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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. 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
322 8th Avenue, Suite 1700
New York, NY 10001
Phone: (212) 633-8052
Fax: (212) 633-8096
Email: hoylman@nysenate.gov

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.

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.

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Important Numbers & Hotlines

**In case of an emergency,
please call 9-1-1.**

Police, Fire or Ambulance: 9-1-1
Emergency Shelter: 3-1-1

National Runaway Safeline:
(800) 786-2929

**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.

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

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 for information about voter registration forms and deadlines, absentee ballots, election dates, and district maps.

New York City Commission on Human Rights

22 Reade St., 1st Floor

New York, NY 10007

(212) 306-7450

To file a discrimination complaint call: 3-1-1 or (718) 722-3131

www1.nyc.gov/site/cchr/index.page

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

New York City Department of Veteran's Services (DVS)

Call 3-1-1

www1.nyc.gov/site/veterans/index.page

New York City Mayor's Office of Operations

253 Broadway, 10th Floor

New York, NY 10007

(212) 788-1400

Office of Operations: IDNYC

Call 3-1-1 for more information and Enrollment Centers.

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.

New York State Attorney General

28 Liberty Street
New York, NY 10005
(212) 416-8000

Hotline: (800) 771-7755

www.ag.ny.gov

The Attorney General assists New Yorkers with a variety of legal issues including consumer rights, public health, environmental issues, civil rights, and workers' rights.

New York State Department of Health

Riverview Center
150 Broadway, Suite 355
Albany, NY 12204
(518) 402-0836

www.health.ny.gov

The New York State Department of Health is the department of the New York State government responsible for public health.

The organization also provides information and resources regarding New York State's Medical Marijuana Program, which you can learn more about by calling (866) 811-7957.

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.

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. HCR publishes Fact Sheets that describe major elements of rent control and rent stabilization. The organization is also responsible for mitigating tenant concerns, processing complaints against landlords, offering rent reduction programs, and providing legal protection for renters.

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

**New York State Division of
Veterans' Affairs - Regional
Office**
2 Empire State Plaza, 17th Floor
Albany, NY 12223
(888) 838-7697
www.veterans.ny.gov

**New York State
Office for the Aging**
2 Empire State Plaza
Albany, NY 12223-1251
(800) 342-9871
www.aging.ny.gov

**NYS Office of State
Comptroller**
59 Maiden Lane
New York, NY 10038
NYC Office: (212) 383-1600
Albany Office: (518) 474-4044
Email: contactus@osc.state.ny.us
www.ny.gov/agencies/office-state-comptroller

**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
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

**Social Security Card Center:
Manhattan**
123 William Street, 3rd 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

U.S. Department of Veterans Affairs

Regional Office:

245 West Houston Street

New York, NY 10038

(800) 827-1000

Hours: 8:30am - 4pm

(Monday - Friday)

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

U.S. Social Security Administration (SSA)

(800) 772-1213

TTY: (800) 325-0778

www.ssa.gov

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.

Alzheimer's Foundation of America

322 Eighth Avenue, Fl. 7
New York, NY 10001
(866) 232-8484
www.alzfdn.org
The Alzheimer's Foundation of America (AFA) provides care and services to individuals living with Alzheimer's disease and related illnesses and to their families and caregivers. They have a toll-free helpline where you can speak with a social worker.

American Association of Retired Persons (AARP)

750 Third Avenue, 31st Floor
New York, NY 10017
(866) 227-7442
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.

CIDNY, New York State Long Term Care Ombudsman Program

841 Broadway Suite 301,
New York, NY 10003
(212) 812-2901
The mission of this organization is to improve the quality of life for seniors and those disabled needing long term care. CIDNY's Ombudsmen work with residents of those in nursing homes, assisted living facilities, and family type homes to advocate for their rights, their needs, and resolution of any complaints they may have.

Citizens Committee for NYC

77 Water Street, Suite 202,
New York, NY 10005
(212) 822-9592
www.citizensnyc.org
Citizens Committee for NYC is an action group that strives to improve the quality of life for New York residents. The organization provides grant money and project support for visions such as community gardens and free music workshops.

Community Service Society (CSS)

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

CSSNY: Retired and Senior Volunteer Program (RSVP)

RSVP provides volunteer opportunities for those 55 and older to serve the needs of the community and bolster nonprofit agencies.

DFTA, Center for Independence of the Disabled, NY (CIDNY): NY Connects Program

841 Broadway Suite 301
New York, NY 10003
(800) 342-9871

NY Connects is a free program that serves as a liaison for New Yorkers with disabilities to connect them to resources that assist with long-term care needs. NY Connects Benefits counselors provide peer-centered support to help New Yorkers make informed decisions regarding services and care.

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

GNYHCFA is a non-profit 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.

Hearing Loss Association of America (NY Downstate Chapter)

P.O. Box 602

Radio City Station
New York, NY 10101
(212) 769-4327

<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

IFSA is a 10-week program that offers training in advocacy and social action. Prominent government, non-profit, and community leaders aid students to engage in city-wide issues, learn community organization skills, take action in their community, and understand the legislative process in NYC, NY State, and Washington D.C.

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
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
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

The Medicare Rights Center is a national, non-profit 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
Metropolitan Council on Housing is a membership-based tenants' advocacy organization that preserves and expands affordable housing and rent regulation.

**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.

New York Connects (NYSOA)

11 Park Place, Suite 1110
New York, NY 10007
(212) 962-2720
NY Connects emphasizes community-based services and a person-centered approach to providing information and assistance for aging New Yorkers needing long term services and support. The program also highlights public education, Long Term Care Councils, and options counseling.

New York Gray Panthers
244 Madison Avenue, Suite 396

New York, NY 10016
(917) 535-0457
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 Coalition for
the Aging (NYSCA)**

1450 West Avenue, Suite 101
Albany, NY 12203
(518) 765-2790
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.

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

275 State Street
Albany, NY 12210

(518) 436-1006
Helpline: (800) 333-4374
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 Tenants & Neighbors Coalition

236 W. 27th Street, #400
New York, NY 10001
(212) 608-4320
www.tenantsandneighbors.org
New York State Tenants & Neighbors Coalition preserves at-risk affordable housing and strengthens tenants' rights in gentrifying neighborhoods throughout New York.

Say Ah!

450 West 24th Street
New York, NY 10011-1340
(866) 355-0646
www.say-ah.org
Say Ah! strives to give patients the skills to navigate their health and make health services easier to access and

use. The organization works with community stakeholders to disseminate information on health literacy and offers trainings to professionals to integrate health literacy into their work.

ThriveNYC

(888) 692-9355

or (888) NYC-WELL

ThriveNYC is a city initiative to end the stigma associated with mental health and help people find treatment options. They offer a confidential and free phone service to connect you to a counselor if you are in crisis. ThriveNYC offers Mental Health First Aid (MHFA) trainings as well.

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

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.

Assurance Wireless Lifeline Program

P.O. Box 5040

Charleston, IL 61920-9907

(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.

BenefitsCheckUp

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

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

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

<https://www1.nyc.gov/nyc-resources/service/1522/disability-rent-increase-exemption-drie-program>

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

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

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

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

www1.nyc.gov/site/finance/benefits/landlords-sche.page

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

www1.nyc.gov/nyc-resources/

service/2424/senior-citizen-rent-increase-exemption-scrie
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
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/star/
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
www1.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 War, 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
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
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

250 West 64th 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
www1.nyc.gov/html/caregiver/gettinghelp_1.html
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
[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.

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.

**Presbyterian Senior Services
(PSS), Circle of Care**

2095 Broadway #409
New York, NY 10023
(212) 874-6633
www.pssusa.org
PSS Circle of Care provides free and confidential professional support to NYC family members caring for an adult with Alzheimer's disease, other dementias, or for a chronically ill or frail loved one.

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

The Actors 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.

Carter Burden Network: Community Elder Mistreatment Abuse Prevention Program (CEMAPP)

415 East 73rd Street
New York, NY 10021
(212) 879-7400

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

The Carter Burden Network

specializes in elder abuse safety planning, security device installation, counseling, housing and family court advocacy, legal advice, community education, and coordination with the police.

DOROT

171 West 85th Street
New York, NY 10024
(212) 769-2850

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.

Federation of Protestant Welfare Agencies

40 Broad Street, 5th Floor
New York, NY 10004
(212) 777-4800

<http://www.fpwa.org>

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.

Hartley House

413 West 46th Street
New York, NY 10036
(212) 246-9885

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.

Met Council on Jewish Poverty

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

New York Foundation for Senior Citizens

11 Park Place, 14th Floor
New York, NY 10007-2801
(212) 962-7559
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.

Safe Horizon

2 Lafayette Street, 3rd Floor
New York, NY 10007
(212) 577-7700
Domestic Violence Hotline: (800) 621-4673
www.safehorizon.org
Safe Horizon provides support, prevents violence and promotes justice for victims of crime and abuse, their families, and communities.

Selfhelp Community Services

520 Eighth Avenue
New York, NY 10018
(866) 735-1234
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.

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

305 Seventh Avenue, 15th Floor
New York, NY 10001

(212) 741-2247

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, veterans assistance and arts, fitness, and nutritional classes.

Cultural & Recreational Activities

NYC houses many cultural institutions, some to which seniors receive reduced or free admission. This list highlights museums, recreational and fitness activities, and centers with pools in the district.

Museums:

Merchant's House Museum

29 East Fourth Street
New York, NY 10003
(212) 777-1089
<http://merchantshouse.org/>
\$10 admission for seniors

Museum at the Fashion Institute of Technology

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

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.

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.

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>

New York Road Runners (NYRR) Striders

(646) 758-9650

Email: striders@nyrr.org
www.nyrr.org/run/striders
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 throughout New York City. Striders is geared toward older adults and is focused on making walking and fitness more accessible. Call them or check out their website for their schedule of classes.

Recreation centers with pools:

Asser Levy Recreation Center

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

The City Parks Foundation

830 Fifth Avenue
New York, NY 10065
(212) 360-1399
<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.

Gertrude Ederle Recreation Center

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

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.

Tony Dapolito Recreation Center

1 Clarkson Street
New York, NY 10014
(646) 300-2271

Theater and Arts:

Greenwich House Pottery

16 Jones Street
New York, NY 10014
(212) 242-4106
Email: pottery@greenwichhouse.org
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
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 (Cultural Guide for Seniors)

<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)

Email: info@tdf.org
(212) 912-9770
<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.

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
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
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

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
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
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
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

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

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
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
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

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.

NYC Department of Consumer Affairs

42 Broadway, 9th Floor
New York, New York 10004

Call 3-1-1

www1.nyc.gov/site/dca

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. 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

New York State Attorney General Consumer Fraud Bureau

28 Liberty Street
New York, NY 10005
(800) 771-7755

www.ag.ny.gov/bureau/

consumer-frauds-bureau

The NYS Attorney General Consumer Fraud Bureau works with individual consumers to mediate complaints and enforce a fair marketplace. The Bureau also prosecutes businesses and individuals in illegal trade practices.

New York State Division of Consumer Protection

123 William Street

New York, NY 10038-3804

(800) 697-1220 (General)

(800) 503-9000 (Senior Information Hotline)

www.dos.ny.gov/consumerprotection

www.dos.ny.gov/consumerprotection

The NYS Division of Consumer Protection offers protection to New Yorkers by resolving complaints through mediation, enforcing the NYS Do Not Call Law, representing ratepayers, and educating consumers in the marketplace. They offer information related to consumer alerts and recalls, identity theft and privacy, Do Not Call registries, product safety, and utilities. 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.

Continuing Education

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

Baruch College

55 Lexington Avenue
New York, NY 10010
(646) 312-1000
www.baruch.cuny.edu

The City College of New York (CCNY)

160 Convent Avenue
New York, NY 10031
(212) 650-7000
www.ccny.cuny.edu

CCNY: Quest - A Community for Lifelong Learning

25 Broadway, 7th Floor
New York, NY 10004
(212) 925-6625 ext.229
www.questcontinuingednyc.org
Quest serves retired and

semi-retired people by providing an educational and social environment. The peer-led program comprises approximately 40 courses including, literature, science, and philosophy, among others.

CUNY Graduate Center

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

CUNY Graduate School of Journalism

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

CUNY School of Professional Studies

119 West 31st Street
New York, NY 10001
(212) 652-2869
www.sps.cuny.edu

CUNY School of Public Health

2180 Third Avenue
New York, NY 10035
(646) 364-9600
www.sph.cuny.edu

Hunter College

695 Park Avenue
New York, NY 10065
(212) 772-4000
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

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.

Borough of Manhattan Community College (BMCC)

199 Chambers Street
New York, NY 10007
(212) 220-8000
www.bmcc.cuny.edu

Stella and Charles Guttman Community College

50 West 40th Street
New York, NY 10018
(646) 313-8000
www.guttman.cuny.edu

Other Schools:

The Center for Learning and Living, Inc.

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

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/

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.

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

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.

Employment & Volunteer Opportunities

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

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

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

NYC Department for the Aging: Volunteer Resource Center

(212) 602-4464

Hours: 10am - 6pm
(Monday - Friday)

Email: volunteer@aging.nyc.gov

NYC Department for the Aging: Senior Employment Services

2 Lafayette Street, 6th Floor
New York, NY 10007

Call 3-1-1 and ask for the Senior Employment Services Program www.access.nyc.gov/programs/senior-employment-services-ses/ 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, be unemployed, and be interested in obtaining a part- or full-time job.

NYC Department for the Aging: Foster Grandparent Volunteer Program

Call 3-1-1 and ask for the Foster Grandparent Volunteer Program

www1.nyc.gov/site/dfta/volunteering/foster-grandparents.page

Seniors 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.

ReServe, Inc.

633 Third Avenue, 6th Floor
New York, NY 10017

(212) 727-4335

Email: info@reserveinc.org

ReServe is an 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

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

Financial & 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
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:

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
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.

TransUnion LLC
P.O. Box 2000
Chester, PA 19016
(888) 909-8872
<https://freeze.transunion.com>

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:

Neighborhood Housing Services of New York City
307 West 36th Street, 12th Floor
New York, NY 10018

Phone: (212) 519-2500
Fax: (212) 727-8171
Monday, Tuesday, Thursday,
and Friday: 9am - 6pm
Wednesday: 9am - 1pm

NYC Free Tax Filing
Food Bank For New York City –
Countee Cullen Library
71 St. Nicholas Ave
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>

Hoarding

Hoarding is the compulsive purchasing, acquiring, searching, and saving of items that have little or no value. The behavior typically has negative effects, including emotional, physical, social, and financial for a hoarder and family members.

Adult Protective Services (APS)

APS Central Intake Unit: (212) 630-1853

<https://a069-apscriis.nyc.gov/cris/>

APS is a division of the NYC Human Resources Administration. APS arranges services and support for physically and/or mentally impaired adults who are at risk of harm.

Children of Hoarders

www.childrenofhoarders.com/wordpress

Children of Hoarders aims to improve the lives of children from hoarded homes by raising awareness, providing educational materials and programs, increasing access to practical support, and advocating for public policies that address the needs of children of hoarders.

The International OCD Foundation Hoarding Center

P.O. Box 961029

18 Tremont Street, Suite 308

Boston, MA 02108

(617) 973-5801

www.hoarding.iocdf.org/

The International OCD

Foundation Hoarding Center

aims to help everyone affected, including hoarders and their families. They provide access to local and national resources.

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
www.nyhealthandhospitals.org/bellevue/

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

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

Big Apple RX

(888) 454-5602 or 3-1-1
www.bigappplerx.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.

Center for Hearing and Communication

50 Broadway, 6th Floor
New York, NY 10004
(917) 305-7700
The Center for Hearing and Communication seeks to offer high quality service, educational resources, technology, and collaboration with other organizations to assist those affected by hearing loss, listening challenges, or deafness.

Columbia Care

212 East 14th Street
New York, NY 10003
(646) 453-7178
www.col-careny.com
Columbia Care is a medical marijuana dispensary in New York, providing pharmaceutical-grade products to qualifying patients.

Lenox Health Greenwich Village Emergency Department (LHGV)

30 Seventh Avenue
New York, NY 10011

(646) 665-6000
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

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

Planned Parenthood- Margaret Sanger Health Center
26 Bleecker St.
New York, NY 10012
(212) 965-7000
Planned Parenthood provides affordable health care and sex education. The organization offers abortion services and referrals, birth control, emergency contraception, general health care, HIV services, LGBT services, men's health services, patient education, pregnancy testing and services and STD testing, treatment, & vaccines.

St. Luke's Roosevelt Hospital
425 W. 59th Street
New York, NY 10019
(212) 492-5500
www.stlukeshospitalnyc.org

SUNY College of Optometry
33 West 42nd Street
New York, NY 10036
(212) 938-4000
www.sunyopt.edu
The SUNY College of Optometry offers free vision screenings to senior citizens and

other low-income individuals
as well as additional vision
medical aid.

**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

Housing

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

Adult Day Health Care Program

121B West 20th Street
New York, NY 10011
(212) 337-9220
[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.

Encore West Residence

755 Tenth Avenue (between 51st and 52nd St.)
New York, NY 10019
(212) 991-3727
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/
fredric-fleming-house](http://www.wsfssh.org/buildings/fredric-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.

Home Sharing Program

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

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.

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

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.

Rehabilitation and Nursing Center

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

www.villagecare.org/residentialcare/vcrnc

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.

VillageCare

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

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.

Naturally Occurring Retirement Community

(NORC):

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 NORC's 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)

Utilities:

These programs will offer help and financial assistance with your home utilities.

**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>

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.

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

Verizon LifeLine

PO Box 33075
St. Petersburg, FL 33733
(800) 837-4966
www.verizon.com/support/consumer/consumer-education/lifeline

Verizon LifeLine is a government assistance program that offers telephone discounts to qualified low-income customers.

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

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.

Housing Conservation Coordinators (HCC)

777 Tenth Avenue
New York, NY 10019
(212) 541-5996
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
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.

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
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.

Kinship Caregiver Law Project

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.

LawHelpNY

42 West 44th Street
New York, NY 10036
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

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.

Access to Benefits (A2B) Helpline

(888) 663-6880
Hours: 9:30am - 12:30pm
(Tuesday - Thursday)
The Legal Aid Society operates an A2B helpline which can provide information about employment, health, and government benefits.

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.

Mobilization for Justice

100 William Street, 6th Floor
New York, NY 10038
(212) 417-3700
www.mobilizationforjustice.org
MFY provides free legal
assistance to New Yorkers on
a variety of civil legal issues,
including issues related to
disability and aging rights.

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.

New York Legal Assistance Group (NYLAG)

7 Hanover Square, 18th Floor
New York, NY 10004
(212) 613-5000
www.nylag.org
NYLAG is a non-profit 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
The Urban Justice Center
provides direct legal
services, advocacy, political
organization, and community
education to New York's
most vulnerable populations.
The center is composed 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

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

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

(888) 843-4564

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

Email: 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.

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

<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

281 First Avenue (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
LGBT 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.

Local Pharmacies

There are many pharmacies in the district where you can pick up your household needs and your prescription medications.

Elm Drugs

56 Seventh Avenue
(between 13th & 14th Streets)
New York, NY 10011
212-255-6100
Elmdrugs.com

C. O. Bigelow

414 Sixth Avenue
New York, NY 10011
(212) 533-2700
bigelowchemists.com

New London Pharmacy

246 Eighth Ave
New York, NY 10011
Pharmacy: (212) 243-4987
General Info: (212) 243-4987 ext.
305
Newlondonpharmacy.com

Village Apothecary

346 Bleecker Street
New York, NY 10014
(212) 807-7566
Villageapothecary.com

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

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.

Guide to Medicaid Managed Long-Term Care

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

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.

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

Washington, DC 20201

(202) 619-0724

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 (HRA)

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.

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

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.

Medical Marijuana

Medical marijuana has been credited with a host of therapeutic uses in recent years. This is especially true for older adults suffering from cancer, Alzheimer's, certain kinds of pain, and more. It is always essential that you speak with your doctor about whether the medical use of marijuana is appropriate for your condition. To learn more about medical marijuana in New York State, please see the resources below.

New York State

Department of Health

Riverview Center

150 Broadway, Suite 355

Albany, NY 12204

(866) 811-7957

https://www.health.ny.gov/regulations/medical_marijuana/faq.htm

The NYS Department of Health website contains a wealth of useful information about using medical marijuana in New York State, including finding a practitioner, finding a dispensary, current law, and more.

Columbia Care

212 East 14th Street

New York, NY 10003

(646) 453-7178

www.col-careny.com/

Columbia Care Manhattan dispensary is one of the first medical marijuana dispensaries in New York State, providing pharmaceutical-grade products to qualifying patients in New York.

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
Citymeals-on-Wheels prepares and delivers meals to homebound and elderly New Yorkers aged 60 years or older who are 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
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

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

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
The New York City Coalition Against Hunger (NYCCAH) represents and is the voice for the more than 1,100 non-profit 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
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:

This list provides locations of food kitchens that offer free hot food and pantries that offer free canned food and other non-perishables to seniors in need grouped by location.

MIDTOWN: Serving zip codes: 10001, 10010, 10016, 10017, 10018, 10019, 10022, 10036:

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.

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.

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.

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.

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.

Relief Bus

Mobile Resource Center

9th Ave. (between 40th Street and
41st Street), 10036
(800) 736-2773
Soup Kitchen:
Saturdays, 8pm - 10pm

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. 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. 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.

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. Luke's Lutheran Church

308 West 46th Street, 10036
(212) 246-3540
Soup Kitchen: Tuesdays and
Thursdays, 1pm - 2pm

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.

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

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.

**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.

**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.

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.

**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.

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.

St. Joseph's Church
371 Sixth Avenue, 10014
(347) 886-6345
Soup Kitchen: Saturdays,
1:30pm - 3:30pm

**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.

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):

Blessed Sacrament Church

146 West 70th Street, 10023

(212) 873-9224

Soup Kitchen: Sundays starting at 2pm.

Brown bag meal. Closed July & August.

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.

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 for a complete list of all CSAs in the city.

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

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

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

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

Neighborhood School CSA

Pickup: Neighborhood School

121 East 3rd Street

New York, NY 10009

Email: neighborhoodschoolcsa@gmail.com

Washington Square CSA

Pickup: St. Marks in the Bowery

131 East 10th Street

New York, NY 10003

Email: [info@](mailto:info@washingtonsquarecsa.com)

washingtonsquarecsa.com

www.washingtonsquarecsa.com

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

www.westvillagecsa.org

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

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

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

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

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

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

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

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 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

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.

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

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

Opioid Addiction Resources

Opioid addiction is an epidemic in our country. Below are resources to help combat it.

Educational Alliance - Center for Recovery and Wellness

25-29 Avenue D

New York, NY 10009

(646) 395-4405

Offers residential and outpatient treatment programs as well as proactive community programming and prevention education.

NYC Department of Health - Alcohol & Drug Use

24/7 Help Hotline: (888) 692-9355 (888-NYC-WELL)

<https://www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page>

The NYC Department of Health website contains information about how to prevent an overdose and where you can go if you or someone you know has overdosed.

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane

Rockville, MD 20857

General Inquires: (877) 726-4727

(SAMHSA-7)

National Suicide Prevention Lifeline (800) 273-8255 (TALK) / TTY: (800) 799-4889

National Helpline (800) 662-4357 (HELP) TTY: (800) 487-4889

Disaster Distress Helpline (800) 985-5990 / TTY: (800) 846-8517

www.samhsa.gov

SAMHSA offers numerous resources and hotlines for those seeking treatment and concerned loved ones.

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

Email: 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.

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

331 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.

The Educational Alliance's Sirovich Senior Center

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

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

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

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.

Hudson Guild Adult Services

119 Ninth Avenue
New York, NY 10011
(212) 924-6710

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.

John Paul II Friendship Center

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

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.

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

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

619 Lexington Avenue
New York, NY 10022
(212) 308-1959
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.lsnycny.org/programs/adults
Lincoln Square Neighborhood Center offers health services, homebound services, mental health services, social services, and recreational/educational services.

Pace University's Active Retirement Center (PARC)

Pace University Midtown Center
551 5th Avenue (between 45th & 46th St.), Suite 800
New York, NY 10176
(888) 561- 7223
www.cps.pace.edu/lifelong-learning/senior-programs-parc/
Membership to this program allows seniors to attend lectures on topics as varied as health to criminal justice and social functions such as movies. Members will also have access the Pace University Downtown Campus Library and Computer Lab.

Project FIND

160 West 71st Street, #2F
New York, NY 10023
(212) 874-0300
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.

SAGE Center Midtown

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

www.sageusa.org

SAGE, or Services & Advocacy for LGBT 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.

Senior Center at Our Lady of Pompeii Church

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

Lunch: 12:30pm - 1:30pm

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)

Stein Senior Center

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

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

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.

Woodstock Senior Center

127 West 43rd Street, 2nd Floor
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.

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

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

Gertrude Ederle Recreation Center

232 West 60th 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

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

TechOpps

(212) 255-3705
Email: 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.

Older Adults Technology Services (OATS)
168 7th Street, Suite 3A
Brooklyn, NY 11215
(718) 360-1707
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

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.

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/nyct/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

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
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 (NYC 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/pppdinfo.shtml#ny-cpermit

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

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 for more information about services available to veterans.

CUNY Veterans Affairs

555 West 57th Street
14th Floor, Suite 1401
New York, NY 10019
(646) 758-7677
Email: veterans@cuny.edu
www2.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.

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)

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)

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.

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
The division works closely with federal, state, municipal, and private agencies to garner resources and knowledge to help Veterans and their families with economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption needs.

Robin Hood Foundation Veterans

826 Broadway, 9th Floor
New York, New York 10003
(212) 227-6601
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
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.

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 and support America's veterans. UWVC hopes to unite veterans groups, community organizations, city, state and federal agencies, local businesses, and the general public behind efforts to care for veterans of all eras.

USO of Metropolitan New York

625 Eighth Avenue (between West 40th & West 41st Streets)
New York, NY 10018
(212) 695-6160
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.

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

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

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. 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.