
(212) 979-2272  
Email: [info@cb2manhattan.org](mailto:info@cb2manhattan.org)  
[www.nyc.gov/html/mancb2/html/home/home.shtml](http://www.nyc.gov/html/mancb2/html/home/home.shtml)

**Manhattan Community Board 3**  
*Neighborhoods: Tompkins Square, East Village, Lower East Side, Chinatown, Two Bridges*

59 East 4th Street  
New York, NY 10003  
(212) 533-5300  
Email: [info@cb3manhattan.org](mailto:info@cb3manhattan.org)  
[www.nyc.gov/html/mancb3/html/home/home.shtml](http://www.nyc.gov/html/mancb3/html/home/home.shtml)

**Manhattan Community Board 4**  
*Neighborhoods: Clinton, Chelsea*

330 West 42nd Street, Suite 2618  
New York, NY 10036  
(212) 736-4536  
Email: [info@manhattancb4.org](mailto:info@manhattancb4.org)  
[www.nyc.gov/html/mancb4/html/home/home.shtml](http://www.nyc.gov/html/mancb4/html/home/home.shtml)

**Manhattan Community Board 5**  
*Neighborhoods: Midtown*

450 Seventh Avenue, Suite 2109  
New York, NY 10123  
(212) 465-0907  
Email: [office@cb5.org](mailto:office@cb5.org)  
[www.cb5.org](http://www.cb5.org)

**Manhattan Community Board 6**  
*Neighborhoods: Stuyvesant Town, Tudor City, Turtle Bay, Peter Cooper Village, Murray Hill, Gramercy Park, Kips Bay, Sutton Place*

866 UN Plaza, Suite 308  
New York, NY 10017  
(212) 319-3750  
Email: [office@cbsix.org](mailto:office@cbsix.org)  
[www.cbsix.org](http://www.cbsix.org)

**Manhattan Community Board 7**  
*Neighborhoods: Manhattan Valley, Upper West Side, Lincoln Square*

250 West 87th Street  
New York, NY 10024  
(212) 362-4008  
Email: [Office@cb7.org](mailto:Office@cb7.org)  
[www.nyc.gov/html/mancb7/html/home/home.shtml](http://www.nyc.gov/html/mancb7/html/home/home.shtml)

## Companion Services

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

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

265 Henry Street  
New York, NY 10002  
(212) 477-0455

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

Senior Companions are older adults who help homebound or isolated seniors aged 55 years or older to live independently. Services include visits, shopping assistance, medication reminders, escort services, help with connecting to senior services, and companionship.

### **SAGE Friendly Visitor Program**

305 Seventh Avenue, 15th Floor  
New York, NY 10001  
(646) 576-8669

[www.sageusa.org/nyc/social-  
visitor.cfm](http://www.sageusa.org/nyc/social-visitor.cfm)

The SAGE Friendly Visitor program matches volunteers from the community with

LGBT seniors. Friendly Visitor volunteers visit once a week for one to two hours and make calls between visits. They also attend support group meetings every other month.

### **Senior Helpers**

353 West 48th Street  
New York, NY 10036  
(646) 214-2086

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

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

### **Visiting Neighbors**

3 Washington Square Village  
Suite 1F  
New York, NY 10012  
(212) 260-6200

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

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

and assist them with errands and shopping. Additional programs at Visiting Neighbors include health advocacy, socialization opportunities, and case assistance for the “oldest elderly.”

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

(800) 675-0391

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

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

## Consumer Protection

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

### **NY State Division of Consumer Protection**

(800) 697-1220

#### **Senior Information Line:**

(800) 503-9000

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

NY State Division of Consumer Protection protects, educates, and represents consumers and settles disputes between consumers and businesses. They offer services and information related to consumer alerts and recalls, identity theft and privacy, Do Not Call registries, product safety, and utilities. In partnership with the Harry & Jeannette Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale, the State Office for the Aging, AARP, and the Free Community Papers of New York (FCPNY), the division 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.

### **NY State Attorney General Consumer Fraud Bureau**

800-771-7755

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

### **NYC Division of Consumer Affairs**

42 Broadway, 9th Floor

New York, New York 10004

Call 3-1-1

Hours: 9am - 5pm

(Monday - Friday)

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

The Department of Consumer Affairs (DCA) is the largest municipal consumer protection agency in the country, licensing 80,000 businesses across 55 different industries. They inspect businesses, mediate consumer complaints, and help New Yorkers manage and protect their money. When filing a complaint, please verify that DCA is the appropriate agency that addresses your question or issue. For a list of all the complaints DCA addresses, please check the referral list on the following website:

[www1.nyc.gov/assets/dca/  
downloads/pdf/consumers/  
Consumers-ReferralList.pdf](http://www1.nyc.gov/assets/dca/downloads/pdf/consumers/Consumers-ReferralList.pdf)

## Continuing Education

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

### **College Programs at the City University of New York (CUNY)**

CUNY Senior Colleges (4 year): When space is available, people over 60 can audit courses tuition-free at any of the four-year CUNY colleges. Students do not take tests or receive academic credit.

### **CUNY Community Colleges**

(2 year): Courses are tuition-free at community colleges when space is available. Students may participate fully in classes: doing homework, taking tests, and receiving grades and academic credit.

### **Baruch College**

55 Lexington Avenue  
New York, NY 10010  
(646) 312-1000  
[www.baruch.cuny.edu](http://www.baruch.cuny.edu)

### **Borough of Manhattan Community College**

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

[www.bmcc.cuny.edu](http://www.bmcc.cuny.edu)

### **The City College of New York**

160 Convent Avenue  
New York, NY 10031  
(212) 650-7000  
[www.ccny.cuny.edu](http://www.ccny.cuny.edu)

### **CUNY Graduate Center**

365 Fifth Avenue  
New York, NY 10016-4309  
(212) 817-7000  
[www.gc.cuny.edu](http://www.gc.cuny.edu)

### **CUNY Graduate School of Journalism**

219 West 40th Street  
New York, NY 10018  
(646) 758-7700  
[www.journalism.cuny.edu](http://www.journalism.cuny.edu)

### **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)

### **CUNY School of Public Health**

2180 Third Avenue  
New York, NY 10035  
(212) 396-7729  
[www.sph.cuny.edu](http://www.sph.cuny.edu)

### **Hunter College**

695 Park Avenue  
New York, NY 10065  
(212) 772-4000  
[www.hunter.cuny.edu](http://www.hunter.cuny.edu)

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

524 West 59th Street  
New York, NY 10019  
(212) 237-8000

[www.jjay.cuny.edu](http://www.jjay.cuny.edu)

## **Stella and Charles Guttman Community College**

50 West 40th Street  
New York, NY 10018  
(646) 313-8000

[www.guttman.cuny.edu](http://www.guttman.cuny.edu)

## **City College of New York, Quest: A Community for Lifelong Learning**

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

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

Quest's basic concept is that of peer learning and teaching. Members participate in study groups through preparation for, and involvement in, discussions in a wide variety of subjects. Quest offers a comprehensive curriculum of about 40 peer-led courses spanning subjects covering literature and history to science, politics, current affairs, philosophy, the arts, and a guest lecture series. Members range in age from their early 60s to 90+.

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

P.O. Box 125  
New York, NY 10044  
(212) 644-3320

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

Location of classes:  
Chapel of the Sacred Hearts  
325 East 33rd Street  
New York, NY 10016

The Center for Learning and Living, Inc. offers a full program of wide-ranging courses for adults aged 55 or older taught by volunteer faculty from prominent institutions such as Columbia, Bard, The City University of NY, University of Chicago, UCLA, and others who are experts in their field. Registration for these 8-week courses can be done online.

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

7 East 12th Street  
New York, NY 10003  
Office of student enrollment services: (212) 998-7171  
General information:  
(212) 998-7200

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

Seniors aged 65 or older may enroll in continuing education courses for half of the regular

fee (except where otherwise indicated) by requesting the senior citizen discount. The senior citizen discount does not apply to conferences and seminars that begin with an R or SCPS designation, credit courses that begin with a Y or Z designation, or computer-lab based instruction. Proof of age is required (either by Medicare card, driver's license, passport, or other identification card) at in-person registration. If you are registering by telephone, fax, or mail, a copy of the proof of age must be sent to the Office of Student Enrollment Services.

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

66 West 12th Street, Room 502

New York, NY 10011

(212) 229-5682

[www.newschool.edu/institute-for-retired-professionals/](http://www.newschool.edu/institute-for-retired-professionals/)

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 IRP is open to retired and semi-retired people who want to participate actively in cooperative learning and

instruction.



## Employment and Volunteer Opportunities

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

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

2 Lafayette Street, 3rd Floor  
New York, NY 10007  
(212) 442-1369

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

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

105 East 22nd Street  
New York, NY 10010  
(212) 254-8900

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

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

### **DFTA Volunteer Resource Center**

(212) 602-4464

Hours: 10am - 6pm

(Monday - Friday)

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

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

2 Lafayette Street, 2nd Floor  
New York, NY 10007  
(212) 442-3117

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

Seniors aged 60 or older serve as mentors, tutors, and caregivers for children and youth with special needs. Offers a non-taxable stipend. Participants must meet low-income eligibility to qualify.

### **NYC Department for the Aging: Senior Employment Services (SES)**

220 Church Street, Room 324  
(Entrance at 40 Worth Street)  
New York, NY 10013  
(212) 442-1355

[www.nyc.gov/html/dfta/html/volunteering/job\\_training\\_and\\_placement.shtml](http://www.nyc.gov/html/dfta/html/volunteering/job_training_and_placement.shtml)

SES assists NYC residents aged 55 or older seeking work opportunities. Services include computer and customer service training and job placement. Participants must meet low-income eligibility and be

unemployed and interested in obtaining a part- or full-time job.

**ReServe, Inc.**

633 Third Avenue, 6th Floor  
New York, NY 10017  
(212) 727-4335  
Email: [info@reserveinc.org](mailto:info@reserveinc.org)

ReServe is a nonprofit organization that places retired professionals and other skilled retirees in compensated part-time community service positions where their skills and talents are specifically needed.

**NYC Service**

253 Broadway, 8th Floor  
New York, NY 10007  
(212) 788-7550  
[www.nycservice.org](http://www.nycservice.org)

Match your expertise to volunteer assignments in public and nonprofit agencies.

## Financial and Tax Assistance

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

### Center for NYC Neighborhoods

17 Battery Place, Suite 728

New York, NY 10004

General: 212-566-3050

Foreclosure Help: 646-786-0888  
or 3-1-1 (ask for Center for NYC  
Neighborhoods)

<http://cnycn.org/>

The Center for NYC Neighborhoods provides help to homeowners facing foreclosure. On their website, you can find information about flood protection, assistance with transitioning between homes, the New York State Mortgage Assistance Program, and a Homeowner Financial Toolkit.

### Free Credit Reports

P.O. Box 105283

Atlanta, GA 30348

(877) 322-8228

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

Under U.S. federal law, the national credit reporting companies Equifax, Experian, and TransUnion are required

to provide a free credit report once a year upon request. You can request a free credit report at the following link: <https://www.annualcreditreport.com/requestReport/landingPage.action>

### Credit Freeze Options

Victims of identity theft can request a Security Freeze on credit files in order to prevent strangers from acquiring credit with one's personal information. To learn more about credit freezes, visit the following link:

<https://www.dos.ny.gov/consumerprotection/pdf/Security%20Freeze031116.pdf>

Request a Security Freeze by contacting the national credit reporting companies listed below:

#### TransUnion LLC

P.O. Box 2000

Chester, PA 19016

(888) 909-8872

<https://freeze.transunion.com>

#### Equifax Security Freeze

P. O. Box 105788

Atlanta, GA 30348

(800) 349-9960

<https://www.freeze.equifax.com>

## **Experian**

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

<https://www.experian.com/freeze>

## **New Economy Project**

121 West 27th Street, Suite 804  
New York, NY 10001  
(212) 680-5100

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

The New Economy Project offers resources to protect New Yorkers from predatory financial tactics, including information about community development credit unions and individual rights regarding payday loans, debt collection, creditor lawsuits, immigrants' financial rights, and credit reports. The project also runs a Financial Justice Hotline at (212) 925-4929.

## **Financial Empowerment Centers:**

The NYC Department of Consumer Affairs helps to organize Financial Empowerment Centers, where financial counselors provide free assistance on issues such as debt, credit, budgeting, and bank accounts. You can make an appointment at any Center by calling 3-1-1.

The following Financial Empowerment Centers are located in our district:

### **Midtown Community Court (MCC)**

314 West 54th Street  
New York, NY 10019  
Tuesday - Thursday: 9am - 4pm

### **Neighborhood Housing Services of New York City**

307 West 36th Street, 12th Floor  
New York, NY 10018  
Monday, Tuesday, Thursday, and Friday: 9am - 6pm  
Wednesday: 9am - 1pm

### **NYC Free Tax Filing**

Food Bank For New York City -  
Countee Cullen Library  
71 Street Nicholas Avenue  
Manhattan, NY 10026  
(212) 566-7855  
<http://www.foodbanknyc.org/taxhelp>

New York City offers free online and in-person tax filing services for low-income individuals and families. Information about eligibility and online filing can be found at <https://www1.nyc.gov/site/dca/consumers/file-your-taxes.page>

## Hospitals & Healthcare

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

### **Bellevue Hospital Center**

462 First Avenue  
New York, NY 10016  
(212) 562-4141

### **Beth Israel Senior Health**

275 Eighth Avenue  
New York, NY 10011  
(212) 463-0101  
(Senior Health Program number. Senior Health patients can also call this number to get in touch with a doctor after 5 pm or weekends).  
(212) 206-1299 (House Calls Number)  
[http://www.wehealny.org/services/bi\\_seniorhealth/index.html](http://www.wehealny.org/services/bi_seniorhealth/index.html)

Beth Israel Senior Health is a geriatrics practice affiliated with Mount Sinai Beth Israel that offers a wide range of medical and support services.

### **Columbia Care**

212 East 14th Street  
New York, NY 10003  
(646) 453-7178

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

Columbia Care is a medical marijuana dispensary in New York, providing pharmaceutical-grade products to qualifying patients in New York.

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

30 Seventh Avenue  
New York, NY 10011  
(646) 665-6000

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

LHGV is Manhattan's first freestanding emergency medical department. Patients requiring admittance are transferred to hospitals within the metropolitan area.

### **Mount Sinai Beth Israel**

280 First Avenue  
New York, NY 10003  
(212) 420-4521

### **Mount Sinai Roosevelt Hospital**

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

### **New York Eye and Ear Infirmary of Mount Sinai**

310 East 14th Street  
New York, NY 10003

(212) 979-4200

Hours: 9am - 5pm (Monday - Friday)

To speak with a representative about finding a doctor who will meet your health needs, call the Physician Referral Line at (212) 979-4472, available Monday through Friday from 9am - 5pm.

### **NYU Hospital for Joint Diseases**

301 East 17th Street  
New York, NY 10003  
Phone: (212) 598-6000

### **NYU Langone Medical Center: Tisch Hospital**

550 First Avenue  
New York, NY 10016  
(212) 263-5800

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

### **St. Luke's Roosevelt Hospital**

425 W 59th Street  
New York, NY 10019  
(212) 492-5500

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

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

Manhattan Campus:  
423 East 23rd Street  
New York, NY 10010  
(212) 686-7500

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

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

462 First Avenue

New York, NY 10016

Medicaid offices are open from: 9am to 5pm, Monday through Friday.

(718) 557-1399

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

Medicaid is a social health care program funded by the federal and state government for low-income adults, children, pregnant women, elderly adults, and people with disabilities. Seniors with disabilities or who are low-income can be dually enrolled in Medicaid and Medicare.

\*Temporarily closed as of 2016 due to Sandy-related damage

## Housing

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

### **Encore West Residence**

755 Tenth Avenue (between 51st and 52nd St.)

New York, NY 10019

(212) 991-3727

[www.encorecommunityservices.org/encore-west-residence](http://www.encorecommunityservices.org/encore-west-residence)

Encore West Residence provides affordable housing for low-income seniors aged 62 or older who meet income criteria. The residence offers onsite services and recreational activities.

### **Evelyn and Louis Green Residence at Cooper Square (JASA-Housing Services)**

200 East 5th Street

New York, NY 10003

(212) 273-5272

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

The residence offers group activities, social services, and special safety features including on-duty social workers.

### **Fredric Fleming Residence**

443 West 22nd Street

New York, NY 10011

(212) 242-5277

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

Fredric Fleming residence is an assisted living facility that offers residents aged 55 or older independent living options and daily support services.

### **Harborview Terrace Senior Building**

525 West 55th Street

New York, NY 10019

(212) 757-1051

[www.nyc.gov/html/nycha/html/developments/manharborview.shtml](http://www.nyc.gov/html/nycha/html/developments/manharborview.shtml)

NYCHA public housing built specifically for seniors. To be eligible, you and all other household members must be at least 62 years of age, and income cannot exceed established income limits. You must apply through the NYCHA application process. For more information, call 3-1-1 and ask for NYCHA.

### **New York Foundation for Senior Citizens (NYFSC): Clinton Gardens**

404 West 54th Street

New York, NY 10019

(212) 489-9339

[www.hitesite.org/Members/ResourceDetails.aspx?resourceId=16925](http://www.hitesite.org/Members/ResourceDetails.aspx?resourceId=16925)

Clinton Gardens offers 100 units of subsidized and Enriched Housing for low-income seniors aged 62 or older. The Enriched Housing Program assists with personal care, housekeeping, shopping, meal preparation, medical appointments, and other personal needs.

### **Home Sharing Program**

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

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

NY Foundation for Senior Citizens' Home Sharing Program matches senior citizens aged 60 years or older living in NYC with compatible persons in need of housing. This program promotes companionship and relieves financial hardship.

### **VillageCare**

510 West 46th Street  
New York, NY 10036  
(212) 977-4600

[www.46and10village.org](http://www.46and10village.org)

VillageCare serves people with chronic conditions as well as seniors in need of continuing care and rehabilitation services. They offer a variety of community and residential programs as well as managed

care. VillageCare at 46th Street and Tenth Avenue, an assisted living program, is a market-rate senior living community with on-site services and recreational and social activities for seniors aged 62 years or older.

### **Rehabilitation and Nursing Center**

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

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

The six-story, 105-bed Rehabilitation and Nursing Center is the first newly built skilled nursing facility in Manhattan in more than 50 years. The facility features state-of-the-art medical care and an environment designed to promote healing and wellbeing.

### **Adult Day Health Care Program**

121A West 20th Street  
New York, NY 10011  
(212) 337-5870

[www.villagecare.org/communitycare/AADHC/](http://www.villagecare.org/communitycare/AADHC/)

VillageCare's AIDS Adult Day Health Care program is a responsive and inclusive treatment setting providing adult day health care for persons



living with HIV/AIDS. They provide meals and Metro Cards. Their services are for Medicaid-eligible persons. Applicants for day treatment must be at least 18 years old, live in the metropolitan area, and require HIV/AIDS medical monitoring.

### **NORC (Naturally Occurring Retirement Community)**

NORCs are multi-age housing developments or neighborhoods that were not originally built for seniors but now are home to a significant number of older persons. Here you can find a list of NORCs in our district:

#### **Phipps Plaza NORC**

520 Second Avenue, ground floor

New York, NY 10016

(212) 683-6583

Hours: 9am - 5pm (Monday - Friday)

#### **Elliott-Chelsea NORC**

430 West 26th Street

New York, NY 10001

(212) 924-2626

#### **Lincoln House Outreach NORC**

303 West 66th Street

New York, NY 10023

(212) 875-8958

Hours: 9am - 4pm (Monday - Thursday); 9am - 2:30pm (Friday)

#### **Lincoln Square NORC**

250 West 65th Street

New York, NY 10023

(212) 874-0860

Hours: 9am - 5pm (Monday - Friday)

#### **Penn South Program for Seniors**

290 Ninth Avenue

New York, NY 10001

(212) 243-3670

Hours: 9am - 5pm (Monday - Friday)

## Legal Assistance

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

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

42 West 44th Street  
New York, NY 10036  
(212) 382-4722

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

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

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

777 Tenth Avenue  
New York, NY 10019  
(212) 541-5996  
[www.hcc-nyc.org](http://www.hcc-nyc.org)

HCC offers a range of civil legal services including representation on benefit, consumer, landlord/tenant, immigration and trusts/estates matters to eligible low- and moderate-income tenants, tenant associations, HDFC shareholders and other community organizations located in the Hell's Kitchen/Clinton neighborhoods (from 34th to 72nd Street, and from Eighth Avenue to the Hudson River).

### **Housing Court Answers**

111 Centre Street, 2nd Floor  
Clerk's Office - Room 225  
New York, NY 10013  
(212) 962-4795

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

Hours: 9am - 4pm (Monday - Friday)

Housing Court Answers provides information tables in the city's housing courts and staffs a hotline for callers with information about housing law, rent arrears assistance, and homeless prevention guidance. They also provide telephone assistance from 9am - 5pm, Tuesday - Thursday. The office may be closed between 1pm and 2pm on weekdays.

## **LawHelpNY**

42 West 44th Street  
New York, NY 10036

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

Find free legal aid for low-income citizens in New York and information about your legal rights, courts, and more pertaining to New York State. The website contains a hotline list guiding you to help with your specific needs.

## **Legal Aid Society**

199 Water Street  
New York, NY 10038  
(212) 577-3300

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

Legal Aid Society is a non-profit organization that offers legal services to low-income New Yorkers. They work on civil, criminal, and juvenile rights cases. The Society also has an "Access to Benefits Helpline," which provides direct assistance and referrals to those in need of legal assistance to obtain benefits or resolve employment issues.

Employment, Health, and Government Benefits Helpline:  
(888) 663-6880

Hours: 9:30am - 12:30pm  
(Tuesday - Thursday)

## **Immigration Helpline:**

(844) 955-3425

Hours: 9:30am - 12:30pm  
(Monday - Friday)

Manhattan Legal Services  
40 Worth Street, Suite 606  
New York, NY 10013  
(646) 442-3100

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

Manhattan Legal Services provides legal assistance to low-income residents of Manhattan through free legal representation, advocacy, and community education. They primarily work in the following areas: family law, housing law, government benefits, HIV/AIDS, consumer protection, and immigration.

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

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

Hotline: (212) 335-9007

[www.manhattanda.org/resources-victims-elder-abuse](http://www.manhattanda.org/resources-victims-elder-abuse)

The Manhattan District Attorney's Elder Abuse Unit investigates and prosecutes crimes involving victims aged 60

and over. They provide services in investigation and prosecution, assistance in obtaining an Order of Protection, and emergency housing if needed, consultation, social services referrals, and review by the Narcotics Eviction Program for evictions of drug dealers from a senior's residential or commercial premises.

### **MFY Legal Services**

299 Broadway, 4th Floor  
New York, NY 10007  
(212) 417-3700  
[www.mfy.org](http://www.mfy.org)

MFY provides free legal assistance to New Yorkers on a variety of civil legal issues, including issues related to senior citizens.

### **Manhattan Seniors Project**

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

Manhattan Seniors Project provides a wide range of civil legal services to low-income seniors including benefits, health care, consumer, and abuse issues, prioritizing those at risk of losing their housing and independence.

### **Kinship Caregiver Law Project** [www.mfy.org/projects/kinship-caregiver-law-project](http://www.mfy.org/projects/kinship-caregiver-law-project)

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

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

7 Hanover Square, 18th Floor  
New York, NY 10004  
(212) 613-5000  
[www.nylag.org](http://www.nylag.org)

NYLAG is a nonprofit law office providing free civil legal services to low-income New Yorkers. Elder Law Specialists work with seniors to address issues related to entitlements, health care, nursing home/hospital rights, guardianship, abuse and neglect, consumer matters, and other issues affecting seniors.

### **Urban Justice Center**

40 Rector Street, 9th Floor  
New York, NY 10006  
(646) 602-5600  
[www.urbanjustice.org](http://www.urbanjustice.org)

The Urban Justice Center provides direct legal

services, advocacy, political organization, and community education to New York's most vulnerable populations. The center is comprised of 10 different projects: Community Development, Domestic Violence, Safety Net, Human Rights, Iraqi Refugee Assistance, Mental Health, Peter Cicchino Youth, Sex Workers, Street Vendor, and Veteran Advocacy.

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

1 East 53rd St., 6th Floor  
New York, NY 10022  
(212) 319-2787, ext. 1  
[www.vlany.org](http://www.vlany.org)

VLA provides pro bono arts-related legal representation to low-income individual artists and nonprofit arts organizations and a broad range of other services for the arts community, including legal counseling, educational programs, advocacy, and alternative dispute resolution.

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

281 Park Avenue South  
New York, NY 10010  
(212) 966-4400  
[www.volsprobono.org](http://www.volsprobono.org)

The VOLS Elderly Project provides free legal services to low-income Manhattan residents aged 60 or older by conducting 12 monthly legal advice clinics at senior centers (including Encore Community Services at 239 W. 49th St) that provide legal information and advice to elder services case managers, social workers and advocates. The project also coordinates volunteer attorneys to represent eligible seniors seeking assistance with Life Planning Documents.

## LGBT Services

The following resources offer support and programming to LGBT individuals. Additionally, the Office of the New York City Comptroller has published an LGBTQ Guide of Services and Resources that you can access online at <https://comptroller.nyc.gov/services/for-the-public/lgbtq-directory/>

### **Gay, Lesbian, Bisexual & Transgender National Hotline** (212) 989-0999

Hours: 4pm - 12am (Weekdays);  
12pm - 5pm (Saturdays)

Email: [help@GLBThotline.org](mailto:help@GLBThotline.org)  
<http://www.glnh.org>

This free and anonymous hotline offers peer counseling and referrals for services available to LGBT individuals nationwide. The hotline is run by the LGBT National Help Center, which also operates an Online Peer-Support Chat program. You can visit the website above for more information.

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

208 West 13th Street  
New York, NY 10011  
(212) 620-7310

Email: [info@gaycenter.org](mailto:info@gaycenter.org)  
<https://gaycenter.org/home>

The Center provides social service, public policy, educational, cultural, and recreational programs designed to nurture and empower LGBT people. Programming and support services include substance abuse treatment and prevention, HIV-related concerns, bereavement, transgender issues, coming out matters, and other mental health needs.

### **Mount Sinai Health Systems LGBT Health Services**

Mount Sinai Health Systems provides primary, specialty, and hospital care for LGBT individuals, transgender health services including a Center for Transgender Medicine & Surgery, patient navigation services, and health education for LGBT organizations throughout the city. The two Mount Sinai hospitals in our district are:

### **Mount Sinai Beth Israel**

First Avenue at 16th Street  
New York, NY 10003  
(212) 420-2000 or (212) 857-9980

and

**Mount Sinai West**

1000 Tenth Avenue  
New York, NY 10019  
(212) 523-4000 or (212) 857-9990

Services and Advocacy for  
GLBT Elders (SAGE)  
305 Seventh Avenue, 15th Floor  
New York, NY 10001  
National Headquarters:  
(212) 741-2247

**SAGE Center Midtown:**

(646) 576-8669  
<http://www.sageusa.org/>

SAGE is a national organization that advocates on behalf of elderly LGBT individuals through policy work, partnerships, and local community centers throughout the United States. It offers a variety of services including cultural, health and wellness, and workforce development programs. You can contact the SAGE LGBT Elderly Hotline at (888) 234-SAGE.

## Long-Term Care

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

### **Eldercare Locator**

(800) 677-1116

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

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

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

Washington, DC 20201

(202) 619-0724

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

LongTermCare.gov is a

government website run by the U.S. Department of Health and Human Services. The website provides information about the services and supports included in long-term care and payment methods.

### **New York City Human Resources Administration**

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

The NYS Partnership for Long-Term Care (NYSPLTC) is a unique Department of Health program combining private long-term care insurance and Medicaid Extended Coverage (MEC). Its purpose is to help New Yorkers financially prepare for the possibility of needing nursing home care, home care, or assisted living services. The program works by allowing an individual or couple who purchases a partnership insurance policy and allows those who purchase a policy to insure their assets (depending on the type of policy purchased) under the Medicaid program if their long-term care needs extend beyond the period covered by their policy.

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



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

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

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

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

The Department of Health’s website includes this guide that explains how to choose a long-term care plan.

### **Managed Long-Term Care Plan Directory**

[www.health.ny.gov/health\\_care/managed\\_care/mltc/mltcplans.htm](http://www.health.ny.gov/health_care/managed_care/mltc/mltcplans.htm)

The Managed Long Term Care Program provides health and long-term care services to adults with chronic illness or disabilities. This link takes you to a directory of long-term care plans in New York State.

## Nutrition & Food Assistance

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

### **Citymeals-on-Wheels**

355 Lexington Avenue  
New York, NY 10017  
(212) 687-1234  
[www.citymeals.org](http://www.citymeals.org)

Citymeals-on-Wheels prepares and delivers meals to homebound and elderly New Yorkers aged 60 years or older and physically or mentally incapacitated, unable to prepare meals, and able to live safely at home if services are provided to them.

### **Encore Home Delivered Meals**

220 West 49th Street  
New York, NY 10019  
(212) 246-0880  
Hours: 9am - 5pm (Monday - Friday)  
Registration: 9am - 12pm  
(Tuesday and Wednesday)  
[www.wsiaca.org/  
resourcedirectory/?orgID=140](http://www.wsiaca.org/resourcedirectory/?orgID=140)

For frail and homebound seniors who are unable to attend the Center, hot meals are delivered to their door, as part of Encore's Meals-on-Wheels Program. A donation of \$1.00 per meal is suggested.

**Weekend Home-delivered Meals:** Hot meals are delivered to homebound seniors, so that they have meals for both Saturday and Sunday. If seniors prefer, they can substitute a package of non-perishable food items for the Sunday hot meal.

### **Food Bank for New York City**

39 Broadway, 10th Floor  
New York, NY 10006  
(212) 566-7855  
[www.foodbanknyc.org/about-food-bank](http://www.foodbanknyc.org/about-food-bank)

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

### **God's Love We Deliver**

(212) 294-8102  
[www.glwd.org](http://www.glwd.org)

The Home Delivered Meal Program provides home-delivered meals to clients all over New York City. If you are living with a life-altering illness and have difficulty shopping or cooking, call to find out more information about becoming a client.

### **Middle Collegiate Church**

50 East 7th Street

New York, NY 10003

(212) 477-0666

<http://www.middlechurch.org/justice/food>

Middle Collegiate Church offers several meal programs, including free lunches and a dinner program for individuals with HIV/AIDS. From Easter until Thanksgiving, Middle Collegiate Church gives out sandwiches in nearby parks every Sunday at 12:30pm, and serves a meal at the Church at 12:30pm on Sundays after services.

### **New York City Coalition**

#### **Against Hunger**

50 Broad Street, Suite 1520

New York, NY 10004

(212) 825-0028

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

The New York City Coalition Against Hunger (NYCCAH) represents and is the voice for

the more than 1,100 nonprofit soup kitchens and food pantries in New York City and the 1.4 million low-income New Yorkers who live in households that can't afford enough food.

### **WhyHunger**

505 Eighth Avenue, Suite 2100

New York, NY 10018

(212) 629-8850

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

WhyHunger is a leader in building the movement to end hunger and poverty by connecting people to nutritious, affordable food and by supporting grassroots solutions that inspire self-reliance and community empowerment.

### **Soup Kitchens and Food Pantries:**

#### **MIDTOWN**

(serving: 10001, 10010, 10016, 10017, 10018, 10019, 10022, 10036):

#### **Sacred Heart of Jesus Church**

457 West 51st Street, 10019

(212) 265-5020

Food Pantry: Every 2nd & 4th

Wednesday, 4:30pm - 5:30pm

Registration is on Fridays, 10am - 11am. Photo ID and proof of address required.

**St. Paul's House**

335 West 51st Street, 10019  
(212) 265-5433

Soup Kitchen: Mondays,  
Wednesdays, and Fridays,  
7:30am - 8:30am

Food Pantry: Tuesdays,  
10am - 11am

Must live between West 28th St.  
- West 60th St. for food pantry,  
two proofs of address and photo  
ID required. Business clothing  
available Tuesdays.

**Crossroads Community**

Services at Saint Bartholomew's  
Church

108 East 51st Street, 10022  
(212) 378-0231

Soup Kitchen: Sundays,  
Mondays, and Wednesdays,  
7am - 8:30am; Monday - Friday,  
5:30pm - 6:30pm

Food Pantry: Thursday  
appointment necessary,  
call (212) 378-0234 to get an  
appointment time.

**St. Clement's Episcopal Church**

423 West 46th Street, 10036  
(212) 246-7277

Food Pantry: Fridays, 4pm -  
6am; Saturdays (except for every  
1st Saturday), 9am - 11am

**St. Luke's Lutheran Church**

308 West 46th Street, 10036  
(212) 246-3540

Soup Kitchen: Tuesdays and

Thursdays, 1pm - 2pm

**Crossroads Food Pantry**

329 West 42nd Street, 10036  
(212) 246-4732

Food Pantry: Every other

Saturday, 11:30am - 1pm

Proof of residence and income  
required.

**Relief Bus Mobile Resource  
Center**

9th Ave. (between 40th Street  
and 41st Street), 10036  
(800) 736-2773

Soup Kitchen: Saturdays, 8pm -  
10pm

**The Dwelling Place of NY, Inc.**

409 West 40th Street, 10018  
(212) 564-7887

Soup Kitchen: Wednesdays,  
5:30pm - 6:30pm

Only for women at least 30 years  
old. ID required for first visit.  
Must be sober.

**Metro Baptist Church**

410 West 40th Street, 10018  
(212) 594-4464

Food Pantry: Saturdays, 11am  
- 11:30am (except on the 5th  
Saturday per month)

One visit per month. ID  
and proof of address for all  
household members required.

**Sylvia Rivera Food Pantry**

446 West 36th Street, 10018

(212) 629-7440

Soup Kitchen: Tuesday - Friday,  
2pm - 3pm

Food Pantry: Thursdays, 9am -  
10am

Bring your own bag for pantry.

### **Holy Apostles Soup Kitchen**

296 9th Avenue (corner of 28th  
Street), 10001

(212) 924-0167

Soup Kitchen: Monday - Friday,  
10:30am - 12:30pm

Referrals are available to  
services such as haircuts,  
clothing pantries, benefits,  
eyeglasses, etc. Soup kitchen  
(non-state) photo IDs can be  
created, which are available  
during soup kitchen hours in  
the counseling office at rear of  
the dining area.

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

210 West 31st Street, 10001

(212) 564-9070 x203

Food Pantry: Wednesdays,  
12:30pm - 2:30pm

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

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

135 West 31st Street, 10001

(212) 736-8500

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

Sandwiches and coffee. Line

starts at around 6:30am.

### **CHELSEA, WEST VILLAGE**

(serving: 10011-10014):

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

346 West 20th Street, 10011

(212) 929-2390

Food Pantry: Wednesdays  
and Fridays, 10am - 12pm;

Saturdays, 11am - 11:30am

Referral required.

#### **Hope for Our Neighbors in Need at Church of the Village**

201 West 13th Street, 10011

(212) 243-5470

Soup Kitchen: Saturdays,  
12pm - 1:30pm

Food Pantry: Tuesdays, 1pm -  
2:30pm

Doors open 30 minutes before  
food service begins.

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

132 West 14th Street, 10011

(212) 337-7469

Soup Kitchen: Monday -  
Thursday, 12pm - 1pm

Food Pantry: Monday - Friday,  
9:30am - 11am, 1:30pm - 3pm

Photo ID and proof of address in  
10002-10007, 10009-10014, 10038,  
10041, 10047, 10048 required at  
first visit for pantry.

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

55 West 15th Street, 10011

(212) 627-2100

Soup Kitchen: Sunday,  
1pm - 3pm.

Seniors and disabled individuals line up on West 16th St. for soup kitchen; all others on West 15th St. (elevator for those unable to navigate stairs on West 15th St).

Food Pantry: Customer choice pantry 2nd Saturday of each month from 10am - 11:30am

Emergency Pantry: Monday - Friday, 10am - 6pm

Customer choice pantry open only to residents of 10001-10003, 10009-10014, 10016. ID and proof of address required for customer choice pantry (not necessary for emergency pantry). Emergency pantry only available once every six months.

### **Church of the Ascension**

12 West 11th Street, 10011

(212) 254-8620

Food Pantry: Every 3rd  
Saturday, 8:30am

Arrive early - there are often 200+ people in line. Line up on W. 11th St. starting at 5th Ave.

### **St. Joseph's Church**

371 Sixth Avenue, 10014

(347) 886-6345

Soup Kitchen: Saturdays,

1:30pm - 3:30pm

### **Judson Memorial Church**

55 Washington Square South,  
10012

(212) 477 0351

Potluck Meal: Every 1st  
Wednesday

Doors open at 7pm, food is distributed at 7:15pm and is followed by a performance.

### **Hebrew Union College - Jewish Institute of Religion Soup Kitchen**

1 West 4th Street, 10012

(212) 674-5300

Soup Kitchen: Mondays, 5pm - 6pm (summer hours: 5pm - 5:30pm)

Entrance on Mercer Street.

During school year, warm balanced meals, clothing, toiletries, and free legal advice from NYU law students inside.

### **LOWER EAST SIDE, EAST VILLAGE** (serving: 10002, 10003, 10009):

### **Father's Heart Ministries**

543 East 11th Street, 10009

(212) 375-1765

Soup Kitchen: Tuesdays, 6pm - 7pm (for children, teens & their families), Saturdays, 10am - 11am (except every 1st Saturday of the month).

Food Pantry: Tuesdays, 6pm -

6:30pm; Saturdays, 10am - 11am (except every 1st Saturday of the month)

SNAP (food stamps) pre-screenings available. Free GED and ESL classes Saturdays, 10am - 11:30am; Tuesdays, 6pm - 7:30pm.

### **Trinity's Services and Food for the Homeless**

602 East 9th Street, 10009

(212) 228-5254

Soup Kitchen: Monday - Friday, 11am - 12pm

Food Pantry: Monday - Thursday, 12:30pm - 1:30pm.

ID for all family members required. Pantry is client choice, may receive once a month. Last number called at 1:30pm.

### **WEST OF CENTRAL PARK**

(serving; 10023, 10024, 10025):

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

120 West 69th Street, 10023

(212) 580-8179

Soup Kitchen: Monday - Friday, 9:30am - 10:30am.

Brown bag meal. Operates on all holidays.

#### **Blessed Sacrament Church**

146 West 70th Street, 10023

(212) 873-9224

Soup Kitchen: Sundays starting at 2pm.

Brown bag meal. Closed July & August.

### **Farmers' Markets**

New Yorkers can access foods straight from the farm in two ways: farmers' markets and community supported agriculture programs or CSAs. CSA members purchase "shares" in an entire season of high quality, fresh produce grown by local farmers. Members usually pay for their shares in advance, but some CSAs adjust payment to income, accept food stamp benefits, and allow some members to pay week to week. All farmers' markets listed accept EBT/ SNAP (food stamps).

### **MIDTOWN**

(serving: 10001, 10010, 10016, 10017, 10018, 10019, 10020, 10028, 10036):

57th St. Greenmarket  
West 57th Street & 9th Avenue, 10019

Apr 19 - Dec 20: Saturdays

May 7 - Dec 17: Wednesdays

Always 8am - 5pm



**CHELSEA, WEST VILLAGE**  
(serving: 10011-10014):

**Chelsea Farmers' Market**

North side of West 23rd Street  
(east of 9th Avenue), 10011  
Jun 7 - Nov 22: Saturdays  
Always 9am - 5pm

**PS 11 Farm Market**

West 21st Street (between 8th  
Avenue & 9th Avenue), 10011  
Jun 11 - Nov 19: Wednesdays  
Always 8am- 11am

**Abingdon Square Greenmarket**

West 12th Street & Eighth  
Avenue, 10014  
Saturdays, year-round  
Always 8am - 2pm

**LOWER EAST SIDE, EAST  
VILLAGE** (serving: 10002,  
10003, 10009):

**St. Mark's Church  
Greenmarket**

East 10th Street &  
Second Avenue, 10003  
Jun 3 - Nov 25: Tuesdays  
Always 8am - 6pm

**Stuyvesant Town Greenmarket**

14th Street Loop & Avenue A  
(in the Oval), 10009  
May 4 - Nov 23: Sundays  
Always 9:30am - 4pm

**Tompkins Square Greenmarket**

East 7th Street & Avenue A,  
10009

Sundays, year-round  
Always 9am - 6pm

**WEST OF CENTRAL PARK**  
(serving: 10023, 10024, 10025):

**Tucker Square Greenmarket**

West 66th Street & Columbus  
Avenue, 10023  
Thursday - Saturday, year-round  
Always 8am - 5pm

**CSA Programs:**

Note that sign up is generally  
March to May, with the first  
pickup in June or July and  
the last one in late October or  
early November. As a rule,  
late sign up is not permitted.  
Check [justfood.org/casloc](http://justfood.org/casloc) for a  
complete list of all CSAs in the  
city.

**The West Village CSA**

Pickup: The Church of Saint  
Francis Xavier  
46 West 16th Street (between 5th  
and 6th Avenues)  
New York, NY 10011  
Email: [info@westvillagecsa.org](mailto:info@westvillagecsa.org)  
[www.westvillagecsa.org](http://www.westvillagecsa.org)

**Washington Square CSA**

Pickup: St. Marks in the Bowery  
131 East 10th Street  
New York, NY 10003  
Email: [info@](mailto:info@)



washingtonsquarecsa.com  
www.washingtonsquarecsa.com

### **Merchants' Gate CSA**

Pickup: John Jay College of  
Criminal Justice  
860 Eleventh Avenue (between  
58th and 59th Streets)  
New York, NY 10019  
Email: merchantsgatecsa@gmail.  
com  
[www.merchantsgatecsa.org](http://www.merchantsgatecsa.org)

### **14th St Y CSA**

Pickup: 14th Street Y  
344 East 14th Street  
New York, NY 10003  
Email: alice14ycsa@aol.com  
[www.14streety.org/laba/the-14th-street-y-csa](http://www.14streety.org/laba/the-14th-street-y-csa)

### **Neighborhood School CSA**

Pickup: Neighborhood School  
121 East 3rd Street  
New York, NY 10009  
Email: neighborhoodschoolcsa@  
gmail.com

### **Hell's Kitchen CSA**

Pickup: Signature Theater Cafe  
480 West 42nd Street  
New York, NY 10036  
Email: suzannah.schneider@  
katchkiefarm.com  
[www.katchkiefarm.com/csa](http://www.katchkiefarm.com/csa)

### **Mae Mae CSA**

Pickup: Cafe Mae Mae  
68 Vandam Street  
New York, NY 10013  
Email: suzannah.schneider@  
katchkiefarm.com  
[www.katchkiefarm.com/csas/mae-mae-cafe-community-csa](http://www.katchkiefarm.com/csas/mae-mae-cafe-community-csa)

## NYPD Police Precincts

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

### 1st Precinct

16 Ericsson Place  
New York, NY 10013-2411  
(212) 334-0611  
Community Affairs: (212) 334-0640  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_001.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_001.shtml)

The Precinct Community Council meetings are held at 6:30pm on the last Thursday of each month at the First Precinct.

### 6th Precinct

233 West 10th Street  
New York, NY 10014  
(212) 741-4811  
Community Affairs: (212) 741-4826  
[http://www.nyc.gov/html/nypd/html/precincts/precinct\\_006.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_006.shtml)

The Precinct Community Council meetings are held on the last Wednesday of each

month at 25 Carmine Street, New York, NY 10014, at 7:30pm.

### 9th Precinct

321 East 5th Street  
New York, NY 10003  
(212) 477-7811  
Community Affairs: (212) 477-7805  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_009.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_009.shtml)

The Precinct Community Council meets on the third Tuesday of the month at 7pm at the 9th Precinct located at 321 East 5th Street.

### 10th Precinct

230 West 20th Street  
New York, NY 10011  
(212) 741-8211  
Community Affairs: (212) 741-8226  
[www.nyc.gov/html/nypd/html/precincts/precinct\\_010.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_010.shtml)

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

### 13th Precinct

230 East 21st Street  
New York, NY 10010  
(212) 477-7411

Community Affairs:

(212) 477-7427

[www.nyc.gov/html/nypd/html/precincts/precinct\\_013.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_013.shtml)

The Precinct Community Council meets on the third Tuesday of the month at the 13th Precinct at 6:30pm.

### **17th Precinct**

167 East 51st Street  
New York, NY 10022

(212) 826-3211

Community Affairs: (212) 826-3228

[www.nyc.gov/html/nypd/html/precincts/precinct\\_017.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_017.shtml)

The Precinct Community Council meets on the last Tuesday of every month at 6pm at Sutton Place Synagogue, 225 East 51st Street.

### **20th Precinct**

120 West 82nd Street  
New York, NY 10024

(212) 580-6411

Community Affairs:  
(212) 580-6428

[www.nyc.gov/html/nypd/html/precincts/precinct\\_020.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_020.shtml)

The Precinct Community Council meetings are usually

held the fourth Monday of each month (except July and August) at the 20th Precinct at 7pm.

### **Midtown South Precinct**

357 West 35th Street  
New York, NY 10001-1701  
(212) 239-9811

Community Affairs: (212) 239-9846

[www.nyc.gov/html/nypd/html/precincts/precinct\\_014.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_014.shtml)

The Precinct Community Council meets on the third Thursday of the month at 7pm at the New Yorker Hotel.

### **Midtown North Precinct**

306 West 54th Street  
New York, NY 10019

(212) 767-8400

Community Affairs: (212) 767-8447

[www.nyc.gov/html/nypd/html/precincts/precinct\\_018.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_018.shtml)

The Precinct Community Council meets every third Tuesday of the month at 7pm at the Midtown North Pct. Station House. Meetings are not held in July/August.

## Pet Care

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

### **Paws NY**

(212) 203-4760

<http://pawsny.org/>

Through Paws NY's Housecall Program, volunteers visit the homes of eligible senior pet owners to provide services, including dog walking, litter maintenance, medication administration, and food and water provision.

### **Therapy Dogs International**

(973) 252-9800

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

<http://www.tdi-dog.org/>

Therapy Dogs International (TDI) provides therapy dog visits to homes, nursing homes, shelters, and hospitals as well as therapy dog support during hospice care.

## Senior Centers

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

### **The Educational Alliance's Sirovich Senior Center**

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

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

The Sirovich Center offers free breakfast (8:30am – 10am), lunch (12pm – 1pm), and dinner (5pm – 6pm) to people aged 60 or older. They also offer a variety of other services, including arts and cultural educational programs, health and wellness workshops, ballroom dancing, line/jazz dancing, Zumba, computer lab access, an Asian choral group, an Asian dance group, cooking classes, movie matinees, yoga, tai chi, and karaoke.

### **Encore Senior Center**

239 West 49th Street

New York, NY 10019

(212) 581-2910

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

The Encore Senior Center is open from 9am - 4pm, Monday through Friday. They offer lectures and discussion groups on various subjects, such as crime prevention, nutrition, legal rights, fire safety, and estate planning. They also offer a variety of activities, such as yoga, tai chi, salsa movement, painting classes, movies, trips, birthday celebrations, bingo, concerts, and holiday parties. From 9am - 10am, the Center also offers a breakfast cart to seniors for a small fee.

### **Goddard Riverside Senior Center**

593 Columbus Avenue (at 88th Street)

New York, NY 10024

(212) 873-6600

[www.goddard.org/page/senior-centers-57.html](http://www.goddard.org/page/senior-centers-57.html)

Goddard Riverside Senior Center offers a variety of programs and resources for its senior members. Some of the services provided include breakfast and lunch, social events, benefits advocacy,

wellness health and nutrition classes, trips, community partnerships, arts and music workshops, and much more. There are also on-site staff members available to help with housing issues.

### **Greenwich House Senior Centers**

122 West 27th Street, 6th Floor  
New York, NY 10001  
(212) 991-0003

[www.greenwichhouse.org/  
senior\\_center/index](http://www.greenwichhouse.org/senior_center/index)

Greenwich House provides services for seniors in and around Greenwich Village. Their senior centers offer meals and a variety of activities, including poetry, health lectures, painting, bingo, exercise classes, movies, sing-a-longs, card playing, and day trips. Staff members also help seniors obtain the services, benefits, entitlements and referrals that they need.

### **Senior Center on the Square**

20 Washington Square North  
New York, NY 10011

(212) 777-3555, Ext.106

Lunch: 12:15pm - 1:15pm (1st Seating), 1:15pm - 2:15pm (2nd Seating)

### **Judith C. White Senior Center**

27 Barrow Street, 4th Floor

New York, NY 10014-3823

Phone: (212) 242-4140, Ext. 260

Fax: (212) 463-0165

Breakfast: 9am - 10 am

Lunch: 12pm - 1pm

### **Senior Center at Our Lady of Pompeii Church**

25 Carmine Street

New York, NY 10014

(212) 989-3620

Lunch: 12:30pm - 1:30pm

### **Hudson Guild Adult Services**

119 Ninth Avenue

New York, NY 10011

(212) 924-6710

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

The Hudson Guild Adult Services provides personal support and social services to participants aged 55 or older, including intensive and walk-in case management for both homebound and mobile seniors, information and referral services, and access to additional services for legal, financial, health insurance, medical, and housing needs.

### **Neighborhood Senior Center (Fulton Senior Center)**

119 Ninth Avenue

New York, NY 10011

(212) 924-6710

The senior center offers

breakfast from 8:45am - 10am and lunch from 11:45am - 1:30pm. There is a suggested donation for breakfast and lunch of \$1 and \$1.25, respectively, for people aged 60 or older and a fee of \$2 and \$2.50, respectively, for people aged 59 or younger. The center also offers case management, lectures, exercise classes, and recreational activities.

### **John Paul II Friendship Center**

103 7th Street

New York, NY 10009

(212) 673-7704

[www.polishslaviccenter.net/en/john-paul-ii-friendship-center/](http://www.polishslaviccenter.net/en/john-paul-ii-friendship-center/)

Sponsored by the Polish Slavic Center, this senior center is for people aged 60 years or older and offers a variety of services, including lunch, cultural and educational activities, music, television, board games, bingo, dominoes, choir, birthday and holiday parties, retirement benefit information, computer courses, English classes, immigration and legal services, fencing club, and table tennis club.

### **Lenox Hill Neighborhood House Senior Center at Saint Peter's Church**

619 Lexington Avenue

(212) 308-1959

New York, NY 10022

[www.lenoxhill.org/content/who-we-help/older-adult-services/senior-centers.html](http://www.lenoxhill.org/content/who-we-help/older-adult-services/senior-centers.html)

The center offers lunches, educational, recreational, health and wellness activities, tai chi, belly dancing, literature classes, foreign language classes, legal services, Second Sundays arts performance series, discounted theater tickets, and nutrition education.

Lunch tickets are distributed from 10am to 11am. You must sign up for lunch before 11:45am. Lunch is served at noon. A donation of \$1.50 is suggested.

### **Lincoln Square Neighborhood Center**

250 West 65th Street

New York, NY 10023

(212) 874-0860

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

Lincoln Square Neighborhood Center offers health services, homebound services, mental health services, social services, and recreational/educational services.

## **Project FIND**

160 West 71st Street, #2F  
New York, NY 10023  
(212) 874-0300  
[www.projectfind.org](http://www.projectfind.org)

Project FIND was established by the National Council on Aging and works to provide homeless and low- and moderate-income seniors with the services they need. They operate supportive housing residences and senior centers.

## **Clinton Senior Center**

530 West 55th Street  
New York, NY 10019  
(212) 757-2026

Services Offered: Lunch (Monday - Friday, 12pm - 1pm) and light dinner (Wednesdays), gardening club, library, large dining room, trips, holiday parties, computer class, strength training, tai chi, belly dancing, ping-pong, Zumba, chorus, line dancing, bingo, senior legal clinic, and aromatherapy.

## **Coffee House Senior Center**

311 West 42nd Street  
New York, NY 10036  
(646) 545-4621

Breakfast and lunch are provided Monday through Friday to seniors aged 60 years or older. A take-away bag

of canned items is available for eligible seniors (must meet criteria) four days a week. Dinner is offered every Thursday evening.

## **Woodstock Senior Center**

127 West 43rd Street  
New York, NY 10036  
(212) 575-0693

Breakfast and lunch are offered Tuesday through Sunday to seniors aged 60 years or older. ID to verify age is required. Services offered: breakfast (8:30am - 10am), computer room, Sunday art classes, monthly parties, homeless-in-reach program, shower facilities on weekday mornings, tai chi, exercise classes, and board games.

## **SAGE Center Midtown**

305 Seventh Avenue, 15th Floor  
New York, NY 10001  
(646) 576-8669  
[www.sageusa.org](http://www.sageusa.org)

SAGE, or Services & Advocacy for GLBT Elders, is a national organization that offers supportive services and consumer resources for LGBT older adults and their caregivers. Services offered at their Midtown location include: case management; caregiver



support; benefits counseling; employment assistance; and arts, fitness and nutritional classes.

### **Stein Senior Center**

204 East 23rd Street  
New York, NY 10010  
(646) 395-8083

[www.steinseniorcenter.org/  
about-us](http://www.steinseniorcenter.org/about-us)

The Stein Senior Center offers lunch, early stage Alzheimer's support, nutrition talks, crime victims services, blood pressure tests, tax preparation, flu shots, arthritis exercise, opera appreciation, knitting, birthday parties, bridge club, meditation, strength training, play reading, movies, Shakespeare, Yiddish club, and benefits and entitlements assistance.

### **VISIONS Senior Center**

135 West 23rd Street  
New York, NY 10011  
(646) 486-4444, ext. 16

[www.visionsvcb.org/visions/  
programs/isc](http://www.visionsvcb.org/visions/programs/isc)

VISIONS is the first senior center designed for adults who are blind or severely visually impaired. It is open from 9am - 8pm, Monday through Thursday, and from 9am - 6pm on Fridays. A meal is offered

each day from 3:30pm - 5pm. The center also provides services ranging from benefits assistance to health and wellness programs.

### **West Side Inter-Agency Council for the Aging Senior Center**

241 West 72nd Street  
New York, NY 10023  
(212) 799-7205

[www.wsiaca.org/  
resourcedirectory/?orgID=23](http://www.wsiaca.org/resourcedirectory/?orgID=23)

The Center offers lectures, performances, fine arts instruction, recreational activities, fitness activities, performing arts and musical workshops, and trips. They also have a social worker on site for referrals and counseling.

## Technology

Various organizations and city institutions offer free or reduced-price technology classes year-round. Below is a list of course offerings in our district.

### **NYC Department of Parks & Recreation: Computer Resource Centers**

The New York City Department of Parks & Recreation provides basic instruction for seniors and others who have limited experience with computers, as well as instruction in topics like web browsing, Internet security, resume writing, and web design. All classes are free to Parks Department Recreation Center members.

#### **Locations:**

#### **Chelsea Recreation Center**

430 West 25th Street  
New York, NY 10001  
(212) 255-3705

Hours: 6:30am- 10pm (Mon - Fri); 8am - 4pm (Sat & Sun)

Schedule: [www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC)

#### **East 54th Street Recreation Center**

348 East 54th Street  
New York, NY 10022  
(212) 754-5411

Hours: 6:30am - 9:30pm (Mon - Fri); 8am- 4pm (Sun)

Schedule: [www.nycgovparks.org/facilities/recreationcenters/M130/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M130/schedule#CRC)

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

533 West 59th Street  
New York, NY 10023  
(212) 397-3159

Hours: 6:30am - 9:30pm (Mon - Fri); 8am - 4pm (Sat & Sun)

Schedule: [www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC)

#### **Tony Dapolito Recreation Center**

1 Clarkson Street  
New York, NY, 10014  
(212) 242-5418

Hours: 7am - 9:30pm (Mon - Fri); 9am - 4:30pm (Sat & Sun)

Schedule: [www.nycgovparks.org/facilities/recreationcenters/M103/schedule/2015-10-26#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M103/schedule/2015-10-26#CRC)

## **TechOpps**

(212) 255-3066

Email: [techopps@parks.nyc.gov](mailto:techopps@parks.nyc.gov)

Available at all NYC Parks

Computer Resource Centers

TechOpps is a program offered through NYC Parks Computer Resource Centers, where members can receive free computer training in Microsoft Office or Adobe Creative Cloud. This program is offered at Computer Resource Centers located throughout the boroughs. Those who apply and are accepted into the program will be expected to devote 12-15 hours per week for 6-8 weeks, in order to prepare for certification as either a Microsoft Office Specialist or Adobe Certified Associate in Visual Communication using Adobe Creative Cloud. Upon completion of this program, each participant will be able to take a certification exam. The Adobe Certification Exams are free to all members. Microsoft Office exams must be purchased in advance of testing.

## **New York Public Library**

917-ASK-NYPL (917-275-6975)

The New York Public Library's TechConnect program

offers more than 80 technology classes at libraries throughout the Bronx, Manhattan, and Staten Island — all absolutely free.

## **OATS (Older Adults Technology Services)**

168 7th Street, Suite 3A

Brooklyn, NY 11215

(718) 360-1707

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

OATS, operated by the NYC Parks & Recreation Department, provides free computer training to older adults in communities across New York City.

## **OATS Senior Planet Exploration Center**

127 West 25th Street

New York, NY 10001

(718) 360-1707 and

(646) 590-0615

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

OATS provides computer and technology training (classes at both the introductory and advanced levels) for older adults, and operates an intergenerational program with high school students to use technology to promote cross-generational connections. Classes are also offered at different locations throughout

New York City. Call for latest information.

## Transportation

Many senior centers provide free or reduced-price transportation programs for their members. Contact your local senior center for more information (or refer to any of the senior centers mentioned in this guide).

### **AAR (Access-A-Ride) NYC Transit Customer Services**

2 Broadway, 11th Floor  
New York, NY 10004  
(877) 337-2017

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

AAR provides transportation for people with disabilities and seniors throughout NYC and nearby Nassau and Westchester counties.

### **EasyPay MetroCard**

The Customer Service Center:  
3 Stone Street  
New York, NY 10004  
5-1-1 or (212) 638-7622

[www.web.mta.info/metrocard/  
EasyPayXpress.htm](http://www.web.mta.info/metrocard/EasyPayXpress.htm)

The EasyPay MetroCard is linked to your credit or debit card and refills automatically as you use it so you don't have to wait in lines. Apply online or call for an application or

additional information.

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

Project 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)

Project C.A.R.T. provides free transportation van services for senior citizens aged 60 or over who have difficulty using public transportation. Vans are wheelchair accessible. C.A.R.T.'s five vans take seniors to and from medical appointments and hospitals, activities at senior centers, and entitlement appointments. The vans operate Monday through Friday from 9am to 3:45pm; the vans are not available during lunch hours of 12pm to 1pm.

### **Parking Permits for People with Disabilities**

DOT

28-11 Queens Plaza North, 8th  
Floor

Long Island City, NY 11101  
(718) 433-3100

If you are a New York City resident with a disability that impairs your mobility, you can apply for a City or State

Parking Permit for People with Disabilities. This permit allows drivers to park in any space labeled by the International Symbol of Access in the U.S. and Canada. To apply for a permit, visit: <http://www.nyc.gov/html/dot/html/motorist/pppinfo.shtml#nycpermit>

### **Reduced-Fare MetroCards for customers 65+**

The Customer Service Center:  
3 Stone Street

New York, NY 10004

5-1-1 or (212) 638-7622

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

The MTA offers reduced-fare MetroCards at a fare of \$1.35 for customers aged 65 or older and for those with disabilities of any age.

## Veterans

For free assistance in accessing your veterans' benefits, contact your state, county, or local veterans' benefits counselor at (888) VETS-NYS / (888) 838-7697 or (718) 447-8787. You can also visit [veterans.ny.gov](http://veterans.ny.gov) for more information about services available to veterans.

### **NYS Division of Veteran Affairs - Manhattan Center**

423 East 23rd Street (between 1st Avenue & Asser Levy Place)  
New York, NY 10010  
(212) 686-7500  
[www.veterans.ny.gov](http://www.veterans.ny.gov)

### **Manhattan Veterans Center**

32 Broadway, 2nd Floor, Suite 200 (between Morris St and Exchange Place)  
New York, NY 10004  
(212) 742-9591  
Hours: 8:30am - 4pm (Monday - Friday)

### **Harlem Veteran Center**

2279 Third Avenue (between East 123rd & 124th Streets)  
New York, NY 10035  
(212) 426-2200 or (646) 273-8139  
Hours: 8am - 4:30pm  
(Monday - Friday)

## **Veterans' Health Care Benefits (CHAMPVA)**

(800) 733-8387  
[www.va.gov/COMMUNITYCARE/programs/dependents/champva/](http://www.va.gov/COMMUNITYCARE/programs/dependents/champva/)

The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

General Benefits: (877) 222-VETS or (877) 222-8387

### **USO of Metropolitan New York**

625 Eighth Avenue (between West 40th & West 41st Streets)  
New York, NY 10018  
(212) 695-6160  
[www.usonyc.org](http://www.usonyc.org)  
Hours: 8:30am - 7:30pm daily

A nonprofit, congressionally chartered, private organization, the USO relies on the generosity of individuals, organizations and corporations to support its activities. Millions of times each year at hundreds of locations around the world, the USO lifts the spirits of America's troops and their families.

## **NYC Veterans Alliance**

PO Box 532

New York, NY 10159

(347) 509-7838

The NYC Veterans Alliance is a nonpartisan, grassroots coalition dedicated to connecting NYC veterans to organizations, advocating for improved policies that affect veterans and their families, informing the NYC veterans community and the public about policies and news affecting them, and empowering veterans to speak up and take action.

## **United War Veterans Council, Inc.**

1 Centre Street

22nd Floor #2208

New York, NY 10007

(212) 693-1476

The mission of the United War Veterans Council is to mobilize our communities to honor, support, and serve America's veterans. They are dedicated to ensuring that the public always embraces its commitment to provide all veterans and their families with the care, recognition, and opportunities they have rightfully earned. UWVC hopes to unite veterans groups, community organizations, city,

state and federal agencies, local businesses, major corporations and the general public behind efforts to serve veterans of all eras.

## **Robin Hood Foundation Veterans**

826 Broadway, 9th Floor

New York, New York 10003

(212) 227-6601

[www.robinhood.org/veterans](http://www.robinhood.org/veterans)

The Robin Hood Foundation (RHF) invests in programs and initiatives that support and benefit veterans. RHF provides access to services (education, employment, mental health, housing, legal services, etc.) for vets and their families.

## **SAGEVets**

305 Seventh Avenue, 15th Floor

New York, NY 10001

(212) 741-2247 x255

[www.sageusa.org/nyc/sagevets/index.cfm](http://www.sageusa.org/nyc/sagevets/index.cfm)

SAGEVets is a partnership between SAGE (Services & Advocacy for GLBT Elders) and the Veterans Justice/LGBT Projects of Legal Services NYC to help LGBT older adults who are military service veterans improve their access to VA benefits and their overall health and wellness. SAGEVets serves



LGBT veterans over the age of 50 who reside in New York State. In addition to general assistance, SAGEVets will provide guidance to veterans impacted by the military's policies regarding LGBT people.

### **Yoga for Vets NYC**

Integral Yoga Institute (IYI)  
227 West 13th Street (between  
7th and 8th Avenues)  
New York, NY 10011  
(212) 929-0586  
Email: [info@yogaforvetsnyc.org](mailto:info@yogaforvetsnyc.org)  
[www.yogaforvetsnyc.org](http://www.yogaforvetsnyc.org)

Yoga for Vets NYC was founded in 2008 and is the longest running yoga and meditation program for veterans in NYC. Created by a former Marine, the class is taught by veterans, for veterans. Their intention is to create a safe and supportive environment in which veterans can practice together. Every veteran is welcome, regardless of physical ability, age, race, religion, national origin, gender, sexual orientation, gender identity or expression, discharge characterization or status, era of service, or other life experience.

### **CUNY Veterans Affairs**

555 West 57th Street  
14th Floor, Suite 1401  
New York, NY 10019

(646) 664-8835  
[veterans@cuny.edu](mailto:veterans@cuny.edu)  
[www.cuny.edu/about/university-resources/veterans-affairs/](http://www.cuny.edu/about/university-resources/veterans-affairs/)

The CUNY Office of Veterans Affairs is dedicated to fostering a sense of community and to developing a channel of communication among veteran and reservist students, and with faculty, staff, and administration. Their website is a virtual one-stop source of information regarding services for veterans, reservists and their dependents and survivors. It is a guide to educational benefits, entitlements, counseling and advocacy resources, which will assist veterans in pursuing their academic and civilian careers.

## Additional Senior Resources

### **Assurance Wireless Lifeline Program**

P.O. Box 686

Parsippany, NJ 07054

(888) 321-5880

[www.assurancewireless.com/  
Public/Welcome.aspx](http://www.assurancewireless.com/Public/Welcome.aspx)

Assurance Wireless Lifeline is a benefit program supported by the federal Universal Service Fund.

### **Big Apple RX**

(888) 454-5602 or 3-1-1

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

Big Apple RX is a citywide free prescription discount card program. It is accepted at many pharmacies around the city, such as Duane Reade, CVS, Rite Aid, Walgreens, Target, Walmart, Costco, and some independent pharmacies.

### **Carter Burden Elder Abuse**

1484 First Avenue

New York, NY 10021

(212) 879-7400

Hours: 9am - 5pm

(Monday - Friday)

The Carter Burden Elder Abuse center specializes in elder abuse counseling, education/outreach,

legal and financial assistance, security development, transport and senior center case assistance.

### **Con Edison Senior Direct Program**

(800) 404-9097

Con Edison's Senior Direct Program is a toll-free phone service for customers aged 62 or older who have questions about their Con Edison account.

### **Con Edison CONCERN Program**

(800) 752-6633

[http://legacyold.coned.com/  
customercentral/specialservices.  
asp](http://legacyold.coned.com/customercentral/specialservices.asp)

The Con Edison CONCERN program is a free and confidential service for customers who are either above the age of 61 or have a permanent disability. CONCERN representatives advise customers about bill payment options, government aid programs, and other organizations that offer similar assistance.

### **Federation of Protestant Welfare Agencies**

40 Broad Street, 5th Floor  
New York, NY 10004

(212) 777-4800

<http://www.fpwa.org/cgi-bin/iowa/about/index.html>

The Federation of Protestant Welfare Agencies has been a social services resource for 90 years, meeting the needs of New Yorkers and supporting the agencies that deliver human services in our city.

### **IDNYC**

Call 3-1-1 for more information and Enrollment Centers  
[www.nyc.gov/idnyc](http://www.nyc.gov/idnyc)

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

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

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

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

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

<http://www.metcouncil.org>

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

### **NYC Domestic Violence Hotline**

New York State Office for the Prevention of Domestic Violence  
Alfred E. Smith Building  
80 South Swan Street, #1157  
Albany, NY 12210  
(800) 621-4673  
[www.opdv.state.ny.us/help/dvhotlines.html](http://www.opdv.state.ny.us/help/dvhotlines.html)

NYC Domestic Violence Hotline provides up-to-date information and assistance in over 150 languages.

### **New York Road Runners**

(646) 758-9650  
Email: [striders@nyrr.org](mailto:striders@nyrr.org)  
[www.nyrr.org](http://www.nyrr.org)

The New York Road Runners (NYRR) Striders program offers

free and fun group walking sessions, led by a certified coach, every week in senior centers, parks and neighborhood facilities in communities throughout New York City. Striders is geared towards older adults and is focused on making walking and fitness more accessible. Striders meets weekly on Wednesdays from April through October from 3pm - 4pm at the SAGE Senior Services Center, 305 Seventh Avenue, 15th floor.

### **Safe Horizon**

2 Lafayette Street, 3rd Floor  
New York, NY 10007  
(212) 577-7700  
Domestic Violence Hotline:  
(800) 621-4673  
[www.safehorizon.org](http://www.safehorizon.org)

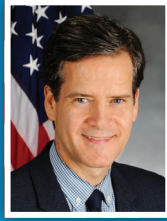
Safe Horizon provides support, prevents violence and promotes justice for victims of crime and abuse, their families, and communities.

### **Verizon LifeLine**

PO Box 33075  
St. Petersburg, FL 33733  
(800) 837-4966  
[www.verizon.com/support/consumer/consumer-education/lifeline](http://www.verizon.com/support/consumer/consumer-education/lifeline)

Verizon LifeLine is a government assistance program that offers telephone discounts to qualified low-income customers. Customers may qualify if they participate in one of the following programs: the Bureau of Indian Affairs General Assistance, Family Assistance, Home Energy Assistance Program, Medicaid, National School Lunch Program, Safety Net Assistance, Section 8 – Federal Public Housing Assistance, SNAP, Supplemental Security Income, Temporary Assistance for Needy Families, Veteran’s Disability Pension, Veteran’s Surviving Spouse Pension, or if their annual income is at or below 135% of the Federal Poverty Guideline.





New York State Senator  
**Brad Hoylman**  
District 27

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Contact me with questions, concerns, or suggestions.

