

2013



# SENIORS

## RESOURCE DIRECTORY

Clinton/Hell's Kitchen & Chelsea Neighborhoods

This directory was compiled with the intention to include resources primarily available in the Clinton/Hell's Kitchen and Chelsea neighborhoods. We have done our best to make the directory as comprehensive and accurate as possible. However, with the wide array of services offered in the City, it is challenging to capture all services available. We apologize if we have inadvertently not included programs and resources that are available or printed information that has changed over time.

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The hours of operation, eligibility criteria and dollar amounts shown for services, programs and benefits listed are subject to change. Please call or check website for updates.

## ADVOCACY GROUPS

### **AARP New York**

**780 Third Ave., 33rd Fl, New York, NY 10017**

**1-866-227-7442 | [nyaarp@aarp.org](mailto:nyaarp@aarp.org)**

AARP serves adults 50 years and older by providing information on topics including health, aging, financial planning, medical and life insurance, employment and more; by advocating on this community's personal, legislative, and legal issues; and by providing a wealth of services to their members.

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

**105 East 22nd St., New York, NY 10010**

**1-212-254-8900 | <http://www.cssny.org>**

CSS seeks to empower low-income New Yorkers by offering programs and services including solutions for affordable health care, financial coaching and public benefits counseling and work with tenant leaders, fellow advocates, and policy makers to address the scarcity of affordable housing in New York City.

### **Council of Senior Centers and Services of New York City (CSCS)**

**49 West 45th St., 7th Fl, New York, NY 10036**

**1-212-398-6565 | [www.cscs-ny.org](http://www.cscs-ny.org)**

CSCS serves New York City's senior service providers and senior citizens with advocacy, technical assistance, and access to benefits. Their goal is to ensure that older New Yorkers receive quality services by helping senior service organizations build their capacity to provide superior programs and services through advocacy, training innovative programming and the exchange of ideas.

### **Gray Panthers**

**1-212-777-7572 | [www.Graypanthers.org](http://www.Graypanthers.org)**

Gray Panthers work for social and economic justice, a national health care system and peace for all people. Their goal is to create a humane society that puts the needs of people over profits, responsibility over power and democracy over institutions.

### **Public Advocate for the City of New York**

**1 Centre Street, 15th Fl, New York, NY 10007**

**1-212-669-7200 | [GetHelp@pubadvocate.nyc.gov](mailto:GetHelp@pubadvocate.nyc.gov)**

The Public Advocate's office seeks to ensure that all New Yorkers receive the City services they deserve and have a voice in shaping the policies of their government.

## CAREGIVER SUPPORT

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

**2 Lafayette St., New York, NY 10007**

**Call 311 | <http://www.nyc.gov/html/dfta/html/caregiver/alzheimer.shtml>**

DFTA offers a free service providing individual assessment, referrals to community-based services and support groups, information on long-term care options, guidance on public benefits and training for professionals and caregivers.

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

**132 West 31st St., New York, NY 10001**

**1-212-273-5335 | <http://jasa.org/services/support-assistance>**

JASA provides comprehensive services for caregivers including assessments, caregiver training, support groups and counseling, home visits and supplemental services.

### **NYC Caregiver**

**<http://www.nyc.gov/html/caregiver>**

The website provides resources to find local caregiver support services and can help answer many questions in regard to caring for a physically frail or cognitively impaired older adult age 60 and older.

### **SAGE**

**305 Seventh Ave., New York, NY 10001**

**1-212-741-2247 | <http://www.sageusa.org/nyc/social-caregiving.cfm>**

SAGE provides holistic coordinated care to LGBT older people and the people who support them. If you are a friend, family member or partner who has been caring for an LGBT older person age 60 and over, SAGE can help you as well. Call for an appointment.

## CASE MANAGEMENT/SOCIAL SERVICES

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

**729 Seventh Ave., New York, NY 10019**

**1-212-221-7300 | [www.actorsfund.org](http://www.actorsfund.org)**

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

### **Hartley House**

**413 West 46th St., New York, NY 10036**

**1-212-246-9885 | [www.hartleyhouse.org](http://www.hartleyhouse.org)**

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

### **Hudson Guild Adult Services**

**119 Ninth Ave., New York, NY 10011**

**1-212-924-6710 | <http://hudsonguild.org/index.php/programs-a-services/adult-services>**

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

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

**132 West 31st Street, 10th floor, New York, NY 10001**

**1-212-273-5272 | [www.jasa.org](http://www.jasa.org)**

JASA sustains and enriches lives of aging New Yorkers through a vast array of social, recreational, health, legal, housing, educational and advocacy programs for seniors 60 years of age and older regardless of race, religion or ethnicity so they can remain in the community with dignity and autonomy.

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

**11 Park Place, 14th Fl., New York, NY 10007**

**1-212-962-7559 | <http://www.nyfsc.org>**

NYFSC is dedicated to helping seniors remain safe and as independent as possible within their own homes and communities by providing unique and innovative supportive service programs including Case Management Program (for persons 60 and over in Manhattan Community Districts 1, 2, 3, 5 & 6), Community Guardian Program, Home Attendant Program, Home Sharing and Respite Care Program, Home Repair & Safety Audit Program, Project CART, Ombudsman Program and Subsidized & Enriched Housing.

## **SAGE**

**305 Seventh Ave., New York, NY 10001**

**1-212-741-2247 | [www.sage.org](http://www.sage.org)**

SAGE You + I'd this publicly. Undo is a national social service and advocacy organization dedicated to LGBT senior citizens. SAGE provides clinical and social service programs, community service programs, a caregiver program, cultural competency, friendly visiting program and advocacy.

## **Selfhelp Community Services**

**520 Eighth Ave., New York, NY 10018**

**1-866-735-1234 | [www.selfhelp.net](http://www.selfhelp.net)**

Selfhelp provides social services, aging-in-place solutions and client centered technologies to plan and implement personalized care strategies. Project Pilot provides a case management program for seniors age 60 and older who live in Manhattan Community Districts 4 and 7.

# COMPANION SERVICES

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

**265 Henry St., New York, NY 10002**

**1-212-477-0455**

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

Senior Companions help homebound or isolated fellow seniors 55 years of age and older live independently. Services include friendly visiting, shopping assistance, escort services and provide friendship and companionship.

## **SAGE Friendly Visiting Program**

**305 Seventh Ave. 6th Fl., New York, NY 10001**

**1-212-741-2247 | [www.sage.org](http://www.sage.org)**

The SAGE Friendly Visitor program matches volunteers from the community with LGBT seniors. Friendly visitor volunteers visit once a week for one to two hours and make calls between visits. They also attend support group meetings every other month.

## **Visiting Neighbors**

**80 Eighth Ave., #415, New York, NY 10011**

**1-212-260-6200 | [info@visitingneighbors.org](mailto:info@visitingneighbors.org)**

Visiting Neighbors serve seniors 60 years old and older in lower Manhattan, south of 30th Street, from the East River to the Hudson. Volunteer visitors help seniors alleviate loneliness and isolation. They escort seniors to medical appointments, assist with errands and



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

## CULTURE AND EDUCATION

### **The 92nd Street Y**

**1395 Lexington Ave., New York, NY 10128**

**1-212-415-5500 | [http://www.92y.org/content/60\\_plus.asp](http://www.92y.org/content/60_plus.asp)**

The seniors program at the 92st Y offers a diverse array of recreational and intellectual activities. They offer lecture series, book discussion groups, yoga, acting, dance, creative writing and much more.

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

**The New York Academy of Medicine**

**1216 Fifth Ave., New York NY 10029**

**1-212-822-7251 | [agefriendlycollege.org](http://agefriendlycollege.org)**

The website-based database provides easy access to NYC-area college and university profiles with information of interest to older adults, including degree programs, continuing education, campus events and resources, distance learning, and older adult-specific programs.

### **ESTA (Elders Share the Arts)**

**138 South Oxford St., Brooklyn, NY 11217**

**1-718-398-3870 | <http://www.estanyc.org/index.php#>**

Community-based arts programs run by professional artists. ESTA offers programs in three disciplines: Living History arts, Intergenerational arts and arts in dementia care for older adults 55 years of age and older. The sites are based throughout Manhattan, Brooklyn, Queens, Long Island, Staten Island, and the Bronx.

### **The Institute for Retired Professionals (IRP)**

**The New School for Public Engagement**

**66 W 12th Street, Room 502, New York, NY 10011**

**1-212-229-5682 | [www.newschool.edu/irp](http://www.newschool.edu/irp)**

IRP is open to retired or semiretired people providing an environment for serious peer learning to people of all backgrounds interested in intellectual exploration.

## **NYC ARTS Cultural Guide for Seniors**

**<http://www.nyc-arts.org/seniors>**

The online guide provides details on cultural programs for seniors; ticket and membership discounts; and assistance available for visitors with disabilities. Click the borough of interest to view the Senior Guide online.

## **Museum of Modern Art (MoMA)**

**11 West 53rd Street, New York, NY 10019**

**1-212-708-9400 | Access Programs: 1-212- 408-6619 | [accessprograms@moma.org](mailto:accessprograms@moma.org).**

Meet Me at MoMA is a monthly program for individuals with dementia and their family members or care partners. It provides a forum for dialogue through looking at and making art. Museum educators highlight themes, artists, and exhibitions during an interactive program.

## **Rubin Museum of Art**

**150 West 17th St. (near 7th Ave.), New York, NY 10011**

**1-212-620-5000 | [www.rmanyc.org](http://www.rmanyc.org)**

The Rubin Museum of Art is a cultural and educational institution dedicated to the art of the Himalayas. Free seniors day is the first Monday of every month where seniors enjoy free admission and a schedule of special programs.

## **Senior Planet Exploration Center**

**127 West 25th St., New York, NY 10011**

**1-646-590-0615 | [www.seniorplanet.org/the-center](http://www.seniorplanet.org/the-center)**

This technology-themed center for people 60 years old and over offers computer classes, workshops, talks, social and cultural events, providing a comfortable space to explore new ways to thrive in today's digital world.

## **Theater Development Fund (TDF)**

**520 Eighth Ave., New York, NY 10018**

**1-212-912-9770 | <http://www.tdf.org>**

For a nominal annual membership fee, retirees 62 years of age and older are eligible for deeply discounted prices for Broadway, Off Broadway, dance and music performances. TDF's Accessibility Program obtains special seating according to need for theatergoers who are hard of hearing or deaf, low vision or blind, who cannot climb stairs or who require aisle seating or wheelchair locations.

## ELDER ABUSE AND CRIME VICTIMS SERVICES

### **Adult Protective Services (APS)**

**330 West 34th St., 2nd Fl., New York, NY 10001**

**1-212-630-1853 | [www.nyc.gov/html/hra/html/directory/adult.shtml](http://www.nyc.gov/html/hra/html/directory/adult.shtml)**

Adult Protective Services (APS) is a state-mandated case management program that arranges for services and support for mentally or physically impaired adults who are at risk for harm.

### **Crime Victims Treatment Center (CVTC)**

**Roosevelt Hospital, Antenucci Building**

**432 West 58th St., Ground Fl., New York, NY 10019**

**1-212-523-8200 | <http://www.cvtc-slr.org/>**

CVTC provides medical treatment, forensic documentation, counseling, support groups and advocacy for victims of sexual assault and domestic violence, and counseling for friends and family of victims of violent crimes.

### **Elderly Crime Victims Resource Center**

**New York City Department for the Aging (DFTA)**

**2 Lafayette St., New York, NY 10007**

**Call 311 from 9:00AM – 5:00PM, Monday – Friday**

**<http://www.nyc.gov/html/dfta/html/services/crime-victims.shtml>**

After hours your call will be routed to Safe Horizon's hotline for 24/7 assistance. The Elderly Crime Victims Resource Center provides direct resource and referral, elder abuse prevention activities and counseling and supportive services to victims of elder abuse.

### **The Hebrew Home at Riverdale**

**5901 Palisade Ave., Riverdale, NY 10471**

**1-800-567-3646 | [www.hebrewhome.org](http://www.hebrewhome.org)**

The Weinberg Center for Elder Abuse Prevention offers victims 60 years and older a full range of healthcare and supportive services including an emergency residential shelter and a coordinated system of care that provides a safe harbor, emotional support, psychological counseling, healthcare, legal advocacy and representation for victims of elder abuse.

### **JASA Elder Abuse**

**247 West 37th Street, 9th Fl., New York, NY 10018**

**1-212-273-5272 | [www.jasa.org/services/legal-assistance/elder-abuse](http://www.jasa.org/services/legal-assistance/elder-abuse)**

JASA has teams of attorneys and social workers trained to help people 60 years old and older who are victims of elder abuse.

## **Safe Horizon Community Program Elder Abuse Help**

**100 East 122nd St., New York, NY 10035**

**1-800-621-4673 | 1-212-577-7777 | Crime Victims Hotline: 1-866-689-4357 |**

**[www.safehorizon.org](http://www.safehorizon.org)**

Services include crisis intervention, counseling and advocacy for victims of crime and abuse, including domestic violence, rape and sexual assault, and other violent crimes.

## **EMPLOYMENT AND TRAINING**

### **AARP**

**<http://jobs.aarp.org>**

People 50 years of age and older can search jobs from thousands of job sites, newspapers, associations and company career sites.

### **The Actors Fund Work Program**

**729 Seventh Ave., 11th Fl., New York, NY 10019**

**1-212-354-5480 | <http://www.actorsfund.org/services-and-programs/workshops/actors-fund-work-program-awp-orientation-2>**

Assists entertainment industry professionals find meaningful work that either complements their industry career, or uses their creative skills for a new career. Services open to union members in good standing or those who meet industry earnings eligibility. Services include career counseling, job training and job development. Special workshops are offered for job seekers over 55. All participants must attend an orientation, held every Monday from noon to 2:30.

### **Midtown Workforce1 Career Center**

**1250 Broadway, Suite 810, New York, NY, 10001**

**1-646-358-4747 | Hours: Monday – Friday: 8:30 am – 5:00 pm (by appointment only)**

Workforce 1 provides services to all New York job seekers. Services include job search skills, training, and job placement services. Senior Employment Services serves New Yorkers 55 and older who meet income eligibility requirements to access training and job placement assistance while earning a wage through the Senior Community Services Employment Program (Title V). Senior Employment Services Unit (SESU) recruiters are stationed at the Workforce 1 centers to ensure senior access to this program.

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

**168 7th St., Suite 3A, Brooklyn, NY 11215**

**1-718-360-1707 | <http://www.oats.org>**

OATS engages, trains and supports older adults in using technology to improve their quality of life and enhance their social and civic engagement. Visit their Senior Planet website for a host of events and resources: [seniorplanet.org/](http://seniorplanet.org/)

### **ReServe, Inc.**

**1440 Broadway, Suite 1601, New York, NY 10018**

**1-212-710-9220 | <http://www.reserveinc.org/about>**

ReServe matches continuing professionals 55 years old and over with rewarding part-time service opportunities at nonprofit organizations and public institutions in order to strengthen their communities while earning a modest stipend.

### **RetirementJobs.com**

**<http://www.retirementjobs.com/jobs-over-50/jobs-for-seniors/new-york>**

RetirementJobs.com's goal is to identify companies most-suited to older workers 50 years old and older and match them with older adults seeking a job or project that matches their lifestyle.

### **RetiredBrains**

**<http://www.retiredbrains.com/default.aspx>**

RetiredBrains is the largest independent job and information resource for boomers, retirees and people 50 years of age and older planning their retirement.

### **VISIONS Workforce Development and Training Program**

**135 West 23rd Street, New York, New York 10011**

**1-646-486-4444 | Contact: Dawn Suvino [dsuvino@visionsvcb.org](mailto:dsuvino@visionsvcb.org)**

Work readiness, soft skills, adaptive computer training and job placement for legally blind seniors age 55 and over.

### **Workforce 50.com**

Workforce50.com provides information and resources helpful to the experienced worker 50 years old and older in making job and career changes, provoke new ways of thinking for both job seekers and employers, and advocate for the hiring of older or more experienced workers.

## FINANCIAL ADVICE/MANAGEMENT

### **Council of Senior Centers and Services of NYC Bill Payer Program**

**195 Montague St., Brooklyn, NY 11201**

**1-718-858-2360 | [http://cscs-ny.org/money\\_management](http://cscs-ny.org/money_management)**

The Bill Payer Program is a free service for low-income older adults to help organize paperwork, create a monthly budget, write checks for client's signature and balance the checkbook. Trained volunteers meet one-on-one with seniors in their own homes to help with the tasks of monthly bill paying assuring that their monthly financial obligations have been met. The client makes all financial decisions and signs all checks.

### **New York City Financial Empowerment Center at Neighborhood Housing Services**

**307 West 36th St., 12th Fl, New York, NY 10018**

**New York City Financial Empowerment at Midtown Community Court**

**314 West 54th St., New York, NY 10019**

**Call 311 to make an appointment at either location.**

This free service offered by the City can help you take control of debt, deal with debt collectors, improve credit and much more.

## FOOD ASSISTANCE

### **New York City Coalition Against Hunger**

**1-212-825-0028 | <http://www.nyccah.org>**

Call for a phone interview to determine eligibility for food stamps.

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

**<http://www.nyc.gov/html/dfta/html/benefits/food.shtml>**

New York State Supplemental Nutrition Assistance Program (SNAP) issues monthly electronic benefits that can be used at authorized retail food stores. Eligibility and benefit levels are based on household size, income, assets and other factors. For an application call 311 or visit a local food stamp center or senior center.

## HOME DELIVERED MEALS

### Citymeals-on-Wheels

355 Lexington Ave., New York, NY 10017

1-212-687-1296 | [www.citymeals.org](http://www.citymeals.org)

To qualify for home-delivered meals, a senior 60 years of age or older must have a chronic physical or mental disability preventing the ability to shop for food or prepare meals for oneself. Check eligibility by calling or going to their website.

### Encore Community Services

239 West 49th St., New York, NY 10019

1-212-581-2910, ext. 130 or 129

Encore provides meals each day to homebound seniors on the West Side of Manhattan from 14th St. to 110th St. from 8th Ave. to the Hudson River and select areas of Midtown.

### God's Love We Deliver

1-212-294-8102

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

## MEAL SERVICE IN SENIORS CENTERS

Contact each organization directly for mealtimes and suggested contributions

### Encore Community Services

239 West 49th St., New York, NY 10019-7404

1-212-581-2910 | <http://encorecommunityservices.org>

Each morning Encore Volunteers offer a Breakfast Cart with tea and coffee. Encore offers two lunch seatings daily to seniors 60 years of age or older.

### Hudson Guild Adult Services

119 Ninth Ave., New York, NY 10011

1-212-924-6710

Every weekday a healthy breakfast and lunch is served for seniors aged 60 and older.

### Project FIND: Clinton Senior Center

530 West 55th St., New York, NY 10019

1-212-757-2026 | [www.projectfind.org](http://www.projectfind.org)

Lunch is served Monday through Friday to seniors 60 years of age or older. On Wednesdays a light dinner snack is available.

### **Project FIND: Coffee House Senior Center**

**331 West 42nd St., New York, NY 10036**

**1-646-545-4621 | [www.projectfind.org](http://www.projectfind.org)**

Breakfast and lunch are provided Monday through Friday to seniors 60 years of age or older. A take away bag of canned items is available to eligible seniors (must meet criteria), four days a week. Dinner is offered every Thursday evening.

### **Project FIND: Woodstock Senior Center**

**127 West 43rd St., 2nd Fl, New York, NY 10036**

**1-212-575-0693 | [www.projectfind.org](http://www.projectfind.org)**

Breakfast and lunch are offered Tuesday through Sunday to seniors 60 years of age or older. ID to verify age is required.

### **VISIONS Center on Aging**

**135 West 23rd St., New York, NY 10011**

**1-646-486-4444 | [www.visionsvcb.org](http://www.visionsvcb.org)**

A daily meal is offered to seniors 60 years of age or older Monday through Friday for blind seniors. Breakfast vouchers are available for the Malibu Diner for eligible seniors with vision loss registered for the senior center.

## **FOOD PANTRIES**

Free groceries distributed in your neighborhood. We suggest calling first to confirm schedule.

### **Metro Baptist Church**

**410 West 40th St., New York, NY**

**1-212-594-4464**

1st thru 4th Saturday of each month: 11:00 – 11:30 am

Chelsea residents only; proof of residence required

### **Sacred Heart of Jesus Christ**

**457 West 51st St., New York, NY**

**1-212-265-5020**

Registration Tuesday: 10:00 – 11:00 am; Pantry Wednesday: 4:30 – 5:30 pm

Photo ID & proof of address required



**St. Clement's Episcopal Church**

**423 West 46th St., New York, NY**

**1-212-246-7277**

Friday: 4:00 – 6:00 pm

Every Saturday except 1st Saturday of the month: 9:00 – 11:00 am

**St. Francis Xavier Mission**

**55 West 15th St., New York, NY**

**1-212-627-2100**

Every 2nd Saturday: 10:00 – 11:30 am

Only open to residents of 10001-10016; ID required

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

**210 West 31st St., New York, NY**

**1-212-564-9070 ext. 203**

Wednesday: 12:30 – 2:45 pm

Must live between 14th St. & 50th St.; ID & proof of residence required

**St. Paul's House**

**335 West 51st St., New York, NY**

**1-212-265-5433**

Tuesday: 10:00 – 11:00 am

Must live between West 28th & West 60th Sts.; ID and 2 proofs of residence required

**St. Peter's Episcopal Church**

**346 West 20th St., New York, NY**

**1-212-929-2390**

Wednesday & Friday: 10:00 am – 12:00 pm, Saturday 11:00 – 11:30 am

Referral required

**Sylvia Rivera Food Pantry**

**446 West 36th St., New York, NY**

**1-212-629-7440**

Thursday: 9:00 am – Finish

Must bring your own bag

## **MEAL CENTERS**

Free prepared meals for those who are eligible. We suggest calling first to confirm schedule.

### **Holy Apostles Soup Kitchen**

**296 Ninth Ave., New York, NY**

**1-212-924-0167**

Monday thru Friday: 10:30 am – 12:30 pm

### **Sacred Heart of Jesus Christ**

**457 West 51st St., New York, NY**

**1-212-265-5020**

Monday thru Friday: 12:30 – 1:00 pm

Photo ID and proof of address required

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

**135 West 31st St., New York, NY**

**1-212-736-8500**

Every day: 7:00 – 7:30 am

Sandwiches & coffee; Line starts at 6:30 am

### **St. Francis Xavier Mission**

**55 West 55th St., New York, NY**

**1-212-627-2100**

Sunday: 1:00 – 3:00 pm

Only open to residents of 10001-10016; ID and proof of address required

### **St. Paul's House**

**335 West 51st St., New York, NY**

**1-212-265-5433**

Monday thru Friday: 7:20 – 8:30 am

Must live between West 28th St & West 60th St.

### **Sylvia Rivera Food Pantry**

**446 West 36th St., New York, NY**

**1-212-629-7440**

Tuesday thru Friday: 2:00 – 3:00 pm snack bags

## GOVERNMENT

### **Administration on Aging, (AOA)**

**National Eldercare Locator Hotline: 1-800-677-1116**

**<http://www.aoa.gov>**

Programs, funded under the Older Americans Act, provide assistance to older persons and their caregivers, as well as critical support services that help older adults remain independent and involved in their communities.

### **Manhattan Community Board 4 (CB4)**

**330 W 42nd St., # 2601, New York, NY 10036-6902**

**1-212-736-4536 | [www.nyc.gov/mcb4](http://www.nyc.gov/mcb4)**

Manhattan CB 4 represents and serves the area between 14th and 59th streets—to the west of Eighth Ave., north of 26th St., and to the west of Sixth Ave. south of 26th St., commonly referred to as the Chelsea and Clinton/Hell’s Kitchen neighborhoods. Contact CB4 if you encounter any problems with your community. The website provides current community news and useful links.

### **New York City Department for the Aging (DFTA)**

**2 Lafayette St., 8th Fl., New York, NY 10007**

**1-212-442-3103 | [www.aging.ny.gov](http://www.aging.ny.gov)**

The Office for the Aging mission is to preserve independence for seniors as long as possible by providing advocacy and a variety of support services and programs to them and their caregivers. The website provides a directory of services, including how to check qualifications for benefits, senior service programs, health and wellness information, caregiver support, job training and volunteer opportunities.

### **New York State Office for the Aging (SOFA)**

**Senior Citizen’s Help Line: 1-800-342-9871 | [www.aging.ny.gov](http://www.aging.ny.gov)**

The website offers many helpful links to programs, services and benefits however the majority of programs and services are administered through local offices for the aging. The Senior Citizen’s Help Line is available to access information about resources and services for seniors throughout New York State.

### **NYC.gov**

Residents

This website contains access to many helpful links to information concerning daily life as a Manhattan resident including consumer information, health & human services, public safety & activities in Manhattan.

## **Social Security Administration**

**1-800-772-1213 | [www.ssa.gov](http://www.ssa.gov)**

The Social Security Administration is a federal agency that administers benefits to retired and disabled individuals, to spouses of living beneficiaries, and to child and spousal survivors of deceased individuals eligible for Social Security benefits.

# HEALTH AND WELLNESS

## **HEALTH SERVICES**

### **Beth Israel Senior Health**

**275 Eighth Ave, New York, NY 10011**

**1-212-463-0101 | [wehealny.org/services/bi\\_seniorhealth/index.html](http://wehealny.org/services/bi_seniorhealth/index.html)**

Beth Israel Senior Health is a comprehensive health care program for adults seniors 65 years of age or older offering primary medical care, consultations with physicians and house calls to those that are homebound.

### **Beth Israel Senior Health: House Calls Program**

**275 Eighth Ave. (at 24th St.)**

**New York, NY 10011**

**1-212-206-1299 | [www.wehealny.org/services/bi\\_seniorhealth/housecall.html](http://www.wehealny.org/services/bi_seniorhealth/housecall.html)**

The Senior Health House Calls Program provides care to lower and midtown Manhattan's homebound senior 65 years of age and older. A team of geriatric physicians, nurse practitioners and social workers help seniors manage chronic illnesses so they can remain in their homes, visit patients who have difficulty getting to a doctor's office, coordinate care with visiting nurse services and community based social agencies.

### **Callen-Lorde Community Health Center**

**356 West 18th St., New York, NY 10011**

**1-212-271-7200**

Callen-Lorde offers comprehensive healthcare services, including a coordinated program of primary medical care, dental, and mental health, provided with expertise in the needs of the LGBT communities and those living with HIV/AIDS.

### **The Hebrew Home at Riverdale Elder Serve at Night**

**5901 Palisade Ave., Riverdale, NY 10471**

**1-800-567-3646 | [www.hebrewhome.org](http://www.hebrewhome.org)**

ElderServe at Night is an adult day health care program serving a population suffering from sleep disturbances associated with various dementias. It provides participants

65 years old or over a host of activities throughout the night operating from 7:00 pm – 7:00 am. It is the only overnight adult day healthcare program in the country and is designed for people living at home who require constant supervision at night.

### **The Raymond Naftali Center for Rehabilitation**

**508 W 26th Street, New York, NY 10001-5517**

**1-646-230-9133 | [info@naftalicenter.com](mailto:info@naftalicenter.com)**

The Raymond Naftali Center for Rehabilitation provides comprehensive medical, rehabilitative and preventive health care services primarily to people with a range of neurological and physical disabilities.

### **Ryan Chelsea Clinton Community Health Center**

**645 Tenth Ave., New York, NY 10036**

**1-212-265-4500 | [ryancenter.org/cc\\_home.htm](http://ryancenter.org/cc_home.htm)**

Part of the Community Health Center movement, the Ryan Network strives to provide affordable, quality medical services at a fraction of the cost.

### **Roosevelt Hospital**

**1000 Tenth Ave., New York, NY 10019**

**1-212-523-4000 | Emergency room: 1-212-523-6800 |**

**[www.chpnyc.org/patients/rvt\\_home/index.html](http://www.chpnyc.org/patients/rvt_home/index.html)**

### **VillageCare Adult Care Health Center**

**121A West 20th St., New York, NY 10011**

**1-212-337-5870 | [http://www.vcnyc.org/communitycare/adult\\_day\\_health](http://www.vcnyc.org/communitycare/adult_day_health)**

The Adult Care Health Center provides a full range of nursing, nutritional, case management, rehabilitative services and social activities. The center offers physical therapy, personal care assistance, health-related diagnostic services and a comprehensive therapeutic program.

## **HEALTH SUPPORT SERVICES**

### **Alzheimer's Association, New York City Chapter**

**360 Lexington Ave., 4th Fl, New York, NY 10017**

**1-646.744.2900 | 24 hour helpline: 1-800-272-3900 | [www.alz.org/nyc](http://www.alz.org/nyc)**

The New York City Chapter provides information, assistance and support to patients, caregivers and professionals including a 24-hour Helpline, support groups, MedicAlert + Safe Return Program that helps locate patients who get lost, and many more.

### **American Cancer Society, Manhattan Region**

**19 West 56th Street, New York, NY 10019**

**1-212-586-8700 | 24 hour helpline: 1-800-227-2345 | [www.cancer.org](http://www.cancer.org)**

Referral service that offers a list of services providing free or reduced-fee cancer screenings and support programs for people living with cancer.

### **CancerCare**

**275 Seventh Ave., New York, NY 10001**

**1-800-813-4673 | <http://www.cancercare.org>**

CancerCare provides free professional support services to individuals, families and caregivers to help them cope with and manage the emotional and practical challenges of cancer. Services include counseling support groups, workshops and financial assistance.

### **GMHC**

**446 West 33rd St., New York, NY 10001**

**1-212-367-1000 | <http://www.gmhc.org/learn/hiv--aging>**

GHMC, the leading provider of HIV/AIDS prevention, care and advocacy, offers a number of programs serving people over 50. Among them are wellness services, nutrition education, mental health services, advocacy and benefits and HIV testing.

### **Health Promotion Unit**

**New York City Department for the Aging (DFTA)**

**2 Lafayette St., New York, NY 10007**

**1-212-442-1339 | <http://www.nyc.gov/html/dfta/html/health/health.shtml>**

The DFTA Health Promotion Unit provides an array of services through designated senior centers to educate and promote good health practices offering presentations for senior audiences on falls prevention, medications management, memory improvement, sleeping well and other health topics.

### **Karpas Health Information Center, Beth Israel**

**311 First Ave. at 18th St., New York, NY 10003**

**1-212-420-4247 | [www.chpnyc.org/services/karpas/index.asp](http://www.chpnyc.org/services/karpas/index.asp)**

The Karpas Health Information Center provides easily accessible health information. The resource center offers a health library, walk in assistance and help with research on specific health conditions, all free of charge.

### **Say Ah!, Inc.**

**450 West 24th St., Suite 9E, New York, NY 10011**

**1-866-355-0646 | <http://say-ah.org>**

The mission of Say Ah! is to improve health literacy of all ages by helping its clients gain the skills needed to manage their health in today's complex healthcare system.

## HOME HEALTH CARE

### **Selfhelp Community Services**

**520 Eighth Ave., New York, NY 10018**

**1-866-735-1234 | <http://www.selfhelp.net/home-care/home-care-faq>**

Selfhelp offers skilled clinical treatments such as nursing, physical therapy and medication management, and non-medical services that support people at home including help with housekeeping and personal care. Clients pay for services that do not meet the criteria of third party payers.

### **Senior Helpers**

**353 West 48th St., New York, NY 10036**

**1-646-214-2086 | <http://www.seniorhelpers.com/newyorkny>**

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

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

**1-800-675-0391 | <http://www.vnsny.org>**

VNSNY is the largest not-for-profit home- and community-based health care organization in the country offering resources to deliver a full range of home- and community-based health care services, including skilled nursing, home health aide and companionship services, social work, physical, speech, and occupational therapy, community mental health services, advanced illness and end-of-life care, Medicaid and Medicare health plans from VNSNY CHOICE and paraprofessional and private pay services.

## HOME SAFETY

### **Fall Prevention Checklist/ Falls at Home**

**Centers for Disease Control and Prevention (CDC)**

**National Center for Injury Prevention and Control**

**<http://www.cdc.gov/ncipc/pub-res/toolkit/checklistforsafety.htm>**

CDC website provides this helpful home fall prevention checklist for older adults to help identify and fix hazards found in each room of your home.

## **JASA De-cluttering Program**

**247 West 37th St., 9th Fl., New York, NY 10018**

**1-212-273-5272 | <http://jasa.org/locations/manhattan>**

Trained JASA de-cluttering personnel help eliminate dangerous accumulations of furniture, papers and personal possessions.

## **LONG-TERM HEALTH CARE**

### **[LongTermCare.gov](http://longtermcare.gov)**

**<http://longtermcare.gov/>**

Learn about the basics of long-term health care through this helpful tool produced by the Administration for Community Living, part of the federal Department of Health and Human Services.

### **[New York City Human Resources Administration/Department of Social Services \(HRA/DSS\) Long-Term Care](#)**

**180 Water St., New York, NY 10038**

**1-212-331-5160 | Infoline: 1-877-472-8411 or dial 311 |**

**[www.nyc.gov/html/hra/html/directory/long\\_term.shtml](http://www.nyc.gov/html/hra/html/directory/long_term.shtml)**

The Home Care Services Program (HCSP) offers access to Medicaid-funded long-term care programs designed to help elderly or disabled individuals remain safely at home.

### **[Nursing Home Locator/Compare](#)**

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

Nursing Home Compare has detailed information about every Medicare and Medicaid-certified nursing home in the country. This site offers tools to search for and compare nursing homes, as well as links to compare long-term care facilities, home health agencies and hospitals. It also provides information on long-term care planning, steps to choosing long-term care and explanations of different services.

### **[Plan Ahead NY](#)**

**[www.planaheadny.com/resources.htm](http://www.planaheadny.com/resources.htm)**

Plan Ahead NY is a State government resource website providing long-term care insurance information, definition of various long-term care services and listings of programs in your area.



## MENTAL HEALTH

### LifeNet

**1-800-LIFENET (1-800-543-3638) (available 24 hours) | [www.lifenet.org](http://www.lifenet.org)**

Mental health professionals provide free emergency counseling and referrals to New York City residents seeking help for mental health and/or substance abuse treatment. The multilingual, confidential referral hotline network is available 24 hours a day, 7 days per week.

### Crime Victims Treatment Center (CVTC)

Roosevelt Hospital, Antenucci Building  
**432 West 58th St., Ground Fl., New York, NY 10019**  
**1-212-523-8200 | <http://www.cvtc-slr.org>**

CVTC provides counseling and support groups for treatment of emotional trauma due to victimization, and counseling for friends and family of victims of violent crimes.

### Medicare Mental Health Provider Directory

**<http://www.cornellcares.com>**

Medicare Mental Health Provider Directory lists more than 1,000 NYC-based mental health specialists, including psychiatrists, clinical psychologists and social workers who can assist with all areas of geriatric mental health.

### SPOP (Service Program for Older People)

**302 West 91 St., New York, NY 10024**  
**1-212-787-7120**

SPOP provides comprehensive mental health and supportive services, advocacy and education for people 55 years of age and older. Services include counseling, case management, crisis intervention, family supportive counseling & home visits; an adult day center for adults with cognitive impairments, memory loss and dementia, bereavement support and assistance with entitlements and benefits.

## RECREATION

### Chelsea Recreation Center

**430 West 25th St. (between 9th & 10th Aves.), New York, NY 10001**  
**1-212-255-3705 | [www.nycgovparks.org/parks/chelsearecreationcenter](http://www.nycgovparks.org/parks/chelsearecreationcenter)**

\$25 annual membership fee for seniors 62 years of age and older allows access to all recreation centers across the city. The center offers a range of fitness classes, a six-lane pool, gymnasium, dance studio, game room and art room, and a Computer Resource Center provides free computer access and instruction.

### **Gertrude Ederle Recreation Center**

**232 West 60th St. (between West End Ave. & Amsterdam Ave.), New York, NY 10023**

**<http://www.nycgovparks.org/facilities/recreationcenters/M063>**

The newly renovated recreation center offers an indoor pool, gymnasium, basketball court, cardio & fitness rooms, computer resource center and an array of intergenerational and seniors classes. Annual membership fee is \$25 for seniors 62 years of age or older.

### **The JCC in Manhattan (Jewish Community Center)**

**344 Amsterdam Ave. at 76th St., New York, NY 10023**

**1-646-505-4444 | <http://www.jccmanhattan.org>**

The JCC in Manhattan provides members 60 years of age and older an array of intellectual, physical and social programs to participate in.

### **McBurney YMCA**

**125 West 14th St., New York, NY 10011**

**1-212-912-2300 | <http://www.ymcanyc.org/mcburney>**

A variety of programs are offered for older adult members including health and fitness classes, water activities, group interests and health appraisals.

### **West Side YMCA**

**5 West 63rd St., New York, NY 10023**

**1-212-912-2600 | <http://www.ymcanyc.org/westside>**

The West Side Y offers a wide range of health, well-being and fitness programs, sports and recreation, group interests and health appraisals and screenings for older adult members.

## **HEALTH INSURANCE/MEDICARE ASSISTANCE**

### **The Actors Fund Artists Health Insurance Resource Center (AHIRC)**

**729 Seventh Ave., New York, NY 10019**

**1-212-221-7300 | <http://www.actorsfund.org/services-and-programs/ahirc>**

AHIRC counsels seniors from the performing arts community on issues related to Medicare, helping them understand how it works and where and when to sign up for it as well as assisting them in picking a Part D plan and supplemental insurance.

### **The Actors Fund e-Learning Center**

**<http://www.actorsfund.org/services-and-programs/e-learning>**

The e-Learning Center healthcare tutorials are multimedia presentations that provide information, resources and practical tips from our experts serving the Creative Community. View tutorials on Medicare Basics, Help with Medicare Costs, Getting Medications Discounted or Free and Healthcare Reform Basics.

## **The New York City Health Insurance Information Counseling and Assistance Program (HIICAP)**

**2 Lafayette Street, 6th fl, New York, NY 10007**

**212-341-3978 | <http://www.nyc.gov/html/dfta/html/benefits/health.shtml>**

HIICAP helps answer questions about Medicare coverage, Medigap supplement policy, enrolling in Medicare Advantage Plan, meeting costs of long-term care and more.

### **Medicare**

**1-800-633-4227 | [www.medicare.gov](http://www.medicare.gov)**

Medicare.gov is the official U.S. government site for Medicare. The website helps in finding a plan and provides a resource locator including information about hospitals, home care and nursing homes, and help & support guide with helpful phone numbers, information on filing a complaint or grievance and fraud and abuse. Seniors 65 years of age and older are eligible to apply.

### **Medicare Rights Center**

**520 Eighth Ave., North Wing, 3rd Fl, New York, NY 10018**

**1-212-869-3850 | Hotline: 1-800-333-4114 | [www.medicarerights.org](http://www.medicarerights.org)**

Medicare Rights Center provides comprehensive information about Medicare options and rights through online resources and a telephone hotline service.

## **PRESCRIPTION DRUG ASSISTANCE**

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

**1-800-332-EPIC**

New Yorkers 65 years old and over who meet the income eligibility requirements can save as much as 60% on prescription medicines. For more information, call the EPIC hotline.

### **NeedyMeds**

**<http://www.needymeds.org>**

NeedyMeds is an online information resource offering up-to-date applications and information so that people of all ages can apply directly to drug manufacturers and other organizations that provide assistance to people who are unable to afford their medications and health care costs.

### **Big Apple RX**

**1-800-697-6974 | [www.bigapplerx.com](http://www.bigapplerx.com)**

Big Apple RX is a prescription discount card that's 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. Print a prescription discount card by visiting the website or call for more information.

## HEARING LOSS SERVICES

### **Center for Hearing and Communications**

**50 Broadway, 6th Fl., New York, NY 10004**

**1-917-305-7700 | [www.chchearing.org](http://www.chchearing.org)**

The center offers a wide array of services including free hearing screenings; complete hearing evaluations; hearing aid fittings, sales and repair; speech therapy; tinnitus re-training therapy; emotional health and wellness; and the evaluation and treatment of auditory processing disorder.

## HOUSING RESOURCES

### **Department of Housing Preservation & Development (HPD)**

**100 Gold Street, New York, NY 10038**

**For general inquiries, call 311 | <http://www.nyc.gov/html/hpd/html/home/home.shtml>**

Among other helpful housing resources on their website, HPD has a list of City-sponsored apartments that are currently accepting applications and a number of links to Internet sites to assist tenants in their search.

### **Housing Development Corporation (HDC)**

**100 Williams St., New York, NY 10038**

**For general inquiries, call 311 or 1-212-227-5500 | <http://www.nychdc.com>**

HDC's website provides a list of affordable apartments now renting and those that soon will be accompanied by eligibility requirements.

### **New York City Housing Authority (NYCHA)**

**1-718-707-7771 | [www.nyc.gov/nycha](http://www.nyc.gov/nycha)**

NYCHA provides affordable housing for low- and moderate-income residents throughout the five boroughs.

## HOUSING & TENANTS RIGHTS

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

**777 10th Ave., New York, NY 10019**

**1-212-541-5996 | [www.hcc-nyc.org](http://www.hcc-nyc.org)**

HCC helps individuals and families by preventing evictions, educating them about their rights and weatherizing buildings. HCC provides free legal representation, tenant advocacy, assistance in applying for rent subsidies, and help with housing-related matters.

### **Chelsea Coalition on Housing**

**1-212-243-0544**

The Chelsea Coalition on Housing helps tenants with heat and hot water complaints, rent overcharges, rent regulation information, housing violations, landlord harassment, evictions, sublets, leases, and security. They have drop-in hours at the Hudson Guild Fulton Center at 119 Ninth Ave. between 17th & 18th Sts. with a tenant attorney on Thursdays at 7:00pm. Call for information.

### **Housing Court Answers**

**1-212-962-4795 | <http://cwtfhc.org>**

Housing Court Answers helps people in New York City navigate the complex world of Housing Court and provides information on housing laws and regulations. They help people who have no legal representation at information tables in the city's Housing Courts, on their hotline, and through their website.

### **The Metropolitan Council on Housing**

**339 Lafayette St., #301, New York, NY 10012**

**1-212-979-0611 | <http://metcouncilonhousing.org>**

The Metropolitan Council on Housing is a tenants' rights membership organization made up of New York City tenants. Members operate a number of tenant-assistance programs including a tenants' rights telephone hotline and a walk-in clinic serving any New York City tenant. Information on the website includes rent payment, leases, regulations concerning repairs, services and conditions, evictions, Housing Court and affordable housing programs.

## **SENIOR HOUSING AND ASSISTED CARE FACILITIES**

### **Chelsea Addition**

**430 West 26th St., New York, NY 10001**

NYCHA public housing built specifically for seniors. To be eligible, you and all other household members must be at least 62 years of age and income cannot exceed established income limits. For more information call 311 and ask for NYCHA.

### **Encore 49 Residence**

**220 West 49th St., New York, NY**

**1-212-581-3490 | [encorecommunityservices.org/housing](http://encorecommunityservices.org/housing)**

Encore 49 Residence is SRO housing for seniors 62 years old and over who had become homeless, or had been living in transitional housing or shelters. An on-site social service team provides supportive and clinical services to help residents lead independent and self-sustaining lives.

### **Encore West Residence**

**755 Tenth Ave. (between 51st & 52nd St.), New York, NY 10019**

**1-212-991-3727 | [encorecommunityservices.org/encore-west-residence](http://encorecommunityservices.org/encore-west-residence)**

Encore West Residence provides affordable housing for very low income seniors 62 years old and over who meet income criteria. Onsite services are offered to help seniors maintain their independence.

### **Frederic Fleming Residence**

**443 West 22nd St., New York, NY 10011**

**1-212-242-5277**

Frederic Fleming Residence is an assisted living facility that offers residents age 55 and older independent living options and daily support services. Contact Frederic for details on housing, services, and rates.

### **Harborview Terrace Senior**

**525 West 55th St., New York, NY 10019**

NYCHA public housing built specifically for seniors. To be eligible, you and all other household members must be at least 62 years of age and income cannot exceed established income limits. For more information call 311 and ask for NYCHA.

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

**406 West 54th St., New York, NY 10019**

**1-212-489-9339 | <http://www.nyfcc.org>**

Clinton Gardens offers 100 units of subsidized and Enriched Housing for low income seniors 62 years of age and older. The Enriched Housing Program provides residents with assistance with personal care, housekeeping, shopping, meal preparation, medical appointments and other personal needs.

### **VillageCare at 46th and Tenth**

**510 West 46th St., New York, NY 10036**

**1-212-977-4600 | [www.46and10village.org](http://www.46and10village.org) | [info@villagecare.org](mailto:info@villagecare.org)**

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

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

**214 West Houston St., New York, NY 10014**

**1-212.337.9400 | <http://www.villagecare.org/residentialcare/vcrnc>**

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

### **The Woodstock Hotel**

**127 West 43rd St., New York, NY 10036**

**1-212-874-0300 | [www.projectfind.org/woodstock\\_house.html](http://www.projectfind.org/woodstock_house.html)**

The Woodstock is SRO housing with at least 60% of the residents referred from the NYC Department of Homeless Services (DHS) shelter system. Applicants must be at least 55 years old and meet income criteria. Social services, in-house medical care, assistance with housekeeping and a Senior Center are available.

## **RENT AND HOMEOWNERS ASSISTANCE PROGRAMS**

### **Senior Citizen Rent Increase Exemption Program (SCRIE)**

**Call 311 or visit the website for applications and eligibility requirements:**

**<http://www.nyc.gov/html/dfta/html/benefits/rent.shtml>**

Eligible New Yorkers 62 and older can receive rent increase exemptions through the City's SCRIE program.

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

**Call 311 or visit the website for applications and eligibility requirements:**

**[www.nyc.gov/html/dof/html/property/property\\_tax\\_reduc\\_drie.shtml](http://www.nyc.gov/html/dof/html/property/property_tax_reduc_drie.shtml)**

The Disability Rent Increase Exemption (DRIE) program offers eligible tenants an exemption from rent increases.

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

**Call 311 or visit the website for applications and eligibility requirements:**

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

Eligible New Yorkers 65 years of age and older can receive a property tax reduction of up to 50% through the City's SCHE program.

## ENERGY ASSISTANCE PROGRAMS

### Home Energy Assistance Program (HEAP)

Call 311 or visit the website for applications and eligibility requirements:

<http://www.nyc.gov/html/dfta/html/benefits/energy.shtml>

HEAP is a free seasonal program (November—May) that helps eligible households pay for regular and emergency energy heating costs and can help low-income homeowners repair or replace furnaces, boilers or other direct heating devices. Be sure to identify as a senior.

### Weatherization Referral and Packaging Program (WRAP)

Call 311 or visit the website for applications and eligibility requirements:

[www.nyconnects.org/services/housing/wrap.shtml](http://www.nyconnects.org/services/housing/wrap.shtml)

WRAP is a service administered by Department for the Aging to provide low-income elderly with free home energy services designed to lower energy bills.

## EMERGENCY HOUSING AND HOMELESS SERVICES

### New York City Department of Homeless Services

#### 24-hour Drop-In Center

Mainchance: 120 East 32nd St., New York, NY

Olivieri Center: 257 West 30th St. (near Penn Station), New York, NY

Open from 7:30 am to 8:30 pm

Drop-Ins provide hot meals, showers, laundry facilities, clothing, medical care, and social services. Staff also can help you find a safe and secure place to sleep.

## IMMIGRANT SERVICES

Please see Legal Services for additional immigrant legal resources

### New York City Mayor's Office of Immigrant Affairs

Call 311 | <http://www.nyc.gov/html/imm/html/home/home.shtml>

The Mayor's Office of Immigrant Affairs can identify city services to access and find a community-based organization that can address your needs with a staff person who speaks your language.



### **Indochina Sino-American Community Center (ISACC)**

**170 Forsyth St., New York, NY 10002**

**1-212-226-0317 | [www.isaccny.org](http://www.isaccny.org)**

Located in Chinatown, ISACC provides a broad array of services to people from Vietnam, Cambodia, Laos, Hong Kong, Taiwan, Mainland China and other parts of Southeast Asia residing in New York City. The Center provides services to reduce and prevent elder abuse in the Chinese American community, employment program, entertainment programs and workshops, a Buddhist sanctuary, language assistance and art & culture programs.

### **Institute for Puerto Rican/Hispanic Elderly**

**105 East 22nd St., Suite 615, New York, NY 10010**

**1-212-677-4181 | [www.iprhe.org/about\\_us.php](http://www.iprhe.org/about_us.php)**

The Institute provides multilingual/multicultural information, referral and advocacy, counseling, case management and other assistance to immigrant and non-immigrant seniors and their families including senior fraud, embezzlement, abuse, crime victims, housing, financial literacy, nutrition and congregate meals, care giving support, second language programs, social and cultural activities health education and recreation.

### **Japanese American Association of New York (JAA)**

**15 West 44th St, 11th Fl., New York, NY 10036**

**1-212-840-6942 | <http://www.jaany.org>**

The JAA Social Services Committee assists the elderly through home visits and delivering food, and shares news from the community. Classes are offered at JAA such as Tai Chi, calligraphy and chorus, health and legal consultations, as well as Keirokai luncheons providing Japanese cuisine and entertainment.

## **LEGAL SERVICES**

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

**777 10th Ave., New York, NY 10019**

**1-212-541-5996 | [www.hcc-nyc.org](http://www.hcc-nyc.org)**

HCC offers a range of civil legal services including representation on benefit, consumer, landlord/tenant, immigration and trusts/estates matters to eligible low- and moderate-income tenants, tenant associations, HDFC shareholders and other community organizations located in the Hell's Kitchen/Clinton neighborhood (34th to 72nd Street, from 8th Avenue to the Hudson River).

## **LawHelp/NY**

**[www.lawhelp.org/ny](http://www.lawhelp.org/ny)**

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

## **MFY Legal Services—Manhattan Seniors Project**

**299 Broadway, 4th Fl., New York, NY 10007**

**1-212-417-3700 | <http://www.mfy.org/projects/manhattan-seniors-project>**

Manhattan Seniors Project provides a range of civil legal services to low income seniors including benefits, health care, consumer, and abuse issues, prioritizing those at risk of losing their housing and independence. The project, in partnership with DFTA social workers defends seniors facing imminent eviction and need legal and social work help to resolve their housing problem.

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

**7 Hanover Square, 18th Floor, New York, NY 10004**

**1-212-613-5000**

NYLAG is a not-for-profit law office providing free civil legal services to low income New Yorkers. Elder Law Specialists work with seniors to address issues related to entitlements, health care, nursing home/hospital rights, guardianship, abuse and neglect, consumer matters, and other issues affecting seniors.

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

**1 East 53rd St., 6th Fl, New York, NY 10022**

**1-212-319-2787, ext. 1 | [vlany@vlany.org](mailto:vlany@vlany.org)**

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

## **Volunteers of Legal Service (VOLS)—Elderly Project**

**1-212-966-4400 | <http://www.volsprobono.org>**

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

## NORC SERVICE PROGRAMS

### **Elliott-Chelsea Houses/Hudson Guild**

**441 West 26th St., New York, NY 10001**

**1-212-760-9800 | <http://hudsonguild.org/index.php/programs-a-services/adult-services/naturally-occurring-retirement-community-norc>**

Seniors living in Elliott-Chelsea Houses are offered social, recreational, wellness and enrichment activities and health-related supports to help age-in-place. An array of programs, social services and case management are also offered at the Hudson Guild Fulton Center at 119 Ninth Ave.

### **Penn South Program for Seniors (PSPS)**

**290 Ninth Ave., New York, NY 10001**

**1-212-243-3670 | <http://pennsouthlive.org/about-us/about-psps>**

The program offers health and social services, cultural and recreational activities, and education programs to seniors who live in the Penn South Co-op.

## PEST EXTERMINATION

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

**777 10th Ave., New York, NY 10019**

**1-212-541-5996 | [www.hcc-nyc.org](http://www.hcc-nyc.org)**

By law, New York City landlords are required to eradicate pest infestations. When necessary, HCC helps seniors take the steps to have their landlords exterminate in case of pest infestations.

### **The Metropolitan Council on Housing**

**339 Lafayette St., #301, New York, NY 10012**

**1-212-979-0611 | <http://metcouncilonhousing.org>**

The Metropolitan Council on Housing provides information on what to do in case of pest infestation, seniors' rights as tenants and the extent of landlords' responsibilities to eradicate infestations.

## PET CARE ASSISTANCE

### **JASA Pet and Elder Team Support (PETS)**

247 West 37th St., New York, NY

1-212-273-5272 | [help@jasa.org](mailto:help@jasa.org)

<https://jasa.org/services/support-assistance/pet-care>

When daily routine pet care becomes too much for older pet owners, PETS steps in to provide dog walkers, litter box maintenance, pet boarding and transportation to the veterinarian.

### **PAWS New York**

1-917-733-2170 | [referrals@pawsny.org](mailto:referrals@pawsny.org) | <http://pawsny.org/>

The Housecalls Program is PAWS NY's core program where volunteers make home visits to provide dog walking, litter maintenance, provision of food and water, transportation to/from the vet, and grooming to older pet owners who met their eligibility requirements. Through the Pets Pantry Program PAW NY also distributes pet food and supplies on a limited basis to people who are having trouble buying food for their pets.

## PUBLIC BENEFITS RESOURCES

### **Access NYC**

<https://a858-ihss.nyc.gov>

Determine your eligibility and apply for City, State and Federal human service benefit programs with this free online service.

### **BenefitsCheckUp**

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

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

### **Benefits.gov**

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

The online site's core function is the eligibility prescreening questionnaire or "Benefit Finder." Answers to the questionnaire are used to evaluate a visitor's situation and compare it with the eligibility criteria for more than 1,000 Federally-funded benefit and assistance programs. Each program description provides citizens with the next steps to apply for any benefit program of interest.

## myBenefits

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

This website is a prescreening tool providing residents of New York State a way to find out if they are eligible for state benefits. A wide variety of services for older New Yorkers include health insurance information, counseling and assistance (HIICAP), NY Connects—information on long-term care and assistance in linking to services, legal assistance, nutritional services and help with purchase of prescription drugs.

## PUBLIC LIBRARIES

### Columbus Branch Library

742 Tenth Ave. (between 50th & 51st Sts.), New York, NY 10019-7019

1-212-586-5098 | [www.nypl.org/locations/columbus](http://www.nypl.org/locations/columbus)

Fully accessible to wheelchairs. Check for seniors programs

### Muhlenberg Library

209 West 23rd St. (near 7th Ave.), New York, NY 10011-2379

1-212-924-1585 | [www.nypl.org/locations/muhlenberg](http://www.nypl.org/locations/muhlenberg)

Fully accessible to wheelchairs. Check for seniors programs

## SENIOR CENTERS

### Encore Senior Center

239 West 49th St., New York, NY 10019

1-212-581-2910 | <http://encorecommunityservices.org/>

The senior center provides services and programs including advocacy, information on benefits and entitlements, referrals, recreational, health & wellness, lectures and discussion groups for seniors 60 years of age or older. Friendly visiting, senior chat, bridge (assistance & planning on end of life issues) and escort services are offered through outreach programs.

### Hudson Guild/Fulton Senior Center

119 Ninth Ave., New York, NY 10011

1-212-924-6710 | <http://hudsonguild.org/index.php/programs-a-services/adult-services>

The senior center provides programs with a focus on keeping adults 55 years old and older healthy, active and engaged through a vast array of educational, recreational and health promotion services and activities.

### **JASA West Side Senior Center**

**120 West 76th St., New York, NY 10023**

**1-212-712-0170 | <http://jasa.org/services/senior-centers>**

Seniors 60 years of age and older can find social, recreational and cultural activities, wellness programs as well as kosher and non-kosher meals served at the center.

### **Project FIND**

**[www.projectfind.org](http://www.projectfind.org)**

Operating supportive housing residences and senior centers, Project FIND provides low and moderate-income and homeless seniors 60 years old and older with housing, meals, educational and recreational activities, social services and programs to support healthy aging. See website for details.

### **Project FIND: Clinton Senior Center**

**530 West 55th St., New York, NY 10019**

**1-212-757-2026**

### **Project FIND: Coffeehouse Senior Center**

**331 West 42nd St., New York, NY 10036**

**1-646-545-4621**

### **Project FIND: Woodstock Senior Center**

**127 West 43rd St., 2nd Fl., New York, NY 10036**

**1-212-575-0693**

### **The SAGE Center**

**305 Seventh Ave. 15th Fl., New York, NY 10001**

**1-212-741-2247 | [www.sage.org](http://www.sage.org)**

The SAGE Center extends a comprehensive array of affirming services and support throughout New York City to ensure that LGBT older people can age in good health, financially secure and with broad community support.

### **Selfhelp Virtual Senior Center**

**1-212-971-7676**

**[www.selfhelp.net/virtual-senior-center](http://www.selfhelp.net/virtual-senior-center)**

The Virtual Senior Center initiative places easy-to-use large touch screen devices with integrated webcams into the homes of socially-isolated older New Yorkers to create an interactive experience that reduces social isolation and provides better access to community services. The program allows participants to engage in activities like discussion groups, museum lectures and music classes from the comfort of their own home.

**VISIONS at Selis Manor Senior Center**  
135 West 23rd St., New York, NY 10011  
1-646-486-4444 | [www.visionsvcb.org](http://www.visionsvcb.org)

The program for blind seniors features a full array of customized services programs ranging from benefits assistance to health and wellness programs to information available in a fully accessible facility.

## TRANSPORTATION

### CAR SERVICE

#### **Access-A-Ride (AAR)**

2 Broadway, 11th Fl., New York, NY 10004  
1-877-337-2017 | [www.mta.info/nyct/paratran/guide.htm](http://www.mta.info/nyct/paratran/guide.htm)

Access-A-Ride provides shared ride, door-to-door paratransit transportation for people with disabilities who are unable to use public service for some or all of their trips for the same cost as regular public transportation. An application and interview with a health-care professional are necessary to determine eligibility.

#### **New York Foundation for Senior Citizens (NYFSC): Project C.A.R.T.**

11 Park Place, 14th Fl., New York, NY 10007  
1-212-956-0855 | <http://www.nyfsc.org/>

Project C.A.R.T. provides free transportation van services for senior citizens, ages 60 and over, who have difficulty using public transportation. Vans are equipped with wheelchair lifts. Operating in Manhattan, from the Battery to 96th Street on the East Side and on the West Side to 110th Street, C.A.R.T.'s five vans take seniors to and from medical appointments and hospitals, activities at senior centers and entitlement appointments.

### SUBWAY AND BUS

#### **EasyPay MetroCard**

1-877-323-7433 | <http://mta.info/metrocard/EasyPayXpress.htm>

The EasyPay MetroCard is linked to your credit or debit card, and refills automatically as you use it so no more waiting in lines. Apply online or call for an application or additional information.

#### **MTA Schedules & Accessibility**

[www.mta.info](http://www.mta.info) | [www.mta.info/nyct/service/bus/bussch.htm](http://www.mta.info/nyct/service/bus/bussch.htm) | 1-718-330-1234

## Reduced Fare MetroCards

MTA Walk-In Center

3 Stone St., New York, NY 10004

1-718-243-4999 | [www.mta.info/nyct/fare/rfapply.htm](http://www.mta.info/nyct/fare/rfapply.htm)

For seniors 65 years of age and older

## VISION REHABILITATION

### Lighthouse International

111 East 59th St., New York, NY 10022

1-800-829-0500 | <http://www.lighthouse.org/>

Lighthouse programs and services include a low vision center, social services, vision rehabilitation, orientation and mobility training, assistive technology training, occupational therapy and career services.

### VISIONS/Services for the Blind and Visually Impaired

135 West 23rd St., New York, NY 10011

1-646-486-4444 | [www.visionsvcb.org](http://www.visionsvcb.org)

VISIONS programs for seniors include vision rehabilitation services, community outreach, and support groups, adapted classes from fitness to computer training, assistance with benefits, social work services, and intergenerational and caregiver programs. Social Adult Day Program is available for seniors with vision loss and long term health care needs.

## VOLUNTEER OPPORTUNITIES

### AARP Experience Corps

<http://www.aarp.org/experience-corps/experience-corps-volunteer/experience-corps-cities-new-york.html>

Hosted by the Community Service Society of New York, the program engages volunteers 55 years old and older in service to improve the literacy skills of elementary school students.

### Create the Good

[createthegood.org](http://createthegood.org)

Developed by AARP, Create the Good website helps people find out how they can “create the good” by providing opportunities to do service in the community that fit individual schedules and interests.



### **Community Connections Timebank**

**1250 Broadway, 4th Fl., New York, NY 10011**

**1-212-609-4987 | [www.vnsny.org/timebank](http://www.vnsny.org/timebank)**

The Community Connections TimeBank is a community benefit program sponsored by the Visiting Nurse Service of New York (VNSNY). The TimeBank, recognizing that each person has talents to share, is a reciprocal services exchange that uses units of time as currency. Members give what they can, when they can. For every hour contributed, members earn a time credit which they can redeem for services for themselves.

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

**105 East 22nd St., New York, NY 10010**

**1-212-674-RSVP**

RSVP of CSS has more than 4,000 volunteers 55 of age and older at hundreds of non-profit agencies throughout New York City. Volunteers' skills and interests are determined through personal interview. Once a match is found to a volunteer opportunity, volunteers begin to serve for as many hours as their schedule allows.

### **New York Cares**

**65 Broadway, 19th Fl., New York, NY 10006**

**1-212-228-5000 | [www.newyorkcares.org](http://www.newyorkcares.org)**

New York Cares is the City's largest volunteer organization. It recruits, trains and deploys teams of volunteers for more than 370 partner organizations.

### **NYC Arts**

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

NYC Arts is a comprehensive guide to the arts in New York City, including volunteer opportunities in the arts in every borough when you click on the heading 'Get Involved' on their website.

### **NYC Service**

**253 Broadway, 8th Fl., New York, NY 10007**

**1-212-788-7550 | [www.nycservice.org](http://www.nycservice.org)**

NYC Service is a City initiative to promote service and help volunteers address the City's greatest needs. When visitors to the NYC Service website enter their interests and desired location, they are directed to opportunities.

## **TimeBanksNYC**

**441 West 26th St., New York, NY 10001**

**1-646-529-1223 | [www.nyc.gov/timebanksnyc](http://www.nyc.gov/timebanksnyc)**

TimeBanksNYC is a free reciprocal exchange network in which people provide skills and services to one another by using time instead of money as the currency. The Time-banking model relies on the strengths and assets of individuals to bolster the overall community. All TimebanksNYC programs value one hour of service given to another as one time credit. It is a way for people to share their skills, spread their passions, meet their neighbors, and support each other.

## HOTLINES

Senior Citizen's Help Line: 1-800-342-9871 (DFTA)

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NYC Human Resources Administration: 1-718-557-1399

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National Hunger Hotline: 1-866-348-6479

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Crime Victims Hotline: 1-866-689-4357

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Domestic Violence Hotline: 1-800-621-HOPE

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Substance Abuse Hotline: 1-877-846-7369  
1-800-622-2255

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Suicide Hotline: 1-800-784-2433

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Mental Health Emergency Hotline: 1-800-LIFENET

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Medicaid Helpline: 1-888-NYC-6116

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Medicare Rights Center Hotline: 1-800-333-4114

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Affordable Housing Hotline: 1-212-863-5610

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Bilingual Hotline: 1-212-677-4181

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Food Pantries Hotline: 1-866-888-8777

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Social Security Fraud Hotline: 1-800-269-0271

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Blindline®: 1-212-625-3301  
1-888-625-1616

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Report a street hazard (such as a pothole): 311

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for everyone  
in entertainment.**

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



**Manhattan Community Board Four**

[www.nyc.gov/mcb4](http://www.nyc.gov/mcb4)



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