

Age- Smart Manhattan

Senior Resources for Better Living

2015-2016 EDITION



Gale A. Brewer

MANHATTAN BOROUGH PRESIDENT



Dear Friend:

Life as an older Manhattanite can be both delightful and a challenge.

This comprehensive guide is part of my office's ongoing work to foster a more age-friendly city: to help enhance the delight and cope with the challenges.

The information within—on benefits, health and wellness, transportation, safety, consumer protection, and life enrichment—can help seniors, their families, and caregivers better utilize the borough's services and amenities.

New York City is home to more than one million older residents—a population that is expected to increase by 45% in the next 20 years. Already, one in five New Yorkers is over the age of 60, and among the five boroughs, Manhattan has the largest cohort of residents between the ages of 75 and 85.

That means it's increasingly important to provide effective services and networks to help older Manhattanites stay healthy, active, and engaged. We hope this guide assists in that effort!

If you have a question about an issue raised here—or need assistance on any other topic—my office is ready to help. Please call (212) 669-8300 or email info@manhattanbp.nyc.gov.


Gale A. Brewer
Manhattan Borough President



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AVAILABLE BENEFITS FOR SENIORS

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

ACCESS NYC

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

Benefits CheckUp

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

311 System

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

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

NYC Temporary Assistance

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

☛ Contact the NYC Human Resource Administration at (718) 557-1399; visit www1.nyc.gov/site/hra/about/careers.page or an HRA Job Center.

SOCIAL SECURITY

Almost everyone who has worked is eligible for Social Security. When you work and pay Social Security taxes (known as FICA), you earn credits toward Social Security benefits. The number of credits you need to get Social Security benefits depends on when you were born, as delineated in the chart below. Note: For the purposes of our discussion here, “retirement” means claiming Social Security benefits, not stopping work.

Determining Full Retirement Age

The chart lists the full retirement age by year of birth. Those born in 1943 or earlier are eligible for full retirement benefits. If you were born between 1943 to 1960, the age at which full retirement benefits are payable increases gradually to 67.

Year of birth	Full retirement age
1943-1954	66
1955	66 + 2 months
1956	66 + 4 months
1957	66 + 6 months
1958	66 + 8 months
1959	66 + 10 months
1960 and later . . .	67

Early Retirement

You can receive Social Security retirement benefits as early as age 62. However, you will receive a reduced benefit if you retire before your full retirement age.

Maximum Retirement Age

For a larger Social Security check, you can delay claiming benefits until age 70. Doing so increases your monthly benefit by about 8% per year of delay beyond full retirement age (roughly the three years between age 67 and 70).

Benefits for Family Members

If you are receiving Social Security retirement benefits, some members of your family may also receive benefits, including:

- Spouses age 62 or older.
- Spouses younger than 62 if they are taking care of a child younger than age 16 or disabled.
- Former spouses age 62 or older, if currently unmarried and were married to the retiree for at least 10 years.
- Children up to age 18, or 19 if they are full-time students who have not yet graduated.
- Disabled children, even if they are age 18 or older.

Supplemental Security Income (SSI)

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

Allowable Assets

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

Income Limits

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

2015 Income Limits

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

The following income is generally exempt from these limits:

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

☛ To contact the Social Security Administration:

(800) 772-1213

TTY service: (800) 325-0778

Mon.–Fri., 7:00 am – 7:00 pm

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

Get information online at: www.ssa.gov

Social Security Offices

To apply for Social Security and SSI benefits or to make changes to benefits information, visit your local Social Security Office. Generally, all Social Security offices are open 9:00 am - 3:00 pm, except Wednesdays when hours are 9:00 am to noon. Try calling (800) 772-1213 to get an appointment before visiting. The Manhattan locations are:

123 William St., 3rd Floor
New York, NY 10038
(866) 335-1089

This is the only office in Manhattan where residents can apply for an original Social Security number or a replacement card.

237 West 48th St.
Bet. Seventh and Eighth Aves.
New York, NY 10036
(866) 864-0783

650 East 12th St.
Bet. Ave. C and Ave. B
New York, NY 10009
(866) 405-1447

345 East 102nd St.
Bet. First and Second Aves.
New York, NY 10029
(877) 445-0836

4292 Broadway
at West 183rd St.
New York, NY 10033
(877) 445-0838

55 West 125th St.
Bet. Fifth and Lenox Aves.
New York, NY 10027
(866) 964-1301

MEDICARE

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

www.medicareinteractive.org.

It was created and is maintained by the Medicare Rights Center, a national nonprofit consumer service organization that works to ensure access to affordable healthcare for older adults and people with disabilities through counseling, educational programs, and public policy initiatives.

If you do not have internet access, you may call or visit the Medicare Rights Center: 520 Eighth Ave., North Wing, 3rd Floor, New York, NY 10018. Hotline: (800) 333-4114 or (212) 869-3850.

(The following information is excerpted from www.medicareinteractive.org.)

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

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

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

Part B (Medical Insurance) covers most medically necessary doctors' services, preventive care, durable medical equipment, hospital outpatient services, laboratory tests, x-rays, mental health care, and some home health and ambulance services.

You pay a monthly premium for this coverage.

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

Medicare Part C is not a separate benefit. Part C is the part of Medicare policy that allows private health insurance companies to provide Medicare benefits. These Medicare private health plans, such as HMOs and PPOs, are known as Medicare Advantage plans. If you want, you can choose to get your Medicare coverage through a Medicare Advantage plan instead of original Medicare.

Medicare Advantage plans must offer at least the same benefits as original Medicare (those covered under Parts A and B) but can do so with different rules, costs, and coverage restrictions. You can also get Part D as part of the benefits package if you choose. Many different kinds of Medicare Advantage plans are available. You may pay a monthly premium for this coverage, in addition to your Part B premium. *(Editor's note: To be clear, Part C is coverage that is at least the equivalent of Parts A & B but has different rules and sometimes different co-payments from original Medicare.)*

Medicare Savings Programs

Medicare Savings Programs, also known as Medicare Buy-in programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited finances. There are three main programs, and each has different income eligibility limits. In New York State, there are no asset limits.

1. Qualified Medicare Beneficiaries (QMB): Pays for Medicare Part A and B premiums, deductibles and coinsurances or copays. If you have QMB, you will have no coinsurance or copayment for Medicare-covered services you get from doctors who participate in Medicare or Medicaid or are in your Medicare Advantage plan's network. In New York State, income limits for 2015 are \$1,001 for an individual and \$1,348 for a couple per month. These amounts include a standard \$20 income disregard.

2. Specified Low-Income Medicare Beneficiaries (SLIMB): Pays for Medicare's Part B premium. New York State income limits for 2015 are \$1,197 for an individual and \$1,613 for a couple per month. These amounts include a standard \$20 income disregard.

3. Qualified Individual 1 (QI-1): Pays for Medicare's Part B premium. New York State income limits for 2015 are \$1,345 for an individual and \$1,813 for a couple per month. These amounts include a \$20 income disregard.

Applications can be sent to: Initial Eligibility Unit, HRA/Medical Assistance Program, P.O. Box 2798, New York, NY 10117-2273.

EXTRA HELP WITH PRESCRIPTION DRUGS

Elderly Pharmaceutical Insurance Coverage (EPIC)

EPIC is New York State's prescription drug insurance program for income-eligible seniors. If you qualify, EPIC can be used to supplement out-of-pocket Medicare Part D coverage. Seniors can apply for EPIC any time of the year. The requirements are:

- New York State resident age 65 or older.
- Annual income below \$75,000 if single or \$100,000 if married.
- Enrolled in a Medicare Part D plan.
- NOT receiving full Medicaid benefits.

☛ Call EPIC at (800) 332-3742; forms are available at www.health.ny.gov/health_care/epic/application_contact.htm.

Big Apple Rx

Big Apple Rx is a city-based prescription discount card accepted at over 2,000 city pharmacies. It's free to residents of New York City regardless of age, income level, or health insurance status.

☛ Call Big Apple Rx at (800) 697-6974 or print a discount card at www.bigapplerx.com.

MEDICAID

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

Eligibility

- There are no age restrictions.
- Persons receiving SSI or public assistance are automatically eligible.
- Persons 65 or older, disabled, or blind are eligible as follows: asset limit of \$18,850 for an individual, \$21,750 for a couple plus a \$1,500 burial fund per person. Income limit of \$825 net monthly for one person and \$1,209 for a couple. These amounts include a standard \$20 income disregard.

Medicaid Surplus Income Program

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

Nursing Home Transfer of Income and Assets

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

To apply for Medicaid in Manhattan, contact one of the following offices:

Bellevue Hospital Medicaid Office

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

Metropolitan Hospital Medicaid Office

1901 First Ave., 1st Floor - Room 1D-27
Bet. East 97th and East 99th Sts.
(212) 423-7006

Chinatown Medicaid Office

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

Manhattanville Medicaid Office

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

Note: Those who have both Medicare and Medicaid may contact the Human Resources Administration for more information regarding the Medicaid program: (888) 692-6116 or www.health.state.ny.us/health_care/medicaid.

CASE MANAGEMENT AGENCIES

Case management agencies help seniors who need assistance with managing the activities of daily living. Case management services can include a needs assessment, development of a care plan, access to services such as home-delivered meals and home care, referrals for community-based programs, benefits and entitlements counseling, and regular contact and follow-up with a case manager.

A large number of Manhattan agencies provide case management services. The following list includes only case management agencies that are currently funded by the NYC Department for the Aging (DFTA).

New York Foundation for Senior Citizens

11 Park Place, 11th Floor

New York, NY 10007

(212) 962-7817

Serves Community Board districts 1, 2, 3, 5 & 6—all areas south of 59th St. *except* for Chelsea and Clinton.

Selfhelp Project Pilot

136 West 91st St.

New York, NY 10024

(212) 787-8106

Serves Community Board districts 4 and 7—Chelsea, Clinton, and the Upper West Side.

East Side Case Management Consortium

Serves Community Board districts 8 and 11—the Upper East Side north of 59th St. all the way north through East Harlem:

Lenox Hill Neighborhood House

(lead agency)

331 East 70th St.

New York, NY 10021

(212) 744-5022, Ext. 1203

Carter Burden Center for the Aging

1484 First Ave.

New York, NY 10075

(212) 879-7400

Search and Care

1844 Second Ave.

New York, NY 10128

(212) 289-5300

Upper Manhattan Partnership for Senior Independence

Serves Community Board districts 9, 10 and 12—Morningside Heights, Harlem, Washington Heights and Inwood:

Isabella Geriatric Center

(lead agency)

515 Audubon Ave.
New York, NY 10040
(212) 342-9735

Abyssinian Development Corporation

4 West 125th St.
New York, NY 10027
(646) 442-6586

ARC XVI Fort Washington

4111 Broadway at 174th St.
New York, NY 10033
(212) 781-5700

Central Harlem

Senior Citizens Coalition

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

Charles A. Walberg

Multi-Service Organization

163 West 125th St., Room 1320
New York, NY 10027
(212) 222-2552

Riverstone Senior Services

99 Fort Washington Ave.
New York, NY 10032
(212) 927-5600

S.T.A.R. Washington Heights Community Services

650 West 187th St.
New York, NY 10033
(212) 781-8331

YM & YWHA of

Washington Heights and Inwood

54 Nagle Ave.
New York, NY 10040
(212) 569-6200

SENIOR CENTERS

Senior centers provide a wide range of services. They typically offer social, nutritional, and cultural programs. Some centers serve as an access point to case management services as well as provide other programming. Whether you are interested in a computer class, grabbing a hot lunch with friends, or attending a cultural event, Manhattan boasts dozens of senior centers to choose from. The following centers are sorted by neighborhood:

■ Tribeca

City Hall Senior Center

100 Gold St., LL
Bet. Spruce and Frankfort Sts.
New York, NY 10038
(212) 788-5580
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 9:00 am; lunch: 11:30 am

■ Financial District

Independence Plaza

310 Greenwich St.
Bet. Chambers and Harrison Sts.
New York, NY 10014
(212) 267-0499
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

■ Greenwich Village

Center on the Square Senior Center

20 Washington Square North
Bet. Fifth Ave. and MacDougal St.
New York, NY 10011
(212) 777-3555
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 12:15 pm, 1:15 pm

■ Little Italy/SoHo

Open Door Senior Center

168 Grand St.
Bet. Centre and Baxter Sts.
New York, NY 10013
(212) 431-9026
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 11:30 am - 12:30 pm

■ West Village

Judith C. White Senior Center

27 Barrow St.
Bet. West 4th St. and 7th Ave. South
New York, NY 10014
(212) 242-4140, Ext. 260
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 9:00 am; lunch: noon

Our Lady of Pompeii Senior Center

25 Carmine St.
Bet. Bedford and Bleecker Sts.
New York, NY 10014
(212) 989-3620
Mon.-Fri., 8:00 am - 4:00 pm
Lunch: 12:30 pm - 1:30 pm

■ Lower East Side

Mott St. Senior Center

180 Mott St.
Bet. Broome and Kenmare Sts.
New York, NY 10012
(212) 966-5460
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast 8:30 am - 9:30 am
Lunch: 12:30 pm - 1:30 pm

BRC Senior Center

30 Delancey St.
Bet. Chrystie St. and Bowery
New York, NY 10002
(212) 533-2020
Mon.-Thurs., 8:00 am - 3:30 pm
Fri., 8:00 am - 3:30 pm
Breakfast: 9:30 am; lunch: 11:30 pm

Weinberg Center for Balanced Living

197 East Broadway
Bet. Jefferson and Clinton Sts.
New York, NY 10002
(212) 780-2300
Mon.-Fri., 9:00 am - 2:30 pm
Lunch: 11:30 am (Kosher)

Good Companions Senior Center

334 Madison St.
Bet. Gouverneur and Jackson Sts.
New York, NY 10002
(212) 349-2770
Mon.-Fri., 9:00 am - 6:00 pm
Sun., 9:00 am - 3:30 pm
Lunch: 11:30 am - 12:30 pm
Dinner: 4:00 pm - 5:30 pm

LaGuardia Senior Center

280 Cherry St.
Bet. Rutgers and Jefferson Sts.
New York, NY 10002
(212) 732-3656
Mon.-Fri., 8:30 am - 4:30 pm
Breakfast: 8:30 am - 9:30 am
Lunch: noon - 1:00 pm

University Settlement

189 Allen St.
Bet. Stanton and East Houston Sts.
New York, NY 10002
(212) 473-8217
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 8:30 am
Lunch: noon

■ Lower East Side/Chinatown

Smith Houses Senior Center

Hamilton Madison House

50 Madison St. at Oliver St.
New York, NY 10002
(212) 349-3724
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

■ Chinatown

NY Chinatown Senior Center

70 Mulberry St.
Bet. Bayard and Canal Sts.
New York, NY 10013
(212) 233-8930
9:00 am - 5:00 pm
Lunch: 11:30 am - 12:30 pm

■ East Village

Sirovich Center for Balanced Living

331 East 12th St.
Bet. First and Second Aves.
New York, NY 10003
(212) 228-7836
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 8:30 am - 10:00 am
Lunch: noon - 1:00 pm
Dinner: 5:00 pm - 6:00 pm

■ Clinton

Clinton Senior Center – Project Find

530 West 55th St.
Bet. 10th and 11th Aves.
New York, NY 10019
(212) 757-2026
Mon., Tues., Wed., Fri., 8:00 am - 5:00 pm
Thurs., 8:00 am - 6:00 pm
Lunch: noon - 1:00 pm

■ Chelsea

Hudson Guild Senior Services

119 Ninth Ave.
Bet. West 17th and West 18th Sts.
New York, NY 10011
(212) 924-6710
Mon.-Fri., 8:30 am - 5:30 pm
Breakfast: 8:30 am - 10:00 am
Lunch: 11:45 am - 1:30 pm

■ Midtown

Encore Senior Center

239 West 49th St.
Bet. Broadway and 8th Ave.
New York, NY 10019
(212) 581-2910
Mon.-Fri., 8:30 am - 4:00 pm
Breakfast: 8:30 am
Lunch: 11:00 am, 12:30 pm

Project Find Woodstock

127 West 43rd St.
Bet. Sixth and Seventh Aves.
New York, NY 10036
(212) 575-0693
Mon.-Fri., 8:30 am - 5:00 pm
Breakfast: 8:30 am - 10:00 am
Lunch: noon - 1:30 pm

Coffeehouse Senior Center – Project Find

331 West 42nd St.
Bet. 8th and 9th Aves.
New York, NY 10036
(646) 545-4621
Mon.-Fri., 9:00 am - 5:00 pm
Lunch noon - 1:30 pm

■ Midtown South

Senior Action in a Gay Environment (SAGE)

305 Seventh Ave., 15th Floor
Bet. West 27th and West 28th Sts.
New York, NY 10001
(212) 741-2247

■ Lenox Hill

Carter Burden Center for the Aging

351 East 74th St.
Bet. First and Second Aves.
New York, NY 10021
(212) 535-5235
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

Lenox Hill Senior Center at St. Peter's Church

619 Lexington Ave.
Bet. East 53rd and East 54th Sts.
New York, NY 10022
(212) 308-1959
Mon., 9:00 am - 4:00 pm
Wed., Fri., Sat., 9:00 am - 4:00 pm
Lunch: noon

Lenox Hill Senior Center

343 East 70th St.
Bet. First and Second Aves.
New York, NY 10021
(212) 744-5905
Daily, 8:00 am - 8:00 pm
Breakfast: 8:15 am - 9:00 am
Lunch: 11:30 am - 12:30 pm
Dinner: 5:30 pm - 6:30 pm

■ **Gramercy**

Stein Senior Center

204 East 23rd St., 2nd Floor
Bet. Second and Third Aves.
New York, NY 10010
(646) 395-8083
Mon.-Fri., 8:30 am - 4:30 pm
Lunch: 11:30 am - 12:30 pm

■ **Manhattan Valley**

Association of Black Social Workers Senior Center

221 West 107th St.
Bet. Amsterdam Ave. and Broadway
New York, NY 10025
(212) 749-8400
Mon.-Fri., 9:00 am - 4:00 pm
Lunch: noon

Center at the Red Oak

135 West 106th St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10025
(212) 749-7015
Mon.-Fri., 8:30 - 4:00 pm
Lunch: noon

■ **Upper West Side**

Goddard Riverside Senior Center

593 Columbus Ave.
Bet. West 88th and West 89th Sts.
New York, NY 10024
(212) 873-6600
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

Hamilton Innovative Senior Center Project Find

141 West 73rd St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10023
(212) 787-7710
Sun.-Fri., 9:00 am - 7:00 pm
Lunch: 11:00 am - 12:30 pm
Dinner: Mon.-Fri., 4:30 pm - 6:00 pm

JASA West Side Senior Center Club 76

120 West 76th St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10023
(212) 712-0170
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon (Kosher)

■ **Yorkville**

Stanley Isaacs Senior Center

415 East 93rd St.
Bet. FDR Drive and First Ave.
New York, NY 10128
(212) 360-7620
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

■ Roosevelt Island

Roosevelt Island Senior Center

546 Main St.

New York, NY 10044

(212) 980-1888

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: 11:00 am - noon

■ Hamilton Heights

Hamilton Grange Senior Center

420 West 145th St.

Bet. St. Nicholas and Convent Aves.

New York, NY 10031

(212) 862-4181

Mon.-Fri., 9:00 am - 5:00 pm

Breakfast: 8:30 am - 10:00 am

Lunch: noon - 1:30 pm

Wilson M. Morris Community Center

459 West 152nd St.

Bet. St. Nicholas and Amsterdam Aves.

New York, NY 10031

(212) 234-4661

Mon.-Fri., 10:00 am - 5:00 pm

Lunch: 1:00 pm - 2:00 pm

■ Morningside/Manhattanville

Jackie Robinson Center

1301 Amsterdam Ave.

Bet. West 123rd and La Salle Sts.

New York, NY 10027

(212) 666-4910

Mon.-Fri., 8:00 am - 4:00 pm

Breakfast: 9:00 am - 10:00 am

Lunch: noon - 1:00 pm

■ Manhattanville

Manhattanville – Riverside

Senior Center

3333 Broadway, Tower E, Basement

At West 135th St.

New York, NY 10031

(212) 862-5562

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: noon - 1:00 pm

■ Central Harlem

A. Philip Randolph Senior Center

108 West 146th St.

Bet. Lenox and Seventh Aves.

New York, NY 10039

(212) 283-7904

Mon.-Fri., 9:00 am - 5:00 pm

Breakfast: 8:00 am - 9:30 am

Lunch: noon - 1:00 pm

Canaan Senior Center

2nd Canaan Baptist Church

10 Lenox Ave. at 111th St.

New York, NY 10026

(212) 876-2638

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: noon - 1:00 pm

Central Harlem Senior Center

34 West 134th St.

Bet. Lenox and Fifth Aves.

New York, NY 10030

(212) 926-4465

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: noon - 2:00 pm

Citizens Care Senior Center

1428 Fifth Ave.
Bet. East 116th and East 117th Sts.
New York, NY 10035
(212) 410-0333
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 12:15 pm - 1:15 pm

Presbyterian Senior Project

18 Mount Morris Park West
At 122nd St. and Fifth Ave.
New York, NY 10027
(212) 222-3132
Mon.-Fri., 9:00 am - 3:00 pm
Lunch: noon - 1:00 pm

St. Nicholas Senior Center

210 West 131st St.
Bet. Adam Clayton Powell Jr. and
Frederick Douglass Blvds.
New York, NY 10027
(212) 665-3279
Mon.-Fri., 9:00 am - 5:00 pm
Lunch not currently available.

■ East Harlem**Carver Senior Center**

55 East 102nd St.
Bet. Park and Madison Aves.
New York, NY 10029
(212) 289-2708
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 11:30 am - 1:00 pm

Corsi House Senior Center

307 East 116th St.
Bet. First and Second Aves.
New York, NY 10029
(212) 828-6756
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 8:30 am
Lunch: noon

East Harlem Council Nutrition Program

150 East 121st St.
Bet. Third and Lexington Aves.
New York, NY 10035
(212) 722-2205
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

Jefferson Senior Center

2205 First Ave.
Bet. East 112th and East 114th Sts.
New York, NY 10029
(212) 828-6096
Mon.-Fri., 7:30 am - 4:00 pm

Gaylord White Senior Center

237 East 104th St.
Bet. Second and Third Aves.
New York, NY 10029
(212) 828-6055
Mon., Wed., Fri., 9:00 am - 4:00 pm
Tues., Thurs., 10:00 am - 5:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon - 1:00 pm

Leonard Covello Senior Center

312 East 109th St.
Bet. First and Second Aves.
New York, NY 10029
(212) 423-9665
Mon.-Fri., 8:30 am - 4:00 pm
Breakfast: 8:30 am - 9:30 am
Lunch: noon - 1:00 pm

Lincoln Senior Center

60 East 135th St.
Bet. Park and Madison Aves.
New York, NY 10037
(212) 234-0005
Mon.-Fri., 9:00 am - 5:00 pm
No meals served.

Schomburg Senior Center

1309 Fifth Ave.

Bet. East 110th and East 111th Sts.

New York, NY 10029

(212) 369-9390

Mon.-Fri., 9:00 am - 2:00 pm

Lunch: noon - 12:30 pm

UBA Beatrice Lewis Senior Center

2322 Third Ave.

Bet. East 126th and East 127th Sts.

New York, NY 10035

(212) 289-9155

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: noon - 1:00 pm

Washington Lexington Senior Center

1775 Third Ave.

Bet. East 98th and East 99th Sts.

New York, NY 10029

(212) 828-6115

Mon.-Fri., 9:00 am - 5:00 pm

Lunch: noon - 1:00 pm

■ Washington Heights**Agudath Moriah Senior Center**

90 Bennett Ave.

Bet. West 184th and West 186th Sts.

New York, NY 10033

(212) 923-5715

Mon.-Thurs., 9:00 am - 4:30 pm

Fri., 9:00 am - 2:00 pm

Lunch (Kosher):

Sept.-June: Mon.-Thurs., 1:15 pm; Fri., noon

July, Aug.: Mon.-Fri., 12:15 pm

ARC Fort Washington Senior Center

4111 Broadway

Bet. Broadway and

Fort Washington Ave.

New York, NY 10033

(212) 781-5700

Mon.-Fri., 9:00 am - 5:00 pm

Breakfast: 9:30 am

Lunch: noon - 1:00 pm

Church on the Hill Senior Center

2005 Amsterdam Ave.

Bet. 159th St. and 160th Sts.

New York, NY 10032

(212) 781-6580

Mon.-Fri., 8:00 am - 4:00 pm

Lunch: 1:00 pm

Cothoa Luncheon Club Senior Center

2005 Amsterdam Ave.

Bet. West 159th and West 160th Sts.

New York, NY 10032

(212) 781-6580

Mon.-Fri., 8:00 am - 4:00 pm

Breakfast: 9:30 am - 10:00 am

Lunch: 1:00 pm - 2:00 pm

M. McLeod Bethune Senior Center

1970 Amsterdam Ave.
Bet. West 157th and West 158th Sts.
New York, NY 10032
(212) 928-6086
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon - 1:00 pm

Moriah Older Adult Luncheon

90 Bennett Ave.
Bet. West 184th and West 186th Sts.
New York, NY 10033
(212) 923-5715
Lunch: Mon-Thurs., 1:15 pm (summers
12:15 pm)
Fri., 12:00 pm

Riverstone Senior Life Services**Fort Washington Houses Senior Center**

99 Fort Washington Ave.
Bet. West 163rd and West 165th Sts.
New York, NY 10032
(212) 927-5600
Mon.-Fri., 8:30 am - 4:30 pm
Lunch: noon - 2:30 pm

S.T.A.R. Senior Center

650 West 187th St.
At Wadsworth Ave.
New York, NY 10033
(212) 781-8331
Mon.-Fri., 8:00 am - 4:00 pm
Lunch: noon

■ Inwood**Dyckman Senior Center**

3754 Tenth Ave.
Bet. Academy and West 202nd Sts.
New York, NY 10034
(212) 569-7790
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon

R.A.I.N. Inwood Senior Center

84 Vermilyea Ave.
Bet. Academy and West 204th Sts.
New York, NY 10034
(212) 567-3200
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 8:15 am - 9:00 am
Lunch: noon - 1:00 pm

**YM & YWHA of Washington Heights
and Inwood Senior Center**

54 Nagle Ave.
Bet. Broadway and Ellwood Sts.
New York, NY 10040
(212) 569-6200
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

HEALTH

With the cost of healthcare rising, it is essential that seniors understand their benefits and the options available to them. Below you will find information about healthcare benefits, services, and programs designed for seniors.

Health Insurance Information Counseling & Assistance Program

The NYS Health Insurance Information Counseling & Assistance Program, or HIICAP, is New York State's source for free, current, and impartial information about healthcare coverage for older adults. They publish a comprehensive guide to healthcare coverage, which is available by calling 311. If you have specific questions, the HIICAP Helpline is accessible by calling 311 and asking for a HIICAP counselor. Counselors are available to speak with you over the phone or to meet in person at one of their counseling sites.

Mental Health Resources

In addition to services provided by the case management agencies listed on pages 10-11, several free or low-cost mental health services are available to NYC seniors, including:

LifeNet

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

- English and all other languages: (800) 543-3638, TTY: (212) 982-5284
- In Spanish: (877) 298-3373
- In Mandarin, Cantonese, and Korean: (877) 990-8585

Geriatric Mental Health Alliance

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

50 Broadway, 19th Floor

Bet. Exchange Place and Beaver St.

New York, NY 10004

(212) 614-5753

www.mha-nyc.org

Mount Sinai Hospital Geriatric Psychiatry Clinic

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

1440 Madison Ave.

Bet. East 99th and East 101st Sts.

New York, NY 10029

(212) 241-9382

www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry

SPOP: New York Service Program for Older People

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

302 West 91st St.

Bet. Riverside Drive and West End Ave.

New York, NY 10024

(212) 787-7120

www.spop.org

Vision & Hearing Impairments

Lighthouse Guild International

Lighthouse Guild offers people who are blind or visually impaired, or have multiple disabilities a range of services, including medical, rehabilitation, educational, vocational, long-term care, and social services, all designed to enhance physical, emotional, social, and intellectual functioning. They have two locations:

East Side:

111 East 59th St.

Bet. Park and Lexington Aves.

New York, NY 10022

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

www.lighthouse.org

West Side:

15 West 65th St.

Bet. Central Park West and Columbus Ave.

New York, NY 10023

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

www.jgb.org

VISIONS

VISIONS helps the blind and visually impaired lead active and independent lives.

Services include an intergenerational volunteer program, temporary overnight rehabilitation facility, rehabilitation day program, community outreach, and training and helpline service.

500 Greenwich St., 3rd Floor

Bet. Spring and Canal Sts.

New York, NY 10013

(888) 245-8333, Ext. 144

www.visionsvcb.org

VISIONS at Selis Manor

VISIONS at Selis Manor is an adapted learning environment and meeting place for blind youth, adults, and seniors. Programs include support groups, computer training, adapted activities, and volunteer and social work services.

135 West 23rd St.

Bet. Sixth and Seventh Aves.

New York, NY 10011

(646) 486-4444, Ext. 11

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

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

841 Broadway, Suite 301

Bet. East 13th and East 14th Sts.

New York, NY 10003

(212) 674-2300

TTY: (212) 674-5619

www.cidny.org

Harlem Independent Living Center

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

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

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

Bet. West 124th and West 125th Sts.

New York, NY 10027

(212) 222-7122

Oral Care Providers

New York City's Department for the Aging (DFTA) and Columbia University's College of Dental Medicine have published an Oral Care Directory which lists age-friendly dental providers by neighborhood citywide. (*Special thanks are due to DFTA and to Kavita P. Ahluwalia, DDS, MPH, Christina Gianfresco, SangBin Lee, and Nancy Mo.*) The following are the Directory's Manhattan providers.



Dr. Paul Cohen

Metropolitan Dental Associates

☎ 225 Broadway - Mezzanine

New York, NY 10007

(212) 732-7400

bonnie@metropolitandental.com

Languages: Spanish, Russian, French/

Haitian Creole, Hebrew

Dr. Michael Feldstein

Access Community Health Center

☎ 83 Maiden Lane 6th Floor

New York, NY 10038

(212) 780-4458

michael.feldstein@accesschc.org

Language: Spanish

Accepts sliding fee scale

Dr. Steve Taranov

City Dental PC

11 Broadway, Mezzanine Level

New York, NY 10004

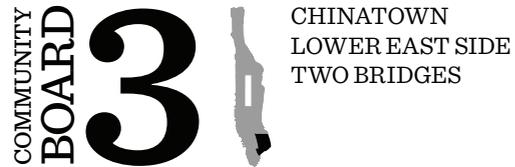
(212) 425-0505

Email: citydentalgroup@yahoo.com

Languages: Spanish, Russian,

Polish, Hindi, Armenian

Accepts sliding fee scale



Dr. Kwaku N. Anakwa

Dr. Jonnathan Figueroa

Dr. Andrew Lame

Ryan-Nena Community Health Center

☎ 279 East 3rd St.

New York, NY 10009

(212) 477-8827

(212) 477-8500

Languages: Spanish, Mandarin

Accepts sliding fee scale

Dr. Wang Chen

Dr. Thomas S. Hom

Dr. His Long Wu

Dr. Thomas Hom

☎ 185 Park Row, Suite 9

New York, NY 10038

(212) 732-1329

drthomashom@gmail.com

Languages: Mandarin, Cantonese

Dr. Dmitry Gerber

☎ 408 Grand St.

New York, NY 10002

(212) 460-5121

shprinza@gmail.com

Languages: Spanish, Russian

Dr. Dena Hanna

Downtown Health Center

♿ 150 Essex St.

New York, NY 10002

(212) 477-8957

dhanna@chnnyc.org

Languages: Spanish, Mandarin,
Cantonese

Language line available

Accepts sliding fee scale

Dr. Lorder Huang

Modern Dental Associates, PLCC

28 East Broadway 3F

New York, NY 10002

(212) 965-9531

LorderHuang@outlook.com

Dr. Jeffrey Krantz

East Village Dental Assoc., PLCC

♿ 645 East 11th St.

New York, NY 10009

(212) 979-6300

(212) 979-6598

info@eastvillagedental.com

Languages: Spanish, Yiddish, Hebrew

Accepts sliding fee scale

Dr. Hua B. Lei

First Choice Dental PC

149 Hester St., Suite 200

New York, NY 10002

(212) 925-5362

FirstChoiceDDS@aol.com

Languages: Mandarin, Cantonese

Dr. Young H. No

PC/CT Dental

♿ 59 East Broadway, 4th Fl

New York, NY 10002

(212) 619-8188

nyctdental@gmail.com

Languages: Korean

Accepts sliding fee scale

Dr. Miquelle Patterson

Dr. Emmett Robinson

Ryan-Chelsea-Clinton Community
Health Center

♿ 654 Tenth Ave.

New York, NY 10036

(212) 265-4500

Languages: Spanish, Russian, Hindi

Accepts sliding fee scale

Dr. Sheldon Stern

♿ 65 Columbia St.

New York, NY 10002

(212) 254-2225

Denrav@verizon.net

Makes home visits

Languages: Spanish, Farsi, Yiddish, Hebrew

Accepts sliding fee scale

Dr. Irina Vatrengo

Vatrengo/Giltin Dental Office PC/
Smile America

♿ 62 Rivington St.

New York, NY 10002

(212) 979-0990

smileamerica62@yahoo.com

Languages: Spanish, Russian

Dr. Jun Fang Wang

📍 2 Allen St. #3B

New York, NY 10002

(212) 233-8848

Languages: Mandarin, Cantonese

Dr. Estelle LaSaundra

Manhattan Dental Enterprise, PLCC

📍 20 East 46th St., Suite 400

New York, NY 10017

(212) 426-3790

drestelledds@gmail.com

Makes home visits

Languages: Spanish

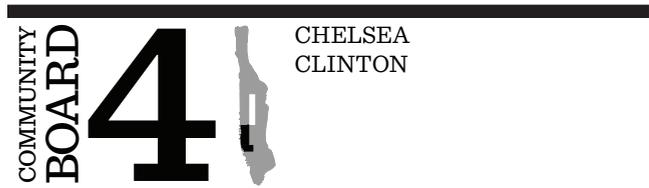
Dr. Richard E. Mikaelian

📍 133 East 58th St., Suite 403

New York, NY 10022

(212) 752-1898

Languages: Spanish, Armenian



Dr. Raj K. Singla

Chelsea Dental Office, PLCC

235 West 14th St.

New York, NY 10011

(212) 675-2044

singladds@yahoo.com

Languages: Spanish, Hindi, Punjabi

Accepts sliding fee scale



Dr. Cosmo V. De Steno

New York University College of Dentistry

📍 345 East 24th St.

New York, NY 10010

(212) 998-9926

Cud212@nyu.edu

Languages: Spanish, Mandarin, Russian, Korean, Italian, French/Haitian Creole

Dr. Joseph P. Gulbenkian

📍 1102 W 56th St. #503

New York, NY 10019

Makes home visits

Language: Spanish

Dr. Jung-Min Kim

34 West 32nd St. #303

New York, NY 10001

(212) 564-1888

jhk267@nyu.edu

Language: Korean

Accepts sliding fee scale

**Dr. Joel Bryk****Dr. Minsoo Cho****Dr. Nechavna Fertig****Dr. Pedro Vincenty**

Amsterdam West Side Dental Associates

657 Amsterdam Ave.

New York, NY 11025

(212) 749-2400

Email: westsidedental@yahoo.com

Languages: Spanish, Korean

Dr. Carol Poveda**Dr. Shahronkh Yaghovbian**

Columbus Ave. Dental Associates

902 Columbus Ave.

New York, NY 10025

(212) 749-5000

Email: 902Columbus@yahoo.com

Languages: Spanish

Dr. Chana Weller

Dr. Chana Weller DDS PLCC

41 West 72nd St. #1D

New York, NY 10023

(212) 721-8373

Dr. George Xenakis**(and 5 other general dentists)**The William F. Ryan Community
Health Center

110 West 97th St.

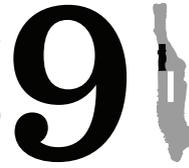
New York, NY 10025

(212) 316-7929

gxenakis@ryancenter.org

Languages: Spanish, Mandarin,
Korean, French/Haitian Creole

Accepts sliding fee scale

**Dr. Manuel F. Galan**

Galan Dental PC

3440 Broadway #1A

New York, NY 10031

(212) 283-6555

GalanDentalPC@hotmail.com

Language: Spanish

Accepts sliding fee scale

Dr. Jonathan Marcus

ID Dental PC

3410 Broadway

New York, NY 10031

(212) 283-7670

IDDental@verizon.net

Language: Spanish

Accepts sliding fee scale

Dr. Greycy R. Martinez

HealthySmile Dental Office

3610 Broadway

New York, NY 10031

(212) 491-6940

Healthysmile@drgrecymartinez.com

Makes home visits

Language: Spanish

Accepts sliding fee scale

Dr. Svetlana Ponomareva

SP Dental PC

3627 Broadway

New York, NY 10031

(212) 234-2300

Spdentalpc@gmail.com

Languages: Spanish, Russian

COMMUNITY BOARD **10** CENTRAL HARLEM

Department of Dentistry
Harlem Hospital Center

☎ 506 Lenox Ave.

New York, NY 10037

(212) 939-1000

Languages: Spanish, Russian, Korean,
Italian, French/Haitian Creole

Accepts sliding fee scale

Dr. Alla Litvinova

AVL Dental, PLLC

163 West 145th St.

New York, NY 10039

(212) 281-9200

DrLitvinov@yahoo.com

Languages: Russian, Ukrainian

Accepts sliding fee scale

Dr. Sheree Morgan

Helen B. Atkinson Health Center

☎ 81 W 115th St.

New York, NY 10020

(212) 426-0088

www.CHNNYC.org

Language: Spanish,

Language Line available

Accepts sliding fee scale

COMMUNITY BOARD **11** EAST HARLEM
EL BARRIO

Dr. Veronica Diaz

Dr. Samra Liron

P&R Executive Dental

☎ 2127 First Ave.

New York, NY 10029

(212) 426-8202

Prexecutivedental@gmail.com

Language: Spanish

Accepts sliding fee scale

Dr. Robert Eyckmans

☎ 1931 Third Ave.

New York, NY 10029

(212) 348-8824

REyckmans1@gmail.com

Language: Spanish

Accepts sliding fee scale

Dr. Shaul Hubscher

Pear Dental PC

☎ 2071 Second Ave.

New York, NY 10029

(212) 410-6969

Languages: Spanish, Russian, Korean,
French/Haitian Creole

Dr. Ali Jazayeri

Harlem Dental Cosmetic Plaza

☎ 1916 Third Ave.

New York, NY 10029

(212) 348-1177

eharlem1916@yahoo.com

Language: Spanish

Accepts sliding fee scale

Dr. Morton Julius

2253 Second Ave.
New York, NY 10029
(212) 831-0924

drjulius@optonline.net

Languages: Spanish, Hebrew, Swahili

Dr. Gregory Oselkin

Gregory Oselkin Dentistry, PLLC

354 East 116th St.
New York, NY 10029

(212) 996-0900

GOSELKIN232@Yahoo.com

Languages: Spanish, Russian, Polish

Dr. Amit Rajani

Boriken Health Center

2253 Third Ave., 3rd Floor
New York, NY 10035

(212) 289-6650

arajani@boriken.org

Language: Spanish

Accepts sliding fee scale

Dr. Charles I. Resnick

145 East 116th St.
(Corner of Lexington Ave.)

New York, NY 10029

(212) 831-3222

Language: Spanish

Dr. Norman Schneider

201 East 104th St.
New York, NY 10029

(212) 348-5492

Language: Spanish

Accepts sliding fee scale



Dr. David A. Albert

NYPH Ambulatory Care Dental

99 Fort Washington Ave., 1st Floor
New York, NY 10032

(212) 342-2290

Languages: Spanish, Mandarin, Russian,
Korean, Italian, French/Haitian Creole
Accepts sliding fee scale

Dr. Iana Arakelova

M&I Dental Office PC

128-C Fort Washington Ave.
New York, NY 10032

(212) 781-6490

Languages: Spanish, Russian

Dr. Eric Bernstein

Sherman Dental Associates

19 Vernuktea Ave #3A
New York, NY 10034

(212) 942-0699

shermantentalassoc@gmail.com

Languages: Spanish

Dr. Claudia Botero-Mondul

49 Wadsworth Ave.
New York, NY 10033

(212) 927-1112

Clabm00@gmail.com

Language: Spanish

Dr. Ofer Cohen

Cohen's Gentle Dental

☎ 4260 Broadway

New York, NY 10033

(212) 923-5555

ronambaly@gmail.com

Languages: Spanish, Hebrew

Accepts sliding fee scale

Dr. Delfina Colon**Dr. Nancy Jimenez**

Jimenez Family Dental PC

☎ 664 Academy St.

New York, NY 10034

(212) 567-2431

JimenezfamilydentalPC@hotmail.com

Makes home visits

Language: Spanish

Accepts sliding fee scale

Dr. Margarita Fishkin

Gentle Family Dentistry

128 Fort Washington Ave #1C

New York, NY 11032

(212) 781-1100

GFM_Front@verizon.net

Languages: Spanish, Russian

Dr. Felipa Henderson

HF Dental Service, PLCC

☎ 611 West 177th St.

New York, NY 10033

(212) 568-1338

hFdentalSve@gmail.com

Language: Spanish

Accepts sliding fee scale

Dr. Pedro Hernandez**Dr. Dora Palermo****Dr. Sonia Sanchez**

Hispanic Dental Services

599 West 190th St., Suite 2

New York, NY 10040

(212) 927-0090

hispanicdental@yahoo.com

Language: Spanish

Dr. Valentina Krivosheyeva**Dr. Gennadiy Tsibelman**

AAA Uptown Star Dental PC

☎ 680 W 204th St. 1-C

New York, NY 10034

(212) 569-4652

uptowndental@verizon.net

Languages: Spanish, Russian

Dr. Samuel Lin**Dr. Manjit Mallik****Dr. Martin A. Miller****Dr. Jaein Nho**

Dyckman Dental Services

☎ 153 Dyckman St.

New York, NY 10040

(212) 569-5300

jkmqc@aol.com

Languages: Spanish, Korean, Hindi

Accepts sliding fee scale

Dr. Carlos M. Ovalle

Carlos M. Ovalle Dental Office, PLCC

☎ 201 Wadsworth Ave #GD2

New York, NY 10033

(212) 927-1721

ovalledental@hotmail.com

Language: Spanish

Dr. Marina Podlubny

Marina Dental PC

📍 3768 Broadway

New York, NY 10032

(212) 234-2244

Mpodlubny@hotmail.com

Languages: Spanish, Russian

Dr. Tania Rohany

Uptown Dental

📍 1 Audubon Ave.

New York, NY 10032

(212) 740-7808

Language: Spanish

Dr. Carmen Salcedo

Polanco Dental

207 Dyckman St., Suite 4

New York, NY 10040

(212) 304-4832

daisyF169@yahoo.com

Language: Spanish

Dr. Suhail Shadoud

All Family Dental Office

610 W 185th St.

New York, NY 10033

(212) 927-4343

dr.suhail.shadoud@gmail.com

Languages: Spanish, Arabic

Accepts sliding fee scale

Dr. Svetlana Shapiro

Nagle Professional Services, Inc.

📍 145 Nagle Ave.

New York, NY 10040

(212) 942-9228

svetlanashapiro@aol.com

Makes home visits

Languages: Spanish, Russian

Accepts sliding fee scale

Dr. Alma V. Sosa

Nagle Dental Office PC

69 Nagle Ave., Suite A

New York, NY 10040

(212) 304-4935

Nagledental@verizon.net

Language: Spanish

Accepts sliding fee scale

Dr. Juan C. Taveras

📍 353 Fort Washington Ave. #1C

New York, NY 10033

(212) 928-0025

smile2jc@hotmail.com

Makes home visits

Language: Spanish

Accepts sliding fee scale

Dr. Isabel Ulerio

Broadway Dental Office PC

577 Isham St., Suite 1G

New York, NY 10034

(212) 942-9900

BroadwayDental@live.com

Language: Spanish

Accepts sliding fee scale

Dr. Rodolfo P. Wert

📍 718 West 178th St.

New York, NY 10033

(212) 923-1566

drwert2010@hotmail.com

Languages: Spanish, Italian

Food Programs

The Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, is a federal program that provides food assistance for low-income Americans (including families, seniors, and the disabled). Each application is evaluated on an individual basis, and eligibility is based on income.

Eligibility

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

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

East End Center

2322 Third Ave.
Bet. East 126th and East 127th Sts.
New York, NY 10035
(212) 860-5159 or (212) 860-5147
Mon.-Fri., 8:00 am - 5:00 pm

Washington Heights Center

4055 Tenth Ave.
Bet. West 216th and West 218th Sts.
New York, NY 10034
(212) 569-9829 or (212) 569-9835
Mon.-Fri., 8:00 am - 5:00 pm

St. Nicholas Center

132 West 125th St.
Bet. Lenox and Seventh Aves.
New York, NY 10027
(212) 666-1434 or (212) 666-8788
Mon.-Fri., 8:00 am - 5:00 pm

Waverly Center

12 West 14th St.
Bet. Fifth and Sixth Aves.
New York, NY 10011
(212) 352-2519 or (212) 352-2524
Mon.-Fri., 8:30 am - 6:00 pm
Sat., 9:00 am - 5:00 pm

Fresh Food for Seniors

The Fresh Food for Seniors Program allows older adults in various Manhattan neighborhoods to purchase fresh, healthy, locally grown produce in pre-packed bags containing the best of what's seasonally available on regional farms.

From June through November, each participant receives a bag of 5-7 different produce items, depending on what is in season. A typical bag might include tomatoes, spinach, corn, blueberries, carrots, apples, or other locally grown fruits or vegetables. Each bag includes a large-print produce guide with storage tips, recipes, and information about the farms supplying the produce. Unlike many other community supported agriculture

(CSA) programs, the Fresh Food for Seniors Program does not require an upfront payment or commitment for the entire season; it only requires individuals to pay \$8 one week in advance of each delivery they opt to receive. The program is operated in collaboration with local elected officials, senior centers, NORCs, and community partner organizations at over 25 sites in Manhattan. Registration is open to seniors, staff, and home health aides; there is no means test.

☛ For more information about the Fresh Food for Seniors Program, call (212) 669-2392.

Foodbox Program

GrowNYC’s Fresh Foodbox Program is a food access initiative that allows underserved communities to purchase fresh, healthy, locally grown produce in pre-packed bags containing the best of what’s seasonally available on regional farms. Fresh Foodbox customers can take advantage of the cost benefits of buying in a group and enjoy the quality and variety of a CSA share with the flexibility to buy by the week rather than by the season.

From July through November, GrowNYC distributes Fresh Foodboxes in collaboration with community partner organizations at 16 sites in NYC. To participate, customers pay for their bags one week in advance on the designated distribution day. The next week, they pick up their Fresh Foodbox containing 7-9 seasonal fruits and vegetables, as well as information on how to store and prepare the produce.

To participate, please visit one of the following Manhattan sites during distribution hours on the appointed day to sign up and pay for a Fresh Foodbox to be picked up the following week. The cost is \$12 per bag. Customers can pay in cash, credit, debit, and EBT/SNAP benefits.

☛ For more information about the Fresh Foodbox Program, call (212) 788-7900.

Two Bridges

265 & 275 Cherry St.
Bet. Rutgers Slip and Clinton St.
New York, NY 10002
Thurs., 3:30 pm - 6:30 pm

Bellevue Hospital

462 1st Ave., Pavilion H
Bet. 26th and 28th Sts.
New York, NY 10030
Year round
Thurs., 11:00 am - 2:00 pm

East Harlem Bilingual Head Start

440-46 East 116th St.
Bet. Pleasant Ave. and First Ave.
New York, NY 10029
July 8-November 25
Wed., 1:00 pm - 4:00 pm

Stanley Isaacs Neighborhood Center

415 East 93rd St.
Bet. First Ave. and FDR Drive
New York, NY 10128
Tues., 3:30 pm - 6:30 pm

Lenox Hill Neighborhood House

331 East 70th St.
New York, NY 10021
Bet. First and Second Aves.
Tues., 3:30 pm - 6:30 pm

Hudson Guild Children's Center

459 West 26th St.
Bet. Ninth and Tenth Aves.
New York, NY 10001
Thurs., 3:30 pm - 6:30 pm

Nicholas Cardell Day Care Center

84 Vermilyea Ave.
Bet. West 204th and Academy St.
New York, NY 10034
July 8-November 25
Wed., 2:30 pm - 6:00 pm

Emergency Food Assistance

The New York City Emergency Food Assistance Program helps to supply food to more than 550 food pantries and community kitchens throughout the city. If you need food immediately, call the Emergency Foodline at (866) 888-8777. This automated hotline will provide you with the hours of operation and directions to the emergency feeding program near you. You can also call 311 or go to 311 online. There are locations throughout the five boroughs.

Citymeals-on-Wheels

Citymeals is a nonprofit that delivers meals to homebound elderly New Yorkers on weekends and holidays and in times of emergency. To qualify for home-delivered meals, a person must be at least 60 and have a chronic physical or mental disability preventing him or her from shopping for or preparing meals.

To request Citymeals-on-Wheels service, visit www.citymeals.org and enter the zip code of the homebound person. The website will provide contact information for the nearest case management agency. You can also contact Citymeals-on-Wheels at (212) 687-1234 or getmeals@citymeals.org.

God's Love We Deliver (GLWD)

A nonprofit that provides meals to people living with HIV/AIDS, cancer, and other serious illnesses, GLWD also provides illness-specific nutrition education and counseling to clients, families, care providers, and other service organizations. All services are provided free of charge without regard to income. Contact the Client Services Department at (212) 294-8102.

Greenmarket Senior Project

Greenmarket Senior Project connects NYC seniors with farmer's markets, regional farmers, and local chefs via interactive, educational tours of farmer's markets. Tours are usually 45-60 minutes and are available at any Greenmarket throughout the city. Senior tours can be scheduled from April through December. Cost is \$42 per group (maximum number of seniors per tour is 30). In addition to seasonal tastings, each senior will take home a seasonal activity packet filled with recipes and information about Greenmarket farms and products. Call (212) 788-7976 or visit grownyc.org/Greenmarket/Seniortours.

SENIOR HOUSING

Many seniors find it challenging to locate safe, accessible, and affordable housing. The following information includes market-rate and subsidized housing options for seniors who are able to live independently. Information for seniors who require housing with support services of any kind can be found in the “Long-Term Care” section of this guide.

NYC Housing Connect allows you to search and apply for affordable housing online: www.nyc.gov/housingconnect. You can also call the Affordable Housing Hotline at (212) 863-5610.

If you call 311 regarding senior housing, the operator will take your number and someone from the Department for the Aging (DFTA) will contact you. If requested, they will send a packet of information regarding low-income housing availability.

Public Housing

The New York City Housing Authority (NYCHA) provides independent, rent-subsidized apartment living with the availability of some social services as needed. NYCHA maintains over 300 housing developments throughout the five boroughs. Most of these developments are “family type” (i.e., not specifically reserved for the elderly); however, 42 of these developments have been built for and are occupied almost exclusively by the elderly.

Eligibility

Maximum gross annual income limits for NYCHA public housing as of 2015 are \$48,350 for a one-person household and \$55,250 for a two-person household. These limits are subject to change on a yearly basis.

To apply:

Visit nyc.gov/html/nycha/html/assistance/app_for_pubhsg.shtml. Click on the “Apply Here” button to begin the online application process. If you do not have a computer, visit a public library or one of three NYCHA Customer Service Centers to access a computer kiosk to complete an application (unfortunately, NYCHA does not have a center located in Manhattan).

478 E. Fordham Rd., 2nd Fl.
At Washington Ave.
Bronx, NY 10458
(718) 707-7771
Mon.-Fri., 8:00 am - 5:00 pm

787 Atlantic Ave., 2nd Floor
Bet. Clermont and Vanderbilt Aves.
Brooklyn, NY 11238
(718) 707-7771
Mon.-Fri., 8:00 am - 5:00 pm

90-27 Sutphin Blvd., 4th Floor
Bet. Jamaica and 90th Aves.
Jamaica, NY 11435
(718) 707-7771

Mitchell-Lama Housing

The Mitchell-Lama program provides subsidized rental and cooperative apartments for middle-income New Yorkers. A small portion of this housing stock was developed for and is occupied exclusively by the elderly, but there are no age limitations on applying to any Mitchell-Lama development. The Mitchell-Lama housing program is overseen by either New York State Homes Community Renewal or the New York City Department of Housing Preservation and Development.

Income eligibility

HPD provides a chart listing income eligibilities for different types of Mitchell-Lamas: www1.nyc.gov/site/hpd/renters/mitchell-lama-rentals.page.

Services

Mitchell-Lamas do not generally provide supportive services, but limited services such as transportation, social services, and leisure activities are available in some locations.

Cost

Rents and carrying charges vary throughout the Mitchell-Lama developments, as do income requirements. Generally, for a household of three or fewer persons, annual income may not exceed seven times the annual rent.

Applications

Each development requires a separate application, and you can apply to more than one development at a time. To apply, write or call the management company of the developments you are interested in.

- ☛ To check the list of Mitchell-Lama developments with open waiting lists, visit www1.nyc.gov/assets/hpd/downloads/pdf/renters-mitchell-lama/ML-waiting-Lists-Status.pdf

- ☛ To check the list of Mitchell-Lama developments with immediate occupancy available, visit www1.nyc.gov/assets/hpd/downloads/pdf/renters-mitchell-lama/Short-waiting-Lists.pdf.

(The addresses listed in this pdf are for actual developments; the phone numbers listed connect to the management companies.)

Shared Housing

In this arrangement, a homeowner or apartment renter with extra room shares his or her home with another person in exchange for rent and/or assistance. The owner and renter may share expenses and household tasks. Sharing might be between two older people or between an older person and a younger person. Home sharing can occur informally or through a program operated by a community agency (such as the New York Foundation for Senior Citizens) that assumes responsibility for screening participants, matching for compatibility, and assisting in drawing up agreements for living together. Home sharing does not require licensure by the New York State Department of Health.

New York Foundation for Senior Citizens
Home Sharing Program
11 Park Place, Suite 1416
New York, NY 10007
(212) 962-7559 or www.nyfsc.org/services/home_sharing.html

Assistance for Senior Homeowners

Home Energy Assistance Program (HEAP)

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

NYS STAR Exemption

New York State School Tax Relief Program (STAR) provides an exemption from the school portion of property taxes for certain owner-occupied primary residences. Seniors (age 65 and older) with yearly incomes of \$79,050 or less may be eligible for the Enhanced STAR exemption. For qualifying seniors, the Enhanced STAR program helps seniors save hundreds of dollars on property taxes each year. For more information call 311, visit www.tax.ny.gov/pit/property/star/index.htm, or write to:

NYC Department of Finance
STAR Exemptions
P.O. Box 3120
Church St. Station
New York, NY 10008-3120

Senior Citizen Homeowners Exemption (SCHE)

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

Eligibility

- Applicant must have held title to the property for at least 12 consecutive months.
- The property must be the applicant's legal residence.
- The property must be used exclusively for residential purposes.
- Applicant must be age 65 or older. If spouses are co-owners, one of them must be 65 or older. If other persons are co-owners, all must be 65 and older.
- No asset limits.
- Income limit of \$37,399 for the previous calendar year.

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

Veterans' Tax Exemption

A partial property tax exemption for property owners who served in the U.S. armed forces in foreign wars. For more information visit www.nyc.gov/html/dof/html/property/veterans.shtml.

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

Available to low-income seniors who own their own homes and need financial assistance for emergency home repairs. To be eligible for assistance, homeowners must be 60 or older and have a household income that does not exceed 80% of the area median income. Owner occupants only. For more information call (866) 275-3427 or visit www.dhcr.state.ny.us/Programs/Restore.

Home Repair and Safety Audit Programs

New York Foundation for Senior Citizens offers free minor home maintenance and repair services for low- and moderate-income homeowners 60 and over in all five boroughs. Services include minor carpentry, plumbing, masonry, electrical, gutter-cleaning, caulking and weatherstripping, as well as free home safety checks to help identify and correct safety hazards.

11 Park Place, 14th Floor

New York, NY 10007

(212) 962-7655 or www.nyfsc.org

Weatherization Referral and Packaging Program (WRAP)

A federally funded service administered by DFTA to provide low-income elderly with free home energy services designed to lower energy bills. Homeowners and renters 60 and over who receive a Home Energy Assistance Program (HEAP) benefit are eligible. For more information, call 311.

Disabled Homeowner's Exemption (DHE)

DHE is a tax exemption granted to owners of one-, two-, and three-family houses, condominiums, or cooperative apartments who meet disability status, income and residency requirements. For more information, visit nyc.gov/html/dof/html/property/disabled_homeowners.shtml.

Assistance for Senior Renters

Home Energy Assistance Program (HEAP)

HEAP provides a one-time-per-year grant to help low-income renters pay fuel and utility costs. HEAP is available to households that pay directly for heat and households where heat is included in rent. Benefit amounts range from \$20 to \$500, depending on the living situation.

Senior Citizen Rent Increase Exemption (SCRIE)

SCRIE exempts rent-controlled/stabilized, Mitchell-Lama, and hotel tenants from certain rent increases and covers increases for renewal leases.

To be eligible, applicants must be 62 or older and

- rent an apartment that is rent-regulated by the Division of Housing and Community Renewal (i.e., rent-controlled or rent-stabilized apartments or hotel-stabilized).
- have an annual household income of \$50,000 or less.
- pay more than one-third of the household's total monthly income for rent.

Call 311 to request that an application be mailed to you or visit the NYC Department of Finance SCRIE/DRIE Walk-in Center at 66 John St., 3rd floor, Mon. – Fri.

8:30 am – 4:30 pm.

Disabled Rent Increase Exemption (DRIE)

This program offers qualifying tenants with disabilities a \$50,000 exemption from future rent increases. If you qualify, your rent amount will be frozen, and the City of New York will give your landlord a property tax credit equal to the amount of your future rent increases. Apply as for SCRIE above or email DRIE@Finance.nyc.gov.

Home Repairs

Met Council's Project Metropair makes free home visits to seniors for minor home repairs. Services include installation of grab bars and locks, moving peepholes, and reinforcing window gates. Please contact homeservices@metcouncil.org or (212) 453-9542

Housing Resources & Service Providers

In addition to senior centers, these organizations provide housing information and assistance:

**Chinese American Planning Council
Housing Development Fund Company**
50 Norfolk St.
New York, NY 10002
(212) 475-7730
www.cpc-nyc.org/housing.htm

Common Ground
505 Eighth Ave., 5th Floor
New York, NY 10018
(212) 389-9300
www.commonground.org

Goddard Riverside
593 Columbus Ave.
New York, NY 10024
(212) 873-6600 or www.goddard.org

JASA Housing
247 West 37th St.
New York, NY 10018
(212) 273-5272 or (212) 273-5200
www.jasa.org/housing

Met Council
120 Broadway, 7th Floor
New York, NY 10271
(212) 453-9519 or (212) 453-9500
www.metcouncil.org

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

Project Find
160 West 71st St., 2nd Floor
New York, NY 10023
(212) 874-0300
www.projectfind.org

West Harlem Group Assistance
1652 Amsterdam Ave.
New York, NY 10031
(212) 281-5552 or www.whgainc.org

**West Side Federation for Senior and
Supportive Housing**
2345 Broadway
New York, NY 10024
(212) 721-6032
www.wsfssh.org

LONG-TERM CARE

There are several types of housing for seniors who need help with the activities of daily living.

Assisted living is a blanket term encompassing multiple options and models for senior living. Working definitions of the assisted living options offered in New York City are provided in this section. All definitions apply to the types of services each facility is licensed to provide. As some sites are licensed to provide multiple services or a continuum of care, these models often overlap.

All assisted living facilities encompass a varied combination of housing, personalized support services, healthcare services, and supervision for individuals who cannot or do not want to live independently. The services are designed for individuals who require some assistance with daily activities but who do not require the constant skilled nursing care that is provided in nursing homes.

Adult homes provide long-term residential care, room and board, housekeeping, personal care (which includes assistance with bathing and dressing), and supervision to a minimum of five dependent adults. Congregate meals are provided three times daily; planned activities and outings may be offered.

Adult homes do not provide nursing or medical care, but some contract with physicians who visit residents when necessary. Some are affiliated with home care agencies that will allow individuals to receive home care. Many adult homes also provide services to younger adults who have a mental illness or disability. Accommodations may be private or shared. Individuals must be either ambulatory or able to transfer from a bed to a chair, alert (unless the home has a dementia section), and able to care for themselves if incontinent. Adult homes are licensed by the NYS Department of Health. Operators may be proprietary, public, or nonprofit.

Enriched housing programs provide long-term residential care and supportive services for seniors. The program provides daily meals, assistance, shopping, housekeeping, and personal care to enable residents to continue living as independently as possible within the community. Enriched housing is located in community-integrated settings as opposed to adult homes, which are dedicated facilities for seniors.

Assisted Living Programs (ALPs) are an option found in some adult homes and enriched housing for individuals who have been assessed as medically eligible for nursing home placement but who are able to be treated in these less medically-intensive settings safely. ALPs provide long-term residential care, room, board, housekeeping, personal care, supervision, and home health services. Medicaid will pay the eligible

healthcare portion of the costs. The housing portion is paid by SSI for those eligible and privately for those who are not. This is the only assisted living option that Medicaid will pay for.

Assisted Living Residence (ALR) is a licensed adult home or enriched housing facility that has received additional licensure in order to call itself “assisted living” and provide assisted living services. Most are private pay. ALRs fall into three categories:

- **Basic:** This is required to provide or arrange for housing, 24-hour onsite monitoring, and personal care services, and/or home care services (either directly or indirectly) in a homelike setting to five or more adult residents. Basic ALRs may hold one or both of the “enhanced” and “special needs” certifications (see below).
- **Enhanced:** A basic ALR that has received certification by the New York State Department of Health to provide aging-in-place services for a set number of residents who wish to remain in the residence as they grow older and require additional care.
- **Special Needs:** A basic ALR that has received certification by the New York State Department of Health to serve a set number of persons with dementia.

Here are the ALRs currently licensed in Manhattan:

1850 Second Ave. Services Corp.

Enriched Housing Program
1850 Second Ave.
New York, NY 10128
(212) 369-5523

Brown Gardens

Enriched Housing Program
225 East 93rd St.
New York, NY 10128
(212) 369-5523

Alma Rangel Gardens

Enriched Housing Program
55 West 137th St.
New York, NY 10037
(917) 507-1108

Carnegie East House

Enriched Housing Program
1844 Second Ave.
New York, NY 10128
(212) 410-0033

Atria 86th St.

Enriched Housing Program
333 West 86th St.
New York, NY 10024
(212) 712-0200

Clinton Gardens

Enriched Residence Program
404-412 West 54th St.
New York, NY 10019
(212) 489-9339

Frederic Fleming Residence

Adult Home
443-445 West 22nd St.
New York, NY 10011
(212) 242-5277

Ridge St. Gardens

Enriched Housing Program
80-92 Ridge St.
New York, NY 10002
(212) 598-4148

The 80th St. Residence

Adult Home – Specializing in Alzheimer’s
430 East 80th St.
New York, NY 10021
(212) 717-8888

**The Rev. Robert V. Lott Assisted
Living Center**

Enhance Residence Program/ALP
1261 Fifth Ave.
New York, NY 10029
(212) 534-6464

*Additional Resources:***Long-Term Care Community
Coalition**

1 Penn Plaza, Suite 6252
New York, NY 10119
(212) 385-0355
www.ltccc.org

**New York Foundation
for Senior Citizens**

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

VillageCare at 46 and 10

Enhance Residence Program/ALP
510 West 46th St.
New York, NY 10036
(212) 977-4600

West 74th St. Home

Adult Home
300 Amsterdam Ave.
New York, NY 10023
(212) 595-8983

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

Adult Home
109 West 129th St.
New York, NY 10027
(212) 348-8513

New York State Department of Health

Adult Care Facilities
Metropolitan Area Regional Office
90 Church St., 15th Floor
New York, NY 10007
(212) 417-4440

Adult Day Programs

Adult day programs offer socialization and/or medical services in a nonresidential facility. Medical adult day care offers services such as nursing, therapies, nutrition assessment, rehabilitation, referrals for outpatient health, and dental services. It provides supervision, socialization, and personal care. Those who attend adult day programs are open to seniors and those suffering vision or memory loss and those with mental illness or developmental disability.

Manhattan programs include:

Amsterdam Adult Day Healthcare Program – Medical

1070 Amsterdam Ave.

New York, NY 10025

(212) 316-7735

www.amsterdamcares.org

ARC Adult Day Center – Social

4111 Broadway

New York, NY 10033

(212) 781-5700

www.arcseniors.org/home.html

C.V. Starr Adult Day Services – Social

312 East 109th St.

New York, NY 10029

(212) 249-0500

www.carterburdencenter.org

Hebrew Home Adult Day Services – Social

5901 Palisade Ave., Riverdale,

Bronx, NY 10471

New York, NY 10040

(718) 581-1458

Guild Care Adult Day Health Center – Medical

15 West 65th St.

New York, NY 10023

(212) 769-7847

www.guildhealth.org

Hamilton Madison House Adult Day Services – Social

253 South St., 2nd Floor

New York, NY 10002

(212) 720-4588

www.hamiltonmadisonhouse.org

Isabella Adult Day Health Care – Medical

525 Audubon Ave.

New York, NY 10040

(212) 342-9200

www.isabella.org

Jewish Home Daycare – Social and Medical

140 West 106th St.

New York, NY 10025

(212) 870-5090 - for Day Programs

www.jewishhome.org

Lenox Hill Neighborhood House – Social

343 East 70th St.

New York, NY 10021

(212) 744-5022

www.lenoxhill.org

**Open Door and Memory Center
Riverstone Senior Life Services**

99 Fort Washington Ave.
New York, NY 10032
(212) 927-5600
riverstonenyc.org/programs/open-door

**Village Adult Day Health Center –
Medical**

121A West 20th St.
New York, NY 10011
(212) 337-5870
villagecare.org/senior/adult_day_health

**Service Program for Older People –
Medical**

302 West 91st St.
New York, NY 10024
(212) 787-7120
www.spop.org

Nursing Homes

Nursing homes provide services for people who need 24-hour nursing care and supervision outside of a hospital. When considering a particular facility, it's important to observe and ask questions. Visit on different days and at different times. Taste the food. Talk to other families who have loved ones there. Consider the following factors:

- **Atmosphere:** What feeling do you get when visiting? Is the staff respectful and accommodating to residents?
- **Staffing Levels:** What is the patient-to-staff ratio? Are there fewer staff on the weekends? The Alzheimer's Association recommends at least one staff member for every five residents from 7 am to 8 pm and at least one staff member for nine residents overnight.
- **Activities:** Are there dedicated therapeutic activity staff? Are residents given activity plans? Is there safe outdoor access?

Nursing homes in Manhattan include:

Amsterdam Nursing Home

1060 Amsterdam Ave.
New York, NY 10025
(212) 316-7700
www.amsterdamcares.org

**Coler Rehabilitation and Nursing
Care Center**

900 Main St.
Roosevelt Island
New York, NY 10044
(212) 848-6000
www.nyc.gov/html/hhc/coler-goldwater

DeWitt Nursing Home

211 East 79th St.
New York, NY 10075
(212) 671-6000
www.dewittnh.com

**Fort Tryon Center for
Rehabilitation and Nursing**

801 West 190th St.
New York, NY 10040
(212) 543-6400
www.forttryonrehab.com

Greater Harlem Nursing Home

30 West 138th St.
New York, NY 10037
(212) 690-7400
www.ghnh.org

Carter Specialty Hospital

1752 Park Ave.
New York, NY 10035
(212) 848-0000
www.nyc.gov/html/hhc/carter

Isabella Geriatric Center

525 Audubon Ave.
New York, NY 10040
(212) 342-9200
www.isabella.org

Jewish Home Lifecare

120 West 106th St.
New York, NY 10025
(212) 870-4715
www.jewishhome.org

The Riverside (formerly Kateri)

150 Riverside Drive
New York, NY 10024
(646) 505-3500
www.theriversiderehab.com

Mary Manning Walsh Home

1339 York Ave.
New York, NY 10021
(212) 628-2800
www.archcare.org/short-term-rehab/mary-manning-walsh

New East Side Nursing Home

25 Bialystoker Place
New York, NY 10002
(212) 673-8500

Gouverneur Health

227 Madison St.
New York, NY 10002
(212) 238-7000
www.nyc.gov/html/hhc/gouverneur/html/services/nursing.shtml

**Northern Manhattan Rehabilitation
and Nursing Center**

116 East 125th St.
New York, NY 10035
(212) 426-1284
www.nmrehab.org

**Terence Cardinal Cooke
Health Care Center**

1249 Fifth Ave.
New York, NY 10029
(212) 360-3600
www.archcare.org/short-term-rehab/terence-cardinal-cooke

**Villagecare Rehabilitation & Nursing
Center**

214 West Houston St.
New York, NY 10014
(212) 337-9400
www.villagecare.org/vcrnc

Home Care

Home care services allow seniors to receive individualized attention while maintaining their independence and living at home. These services can range from a few hours a week to 24-hour care. Home health care typically includes skilled care services such as physical and occupational therapy, postsurgery care, and help with routine daily activities. Home care aids can also assist with household tasks such as grocery shopping, meal preparation, transportation, errands, housekeeping, and laundry.

The following agencies provide a range of long-term care services. Some also appear in the preceding Adult Day Programs and Nursing Home sections, but are included again here as resources for a range of long-term home care options.

Certified Home Health Agencies (CHHAs)

CHHAs provide a range of services and supports, helping individuals determine which services will best fit their medical, personal, and home care needs. Medicare, Medicaid, some health insurance providers, and private payment may be used to obtain reimbursements for costs of services provided by home healthcare agencies. Ask the service provider what insurance it accepts. To find home healthcare services, speak with your physician or hospital discharge staff or visit *homecare.nyhealth.gov*.

Concerned Home Managers for the Elderly, Inc. (COHME)

COHME provides home health care, nursing, and case management services to seniors.
11 Broadway, Suite 400
New York, NY 10004
(212) 514-7147 or *www.cohme.org*

Visiting Nurse Services of New York

The largest nonprofit home healthcare organization in the country provides post-hospital care, rehabilitation therapies, long-term home healthcare, AIDS programs, and hospice care.
(800) 675-0391 or *www.vnsny.org*

Jewish Home Lifecare (JHL)

JHL offers long-term care, adult day care, home healthcare, health services, and social and community services throughout the New York area.
120 West 106th St.
New York, NY 10025
Admissions: (212) 870-4715
Adult Day Program, Alzheimer's & Memory Care Day Program and Social Day Program:
(212) 870-5090 or *www.jewishhomelifecare.org*

Selfhelp

This organization provides home care, case management services, home health aides, senior housing, legal resources, an Alzheimer's resource program, senior activity centers, and community guardians.

520 Eighth Ave., 5th Floor

New York, NY 10018

(212) 971-7600 or *www.selfhelp.net*

Isabella Geriatric Center

Isabella Geriatric Center provides a wide range of services for seniors, both off-site and in their onsite nursing home facility. Services include rehabilitation, adult day care, respite care, and meals-on-wheels.

515 Audubon Ave.

New York, NY 10040

(212) 342-9200 or *www.isabella.org*

New York Foundation for Senior Citizens (NYFSC)

NYFSC coordinates home care, home-delivered meals, and other services, including assistance with benefits and entitlements, for physically and mentally frail residents of Manhattan's Community Districts 1, 2, 3, 5, and 6. Case managers meet with individuals to determine their eligibility for services and then arrange and monitor service delivery.

11 Park Place, 14th Floor

New York, NY 10007

(212) 962-7559 or *www.nyfsc.org*

Lenox Hill Neighborhood House

Lenox Hill Neighborhood House offers case management, transportation services, and a social adult day program as well as senior centers on the East Side and Roosevelt Island.

331 East 70th St.

New York, NY 10021

(212) 744-5022 or *www.lenoxhill.org*

Resources for Caregivers

Caregiving can be an overwhelming experience. Manhattan has many resources to help caregivers find the support they need.

Alzheimer's and Caregiver Resource Center

Alzheimer's and Caregiver Resource Center, managed by the NYC Department for the Aging (DFTA), provides needs assessment, individual and family counseling, referrals to community services, education and training, entitlements information, assistance with the nursing home placement process and information on housing alternatives.

2 Lafayette St.
New York, NY 10007
311 or *caregivers@aging.nyc.gov*

Alzheimer’s Association

The Alzheimer’s Association provides a personalized service for individuals and families who are facing the decisions and challenges associated with the disease. A wide range of services are offered for caregivers, including care consultation, caregiver support groups, a 24-hour helpline, and in-home hospice services. Caregiver support groups provide a caring place for group members to find emotional support.

360 Lexington Ave., 4th Floor
New York, NY 10017
(800) 272-3900 or *www.alznyc.org*

Friends in Deed

Friends in Deed provides supportive programs and services to people diagnosed with life-threatening illnesses; to their family, friends, and caregivers; and to anyone dealing with grief and bereavement. Facilitated “Big Group” meetings are offered six times a week. It’s recommended that first-time attendees join the Tuesday night group from 7:00 - 8:30 pm. A group targeted specifically to caregivers meets every Tuesday from noon - 1:00 pm. The caregiver group focuses on taking care of oneself while caring for others. All services are free and open to all. However, all groups start on time, and no one is admitted after the meeting starts.

594 Broadway, 7th Floor, Suite 706
New York, NY 10012
(212) 925-2009 or *www.friendsindeed.org*

Hamilton-Madison House Caregiver Services

Cantonese, Mandarin, and Korean geriatric specialists provide caregiver training, support groups, counseling, respite care, supplemental services, shopping assistance, and home visits. HMMH serves Chinese and Korean communities citywide.

100 Gold St., 4th Floor
New York, NY 10038
(212) 788-1688

Health Outreach Caregivers Service – Weill Cornell Medical Center

This service offers support for individuals caring for seniors over 60. This includes information on related services, evaluation of care options, counseling, and stress reduction.

525 East 68th St.
New York, NY 10065
(212) 746-4365 or *www.nypgeriatrics.org*

Respite Care Program – NY Foundation for Senior Citizens

This program provides affordable short-term home care by certified home attendants for frail seniors who live alone or whose caregivers require relief from caregiving responsibilities. Respite Care also assists seniors who require temporary help following hospitalization. Services include personal care, meal preparation, shopping, escorting, light housekeeping, and laundry. Applicants must be 60 or older, New York City residents, and in need of assistance with daily activities.

(212) 962-7559 or www.nyfs.org

SAGE Caring and Preparing

SAGE provides services to lesbian, gay, bisexual, and transgender (LGBT) caregivers and care recipients throughout New York, including individual counseling, a caregivers support group, benefits and entitlement assistance, recommendations for safe and LGBT-affirming long-term care options, and identification of appropriate home-based care services.

305 Seventh Ave.

New York, NY 10001

(212) 741-2247 or www.sageusa.org

Visiting Nurse Services of New York

The largest nonprofit home healthcare organization in the country provides post-hospital care, rehabilitation therapies, long-term home healthcare, AIDS programs, and hospice care.

(800) 675-0391 or www.vnsny.org

Share the Care

This community-based caregiving organization provides necessary information, guidance, and tools to organize and maintain a “caregiving family” to help someone with a health, medical, or aging issue. Share the Care prevents caregiver burnout by turning offers of “What can I do to help?” into action.

Share the Caregiving, Inc.

c/o National Center for Civic Innovation

121 Sixth Ave., 6th Floor

New York, NY 10013

(212) 991-9688 or www.sharethecare.org

The Grandparents Resource Center – DFTA

This resource center provides people who are raising grandchildren and other young relatives with support services, including information and referral, recreational activities, educational workshops, advocacy, and case assistance.

(212) 442-1094

SAFETY & SECURITY

Emergency Preparedness

A comprehensive guide to emergency planning, *Ready New York: My Emergency Plan* is a workbook designed to help New Yorkers – especially those with special needs – create an emergency plan. *My Emergency Plan* walks users through establishing a support network, capturing important health information, planning for an evacuation, and gathering emergency supplies. First responders or caregivers can also use the workbook to help people with special needs during an emergency. The book is available in 13 languages. Call 311 to request a hard copy or an audio copy; you can also download the workbook from www.nyc.gov/html/oem/html/ready/myemergencyplan_guide.shtml.

Groups interested in an emergency preparedness training session should contact Frank Lowe of the New York City Office of Emergency Management:
(718) 422-3061 or flowe@oem.nyc.gov

Gas Safety: Smell Gas, Act Fast

Gas leaks can create fires and explosions. It's important that you and your family know how to recognize a gas leak and what to do if you suspect one.

Signs of a gas leak:

- **Smell:** A distinctive, strong odor similar to rotten eggs.
- **See:** A white cloud, mist, fog, bubbles in standing water, blowing dust or vegetation that appears to be dead or dying for no reason.
- **Hear:** Roaring, hissing or whistling.

If you detect a gas leak:

- If the odor is strong, leave IMMEDIATELY and take others with you.
- If you are outside, leave the area immediately.
- Do not smoke or light lighters or matches. Do not use your telephone, switch on electrical appliances, lights, or even a flashlight in the area where you smell gas — any spark could cause a fire.
- Find a phone away from the area and call 911.
- Do not assume someone else will report the condition!

Safe Streets for Seniors

Safe Streets for Seniors is the NYC Department of Transportation (DOT) pedestrian safety initiative for older New Yorkers. The program studies crash data and then develops and implements mitigation measures to improve pedestrian safety.

DOT is evaluating pedestrian conditions in neighborhoods from a senior's perspective and is making engineering changes, such as extending pedestrian crossing times at crosswalks to accommodate slower walking speeds, constructing pedestrian safety islands, widening curbs and medians, narrowing roadways, and installing new stop controls and signals. DOT receives ideas and feedback via presentations and workshops at senior centers and community boards and by partnering with NYC Department for the Aging to coordinate outreach and share resources.

The Senior Pedestrian Focus Areas for Manhattan currently are: Chinatown, East Harlem, Hamilton Heights, Lenox Hill-Turtle Bay, Lower East Side, Manhattan Valley, Midtown West, Stuyvesant Town, Upper West Side, Washington Heights, and Yorkville.

Elder Abuse

As the elderly population increases, elder abuse is on the rise. It is important to know the facts and how to get help if you or someone you know is at risk.

Mistreatment of the elderly is a problem affecting all segments of society regardless of socioeconomic status, living environment, race and ethnicity, or physical or cognitive status. Elder abuse can include all of the following forms of abuse:

Physical: The infliction of physical pain, injury, physical coercion, or confinement against someone's will. Examples include hitting, sexual abuse, and physical restraint.

Psychological: The infliction of mental or emotional anguish. Examples include namecalling, insulting, ignoring, threatening, and isolating.

Financial: The illegal or unethical exploitation or use of an elderly person's funds without consent.

Neglect: The refusal or failure to fulfill a caretaking obligation. Examples include abandonment and nonprovision of food or health-related services.

Sexual: Any unwanted sexual contact or forced exposure to sexually explicit materials or situations.

Elder Abuse Laws

All 50 states and the District of Columbia have enacted legislation addressing domestic or institutional abuse of the elderly. In New York State, Adult Protective Services (APS) workers must report any instances in which they believe their client has been the victim of a crime. Also, workers in public healthcare facilities must report abuse of patients receiving care or services in their facility.

If a senior citizen has been physically abused or is in danger, call 911 immediately. For non-emergencies, these numbers may be helpful.

- Elder Abuse Unit of the Manhattan District Attorney: (212) 335-8920
- NYC Adult Protective Services (APS): (212) 630-1853
- NYC Department for the Aging Elderly Crime Victims' Program: (212) 442-3103

LifeNet: For mental health information, a referral, or if you need to talk to someone, call New York City's confidential, 24-hour Mental Health Hotline.

- English and all other languages: (800) 543-3638, TTY: (212) 982-5284
- In Spanish: (877) 298-3373
- In Mandarin, Cantonese, and Korean: (877) 990-8585

Elder Abuse Unit of the Manhattan District Attorney

This unit investigates and prosecutes crimes involving victims 60 and older. Services include investigation and prosecution of crimes; assistance in obtaining an order of protection and emergency housing; social service referrals to agencies that provide a variety of services to seniors; and review by the Narcotics Eviction Program for possible evictions of drug dealers from a senior's residential or commercial premises.

One Hogan Place

New York, NY 10013

(212) 335-8920

Elder Abuse Hotline: (212) 335-9007 or manhattanda.org/resources-victims-elder-abuse

NYC Domestic Violence Hotline

Provides up-to-date service information and assistance in over 150 languages.

(800) 621-4673.

Adult Protective Services (APS)

APS is a state-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm.

APS is available to persons 18 and older who:

- are mentally and/or physically impaired.
- are unable to manage their own resources, carry out the activities of daily living, or protect themselves from abuse, neglect, exploitation, or other hazardous situations without assistance from others.
- have no one willing and able to assist them responsibly.

Citywide: (212) 630-1853

Manhattan North Borough Office: (212) 971-2727

(for residents north of 134th St. on the west side and north of 97th St. on the east side)

Manhattan South Borough Office: (212) 279-5794

(for residents south of 134th St. on the west side and south of 97th St. on the east side)

Community Elder Mistreatment & Abuse Prevention Program (CEMAPP) at Carter Burden Center

Services include safety planning, crisis intervention, court advocacy, legal guidance, community education programs, coordination with police, and a safe place to talk.

(212) 879-7400, Ext. 116

Elderly Crime Victims Resource Center (DFTA)

DFTA's Elderly Crime Victims Resource Center provides counseling services to victims of abuse; it receives referrals from community agencies, hospitals, physicians, attorneys, and the public.

(212) 442-3103.

Jewish Association for Services for the Aged (JASA)

JASA attorneys and social workers help people 60 and older who are victims of elder abuse, including psychological, emotional, verbal, financial, and physical. Services include individual and family counseling, entitlements and benefits advice, orders of protection, legal and medical services, home safety items, support groups, emergency shelters, and safety planning.

JASA Help Center

247 West 37th St., 9th Floor

New York, NY 10018

(212) 273-5272 or www.jasa.org/services/advocacy

New York State Office of Victim Services

This office provides reimbursement for crime-related expenses to crime victims,

administers the federal Victims of Crime Act (VOCA) across the state, advocates for victim's rights legislation, and provides training for professionals.

(800) 247-8035

Sorenson Videophone: (866) 756-6729

Available Mon. through Fri., 9:00 am - 5:00 pm

Nursing Home & Adult Care Abuse

Federal and state regulations require the reporting of alleged violations of abuse, mistreatment, and neglect immediately to the facility administrator and to the New York State Department of Health. To file a complaint regarding Certified Adult Care Facilities, including abuse, contact:

Adult Home/Home Care/Hospice Hotline: (866) 893-6772

Nursing Home Abuse Hotline: (888) 201-4563

One Stop Support Program (OSSP)

OSSP promotes abuse prevention, provides education and counseling, and aims to help seniors ultimately end abusive relationships. OSSP caseworkers visit clients in their homes to provide counseling.

475 Riverside Drive

New York, NY 10025

(212) 864-7900

The Weinberg Center for Elder Abuse – The Hebrew Home at Riverdale

The Weinberg Center provides emergency shelter for abuse victims age 60 or older.

In addition, it provides supportive services including counseling, healthcare, legal advocacy, and legal representation. Seniors staying in the emergency shelter may use the Hebrew Home's recreational and educational programs. Though located in Riverdale, the Weinberg Center serves the entire region, including Manhattan.

(800) 567-3646.

Consumer Protection/Fraud

One of the most common forms of elder abuse is financial exploitation. The following resources may be helpful in preventing this crime.

AARP's Fraud Watch Network

(877) 908-3360 or www.aarp.org/money/scams-fraud/fraud-watch-network

Do Not Call Registry

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home.

(888) 382-1222 or www.donotcall.gov

NYC Department of Consumer Affairs (DCA)

DCA regulates many industries under NYC's Consumer Protection Law and receives thousands of consumer complaints each year. DCA works to resolve conflicts through mediation, but when mediation doesn't work, an administrative judge can hear the case.

42 Broadway

New York, NY 10004

311 or www.nyc.gov/html/dca/html/resources/complaint.shtml

NYS Medicaid Fraud Control Unit (OAG)

This office of the State Attorney General is dedicated exclusively to the investigation and prosecution of Health Care Crime in New York State.

(212) 417-5397 or (800) 771-7755

Credit Bureaus/Freeze List

New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number, and proof of current address.

Equifax Security Freeze

P.O. Box 105788

Atlanta, GA 30348

(888) 202-4025

www.freeze.equifax.com

TransUnion Security Freeze

P.O. Box 6790

Fullerton, CA 92834-6790

Fraud Alert: (800) 680-7289

Freeze: (888) 909-8872

transunion.com/personal-credit/credit-disputes/credit-freezes.page

Experian Security Freeze

P.O. Box 9554

Allen, TX 75013

(888) 397-3742

www.experian.com/freeze

Free Credit Reports

Requesting your credit report yearly is a good practice in preventing identity theft. All three credit bureaus (Experian, Equifax, and TransUnion) are required by law to provide you with a copy of your credit report once a year. If you are the victim of identity theft, you are entitled to a second report from each agency.

(877) 322-8228 or www.annualcreditreport.com

VETERANS

Veterans' Crisis Line

If you are a veteran or current service member or are concerned about one, call (800) 273-8255. Press 1 to be connected to a veterans' crisis counselor.

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

MOVA works with veterans and their families to ensure they receive the benefits to which they are entitled.

1 Centre St, 22nd floor South

New York, NY 10007

(212) 442-4171 or www.nyc.gov/html/vets/html/home/home.shtml

U.S. Department of Veterans Affairs

New York Regional Office

245 West Houston St.

New York, NY 10004

(800) 827-1000

US Veterans Affairs New York Harbor Healthcare System Medical Center

The Manhattan Center offers comprehensive healthcare to honorably discharged veterans.

423 East 23rd St.

Bet. First Ave. and Asser Levy Place

New York, NY 10010

(212) 686-7500

www.nyharbor.va.gov

VA Centers

There are community-based facilities that offer a variety of free services to veterans and their families, including counseling, employment services, assistance with health benefits and screening and referral for medical issues.

Harlem Vet Center

Primarily offers readjustment counseling but can also make referrals to medical, educational, housing, and employment services. Walk-ins are welcome.

2279 Third Ave.

Bet. East 123rd and 124th Sts.

New York, NY 10035

(646) 273-8139

7:30 am – 5:30 pm

Manhattan Vet Center

Provides comprehensive mental health counseling for veterans. Call for appointment.

32 Broadway

Bet. Morris St. and Exchange Alley

New York, NY 10004

(212) 742-9591

7:30 am to 5:30 pm

LGBTQ

Service Centers

Services and Advocacy, Gay, Lesbian, Bisexual, and Transgender Elders (SAGE)

SAGE is the largest and oldest organization focusing on improving the quality of life for LGBT senior populations. Programs include counseling, case management, education, and social activities. www.sageusa.org

305 Seventh Ave., 15th Floor

Bet. 27th and 28th Sts.

Daily, 11:00 am - 8:00 pm

Dinner: 5:00 pm - 6:30 pm

(212) 741-2247

127 West 127th Street

Bet. Adam Clayton Powell & Lenox blvds.

New York, NY 10027

Mon.-Fri., 10:00 am – 6:00 pm

Lunch: 12:00 – 1:30 pm

Phone: (646) 660-8954

LGBT Community Center

208 West 13th St.

Mon.-Sat., 9:00 am – 10:00 pm

Sun., 9:00 am – 9:00 pm

(212) 620-7310 or www.gaycenter.org

Griot Circle

Community organization for LGBT elders of color offers a book club, a women's group, a men's HIV group, and case management.

25 Flatbush Ave., 5th Floor

Brooklyn, NY 11217

Mon.-Fri., 9:00 am - 6:00 pm

(718) 246-2775 or www.griotcircle.org

Callen-Lorde Community Health Center

Provides sensitive, quality healthcare and related services targeted to New York's LGBT communities, regardless of income. Callen-Lorde promotes health education and wellness and advocates for LGBT health issues.

356 West 18th St.

New York, NY 10011

(212) 271-7200 or www.callen-lorde.org

Advocacy

American Civil Liberties Union

LGBT & AIDS Project

125 Broad St., 18th Floor

New York, NY 10004

(212) 549-2627, (212) 549-2650

www.aclu.org/lgbt-rights

Institute for Human Identity (IHI)

322 Eighth Ave., Suite 802

New York, NY 10001

(212) 243-2830

www.ihitherapycenter.org

JCC Manhattan – LGBT Programs

334 Amsterdam Ave.

New York, NY 10023

(646) 505-5742

www.jccmanhattan.org/lgbtq

LGBT Law Project at New York

Legal Assistance Group

7 Hanover Square, 18th Floor

New York, NY 10004

(212) 613-5000, Ext. 5107

www.nylag.org/units/lgbt-law-project

LGBT@NYPL

The New York Public Library connects you with their LGBT collections, programs and expertise at lgbt.nypl.org.

**National Organization for Women/
New York City (NOW NYC)**

150 West 28th St.
New York, NY 10001
Helpline: (212) 627-9895
Mon.-Fri., 9:30 am - 5:30 pm
www.nownyc.org

**New York Civil Liberties Union
(NYCLU)**

125 Broad St., 19th Floor
New York, NY 10004
(212) 607-3300
www.nyclu.org

**NYC Gay & Lesbian Anti-Violence
Project (AVP)**

240 West 35th St., 2nd Floor
New York, NY 10001
(212) 714-1184
Hotline: (212) 714-1141
www.avp.org

**Parents, Families & Friends of Lesbians
& Gays (PFLAG) New York City**

130 East 25th St.
New York, NY 10010
(646) 240-4288
Helpline: (212) 463-0629
www.pflagnyc.org

Stonewall Veterans' Association (SVA)

70-A Greenwich Ave., Suite 120
New York, NY 10011
(212) 627-1969
www.stonewallvets.org

AIDS Organizations**AMFAR, The Foundation for
AIDS Research**

120 Wall St., 13th Floor
New York, NY 10005
(212) 806-1600
www.amfar.org

Broadway Cares/Equity Fights AIDS

165 West 46th St., Suite 1300
New York, NY 10036
(212) 840-8770
www.broadwaycares.org

Gay Men's Health Crisis Inc. (GMHC)

446 West 33rd St.
New York, NY 10001
(212) 367-1000 or www.gmhc.org

God's Love We Deliver

166 Sixth Ave.
New York, NY 10013
(212) 294-8100 or www.godslovewedeliver.org

HIV/AIDS Legal Service Project

Legal Action Center
225 Varick St., 4th Floor
New York, NY 10014
(212) 243-1313 or www.lac.org

Village Care of New York

154 Christopher St.
New York, NY 10014
(212) 337-5600 or www.villagecare.org

Churches and Synagogues

B'nai Jeshurun Congregation

2109 Broadway, Suite 203

New York, NY 10023

(212) 787-7600 or *www.bj.org*

Congregation Beit Simchat Torah

57 Bethune St.

New York, NY 10014

(212) 929-9498 or *www.cbst.org*

Jan Hus Presbyterian Church

351 East 74th St. at First Ave.

New York, NY 10021

(212) 288-6743 or *www.janhus.org*

Marble Collegiate Church

1 West 29th St.

New York, NY 10001

(212) 686-2770

www.marblechurch.org

Park Ave. Christian Church

1010 Park Ave.

New York, NY 10028

(212) 288-3246

www.parkavenuechristian.com

Stephen Wise Free Synagogue

30 West 68th St.

New York, NY 10023

(212) 877-4050 or *www.swfs.org*

Human Rights

Amnesty International USA

5 Penn Plaza

New York, NY 10001

(212) 807-8400 or *www.amnestyusa.org*

Media and Education

Out-FM on WBAI Radio/99.5 FM

P.O. Box 7032

Church St. Station

New York, NY 10008

(212) 209-2980 or *www.outfm.org*

Tues., 7:00 pm - 8:00 pm

☛ A comprehensive LGBT Directory of Services and Resources is available from the Office of the New York City Comptroller, (212) 669-3500.

ENRICHMENT OPPORTUNITIES

Advocacy Organizations

Seniors must make their voices heard on the policy issues that affect their lives whether it is cuts to senior centers, reduction in health benefits, or inaccessible public transportation. The following organizations support seniors in advocating for themselves and others.

AARP

This nonprofit, nonpartisan membership organization helps people 50 and older improve the quality of their lives through information, advocacy, and service.

780 Third Ave., 33rd Floor

New York, NY 10017

(866) 227-7442 or www.states.aarp.org/category/new-york

JASA Joint Public Affairs Committee (JPAC)

This grassroots senior advocacy group emphasizes leadership and civic involvement and provides training seminars, access to local and state officials, newsletters, and public conferences.

JASA Help Center

247 West 37th St. 9th Floor

New York, NY 10018

(212) 273-5260 or www.jasa.org/advocacy

New York Gray Panthers

Gray Panthers is a national organization committed to social justice, including the expansion of healthcare programs and fighting discrimination.

244 Madison Ave., Suite 396

New York, NY 10016

(917) 535-0457 or www.graypanthersnyc.org

New York State Alliance for Retired Americans (NYSARA)

NYSARA provides a voice for senior citizens and encourages seniors to act with unity on legislative and policy issues of importance to retirees and their families.

800 Troy Schenectady Road

Latham, NY 12110

(518) 783-6231 or www.nysara.org

Employment Services

Whether you're looking to branch out into a new career, increase income, or grow a hobby into a vocation, New York City offers many resources for senior employment.

ReServe

This nonprofit matches professionals 55 and older (ReServists) with nonprofit, public institutions, and government agencies that need their expertise. ReServists provide direct services, administrative support, and capacity-building expertise in schools, social service agencies, cultural institutions and public agencies. ReServists receive a stipend from the employer.

119 West 19th St., 4th Floor

New York, NY 10011

(212) 727-4335 or www.reserveinc.org

Senior Community Service Employment Program

Helps to place low-income seniors in subsidized, part-time paid employment.

(877) 872-5627 or www.doleta.gov/seniors

Senior Employment Services (SES) – DFTA

SES provides workshops focusing on job search techniques, computer training, and job preparation and offers job placement assistance for NYC residents 55 and older.

NYC Department for the Aging (DFTA)/Senior Employment Services

2 Lafayette St., 6th Floor

New York, NY 10007

311 or

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

The Senior Works Center

The Senior Works Center serves public assistance recipients who are over 60.

109 East 16th St.

Bet. Irving Place and Union Square East

New York, NY 10003

(212) 835-8445 or (212) 835-7691

Mon. – Fri., 8:30 am – 5:00 pm

Continuing Education

It's never too late to learn something new! Continuing education is a fantastic way to enhance your knowledge, grow personally or professionally, and meet new people.

City University of New York (CUNY)

CUNY allows seniors to audit courses when space is available at both their two-year and four-year colleges. There is an administrative fee for both college programs. Contact the admissions office of any CUNY school of interest for more information.

Baruch College
(646) 312-1000
www.baruch.cuny.edu

CUNY Graduate School of Journalism
(646) 758-7700
www.journalism.cuny.edu

Borough of Manhattan
Community College
(212) 220-8000
www.bmcc.cuny.edu

CUNY School of Professional Studies
(212) 652-2869
www.sps.cuny.edu

The City College of New York
(212) 650-7000
www.ccny.cuny.edu

Hunter College
(212) 772-4000
www.hunter.cuny.edu

CUNY Graduate Center
(212) 817-7000
www.gc.cuny.edu

John Jay College of Criminal Justice
(212) 237-8000
www.jjay.cuny.edu

The Institute for Retired Professionals (IRP) – The New School

The IRP provides a supportive environment for peer learning to people of all backgrounds. It encourages students to challenge themselves by taking part in study and by assuming academic and administrative leadership roles.

66 West 12th St., Room 511
New York, NY 10011
(212) 229-5682 or www.newschool.edu/institute-for-retired-professionals

QUEST: A Community for Lifelong Learning – City College of New York

QUEST offers a comprehensive curriculum of about 40 peer-led courses in subjects that include literature, science, politics, current affairs, philosophy, and the arts.

25 Broadway, 7th Floor
New York, NY 10004
(212) 925-6625, Ext. 229 or www.questonline.org

Computer Training/Technology

Carter Burden Center for the Aging

The computer lab offers one-on-one half-hour tutoring sessions Monday to Friday.

1484 First Ave. (Bet. East 77th and East 78th Sts.)

New York, NY 10075

Hours: 9:30 am - 5:00 pm

(212) 879-7400 or www.carterburdencenter.org

Lenox Hill Neighborhood House

Lenox Hill Neighborhood House offers a nine-week foundational course called “Computer Basics for Seniors.”

331 East 70th St. (Bet. First and Second Aves.)

New York, NY 10021

(212) 744-5022 or www.lenoxhill.org/content/who-we-help/adult-education.html

Older Adults Technology Services (OATS)

OATS trains and supports older adults in using technology to improve their quality of life and enhance their social and civic engagement.

168 7th St., Suite 3A

Brooklyn, NY 11215

(718) 360-1707 or www.oats.org

Volunteering Organizations

The following organizations provide opportunities for seniors to volunteer, continue their education, and gain support in finding employment.

NYC Service

Use your time, passion, and skills to address New York City’s most pressing needs. Visit www.nycservice.org to find a volunteer opportunity or an organization that needs your skills.

Community Connections TimeBank – Visiting Nurse Service of New York

The city’s largest time bank provides one-on-one time exchanges and opportunities to participate in a wide variety of classes, groups, and workshops led by other members.

Participating Manhattan neighborhoods include Washington Heights, Inwood, the Lower East Side, Chinatown, and Battery Park City.

(212) 609-7811 or timebank@vnsny.org.

Ombudsman Program – New York Foundation for Senior Citizens

The Ombudsman Program offers volunteer opportunities for individuals 21 and older who want to help protect the rights of New York City’s nursing, adult-home, and assisted-living residents. Volunteers visit long-term care facilities, establish relationships with their residents, listen to their concerns, and negotiate with facility staff to resolve residents’ issues and enhance their quality of life. Free training is provided, and volunteers must commit to a minimum of four hours per week for one year.

(212) 962-2720 or www.nyfsc.org

Retired Senior Volunteer Program (RSVP) – Community Service Society

As a provider of volunteer opportunities for older adults in nonprofit settings, RSVP engages 6,500 older adult volunteers at 500 nonprofits throughout New York City. Volunteers enhance the services that nonprofits provide to their clients.

Community Service Society

105 East 22nd St.

New York, NY 10010

(212) 254-8900 or www.cssny.org/services/rsvp

Senior Companion Program – Henry St. Settlement

The Senior Companion Program allows healthy older adults to volunteer their time to help homebound or isolated seniors live independently. Services include friendly visiting, shopping assistance, escort to a doctor’s appointment or other activities, light errands, help with obtaining services such as Access-a-Ride and meals-on-wheels, and basic companionship. To volunteer, you must be at least 55, able to use mass transit, and able to volunteer 15 hours or more per week. Volunteers receive transportation reimbursement, participate in training sessions, and may qualify for a tax-free stipend.

(212) 477-0455

www.henrystreet.org/programs/senior-services/senior-companion-program.html

New York Cares

New York Cares mobilizes New Yorkers in volunteer service.

65 Broadway, 19th Floor

New York, NY 10006

(212) 228-5000 or www.newyorkcares.org

Free & Low-Cost Cultural Opportunities

IDNYC

IDNYC—the free government-issued ID card that is available to all city residents regardless of immigration status—is your key to the city. More than 30 leading cultural institutions allow IDNYC cardholders to register for free one-year memberships. To apply, call 311 for the IDNYC Enrollment Center nearest you.

Libraries

The New York Public Library offers free public classes, programs, and exhibitions at its four research and 41 branch libraries in Manhattan. Detailed listings are in the quarterly publication “NYPL Now!” available at your local library or online at nypl.org. Visit your neighborhood library or www.nypl.org/locations to find a branch.

Ask NYPL

(917) 275-6975

Library for the Performing Arts

40 Lincoln Center Plaza

Mon., Thurs., noon - 8:00 pm

Tues., Wed., Fri., noon - 6:00 pm

Main Library

42nd St. and Fifth Ave.

Mon., Thurs.-Sat., 10:00 am - 6:00 pm

Tues., Wed., 10:00 am - 8:00 pm

Sun., 1:00 pm - 5:00 pm

Schomburg Center for Research and Black Culture

515 Malcolm X Blvd.

At West 135th St.

Mon., Fri., 10:00 am - 6:00 pm

Tues.-Thurs., 10:00 am - 8:00 pm

Science, Industry and Business Library (SIBL)

188 Madison Ave. at 34th St.

Mon., Fri., 11:00 am - 6:00 pm

Tues.-Thurs., 10:00 am - 8:00 pm

Museums

American Museum of Natural History

Central Park West at 79th St.

New York, NY 10024

(212) 769-5100 or www.amnh.org

Pay what you wish

El Museo del Barrio

1230 Fifth Avenue at 104th St.

New York, NY 10029

212-831-7272 or www.elmuseo.org

Seniors: \$5; free for seniors on \$ 5 on

Wednesdays, and free for all every third Saturday of the month for Super Sábado.

Metropolitan Museum of Art

1000 Fifth Ave. at 82nd St.

New York, NY 10028

(212) 535-7710 or www.metmuseum.org

Pay what you wish.

Morgan Library and Museum

225 Madison Ave. at East 36th St.

New York, NY 10016
(212) 685-0008 or www.themorgan.org
Seniors: \$12; free Fri., 7:00 pm - 9:00 pm

Museum of Arts and Design

2 Columbus Circle
New York, NY 10019
(212) 299-7777 or www.madmuseum.org
Seniors: \$14; pay what you wish Thurs. & Fri., 6:00 - 9:00 pm

Museum of Jewish Heritage

36 Battery Place
New York, NY 10280
(646) 437-4202 or www.mjhnyc.org
Pay what you wish Wed., 4:00 pm - 8:00 pm

Museum of Modern Art

11 West 53rd St.
Bet. Fifth and Sixth Aves.
New York, NY 10019
(212) 708-9400 or www.moma.org
Free Fri., 4:00 - 8:00 pm

Neue Galerie

1048 Fifth Ave. at 86th St.
New York, NY 10028
(212) 628-6200 or www.neuegalerie.org
Seniors: \$10; Free first Fri. of every month, 6:00 - 8:00 pm

Solomon R. Guggenheim Museum

1071 Fifth Ave. at 89th St.
New York, NY 10128
(212) 423-3500 or www.guggenheim.org
Pay what you wish Sat. 5:45 pm - 7:45 pm

Studio Museum in Harlem

144 West 125th St.
New York, NY 10027
(212) 864-4500 or www.studiomuseum.org
Seniors and students (with valid ID): \$3

The Cloisters

99 Margaret Corbin Dr. in Fort Tryon Park
New York, NY 10040
(212) 923-3700 or
www.metmuseum.org/visit/visit-the-cloisters
Pay what you wish

The Frick Collection

East 70th St.
Bet. Madison and Fifth Aves.
New York, NY 10021
(212) 288-0700 or www.frick.org
Pay what you wish Sun., 11:00 am - 1:00 pm

The Hispanic Society of America

Audubon Terrace
Broadway between 155th and 156th Sts.
New York, NY 10032
(212) 926-2234 or www.hispanicsociety.org
Free

The Jewish Museum

1109 Fifth Ave. at 92nd St.
New York, NY 10128
(212) 423-3200 or thejewishmuseum.org
Seniors: \$12; pay what you wish Thurs. 5:00 - 8:00 pm, free Sat.

The Museum of Chinese in America

215 Centre St.
New York, NY 10013
(212) 619-4785 or www.mocanyc.org
Seniors: \$5; free Thurs.

The Rubin Museum of Art

150 West 17th St.
New York, NY 10011
(212) 620-5000 or www.rubinmuseum.org
Seniors: \$10; free Fri., 6:00 pm - 10:00 p.m.
Free for seniors first Mon. of every month

Galleries

Manhattan's galleries offer an opportunity to view for free many kinds of art. In addition to West Chelsea, Soho, and 57th St., exhibition spaces exist in every neighborhood in Manhattan. Newspapers and weekly magazines include gallery listings and reviews.

Uptown arts directories

Northern Manhattan is a vital part of Manhattan's arts community. These websites offer clearinghouses for a complete range of arts events.

Harlem Arts Alliance

An arts service organization which sponsors the Artz, Rootz and Rhythm Series, an annual festival and a monthly professional development series.

www.harlemaanyc.org

Northern Manhattan Arts Alliance

Hosts the Uptown Arts Stroll, a quarterly artists' salon, and community forums.

www.nomaanyc.org

Harlem One Stop

A cultural tourism initiative of the Hamilton Heights West Harlem Community Preservation Organization, Harlem One Stop partners with various arts and cultural organizations, retailers and restaurants to promote cultural tourism through its website.

www.harlemonestop.com

Performance

AudienceExtras.com

(212) 686-1966

Tues.-Sat., 10:00 am - 5:00 pm

Receive invitations to Off- and Off-Off-Broadway shows, movie previews, comedy clubs, cabaret, and concerts. Annual membership fee.

Carter Burden Center for the Aging Cultural Connections

1484 First Ave.

New York, NY 10075

(212) 879-7400

www.carterburdencenter.org/ccmembership

Low-cost day trips, theater, concerts, and museum tours. Membership fee.

Signature Theatre

480 West 42nd St.
Bet. Ninth and Tenth Aves.
New York, NY 10036
(212) 244-7529
www.signaturetheatre.org
Tues.-Sun., 11:00 am - 8:00 pm
Off-Broadway subsidized ticket: \$25

Theatre Development Fund

520 Eighth Ave., Suite 801
New York, NY 10018
(212) 912-9770
www.tdf.org
Offers discounted tickets for theater, dance, and concerts to retirees (no longer working and age 62+). There is an annual fee. TDF also offers \$9 tickets to Off-Off-Broadway productions to nonmembers.

Free Shakespeare in the Park

Performs in the Delacorte Theater, Central Park West at West 81st St. in the summer. Tickets are distributed in the park at noon every day of a performance, with a separate line for seniors 65 and older and for patrons with disabilities. People line up several hours ahead of time. There are two ways to avoid that line:

- Enter the Free Virtual Ticketing Lottery by creating an account on www.publictheater.org. There are separate lotteries for general, seniors, and accessible (ADA) seating.
- Lines also form for an in-person lottery at 11:30 am on performance days at the Public Theater, 425 Lafayette St. (at Astor Place).
Box office: (212) 967-7555
10:00 am – 7:00 pm

David Rubenstein Atrium at Lincoln Center

61 West 62nd St.
Bet. Broadway and Columbus Ave.
New York, NY 10023
(212) 875-5350
[www.atrium.lincolncenter.org](http://www atrium.lincolncenter.org)
Daily, 8:00 am - 10:00 pm
A community meeting place to sit. A venue for free performances. A resource for discount tickets to available Lincoln Center performances. Tours and information desk. Accessible restrooms and Wi-Fi access.

Film Society of Lincoln Center

Walter Reade Theater
165 West 65th St. (North side)
Bet. Broadway and Amsterdam Ave.
New York, NY 10023
(212) 875-5601 or www.filmlinc.com
Seniors: \$9

Elinor Bunin Film Center
144 West 65th St. (South side)
(212) 875-5645 or www.filmlinc.com
Box office opens 30 minutes before screening.
Seniors: \$9

Juilliard Box Office

60 Lincoln Center at West 65th St.
Bet. Broadway and Amsterdam Ave.
New York, NY 10023
(212) 769-7406 or www.juilliard.edu
Mon.-Fri., 11:00 am - 6:00 pm
Many free events. Pick up monthly calendar at the box office for information.

Hunter College

Danny Kaye Playhouse

Box office: East 68th St. bet. Park and Lexington Ave.

New York, NY 10065

(212) 772-4448, (212) 792-4227

www.hunter.cuny.edu/kayeplayhouse

Mon.- Sat., noon - 6:00 pm

Low-cost events. Sign up for emails.

Metropolitan Opera

(212) 362-6000 or *www.metopera.org*

Rush tickets for seniors can be purchased online or at the box office: weekdays, \$20; weekends, \$25

Metropolitan Opera

Free HD Screenings in Plaza

10 Lincoln Center Plaza

New York, NY 10023

(212) 362-6000 or *www.metopera.org*

Check website or call the box office for up-to-date information.

Manhattan School of Music

120 Claremont Ave.

At 122nd St. and Broadway

New York, NY 10027

(917) 493-4428 or *www.msmnyc.edu*

Mon.-Fri., 10:00 am - 5:00 pm

Most events are free.

Mannes School of Music

150 West 85th St.

New York, NY 10024

(212) 580-0210

www.newschool.edu/Mannes/events

Most events are free.

Mannes Schneider Concerts

66 West 12th St.

Bet. Fifth and Sixth Aves.

New York, NY 10011

Seniors: \$15, 5 concerts for \$70.

People's Symphony Concert

(212) 586-4680 or *www.pscny.org*

Various venues; low-cost subscriptions for chamber music.

Merkin Concert Hall

129 West 67th St.

Bet. Broadway and Amsterdam Ave.

New York, NY 10036

(212) 501-3330

www.kaufmanmusiccenter.org/mch/buy-tickets/senior-discounts

Rockefeller University

1230 York Ave. at 66th St.

New York, NY 10065

(212) 327-7007

Free concerts presented Fridays at noon September through June.

Movie Theaters

Most New York City theaters and film programs offer senior discounts; here is a sampling, but contact your local theater for additional information.

Angelika Film Center

18 West Houston St.
New York, NY 10012
Those 55 and older pay \$7 all day Thursday.

IFC Center

323 Sixth Ave. at West 3rd St.
New York, NY 10014
Seniors pay \$10 (instead of \$14) for regular shows, or may purchase a \$50 annual membership and pay \$9 per ticket with no online booking fees.

Film Forum

209 West Houston St.
New York, NY 10014
Seniors 65+ pay \$7.50 for shows before 5:00 pm weekdays, or may purchase a \$50 membership which allows purchase of \$7.50 tickets for any show.

Poetry

Nuyorican Poets Cafe

236 East 3rd St.
New York, NY 10009
(212) 505-8183 or www.nuyorican.org
Regular poetry slams and other literary events.

Poets House

10 River Terrace near Chambers St.
New York, NY 10282
(212) 431-7920 or www.poetshouse.org
Low-cost readings for seniors, plus a library and a writing space.

Maysles Documentary Center

343 Lenox Avenue
Bet. 127th and 128th Sts.
New York, NY 10027
(212) 537-6843 or www.maysles.org
The Cinema at the Maysles Documentary Center is dedicated to the exhibition of documentary films four nights a week. Suggested donation is \$10.

Village East Cinema

181-189 Second Ave.
New York, NY 10003
For matinee performances, tickets are \$7.
Those 55 and older pay \$8 all day Thursday.

Poetry Project

(212) 674-0910 or www.poetryproject.org
11:00 am - 6:00 pm
Mon.-Fri., mid-September to June
Get weekly emails. Subscribe for events and news on low-cost readings.

Poetry Readings

St. Marks Church in the Bowery
131 East 10th St. at Second Ave.
New York, NY 10003
(212) 674-6377

TRANSPORTATION

Reduced-Fare MetroCard

Subway or local bus fare is subsidized for seniors 65 and older and those with qualifying disabilities who have a valid Reduced-Fare MetroCard. Fare is half the base fare. You may apply for a Reduced-Fare MetroCard by mail or in person.

By Mail

- Download an application online at web.mta.info/nyct/fare/rfindex.htm.
- Enclose a 2" x 2 1/2" photograph.
- Enclose a photocopy of acceptable proof of age: driver's license, Medicare card or birth certificate (one with your photograph) or proof of a qualifying disability.
- Mail to:
MTA New York City Transit
Attn: Reduced Fare Program
130 Livingston St.
Brooklyn, NY 11201-9625

In Person

- If you are 65 or older, you can bring your application to the walk-in MetroCard Customer Service Center in Lower Manhattan:
3 Stone St.
New York, NY 10004
- Bring two valid IDs: driver's license, Medicare card, or birth certificate, one of which must display your photograph.
- Free photography services available.
- Notary not necessary.

EasyPay MetroCard

The EasyPay MetroCard allows seniors to pay for rides automatically with a credit or debit card.

To apply:

web.mta.info/metrocard/EasyPayXpress.htm

(877) 323-7433

Mon.-Fri., 9:00 am - 5:00 pm, Sat., 9:00 am - 2:00 pm

Access-A-Ride

For the same price as full public transit fare, Access-A-Ride (AAR) provides door-to-door paratransit service, 24 hours a day, seven days a week for people with disabilities who are unable to use public bus or subway service for some or all of their trips.

To apply, call (877) 337-2017 weekdays between 9:00 am and 5:00 pm and follow the menu instructions to set an appointment at an assessment center. Within three weeks of your assessment, you will receive a decision about your eligibility.

Once you have your AAR identification card, call (877) 337-2017 to make a reservation. Reservations should be made one to two days in advance of your trip. You will need to provide your AAR ID number; the date, time, and exact addresses of your trip; whether you will be traveling with a guest or attendant; and any special instructions.

Additional Information

- Be prepared to wait up to 30 minutes after your scheduled pickup time. AAR vehicles arriving during this time are considered on time. You may call Transit Control at (877) 337-2017 to check on your vehicle's location or estimated time of arrival.
- Subscription service is offered to any customer who travels from the same location to the same destination at the same time of day for each trip, at least one day a week. These trips are prescheduled.
- NYC Transit will record each customer no-show or late cancellation as a missed trip and may suspend a customer with excessive missed trips.

For Customer Assistance

MTA NYC Transit Customer Assistance
(718) 330-1234
Daily, 6:00 am – 10:00 pm

MTA New York City Transit
Paratransit Division, Customer Relations
130 Livingston St.
Brooklyn, NY 11201

Accessible Dispatch

Accessible Dispatch compensates drivers for their travel to a pickup location, so passengers pay only the metered taxi fare. All drivers of wheelchair-accessible taxicabs are required to participate in the Accessible Dispatch program. Passengers can request a wheelchair-accessible taxi for any trip beginning in Manhattan by calling 311, by calling the dispatcher directly at (646) 599-9999, by texting a request to (646) 400-0789, by requesting a pickup online at www.nycaccessibledispatch.org, or by using the free mobile Wheels on Wheels (WOW) Taxi App, available in the iTunes Store and on Google Play.

New York Foundation for Senior Citizens Transportation (CART)

CART provides free van service five days a week to and from doctor appointments and planned events. This service is only available in certain areas of Manhattan.

(212) 956-0855 or www.nyfsc.org/services/freetrans.html

CityBench

The CityBench Program is a DOT initiative to increase the amount of public seating on New York City's streets. DOT is installing attractive and durable benches around the city, particularly at bus stops, retail corridors, and in areas with a high concentration of senior citizens. These benches will make streets more comfortable for transit riders and pedestrians, especially for those who are older and disabled. DOT will install 1,500 benches on a rolling basis by the end of 2015.

In order to support walking and transit, priority bench locations include:

- Bus stops without shelters
- Sidewalks near transit facilities
- Senior centers
- Hospitals and community health centers
- Commercial zones and shopping districts
- Municipal facilities

DOT encourages all New Yorkers to recommend locations for benches on the DOT right-of-way (not private property). If you know of a good location, go to www.nyc.gov/html/dot/html/pedestrians/citybench.shtml and complete a web form or email citybench@dot.nyc.gov or call 311.

COMMUNITY BOARDS

Community Boards are empowered by the city charter to represent community interests. Composed of 50 residents appointed to staggered two-year terms by the Borough President and local City Council members, Manhattan's 12 Community Boards meet monthly except as noted below.

Community Boards often address issues relevant to seniors such as park access, sidewalk conditions, traffic safety, and senior service delivery, and some have specific aging committees. For more information on Community Boards in general, visit manhattanbp.nyc.gov/cb; for information on your own board, use the information below.

COMMUNITY BOARD **1**  BATTERY PARK CITY
CIVIC CENTER
FINANCIAL DISTRICT
TRIBECA
SOUTH STREET SEAPORT

1 Centre St., Room 2202 North
New York, NY 10007
(212) 669-7970

www.nyc.gov/html/mancb1

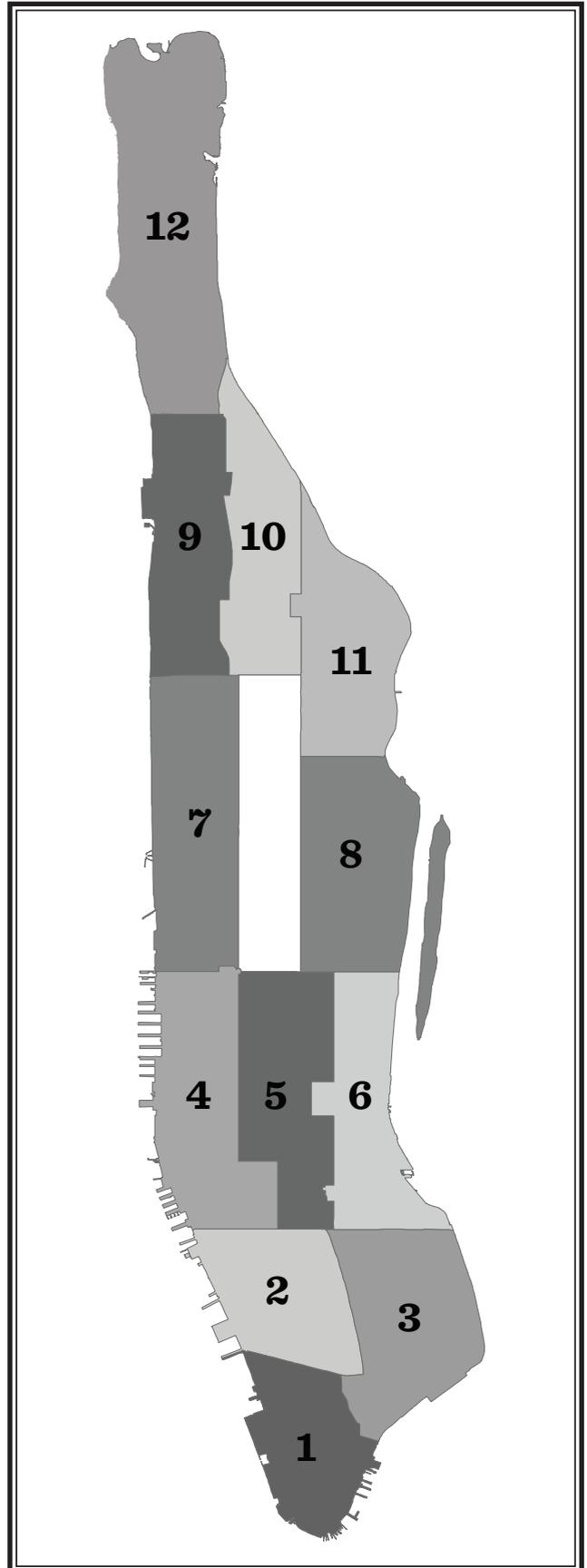
Meets the fourth Tuesday at 6:00 pm.
Check website for location.

COMMUNITY BOARD **2**  GREENWICH VILLAGE
SOHO / NOHO
LITTLE ITALY
HUDSON SQUARE

3 Washington Square Village, Suite 1A
Bet. LaGuardia Place and Mercer St.
New York, NY 10012

(212) 979-2272 or www.cb2manhattan.org

Meets the second-to-last Thursday at
6:00 pm. Check website for location.



COMMUNITY
BOARD
3



CHINATOWN
LOWER EAST SIDE
TWO BRIDGES

59 East 4th St. (Bet. 2nd Ave. & Bowery)
New York, NY 10003

(212) 533-5300 or www.cb3manhattan.org

Meets the fourth Tuesday at 6:30 pm.

Check website for location.

COMMUNITY
BOARD
4



CHELSEA
CLINTON

330 West 42nd St., 26th Floor
Bet. Eighth and Ninth Avenues
New York, NY 10036

(212) 736-4536 or www.nyc.gov/mcb4

Meets the first Wednesday at 6:30 pm.

Check website for location.

COMMUNITY
BOARD
5



UNION SQUARE
FLATIRON DISTRICT
MIDTOWN

450 Seventh Ave., Suite 2109
Bet. West 34th and West 35th Sts.

New York, NY 10123

(212) 465-0907 or www.cb5.org

Meets the second Thursday at 6:00 pm at
Xavier High School, 30 West 16th St.

COMMUNITY
BOARD
6



STUYVESANT TOWN
PETER COOPER VILLAGE
GRAMERCY PARK
MURRAY HILL
SUTTON PLACE

866 U.N. Plaza, Suite 308 (at East 48th St.)
New York, NY 10017

(212) 319-3750 or www.cb6.org

Meets the second Wednesday at 7:00 pm.

Check website for location.

COMMUNITY
BOARD
7



UPPER WEST SIDE
MANHATTAN VALLEY

250 West 87th St., 2nd Floor
Bet. Broadway and West End Ave.
New York, NY 10024

(212) 362-4008 or www.nyc.gov/mcb7.org

Meets the first Tuesday at 6:30 pm.

Check website for location.

COMMUNITY
BOARD **8**

UPPER EAST SIDE
YORKVILLE
LENOX HILL



505 Park Ave., Suite 620
Bet. East 59th & East 60th Sts.
New York, NY 10022
(212) 758-4340 or www.cb8m.com
Meets the third Wednesday at 6:30 pm.
Check website for location.

COMMUNITY
BOARD **9**

MORNINGSIDE HEIGHTS
MANHATTANVILLE
HAMILTON HEIGHTS



16-18 Old Broadway
Bet. 125th and 126th Sts.
(one block east of Broadway)
New York, NY 10027
(212) 864-6200 or www.cb9m.org
Meets the third Thursday at 6:30 pm
(except July and August) at
Fortune Society,
630 Riverside Drive at 140th St.

COMMUNITY
BOARD **10**

CENTRAL HARLEM



215 West 125th St., 4th Floor
Bet. Frederick Douglass and
Adam Clayton Powell Jr. Blvds.
New York, NY 10027
(212) 749-3105 or www.nyc.gov/mcb10
Meets the first Wednesday at 6:00 pm,
at 163 West 125th St., bet. Lenox Ave. &
Adam Clayton Powell Blvd.
Check website for any changes.

COMMUNITY
BOARD **11**

EAST HARLEM
EL BARRIO



1664 Park Avenue, Ground Floor
Bet. East 117th and East 118th Sts.
New York, NY 10035
(212) 831-8929 or www.cb11m.org
Meets the third Tuesday at 6:30 pm.
Check website for location.

COMMUNITY
BOARD **12**

WASHINGTON HEIGHTS
INWOOD



530 West 166th Street, 6th Floor
Bet. St. Nicholas and Audubon Aves.
New York, NY 10032
(212) 568-8500 or www.nyc.gov/mcb12
Meets on the fourth Tuesday at 7:00 pm.
Check website for location.



OFFICE OF THE PRESIDENT
BOROUGH OF MANHATTAN
CITY OF NEW YORK

1 Centre Street
19th Floor South
New York, NY 10007
(212) 669-8300

431 West 125th Street
New York, NY 10027
(212) 531-1609

www.manhattanbp.nyc.gov

  [galeabrewer](#)

IMPORTANT NUMBERS

The single best resource to find a government contact is www.nyc.gov/greenbook.

NYC Department of Aging Hotline 311

NYS Office for the Aging Helpline (800) 342-9871

Adult Protective Services:

Manhattan North Borough (212) 971-2727
*(for residents north of 134th St. on the west side
and north of 97th St. on the east side)*

Manhattan South Borough (212) 279-5794
*(for residents south of 134th St. on the west side
and south of 97th St. on the east side)*

AARP Fraud Watch Network (877) 908-3360

Social Security Administration (800) 772-1213

Medicare (800) 633-4227

Medicaid (800) 541-2831

NYC Council of Senior Centers (212) 398-6565

Con Edison 24-hour Hotline (800) 752-6633

LifeNet, NYC's 24-hour Mental Health Hotline:

English: (800) 543-3638

TTY: (212) 982-5284

Spanish: (877) 298-3373

Mandarin, Cantonese, and Korean: (877) 990-8585

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TOP
QUALITY
DOCTORS

NEAR
WHERE
I LIVE?

SIGN
ME UP.

CALL 1.855.809.4073
METROPLUS.ORG



30TH ANNIVERSARY
1985-2015