



New York State Senator

Brad Hoylman

District 27

SENIOR RESOURCE GUIDE





New York State Senator

Brad Hoylman's

SENIOR

RESOURCE

GUIDE

RANKING MINORITY MEMBER

ENVIRONMENTAL CONSERVATION

INVESTIGATIONS &
GOVERNMENT OPERATIONS

COMMITTEES

AGING

CULTURAL AFFAIRS, TOURISM, PARKS
& RECREATION

HEALTH

JUDICIARY

LOCAL GOVERNMENT



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STATE OF NEW YORK

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Dear Neighbor:

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

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

Sincerely,

Brad Hoylman
State Senator
27th Senate District

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Senior Resource Guide

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Important Numbers

Police, Fire or Ambulance: 9-1-1

Emergency Shelter: 3-1-1

National Crisis Line:
(800) 999-9999

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

**Equal Employment Opportuni-
ty 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

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

New York City Department for the Aging

2 Lafayette St, 7th Floor
New York, NY 10007
(212) 442-1100
TTY: (212) 504-4115
311, Help Line: 1 (800) 342-9871
www.nyc.gov/aging

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

2 Lafayette Street
New York, NY 10007
Dial 311
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 assessment, referrals to medical diagnostic centers, community-based services and support groups, referral to community services, education and training, entitlement counseling, assistance with the nursing home placement process, and information on housing alternatives such as assisted living.

Mayor's Office for People with Disabilities

100 Gold Street, 2nd Floor
New York, NY 10038
(212) 788-2830
TTY: (212) 788-2838
www.nyc.gov/mopd

NYC Mayor's Office of Veterans Affairs (MOVA):

346 Broadway (between Catherine Ln and Leonard St)
New York, NY 10013
(212) 442-4172
www.nyc.gov/veterans

New York State Office for the Aging

2 Empire State Plaza
Albany, NY 12223-1251
(800) 342-9871
aging.ny.gov

New York State Attorney General

120 Broadway
New York, NY 10271-0332
(212) 416-8300
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 and environment, civil rights, and worker rights.

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

U.S. Social Security Administration
(800) 772-1213
TTY: (800) 325-0778
www.ssa.gov

SS Card Center: Manhattan
123 William Street, 4th Floor
New York, NY 10038
(800) 772-1213

Social Security is a social insurance program consisting of retirement, disability, and survivors' benefits. Seniors are eligible for retirement benefits if they are at least 61 years and 9 months old and are not currently receiving benefits on 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
(877) 927-8387
www.va.gov

U.S. Dept. of Veterans Affairs Regional Office:
245 West Houston Street
New York, NY 10038
(212) 827-1000
Hours: 8:30am - 4pm
(Monday - Friday)

For a list of NYC Veterans centers, see the section of this guide titled "Veterans" on page 54.

Advocacy & Action Groups

AARP (American Association of Retired Persons)

780 Third Avenue, 33rd Floor
New York, NY 10017
(866) 227-7442
www.aarp.org/about-aarp

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

Community Service Society (CSS)

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

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 re-entry, and workforce equality.

Greater New York Health Care Facilities Association (GNYHCFA)

519 Eighth Avenue, 16th Floor
New York, NY 10018
Phone: (212) 643-2828
Fax: (212) 643-2956
www.gnyhcfa.org

GNYHCFA is a non-profit trade association serving the needs of the long term care community in the greater New York metropolitan area and beyond. GNYHCFA offers resources centered on safety, education, legal services, longterm care, medicaid, labor relations and more. See the website for a full list of all resources offered.

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, nonprofit, and community leaders aid students to engage in citywide issues, learn community organization skills, take action in their community, and understand the legislative process in NYC, NY State, and

Washington D.C. Upon acceptance, a \$100 fee is due for all 10 sessions.

JASA's Joint Public Affairs Committee (JPAC)

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

JPAC is an advocacy coalition of adults age 55 and over 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 an organization composed 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 8th 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, nonprofit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.

Metropolitan Council on Housing

339 Lafayette Street #301
New York, NY 10012
Rights Hotline: (212) 979-0611

Available Monday, Wednesday and Friday 1:30pm to 5pm
metcouncilonhousing.org

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

New York Gray Panthers

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

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, eliminate injustice, discrimination and ageism, by advocating for a single-payer, universal health care system, protecting the environment, and promoting international human rights.

New York State Tenants & Neighbors Coalition

236 W 27th St # 400
New York, NY 10001
(212) 608-4320
www.tenantsandneighbors.org

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

New York StateWide Senior Action Council, Inc.

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

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 Patient's Rights Helpline and counseling services, as well as work on raising community awareness about senior issues and advocating for seniors' legal rights.

New York State Coalition for the Aging (NYSCA)

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

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

support services.

Older Women’s League (OWL)

1627 Eye Street, NW Suite 600
Washington, D.C. 20006

(202) 450-8986

www.owl-national.org

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

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

1216 Fifth Avenue at 103rd Street
New York, NY 10029

(212) 822-7200

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

NYAM works to address a variety of urban health issues through research, policy leadership, and community engagement. Their Healthy Aging Program seeks to create environments, policies, and programs

that will allow older adults in New York City to live longer, healthier lives and stay fully engaged in their communities.

Benefits

Access NYC

Call 311

a858-ihss.nyc.gov

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

BenefitsCheckUp

www.benefitscheckup.org

This free service from the National Council on Aging (NCOA) asks a series of questions to help identify eligible benefits for adults 55 and 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 online site'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 311

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 311

www1.nyc.gov/site/finance/benefits/tenants-drie.page

DRIE offers tenants who qualify to have their rent frozen at their current level and be exempt from future rent increases.

Tenants must have a total annual income of \$50,000 or less, spend more than 1/3 of their monthly household income on rent, and receive Federal Supplemental Security Income, Federal Social Security Disability Insurance, U.S. Department of Veterans Affairs disability pension or compensation, or disability related Medicaid.

Elderly Pharmaceutical Insurance Coverage (EPIC)

2 Lafayette Street
New York, NY 10007
(800) 332-3742
www.health.ny.gov/health_care/epic

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

The Home Energy Assistance Program (HEAP)

122 East 124th Street lobby
New York, NY 10035
(800) 692-0557
Hotline: (800) 342-3009
otda.ny.gov/programs/heap

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

Medicare Rights Center

520 Eighth Avenue, North Wing
3rd Floor
New York, NY 10018
(212) 869-3850
National helpline: (800) 333-4114
www.medicare.gov

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

Senior Citizen Homeowners Exemption (SCHE)

Manhattan Business Center
66 John Street, 2nd Floor
New York, NY 10038
Call 311
home2.nyc.gov/html/dof/html/property/senior_citizen.shtml

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

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

66 John Street, 3rd Floor
New York, NY 10038
Call 311
www1.nyc.gov/site/finance/benefits/tenants-scrie.page

SCRIE offers eligible individuals 62-years 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 St, 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)

311 or The New York State Department of Taxation and Finance
www.tax.ny.gov/pit/property/star/index.htm

The Enhanced STAR exemption provides savings on school district taxes for New York State

homeowners age 65 and over with qualifying incomes.

Veterans' Tax Exemption

Manhattan Business Center
66 John Street, 2nd Floor
New York, NY 10038
Call 311
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 Conflict, the Vietnam War, the Korean War, World War II, or World War I.

Caregiver Support

Home Instead Senior Care

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

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

Jewish Association Serving the Aging (JASA)

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

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

NYC Caregiver

2 Lafayette Street
New York, NY 10007
Dial 311
www.nyc.gov/html/caregiver

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

Partners in Caring at SAGE

305 Seventh Ave
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. Some services include: counseling, outreach, public information, support groups, training, individual respite and many others. Please contact the office for a complete list of all services offered and the requirements.

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 60 years and over who are blind or visually impaired and grandparents 55 years and 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

The Actors Senior Care Program

729 7th Avenue, 10th floor
New York, NY 10019
(212) 221-7300

www.actorsfund.org/services-and-programs/senior-services

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

DOROT

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

www.dorotusa.org/site/Page-Server?pagename=homepage
DOROT

DOROT is an organization that alleviates social isolation among the elderly and provides services such as friendly visiting, door-to-door transportation, meal delivery, wellness programs, and others.

Hartley House

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

The HOPE program at Hartley House provides clients 62 years old and older living between West 34th St. and West 59th St., 12th to 5th Avenues with comprehensive case management support including: assistance with benefits, financial management, referrals for legal assistance, elder abuse, and mental health and social resources.

New York Foundation for Senior Citizens

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

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: support services, housing alternatives, home sharing, repair and safety services, free transportation, ombudsman program, senior centers, intergenerational activities, and a senior theater enrichment program.

SAGE (Services and Advocacy for GLBT Elders)

305 Seventh Ave, 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 offered include: case management; caregiver support; benefits counseling; employment assistance; and arts, fitness and nutritional classes.

Selfhelp Community Services

520 8th Ave
New York, NY 10018
(866) 735-1234
www.selfhelp.net

Selfhelp helps seniors age in place with its comprehensive, personalized private care management program. Selfhelp offers case management for Adult Protective Services (APS) clients; Alzheimer's and HIV/AIDS support; and Nazi victim services. They also have six housing complexes serving low- and moderate-income seniors, six senior centers, and four naturally occurring retirement communities (NORCs).

Community Boards

Manhattan Community Board 2

Neighborhoods: Greenwich Village, West Village, NoHo, SoHo, Lower East Side, Chinatown, Little Italy

3 Washington Square Village,
#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 7th 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: mn06@cb.nyc.gov

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

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 55 years of age and 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 Ave, 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 St.
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, 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 60 years old and 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 medical appointments and assist 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 aide and companionship services, social work, physical, speech, and occupational therapy, community mental health services, advanced illness and end-of-life care.

Consumer Protection

NY State Division of Consumer Protection

(800) 697-1220

Senior Information Line:

(800) 503-9000

www.dos.ny.gov/consumerprotection

NY State Division of Consumer Protection protects, educates and represents consumers and settles disputes between consumers and businesses. They offer services and information related to consumer alerts and recalls, identity theft and privacy, Do Not Call registries, product safety and utilities. The New York State Department of State in partnership with The Harry & Jeannette Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale, the State Office for the Aging, AARP and the Free Community Papers of New York (FCPNY) host a monthly toll-free “Senior Consumer Information Line” which allows Seniors statewide to access free information they can use to stay safe, maximize their independence and improve their everyday lives.

NY State Attorney General

Consumer Fraud Bureau

800-771-7755

www.ag.ny.gov/bureau/consumer-frauds-bureau

NYC Division of Consumer Affairs

42 Broadway, 9th Floor

New York, New York 10004

Call 311

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

Hours: 9am – 5pm

(Monday - Friday)

The Department of Consumer Affairs (DCA) is the largest municipal consumer protection agency in the country, licensing 80,000 businesses across 55 different industries. They inspect businesses, mediate consumer complaints, and help New Yorkers manage and protect their money.

When filing a complaint, please verify that DCA is the appropriate agency that addresses your question/issue. For a list of all the complaints DCA addresses please check the referral list on the website: www1.nyc.gov/assets/dca/downloads/pdf/consumers/Consumers-ReferralList.pdf

Continuing Education

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

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

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

Baruch College

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

Borough of Manhattan Community College

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

The City College of New York

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

CUNY Graduate Center

365 5th 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 3rd Avenue
New York, NY 10035
(212) 396-7729
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

**Stella and Charles Guttman
Community College**

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

www.guttman.cuny.edu

City College of New York

Quest: A Community for
Lifelong Learning

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

questcontinuingednyc.org

Quest is a vibrant educational and social environment serving nearly 200 retired and semi-retired men and women at the CCNY-CWE campus in the Cunard Building, located in the historic Bowling Green and Financial District in Lower Manhattan.

Quest's basic concept is that of peer learning and teaching. Members participate fully in study groups through preparation for, and involvement in, discussions in a wide variety of subjects.

Quest offers a comprehensive curriculum of about 40 peer-led courses spanning subjects covering literature and history to science, politics, current affairs,

philosophy, the arts, and a guest lecture series. Members range in age from their early 60s to 90+.

There are no exams or grades. Courses run for 7 weeks each term and meet mornings or afternoon from 10:30am - 12pm and 1pm - 2:30pm. Almost all courses meet both terms, running 14 weeks in all. Many courses continue from one year to the next. Classes are scheduled on Mondays through Thursdays; there are no classes on Friday.

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 and older taught by volunteer faculty from prominent institutions such as Columbia, Bard, The City University of NY, University of Chicago, and UCLA and others who are

experts in their field. Registration for these 8 week courses can be done online.

New York University
School of Continuing and
Professional Studies

7 East 12th Street
New York, NY 10003

Office of student enrollment
services: (212) 998-7171

General information:
(212) 998-7200
www.scps.nyu.edu

Seniors aged 65 and older may enroll in continuing education courses for half the regular fee (except where otherwise indicated) by requesting the senior citizen discount. The senior citizen discount does not apply to conferences and seminars that begin with an R or SCPS designation, credit courses that begin with a Y or Z designation, or computer-lab based instruction. Proof of age is required (either by Medicare card, driver's license, passport, or other identification card) at in-person registration. If you are registering by telephone, fax, or mail, a copy of the proof of age must be sent to the Office of Student Enrollment Services.

The New School

The Institute for Retired
Professionals (IRP)

66 West 12th Street, Room 502
New York, NY 10011

(212) 229-5682

www.newschool.edu/institute-for-retired-professionals/

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.

Tuition is \$980 for the academic year or \$638 for a single semester and includes full participation in the IRP program and many additional benefits. Admissions procedures are blind to an applicant's ability to pay, and scholarships are available once a student is accepted.

Employment and Volunteer Opportunities

AARP Foundation Senior Community Service Employment Program (SCSEP)

NYC Department for the Aging
Senior Employment Services
2 Lafayette Street, 3rd Floor
New York, NY, 10007
(212) 442-1369
www.aging.ny.gov/employment

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 and above to work on a variety of initiatives, including their Financial Advocacy Program, Reentry Services and Youth Mentoring, and Disaster Preparedness.

DFTA Volunteer Resource Center

(212) 602-4464
Hours: 10am - 6pm
(Monday - Friday)
Email: volunteer@aging.nyc.gov

NYC Department for the Aging: Foster Grandparent Volunteer Program

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

www.nyc.gov/html/dfta/html/volunteering/foster.shtml

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

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

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

www.nyc.gov/html/dfta/html/volunteering/job_training_and_placement.shtml

Assists NYC residents age 55 and older seeking work opportunities. Services include computer and customer service training and job placement. Participants must meet low-income eligibility and be unemployed and interested in obtaining a part- or full-time job.

ReServe, Inc.

633 Third Avenue, 6th Floor
New York, NY 10017
(212) 727.4335
Email: info@reserveinc.org

ReServe is a not-for-profit 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

Main Office:
253 Broadway, 8th Floor
New York, NY 10007

Interview:
100 Gold Street, 2nd Floor
New York, NY 10038
(212) 788.7550
www.nycservice.org

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

Hospitals & Healthcare

Hospitals:

Bellevue Hospital Center

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

Lenox Health Greenwich Village Emergency Department

30 7th Avenue (Entrance on 7th Ave between West 12th and West 13th Streets)
New York, NY, 10011
(212) 665-6000
www.northshorelij.com
Hours: 24/7

LHGV is Manhattan's first freestanding Emergency Department. Patients requiring admission 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 10th Ave
New York, NY 10019
(212) 523-4000
www.roosevelthospitalnyc.org
Hours: 24/7

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, Monday through Friday, from 9am to 5pm ET.

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

St. Lukes Roosevelt Hospital

425 W 59th St
New York, NY 10019
(212) 492-5500
www.stlukeshospitalnyc.org

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

Manhattan Campus:

423 E 23rd St

New York, NY 10010

(212) 686-7500

www.nyharbor.va.gov

**Bellevue Hospital Medicaid
Office* (various other offices
around the city)**

462 1st Avenue

New York, NY 10016

Medicaid offices are open from:

9am to 5pm, Monday through
Friday.

(718) 557-1399

www.medicaid.gov

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

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

Housing

Encore West Residence

755 10th Ave. (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 very low income seniors 62 years old and over 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

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

Fredric Fleming Residence

443 West 22nd Street

New York, NY 10011

(212) 242-5277

www.wsfssh.org/buildings/frederic-fleming-house

Fredric Fleming residence is an assisted living facility that offers residents age 55 and 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

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 311 and ask for NYCHA.

New York Foundation for Senior Citizens (NYFSC):

- **Clinton Gardens**

404 West 54th St

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 62 years of age and older. The Enriched Housing Program assists with personal care, housekeeping, shopping, meal preparation, medical appointments and other personal needs.

- **Home Sharing Program**
11 Park Place, 14th Floor
New York, NY 10007-2801
(212) 962-7559
www.nyfsc.org/services/home_sharing.html

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

VillageCare

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 and Tenth**
510 West 46th St.
New York, NY 10036
(212) 977-4600
www.46and10village.org

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

- **Rehabilitation and Nursing Center**
214 West Houston St.
New York, NY 10014
(212) 337-9400
www.villagecare.org/residentialcare/vcrnc

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

- **Adult Day Health Care Program**

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

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 MetroCards. Their services are for Medicaid-eligible persons. Applicants for day treatment must be at least 18, live in the metropolitan area and require HIV/AIDS medical monitoring.

NORC (Naturally Occurring Retirement Community): a multi-age housing development or neighborhood that was not originally built for seniors but now is home to a significant number of older persons.

NORCs in the 27th Senate District:

Phipps Plaza NORC

520 Second Avenue, Ground Fl.
New York, NY 10016
(212) 683-6583
Hours: 9am - 5pm
(Monday - Friday)

Elliott-Chelsea NORC

430 W 26th St
New York, NY 10001
(212) 924-2626

Lincoln House Outreach NORC

303 West 66th Street
New York, NY 10023
(212) 875-8958

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

Lincoln Square NORC

250 West 65th Street
New York, NY 10023
(212) 874-0860

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

Penn South Program for Seniors

290 Ninth Avenue
New York, NY 10001
(212) 243-3670

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

Legal Assistance

City Bar Justice Center's Veterans Assistance Project

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

www2.nycbar.org/citybar-justicecenter/projects/economic-justice/veterans-assistance-project

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

Housing Conservation Coordinators (HCC)

777 10th Ave.
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 (34th to 72nd Street, from 8th 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 we staff a hotline for callers with information about housing law, rent arrears assistance, and homeless prevention guidance. Housing Court Answers provides telephone assistance from 9am to 5pm, Tuesday through Thursday. The office may be closed between 1-2pm on weekdays.

LawHelp/NY

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 for your specific need.

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.

Employment, Health and Government Benefits Helpline:
Call (888) 663-6880; Tuesday through Thursday, 9:30am to 12:30pm

Immigration Helpline:
Call (844) 955-3425; Monday and Friday, 9:30am to 12:30pm

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. The primary areas they work in are: Family, Housing, Government Benefits, HIV/AIDS, Consumer Protection, and Immigration.

Manhattan District Attorney’s Elder Abuse Unit

One Hogan Place
New York, NY 10013
(212) 335-8920
Hotline: (212) 335-9007
manhattanda.org/resources-victims-elder-abuse

The Manhattan District Attorney’s Elder Abuse Unit investigates and prosecutes crimes involving victims aged 60 and over. They provide services in investigation and prosecution, assistance in obtaining an Order of Protection and emergency housing if needed, consultation, social services referrals, and review by the Narcotics Eviction Program for evictions of drug dealers

from a senior's residential or commercial premises.

MFY Legal Services

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

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

- **Manhattan Seniors Project**
www.mfy.org/projects/manhattan-seniors-project

Manhattan Seniors Project provides a 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. The project in partnership the DFTA social workers defends seniors facing imminent eviction and need legal and social work help to resolve their housing problem.

- **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 in Special Immigrant Juvenile Status cases.

New York Legal Assistance Group (NYLAG)

7 Hanover Square, 18th Floor
New York, NY 10004
(212) 613-5000
nylag.org

NYLAG is a not-for-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 St, 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 comprised of 10 different projects: Community Development, Domestic Violence, Safety Net, Human Rights, Iraqi Refugee Assistance, Mental Health, Peter Cicchino Youth, Sex Workers, Street Vendor, and Veteran Advocacy.

Volunteer Lawyers for the Arts (VLA)

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

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 and up by conducting 12 monthly legal advice clinics at senior centers (including Encore Community Services at 239 W. 49th St); providing legal information and advice to elder services case managers, social workers and advocates; and coordinating volunteer attorneys to represent eligible seniors seeking assistance with Life Planning Documents.

Long-Term Care

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.

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

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 someday. The program works by allowing an individual or couple who purchases a Partnership insurance policy and allows those who purchase a policy to insure their assets (depending on the type of policy purchased) under the Medicaid program if their long-term care needs extend beyond the period covered by their policy.

New York State Department of Health

- **Consumer Guide to Long-Term Care**

www.health.ny.gov/health_care/medicaid/program/longterm/

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

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

www.health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf

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.

Nutrition & Food Assistance

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 who are 60 years of age or older and physically or mentally incapacitated, unable to prepare meals, and able to live safely at home if services are provided to them.

Encore Home Delivered Meals

220 West 49th Street
New York, NY 10019
(212) 246-0880
Hours: 9am - 5pm
(Monday - Friday)

Registration: 9am - 12pm
(Tuesdays and Wednesdays)
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.

Eligibility: Homebound seniors living within the boundaries of West 59th Street to West 35th Street, from 5th Avenue to the Hudson River, are eligible to receive home-delivered meals, after an initial assessment/interview is conducted.

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.

Eligibility: Homebound seniors living within the boundaries of West 59th Street to 14th Street, from 5th Avenue to the Hudson River, are eligible for this program.

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.

New York City Coalition Against Hunger

50 Broad Street, Suite 1520
New York, NY 10004
(212) 825-0028
nyccah.org

The New York City Coalition Against Hunger (NYCCAH) represents and is the voice for the more than 1,100 nonprofit soup kitchens and food pantries in New York City and the 1.4 million low-income New Yorkers who live in households that can't afford enough food.

WhyHunger

505 Eighth Avenue, Suite 2100
New York, NY 10018
(212) 629-8850
www.whyhunger.org

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

Soup Kitchens and Food Pantries

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

Sacred Heart of Jesus Church
457 West 51st Street, 10019
(212) 265-5020

Food Pantry: The 2nd & 4th
Wednesday from 4:30pm -
5:30pm. Registration Fridays
from 10am - 11am. Photo ID and
proof of address required.

St. Paul's House

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

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

Food Pantry: Tuesdays 10am – 11am. Must live between West 28th St. - West 60th St. for food pantry, two proofs of address and photo ID required. Business clothing available Tuesdays.

Crossroads Community Services at St. Bartholomew's Church

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

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

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

St. Clement's Episcopal Church

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

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

St. Luke's Lutheran Church

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

Soup Kitchen: Tuesdays & Thursdays 1pm – 2pm

Crossroads Food Pantry

329 West 42nd Street, 10036

(212) 246-4732

Food Pantry: Every other Saturday 11:30am – 1pm. Proof of residence and income required.

Relief Bus Mobile Resource Center

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

Soup Kitchen: Saturdays 8pm – 10pm.

The Dwelling Place of NY, Inc.

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

Soup Kitchen: Wednesdays 5:30pm - 6:30pm. Only for women at least 30 years old. ID required for first visit. Must be sober.

Metro Baptist Church

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

Food Pantry: Saturdays 11am - 11:30am (except 5th Saturday). One visit per month. ID and proof of address for all household members required.

Sylvia Rivera Food Pantry

446 West 36th Street, 10018
(212) 629-7440

Soup Kitchen: Tuesday - Friday
2pm - 3pm

Food Pantry: Thursdays 9am -
10am. Bring your own bag for
pantry.

Holy Apostles Soup Kitchen

296 9th Avenue (corner of 28th
Street), 10001
(212) 924-0167

Soup Kitchen: Monday - Friday
10:30am - 12:30pm. Referrals
available to services such as
haircuts, clothing pantries, bene-
fits, eyeglasses, etc. Soup kitchen
(non state) photo IDs created,
available during soup kitchen
hours in counseling office at rear
of the dining area.

St. John's Bread of Life

210 West 31st Street, 10001
(212) 564-9070 x203

Food Pantry: Wednesdays
12:30pm - 2:30pm. Must live
between 14 St. and 50 St. Proof
of residence and ID required.

St. Francis of Assisi

135 West 31st Street, 10001
(212) 736-8500

Soup Kitchen: Every day 7am -
7:30am. Sandwiches and coffee.
Line starts at around 6:30am.

**CHELSEA, WEST VILLAGE
(serving: 10011-10014)****St. Peter's Episcopal Church**

346 West 20th Street, 10011
(212) 929-2390

Food Pantry: Wednesdays,
Fridays 10am - 12pm, Satur-
days 11am - 11:30am. Referral
required.

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

201 West 13th Street, 10011
(212) 243-5470

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

Food Pantry: Tuesdays 1pm -
2:30pm. Doors open 30 minutes
before food service begins.

**Salvation Army, New York
Temple**

132 West 14th Street, 10011
(212) 337-7469

Soup Kitchen: Monday -
Thursday 12pm - 1pm

Food Pantry: Monday - Friday
9:30am - 11am, 1:30pm - 3pm
Photo ID and proof of address
in 10002-10007, 10009- 10014,
10038, 10041, 10047, 10048
required at first visit for pantry.

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

55 West 15th Street, 10011
(212) 627-2100

Soup Kitchen: Sunday 1pm
- 3pm. Seniors and disabled
individuals line up on West 16th
St. for soup kitchen; all others
on West 15th St. (elevator for
those unable to navigate stairs
on West 15th St).

Food Pantry: Customer
choice pantry 2nd Saturday of
each month 10am - 11:30am;
emergency pantry: Monday -
Friday 10am - 6pm. Customer
choice pantry open only to
residents of 10001- 10003, 10009-
10014, 10016. ID and proof of
address required for customer
choice pantry (not necessary for
emergency pantry). Emergency
pantry only available once every
six months.

Church of the Ascension

12 West 11th Street, 10011
(212) 254-8620

Food Pantry: 3rd Saturday
8:30am. Arrive early and get in
line - often 200+ people in line.
Line up on W. 11th St. starting at
5th Ave.

St. Joseph's Church

371 Sixth Avenue, 10014
(347) 886-6345

Soup Kitchen: Saturdays 1:30pm
- 3:30pm

Judson Memorial Church

55 Washington Square South,
10012
(212) 477 0351

Soup Kitchen: 1st Wednesday
potluck meal. Doors open at
7pm, food distributed at 7:15pm,
followed by a performance.

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

1 West 4th Street, 10012
(212) 674-5300

Soup Kitchen: Mondays 5pm
- 6pm (summer hours: 5pm -
5:30pm). Entrance on Mercer
Street. During school year, warm
balanced meals, clothing, toilet-
ries, and free legal advice from
NYU law students inside.

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

Father's Heart Ministries

543 East 11th Street, 10009
(212) 375-1765

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

Food Pantry: Tuesdays 6pm - 6:30pm, Saturdays 10am - 11am (except 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: Mondays - Fridays 11am - 12pm

Food Pantry: Monday - Thursday 12:30pm - 1:30pm. ID for all family members required. Pantry is client choice, may receive once a month. Last number called at 1:30pm.

WEST OF CENTRAL PARK (serving; 10023, 10024, 10025)

Christ and St. Stephen's Brown Bag Program

120 West 69th Street, 10023
(212) 580-8179

Soup Kitchen: Monday - Friday 9:30am - 10:30am. Brown bag meal. Operates on all holidays.

Blessed Sacrament Church

146 West 70th Street, 10023
(212) 873-9224

Soup Kitchen: Sundays from 2pm until Brown bag lunch is done. Closed July & August.

FARMERS' MARKETS

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

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

57th St. Greenmarket

West 57th Street & 9th Avenue,
10019

Apr 19 - Dec 20: Saturdays 8am
- 5pm; May 7 - Dec 17:
Wednesdays: 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
9am - 5pm

PS 11 Farm Market

West 21st Street (between 8th
Avenue & 9th Avenue), 10011

Jun 11 - Nov 19: Wednesdays
8am- 11am;

Abingdon Square Greenmarket

West 12th Street & 8th Avenue,
10014

Saturdays 8am - 2pm, year
round.

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

St. Mark's Church Greenmarket

East 10th Street & 2nd Avenue,
10003

Jun 3 - Nov 25: Tuesdays
8am - 6pm

Stuyvesant Town Greenmarket

14th Street Loop & Avenue A
(in the Oval), 10009

May 4 - Nov 23
Sun 9:30am - 4pm

Tompkins Square Greenmarket

East 7th Street & Avenue A,
10009

Sundays 9am - 6pm, year round

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

Tucker Square Greenmarket

West 66th Street & Columbus
Avenue, 10023

Thursdays-Saturdays
8am - 5pm, year round

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 com-
plete list of all CSAs in the city.

The West Village CSA

Contact: info@westvillagecsa.org, westvillagecsa.org

Pickup: The Church of Saint Francis Xavier, 46 West 16th Street (between 5th and 6th Avenues).

Washington Square CSA

Contact: www.washington-squarecsa.com, info@washingtonsquarecsa.com

Pickup: St. Marks in the Bowery, 131 East 10th Street, New York, New York 10003

Merchants' Gate CSA

Contact: www.merchantsgatecsa.org, merchantsgatecsa@gmail.com

Pickup: John Jay College of Criminal Justice, 860 11th Avenue (between 58th and 59th Streets), New York, NY 10019.

14th St Y CSA

Contact: www.14streety.org/laba/the-14th-street-y-csa, alice14ycsa@aol.com

Pickup: 14th Street Y, 344 East 14th Street, New York, NY 10003

Neighborhood School CSA

Contact: neighborhoodschoolcsa@gmail.com

Pickup: Neighborhood School, 121 East 3rd Street, New York, NY 10009

Hell's Kitchen CSA

Contact: katchkiefarm.com/csa, suzannah.schneider@katchkiefarm.com

Pickup: Signature Theater Cafe, 480 West 42nd Street, New York, NY 10036

Mae Mae CSA

Contact: katchkiefarm.com/csas/mae-mae-cafe-community-csa, suzannah.schneider@katchkiefarm.com

Pickup: Cafe Mae Mae, 68 Vandam St., New York, NY 10013

NYPD Police Precincts

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 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.

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.

Senior Centers

The Educational Alliance's Sirovich Senior Center

331 East 12th Street
New York, NY 10003
(212) 228-7836
www.edalliance.org/olderadults

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

Encore Senior Center

239 West 49th Street
New York, NY 10019
(212) 581-2910
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, T'ai Chi Chih, Salsa movement, painting classes, movies, trips, birthday celebrations, bingo, concerts, and holiday parties. From 9am - 10am, the center 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
Director: Marcia Mason
www.goddard.org/page/senior-centers-57.html

Goddard Riverside Senior Center offers a variety of programs and resources for its senior members. Some of the services provided include: breakfast and lunch, social events, benefits advocacy, wellness health and nutrition classes, trips, community partnerships, arts and music workshops and much more. There is also on-site staff there to help with housing issues.

Greenwich House Senior Centers

www.greenwichhouse.org/senior_center/index

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

- **Senior Center on the Square**
20 Washington Square North
New York, NY 10011
(212) 777-3555, Ext.106

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

- **Judith C. White Senior Center**
27 Barrow Street, 4th Floor
New York, NY 10014-3823
Phone: (212) 242-4140,
Ext. 260
Fax: (212) 463-0165

Breakfast: 9am - 10 am
Lunch: 12pm - 1pm

- **Senior Center at Our Lady of Pompeii Church**
25 Carmine Street
New York, NY 10014
(212) 989-3620

Lunch: 12:30pm - 1:30pm

- **Hudson Guild Adult Services**
119 Ninth Ave.
New York, NY 10011
(212) 924-6710
hudsonguild.org

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

- **Neighborhood Senior Center (Fulton Senior Center)**

119 9th Avenue
New York, NY 10011
(212) 924-6710

The senior center offers breakfast from 8:45am - 10am and lunch from 11:45am - 1:30pm, with a suggested donation of \$1 and \$1.25,

respectively, for people aged 60 and above and a fee of \$2 and \$2.50, respectively, for people aged 59 and under. The center also offers case management, lectures, exercise classes, and recreational activities.

John Paul II Friendship Center

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

www.polishslaviccenter.org/en/m.16.Financial_Statements.html?agid=23

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

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

619 Lexington Avenue
(212) 308-1959
New York, NY 10022

www.lenoxhill.org/content/who-we-help/older-adult-services/senior-centers.html

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

lsncny.org/programs/adults

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

Project FIND

www.projectfind.org

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

- **Clinton Senior Center**

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

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

- **Coffee House Senior Center**

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

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

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

- **Woodstock Senior Center**

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

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

SAGE Center Midtown

305 Seventh Avenue, 15th Floor
New York, NY 10001
(212) 741-2247

www.sageusa.org

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

employment assistance; and arts, fitness and nutritional classes.

Stein Senior Center

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

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, movie, Shakespeare, Yiddish club, and benefits and entitlements assistance.

VISIONS Senior Center

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

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

The center is the first that is designed for adults who are blind or severely visually impaired. It is open from 9am to 8pm Monday through Thursday and 9am to 6pm Friday. A meal is offered each day from 3:30pm to 5pm. The center also offers 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/resourcedirec-
tory/?orgID=23](http://www.wsiaca.org/resourcedirectory/?orgID=23)

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

Technology

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

NYC Department of Parks & Recreation: Computer Resource Centers

The New York City Department of Parks and Recreation provides basic instruction for seniors and others who have never touched a computer 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

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

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

Schedule: www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC

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

*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 our 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.

How to apply: You can apply online. For more information about the program, please call (212) 255-3066 or email techopps@parks.nyc.gov.

New York Public Library

OATS (Older Adults Technology Services)

168 7th Street, Suite 3A
Brooklyn, NY 11215
(718) 360-1707
www.oats.org

OATS, operated by the NYC Parks and 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

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

Transportation

*Many Senior Centers provide free or reduced price transportation programs for its 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
AAR operates 24 hours a day,
7 days a week.
(877) 337-2017
[web.mta.info/nyct/paratran/
guide.htm](http://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
511 or (212) 638-7622
[web.mta.info/metrocard/Ea-
syPayXpress.htm](http://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, ages 60 and 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.

Reduced-Fare MetroCards for customers 65+

The Customer Service Center:
3 Stone Street
New York, NY 10004
511 or (212) 638-7622
web.mta.info/nyct/fare/rfindex.htm

The MTA offers Reduced-Fare MetroCards at a fare of \$1.35 for customers aged 65+ and to people with disabilities of any age.

Veterans

*For free assistance in accessing your veterans' benefits, contact your state, county or local veterans' benefit counselor at (888) VETS-NYS ((888) 838-7697) or (718) 447-8787, or veterans.ny.gov.

NYS Division of Veteran Affairs - Manhattan Center

423 East 23rd Street (between 1st Ave. & Asser Levy Place)
New York, NY 10010
(212) 686-7500
veterans.ny.gov

Manhattan Veterans Center

32 Broadway, 2nd Floor, Suite 200 (between Morris St and Exchange Place)
New York, NY 10004
(212) 742-9591

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

Harlem Veteran Center

2279 Third Avenue (between East 123rd & 124th Streets)
New York, NY 10035
(212) 426-2200 or (646) 273-8139

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

Veterans' Health Care Benefits CHAMPVA

(800) 733-8387

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

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

USO of Metropolitan New York

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

www.usonyc.org

Hours: 8:30am - 7:30pm daily

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

NYC Veterans Alliance

PO Box 532
New York, NY 10159

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

United War Veterans Council, Inc.

1 Centre Street, 22nd Floor
#2208
New York, NY 10007
(212) 693-1476

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

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

Robin Hood Foundation Veterans

826 Broadway, 9th Floor
New York, New York 10003
(212) 227-6601
www.robinhood.org/veterans

The Robin Hood Foundation 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/sage-vets/index.cfm

SAGEVets is a partnership between SAGE (Services & Advocacy for GLBT Elders) and the Veterans Justice/LGBT Projects of Legal Services NYC to help LGBT older adults who are military service veterans improve their access to VA benefits and their overall health and wellness. SAGEVets serves LGBT veterans over the age of 50 who

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

Yoga for Vets NYC

Integral Yoga Institute (IYI)
227 West 13th Street between 7th
and 8th Avenues
New York, NY 10011
(212) 929-0586
email: info@yogaforvetsnyc.org
yogaforvetsnyc.org

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

CUNY Veterans Affairs

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

(646) 664-8835
veterans@cuny.edu

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. This website is a virtual one-stop source of information regarding services for veterans, reservists and their dependents and survivors. It is a guide to educational benefits, entitlements, counseling and advocacy resources, which will assist veterans in pursuing their academic and civilian careers.

Additional Senior Resources

NYC Domestic Violence Hotline

New York State Office for the Prevention of Domestic Violence

Alfred E. Smith Building
80 South Swan Street, #1157
Albany, NY 12210
(800) 621-4673
www.opdv.state.ny.us/help/dvhotlines.html

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

Carter Burden Elder Abuse

1484 First Avenue
New York, NY 10021
(212) 879-7400

Hours: 9am – 5pm
(Monday - Friday)

The Carter Burden Elder Abuse center specializes in elder abuse counseling, education/outreach, legal and financial assistance, security development, transport and senior center case assistance.

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.

Big Apple RX

(888) 454-5602 or 311
www.bigapplerox.com

Big Apple RX is a city-wide 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.

Assurance Wireless Lifeline Program

P.O. Box 686
Parsippany, NJ 07054
(888) 321-5880
www.assurancewireless.com/Public/Welcome.aspx

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

Verizon LifeLine

PO Box 33075

St. Petersburg, FL 33733-8075

(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. Customers may qualify if they participate in one of the following programs: the Bureau of Indian Affairs General Assistance, Family Assistance, Home Energy Assistance Program, Medicaid, National School Lunch Program, Safety Net Assistance, Section 8 - Federal Public Housing Assistance, SNAP, Supplemental Security Income, Temporary Assistance for Needy Families, Veteran's Disability Pension, Veteran's Surviving Spouse Pension; or if their annual income is at or below 135% of the Federal Poverty Guideline.

IDNYC

www.nyc.gov/idnyc

Call 311 for more information and Enrollment Centers

NYC residents are now able to sign up for IDNYC - a government-issued identification card that is available to all City residents age 14 and 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. The IDNYC card is free for all New Yorkers who apply during the first year of the program - until December 31, 2016. 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.



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Contact me with questions, concerns, or suggestions.

