



2016

Senior Resource Guide

Bronx Community Board No. 8 Aging Committee



5676 Riverdale Avenue, Suite 100 • Bronx, NY 10471-2194

Telephone: 718-884-3959 • Fax: 718-796-2763

Email: <u>bx08@cb.nyc.gov</u> • Website: <u>www.nyc.gov/bronxcb8</u>

GENERAL INFORMATION

Bronx Community Board No. 8 compiled the information contained in this Senior Resource Guide from a variety of sources as a convenient way for our older residents to learn about and access a wide array of services. While we strive to make the information accurate, we cannot guarantee the accuracy or completeness of the content. Provider listings in this Guide do not signify endorsements.

Also keep in mind that providers, services, hours of operation, regulations, phone numbers and other details will change over time. If you plan to visit an institution, service provider, or other venue, we suggest that you call ahead or visit their website to confirm days and hours of operation. An appointment may be necessary or advisable for many services.

Help us keep the Guide accurate and up to date by letting the Board Office know of any needed corrections, updates, or local services that may be of interest. We plan to update the Senior Resource Guide that is available to view, download and print from our website.

Please see **Your Opinion Counts** on page 24. Your feedback will let us know if the Guide is or is not useful to you and how we can improve.

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This Resource Guide is published by Bronx Community Board No. 8. It is the culmination of a project of the Aging Committee of the Community Board. For more information about Bronx Community Board No. 8, please contact us at our website www.nyc.gov/bronxcb8 or telephone 718-884-3959.

The first edition printing of this Resource Guide was made possible by funding from the City of New York and Council Member Fernando Cabrera.

BRONX COMMUNITY BOARD NO. 8

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E-Mail: <u>bx08@cb.nyc.gov</u>
Website: <u>www.nyc.gov/bronxcb8</u>
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Dear Neighbor:

We are pleased to bring you this Senior Resource Guide for residents of Fieldston, Kingsbridge, Kingsbridge Heights, Marble Hill, Riverdale, Spuyten Duyvil, and Van Cortlandt Village, the neighborhoods that are within the district of Bronx Community Board No. 8.

The Senior Resource Guide is a directory for our older residents, their family members, and social service agencies. It provides information on how to access basic necessities, supportive services, and social/recreational opportunities that are located within our neighborhood. The Guide also includes government resources and certain services that are located in close proximity to our community that may be helpful to our residents.

Bronx Community Board No. 8 serves to improve the quality of life in our community district. The Community Board is a vital liaison and advocate for the community in dealing with New York City government, elected officials, municipal service delivery, land use and zoning issues, community and business development, the City budget and many other matters relating to the community's health, safety and welfare. The Board and its committees meet regularly. The Aging Committee focuses on the needs and interests of our older residents and prepared this Senior Resource Guide to help you take advantage of the many engaging opportunities and services available to you.

We believe that our neighborhood is a great place to live at any age and we hope that this directory, by highlighting local resources, will help our neighbors remain active members of our community.

Sincerely,

Daniel Padernacht

Chair, Bronx Community Board No. 8

Lisa Daub

Chair, Aging Committee

Serving the neighborhoods of Fieldston, Kingsbridge, Kingsbridge Heights, Marble Hill, Riverdale, Spuyten Duyvil, and Van Cortlandt Village

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COMMUNITY SERVICES

Senior Centers

Senior Centers are open to everyone age 60+, including members of the Greatest Generation and a growing number of leading-edge Boomers. The Centers offer a convenient place within the community to socialize, attend classes and discussion groups, exercise, enjoy lunch, play games, watch films, listen to concerts and learn new skills. Many Centers organize recreational and cultural trips, special interest groups, and provide health screenings and support for obtaining benefits and services. Some Centers offer round-trip transportation. Our Centers are evolving to meet the preferences of its members, so join a Center (or two) and participate in building your community hang-out. Membership and most services are provided at no charge or by voluntary contribution.

Riverdale Senior Services 2600 Netherland Ave., 10463 718-884-5900 / www.riverdalesenior.org	The Riverdale YM-YWHA Senior Center 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org
Marble Hill Senior Center	JASA Van Cortlandt Senior Center
5365 Broadway, 10463	3880 Sedgwick Ave., 10463
718-562-8551 / www.mmcc.org	718-549-4700 / www.jasa.org
Fort Independence Senior Center	Mosholu Montefiore Senior Center
3350 Bailey Ave, Suite, 10463	3450 DeKalb Ave., 10467
718-796-2950 / www.mmcc.org	718-798-6608 / www.mmcc.org

Libraries

Libraries have been transformed into vital community hubs, providing a wide range of educational opportunities and services - in addition to lending books, DVD's and other materials. We are fortunate to have five branches of the New York Public Library located within our community. Each branch is fully or partially accessible, offers computer use, assistive technology, and an array of classes, lectures and performances. Librarians are available to provide information and guidance. If you are homebound, you may be eligible to sign up for Books by Mail. Libraries also offer large print and audio books.

Riverdale Library	Kingsbridge Library
5540 Mosholu Ave., 10471	291 W. 231 st St., 10463
718-549-1212 / www.nypl.org/locations/riverdale	718-548-5656 /
	www.nypl.org/locations/kingsbridge
Spuyten Duyvil Library	Van Cortlandt Library
650 W. 235 th St., 10463	3874 Sedgwick Ave., 10463
718-796-1202 / www.nypl.org/locations/spuyten-	718-543-5150 / www.nypl.org/locations/van-
<u>duyvil</u>	<u>cortlandt</u>
Jerome Park Library	
118 Eames Place / 10468	
718-549-5200 / www.nypl.org/locations/Jerome-	
<u>park</u>	
NYPL Books by Mail	Books by Mail is a service for homebound/disabled
917-275-6975 / www.nypl.org/help/community-	individuals. Complete an application, signed by a
outreach/services-for-persons-with-	physician or social worker
disabilities/books-by-mail	

NYPL eBooks	If you have a computer, tablet or e-book reader, and
Your local branch can help get you started, or visit www.nypl.org/ask-nypl/ebookcentral	wi-fi access, you can borrow e-books, audio books and videos electronically, right from your home.

Fitness & Health

Senior Centers offer health screenings, exercise, yoga, nutrition and other classes on a regular basis. The following listings show special programs and opportunities available to people age 60+ in addition to regular Senior Center offerings, as well as other public venues to help keep you in shape.

Riverdale Senior Services, Inc 2600 Netherland Ave., 10463 718-884-5900 / www.riverdalesenior.org	RSS' women's health initiative includes the 12 week S.H.E. fitness workshops and support groups.
The Riverdale YM-YWHA Senior Center 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org	The Y hosts insurer's Silver Sneakers® program, water aerobics, and discounted fitness/aquatics center memberships.
Van Cortlandt Park – NYC Parks Dept. Van Cortlandt Park South, between Jerome and Broadway. 718-430-1890 / www.nycgovparks.org/parks/VanCortlandtPark	The Park hosts walking groups, senior swim hours, bird watching and special exercise programs for people 60+.
Riverdale Community Center (RCC) 660 West 237th Street (RKK), 10463 718-796-4724 / www.riverdalecommunitycenter.org	RCC offers dance and fitness classes during two tenweek sessions.
Health Outreach – NYP Senior Program The Allen Hospital / 5141 Broadway, 10034 212-932-5844 / http://nyp.org/services/healthoutreach.html	NYP's Health Outreach offers health screenings and lectures, workshops, exercise & dance programs, support groups, and activities for persons 60 years and older

Veterans Groups

Stay active with fellow veterans and get involved with service member and community projects.

William E. Irwin Post 774 3037 Corlear Avenue 718-548-9754 / www.legion.org	Veterans of Foreign Wars Post 95 3960 Orloff Avenue 718-549-9870 / www.vfwwebcom.org
Neumann Goldman Post 69 130 W. Kingsbridge Road – VA Medical Center 914-337-0277 – <i>Meets 3rd Sunday of each month</i>	

Social Adult Day Services

Social Adult Day Services are an important part of community-based care for seniors who may benefit from a structured and supervised day of activities. They improve the quality of life for older adults experiencing varying degrees of memory, cognitive and/or physical impairment. Social Adult Day Services reduce isolation and increase social and community engagement in a safe and stimulating environment. They also improve the quality of life for informal caregivers by giving them a break from

their ongoing caregiving responsibilities. Contact the providers to learn more about their programs, eligibility and fees, so that you can find one that is a right fit.

Riverdale Senior Services Adult Day Activities Program 2600 Netherland Ave., 10463 718-884-5900 / www.riverdalesenior.org	The Riverdale YM-YWHA Senior Center Social Adult Day Program 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org
Hebrew Home at Riverdale – RiverSpring 5901 Palisades Ave. 10471 718-581-1620 / www.riverspringhealth.org	The New Jewish Home Adult Social Day Program 100 West Kingsbridge Road, 10468 800-544-0304 / www.jewishhome.org
Also - RiverSpring at Night - a medical-model overnight care service for adults who have sleep disturbance resulting from various forms of dementia.	

If you are looking for overnight respite service, refer to the Long Term Care & Short Term Care listings on pages 16-17

Outreach Services

Outreach services stay in touch with homebound seniors by telephone and/or in-person visits. In addition to companionship, outreach programs can help connect people with needed services and alert caregivers or professionals to special needs or concerns. Programs are staffed by social workers, supervised volunteers, and/or social work interns. Places of worship which provide friendly visiting to homebound members of their congregations are another way to stay connected.

Riverdale Neighborhood House 5521 Mosholu Ave., 10471 718-549-8100 / www.riverdaleonline.org	RNH's <i>Telephone Reassurance Program</i> , staffed by volunteers, links homebound elderly to the community to help ensure their safety and well-being.
The Hudson Community Project The Riverdale YM-YWHA 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org	The HCP's <i>Safe at Home</i> offers case management, transportation, housing advocacy, homecare, food pantry and health maintenance services for homebound elderly residents of Riverdale, Washington Heights and Inwood.
AmPark NORC Amalgamated-Park Reservoir Houses 98 Van Cortlandt Park South, 10463 718-548-4990 /	AmPark NORC provides information and assistance accessing public benefits, entitlement programs, case management, healthcare management and other supportive services for residents age 60+ of AmPark, a Natural Occurring Retirement Community (NORC)

Information & Assistance

When you need some assistance and do not know where to turn, the following resources may help get you started. Services range from referrals, help with public benefits eligibility and enrollment, securing meals-on-wheels, and/or full case management. Remember – you can also call 311, New York City's main source of government information and non-emergency services.

Riverdale Senior Services	RSS Social Worker can provide information and
2600 Netherland Ave., 10463	referrals to help you secure the services that you need
718-884-5900 / www.riverdalesenior.org	

The Riverdale YM-YWHA Senior Center 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org	Y Social Worker can provide information and referrals to help you secure the services that you need
The Hudson Community Project 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org	The HCP's <i>Safe at Home</i> offers case management, transportation, housing advocacy, homecare, food pantry and health maintenance services for homebound elderly residents of Riverdale, Washington Heights and Inwood.
AmPark NORC Amalgamated-Park Reservoir Houses 98 Van Cortlandt Park South, 10463 718-548-4990 /	AmPark NORC provides information and assistance accessing public benefits, entitlement programs, case management, healthcare management and other supportive services for residents age 60+ of AmPark, a Natural Occurring Retirement Community (NORC)
Bronx Jewish Community Council 2930 Wallace Ave, 10467 718-652-5500 / www.bjcconline.org	BJCC provides information and assistance accessing public benefits, entitlement programs, and other supportive services to seniors throughout the Bronx
Regional Aid for Interim Needs (R.A.I.N.) 811 Morris Park Ave, 10462 718-892-5520 / www.raininc.org	RAIN Provides case management, public benefits enrollment assistance, home delivered meals and other services for seniors throughout the Bronx and upper Manhattan

You can find additional sources for help on pages 18-19

Specialized Services

Holocaust & Nazi Victims

Self Help Community Services, Inc 620 Ft. Washington Ave, 10040 212-971-7600 / www.selfhelp.net	Self Help provides case management and assistance with American and European entitlements for victims of Nazi persecution
Café Europa 5625 Arlington Ave., 10471 718-548-8200 / www.riverdaley.org	Café Europa meets monthly at the Riverdale YM-YWHA offering information, seminars, social programs, access to a social worker, and resources for Holocaust survivors

Caregiver Support Groups & Memory Care Resources

Riverdale Senior Services 2600 Netherland Ave.,10463 718-884-5900 / www.riverdalesenior.org	RSS offers a caregiver support group for adults caring for parents and for spouse caregivers. Contact RSS for meeting times and additional information
Methodist Home for Nursing & Rehabilitation 4499 Manhattan College Parkway,10471 718-548-5100 / www.methodisthome.org	Methodist Home offers a support group for caregivers of community residents as well as nursing home residents. Contact Methodist Home for meeting times and additional information
Alzheimer's Disease and Related Disorders New York City, Inc.* 360 Lexington Ave, NY,10017 646-744-2900 / www.alznyc.org *Formerly Alzheimer's Association, NYC Chapter	The 24-Hour Help Line provides a wealth of information and support to those who need assistance related to memory loss and all forms of dementia, including but not limited to Alzheimer's

CONTINUING EDUCATION & SERVICE

Continuing Education

Yes, you can stay challenged, engaged and accomplished after retirement! Here are some lifelong learning opportunities that are available in and near our community:

Senior Centers & Libraries

Our community's senior centers and libraries offer a wide variety of classes to engage and refresh both mind and body. Refer to these sections in the Resource Guide for additional information.

Lehman College (CUNY)

New York State residents 60 years of age or older may audit undergraduate courses on a tuition-free, space-available basis. Auditors do not receive grades or academic credit for their courses. To enroll in the *Encore Program*, you will need to complete an undergraduate non-degree application and show ID. Although there is no tuition, you will need to pay a General and Consolidated Fee each semester. For information, contact:

Lehman College - Undergraduate Admissions (Encore), Shuster Hall, Room 161, 250 Bedford Park Blvd. West, Bronx, NY 10468 718-960-8706 - www.lehman.edu/admissions/documents/encore-application.pdf

Riverdale Community Center (RCC)

RCC runs an Adult and Youth Education Center (AYEC) which offers over fifty classes in two ten-week sessions each year. Children, teens, adults and seniors come to take classes in fiction writing, art, dance, music, computers, exercise, leisure activities and languages. Tuition fees apply to AYEC classes.

Riverdale Community Center

660 West 237th Street (RKK), Bronx, NY 10463

718-796-4724 / http://riverdalecommunitycenter.org

Online Classes

If you have a computer or tablet and internet access, you can participate in many scheduled or ondemand MOOC (Massive Open Online Courses) classes at no cost. If you don't have access at home, you can schedule computer time at your local library or senior center. Here are the links to four popular online venues:

<u>www.coursera.org</u> <u>www.edX.org</u>

www.canvas.net www.khanacademy.org

Community Service

Volunteering is an important way to stay active, build relationships, and enhance the well-being of individuals and communities. There are so many ways to get started! **Call your local senior center, veterans group, nursing home, day care center, house of worship, or one of the many local non-profit and civic organizations.** Ask them about opportunities to lend a hand with an event or ongoing needs. Here are a few other ways to connect with volunteer opportunities and your community:

NYC Service - 212-788-7550 / <u>www.nycservice.org</u> - targets volunteers to address New York City's greatest needs

Foster Grandparent Program – 212-602-4214 or dial 311 - offers seniors age 60 and older a paid non-taxable stipend to serve as mentors, tutors and caregivers for children and youth with special needs. Foster Grandparents serve 20 hours per week in community-based organizations such as elementary schools, hospitals, day care programs, after-school programs and Head Start programs.

AARP – www.aarp.org/giving-back - provides articles and volunteer opportunity listings

Idealist – 646-786-6886 / <u>www.idealist.org</u> - matches people who want to do good with volunteer or work opportunities with non-profit organizations. You will need to search for positions on the website.

Bronx Community Board No. 8 (CB8) - 718-884-3959 / 5676 Riverdale Ave. / www.nyc.gov/bronxcb8

CB8 provides an important advisory role in dealing with land use and zoning matters, the City budget, municipal service delivery and many other matters relating to our community's welfare. Get to know the Board's activities by attending a Community Board or Committee meeting. Meetings, agendas and minutes are posted on the CB8 website at www.nyc.gov/bxcb8. Our monthly newsletter is also a source of local news and events. You can sign up for delivery of the newsletter by email on the website. Your local newspapers also post meetings and events.

VOTE!

Be a part of shaping your Community, NYC, NYS and the USA by voting in primaries and general elections. If you need an absentee ballot application, voter registration form, to locate your polling site, or have any other questions, call 311 or the **NYC Board of Elections** at 866-VOTE-NYC [866-868-3692], or online at www.vote.nyc.ny.us. You can also call this number if you are interested in serving as an Election Day worker or volunteer.

Employment Resources

Senior Employment Services (SES) – 212-602-6966 or call 311. The Department for the Aging's SES assists NYC residents 55 years of age and older who are seeking work opportunities. SES offer classroom training, job search techniques and part-and full-time job placements. All SES programs offer employment contact and placement assistance for low to moderate income mature adults.

ReServe -212-727-4335 / <u>www.reserveinc.org</u> - matches continuing professionals age 55+ with part-time work in the nonprofit sector that need their expertise and offers flexibility and a modest stipend.

AARP – <u>www.aarp.org/work</u> - provides informative articles and job listings that you can search by zip code

Idealist – 646-786-6886 / <u>www.idealist.org</u> - matches people who want to do good with volunteer or work opportunities with non-profit organizations. You will need to search for positions on the website.

SAFETY RESOURCES

Call 911 for emergencies only, including police, fire, and ambulance. Also, if you believe that someone you know is in danger or missing, please call 911. If the person is over 65, the City may issue a <u>Silver Alert</u> for missing seniors in imminent danger due severe cognitive impairments and/or urgent need of medical care. A <u>Missing Senior Notification</u> may be issued for seniors that may not have known cognitive impairments.

50th **Police Precinct** – 718-543-5700 - 3450 Kingsbridge Ave., Bronx, NY, 10463 Call the Precinct to report a crime that is no longer in progress. **Call 311 for most non-emergencies.**

Asset Safety, Fraud and Scams - Many consumer scams are directed at seniors - including Internet and telemarketing fraud, identity theft, lottery sweepstakes and costly reverse mortgage loans. For information on protecting your assets, call 311 or go to www.nyc.gov/html/dfta/downloads/pdf/senior_savvy/protecting_assets.pdf

Home Safety – For information on home safety, including fall prevention and fire safety, call 311 or go online at www.nyc.gov/html/dfta/html/senior/safety_at_home.shtml. Falls are a leading cause of emergency room visits by older adults and can be life-altering.

Pedestrian Safety – Older New Yorkers make up over one third of pedestrian fatalities annually in New York City. For tips on pedestrian safety, call 311 or online at www.nyc.gov/html/dfta/html/senior/pedestrian.shtml

Elder Abuse - Elder abuse is any knowing, intentional, or negligent act by a caregiver (including family) or any other person holding a trusting relationship with a vulnerable older adult, which causes harm or a serious risk of harm to that older adult including physical, emotional, sexual, or financial harm, or neglect, abandonment or confinement. If someone is in immediate danger, call 911 for help. If you suspect that abuse has occurred or is occurring but the danger is not immediate, please tell someone. You can discuss any problems or suspicion you have about elder abuse with complete confidentiality when you call 311 and ask for the Department for the Aging's Elderly Crime Victims Resource Center. Another resource is Adult Protective Services. For more information, call 311 or online at www.nyc.gov/html/dfta/html/services/crime-victims.shtml

NYC Adult Protective Services – 212-630-1853

Neighborhood Self Help by Older Persons, Inc. Neighborhood SHOPP VIP Program provides a variety of services to support victims of Elder Abuse - 718-542-0006 - 953 Southern Boulevard, Suite 203 Bronx, NY 10459

Emergency Preparedness - The *Ready New York: My Emergency Plan* contains information you need in the event of strikes, storms and utility outages. A *Go Bag* is essential to an effective evacuation plan, in the event of a fire, earthquake, hurricane, blackout, or other emergency. For information, call 311 or visit online at www.nyc.gov/html/dfta/html/senior/emergency.shtml. You can receive emergency notifications as part of the *Notify NYC* program by telephone, text message, email and some other communications means. To register, call 311 or online at www.nyc.gov/notifynyc

Memory Care Safety – Special safety precautions are necessary for anyone who has memory problems. This includes driving, the home environment, medication, and wandering risk. For information, contact the Alzheimer's Association online at www.alz.org/care/alzheimers-dementia-

<u>safety.asp</u>. This information is important <u>for anyone with memory problems and *any* type of dementia</u>. You can also call 646-744-2900, the 24 Hour Helpline of Alzheimer's Disease and Related Disorders New York City, Inc. (formerly, NYC Chapter of Alzheimer's Foundation).

Carrier Alert Program - If you live alone and worry that if you fall or have an accident, no one will know, you may elect to join Carrier Alert. When you enroll, you provide the Department for the Aging (DFTA) with your address, phone number and information about how to reach your emergency contacts. You also authorize your mail carrier to alert 311 if mail accumulates in your mailbox without explanation. Once 311 is "alerted," the 311 operator notifies DFTA. DFTA then calls your emergency contacts - and if necessary your super or even the police - to ask them to make sure you are safe and well. For information and a registration form, call 311 or online at www.nyc.gov/html/dfta/html/services/carrier-alert.shtml

Cooling Centers - When the heat index is predicted to be dangerously high, the City opens Cooling Centers in air-conditioned public facilities to offer people relief from the heat. Hours vary by location and may change from day to day, so <u>call ahead to confirm</u>. Cooling Centers are open when the heat index is 100 degrees for any one day and/or when the heat index is 95 degrees or higher for two or more days. You may want to go to your nearest Senior Center, Community Center or library, after you call to confirm their hours and cooling center status.

In Case of Emergency ("ICE") - Please see the form on page 22

An emergency can happen to anyone, at any time and in any place. Plan ahead and keep a concise list of vital information in a highly visible place in your home and on your person. Providing first responders with immediate access to this information in the event of an emergency could save your life. Also, if you carry a cell phone, be sure to add a contact(s) named "ICE" with phone number(s). Emergency personnel know to check your phone for important contacts In Case of Emergency.

HOUSING

Your Current Home

A little help can make a big difference when it comes to managing the cost of housing on a fixed income. Increased income limits for certain programs means that more people are now eligible. You can get additional information for the programs marked "311" by calling 311. A local resource listed in the Community Services/Information & Assistance on pages 3-4 may be able to provide assistance. You can also go online to www.nyc.gov and search for "Access NYC" to screen for eligibility in these and other government benefits programs. [Link: https://a069-access.nyc.gov/ACCESSNYC/application.do]. Please keep in mind that listings in this Guide are intended for general information only. Each program may have additional eligibility criteria and all programs are subject to change from time to time.

Senior Citizens Rent Increase Exemption (SCRIE) (311)

The Senior Citizen Rent Increase Exemption (SCRIE) program offers eligible tenants an exemption from rent increases which may result in a reversion to rent paid under a previous lease or rent order. The owner of the building receives a corresponding credit against their real estate taxes from the City of New York. To be eligible for SCRIE, you must be 62 or older, have an income of \$50,000 or less and lease a rent controlled or rent stabilized apartment that costs at least one third of net monthly income. To keep your rent frozen, remember to renew this benefit before your lease expires.

Senior Citizen Homeowners Exemption (SCHE) (311)

Qualified property owners can receive a property tax exemption on a sliding scale under SCHE. Applicants must be age 65 or older, have income of \$37,399 or less held title to the property for at least 12 consecutive months and the property must be applicant's legal residence, used exclusively for residential purposes.

New York State School Tax Relief (STAR) and Enhanced STAR (311)

This program provides a partial exemption from school property taxes on owner occupied homes. Enhanced STAR provides a higher exemption for eligible seniors with household income of \$81,900 or less.

Veteran's Exemption (311)

This program provides a property-tax exemption to qualifying veterans, the spouse or un-remarried widow/widower of a veteran, or a Gold Star parent (the parent of a child who died in line of duty). Veterans are former members of the United States armed forces or the Merchant Marines (during World War II) called to active duty during a period of conflict or who are recipients of expeditionary medals.

Home Energy Assistance Program (HEAP) (311)

A one-time grant per year to help low-income homeowners and renters pay fuel and utility cost. For more information about HEAP call 800-692-0557

New York Foundation for Senior Citizens, Inc. - Home Sharing Program

The Foundation's free Home Sharing Program helps link adult "hosts" with extra bedrooms in their homes or apartments with appropriate adult "guests" to share their space. One of the match mates must be age 60 or over. The program also serves adult "hosts" age 55 and over, who are interested in sharing with developmentally disabled adult "guests" capable of independent living. Contact 212-962-7559 Ext. 244

Senior Citizen Homeowner Assistance Program (SCHAP)

SCHAP provides affordable loans, hands-on technical assistance, and social service referrals to home owning senior citizens in need of help making necessary renovations.

Contact: New York City Department of Housing Preservation & Development – 212-863-8000

Bronxworks, Inc. - Senior Housing Assistance Program

Bronx Works, Inc's housing specialist is dedicated to helping seniors at risk of homelessness. Assistance may include mediating disputes with landlords, help completing applications for housing subsidy programs, help resolving utilities arrears, reviewing leases and legal documents and help navigating housing court. Contact: 718-933-5300 / Morris Innovative Senior Center, 80 East 181st Street

Senior Housing

AFFORDABLE SENIOR HOUSING

In general, you may be eligible for an apartment in an affordable senior housing building if your income is at or below a specified percentage of the median area income and if the head of household is age 62 or older. Supportive services and income limits for each residence vary and may change over time. In the federal Section 202 Supportive Housing for the Elderly program, residents pay 30% of their income for rent, with federal subsidies covering the balance of the unit's fair market price. The

following lists Section 202 and other forms of subsidized senior apartment buildings. Discuss the application process with a social worker or social service agency that works with affordable housing. The contact numbers below may take you to the property manager, building desk or managing agency. Wait times for available apartments at existing buildings are considerably long and some may no longer be accepting applications.

Frances Schervier Housing 718-548-5232 / 2995 Independence Ave, 10463	Riverdale House 718-432-1234 / 6477 Broadway, 10471
Hudson House 718-581-1299 / 3247 Johnson Ave, 10463	The Harry and Jeanette Weinberg/Webb Avenue Senior Residence 718-410-1280 / 2552 Webb Ave, 10468
Van Cortlandt Green Opening Spring 2016 718-294-5840 ext 401 / 6469 Broadway, 10471	

AFFORDABLE HOUSING RENTAL LOTTERIES

Through NYC Housing Preservation and Development's *Housing Connect*, you can view housing lotteries for affordable rentals that are currently accepting applications and submit applications to lotteries for which you may qualify. These apartments may be affordable for low, moderate, and middle-income individuals of different ages and family sizes. Qualifications and monthly rent for each apartment vary. Visit www.nyc.gov/hpd or call 212-863-5610 (English), or 212-863-5620 (Spanish).

OTHER SENIOR HOUSING

The following listings include senior housing communities located within and bordering our community at the time of publication. Contact the providers for information on their services and rates.

Atria Riverdale 3718-3726 Henry Hudson Pkwy, 10463 718-475-6523 / www.atriaseniorliving.com	Five Star Premier Residences of Yonkers 537 Riverdale Ave, Yonkers, 10705 914-423-2200 / www.fivestarseniorliving.com
Hebrew Home at Riverdale – Riverwalk	The New Jewish Home – Kittay House
5901 Palisade Avenue, 10471	2550 Webb Avenue, 10468
718-581-1000 / <u>www.riverspringhealth.org</u>	718-410-1441 / www.jewishhome.org

FOOD & NUTRITION

FOOD STORES

We are fortunate to have large grocery stores, smaller food markets and fresh vegetable stands throughout our community. Remember to inquire about senior discounts and, if needed, home delivery service. Senior Centers and some apartment buildings sponsor transportation to and from supermarkets. If you access computers or know someone who can help, there are businesses that offer online grocery ordering and delivery.

CONGREGATE LUNCH

Senior Centers provide a nutritious lunch to everyone age 60+. Meals are partially funded by the NYC Department for the Aging and by suggested contributions. Why eat alone when you can enjoy a delicious meal with your neighbors?

Riverdale Senior Services 2600 Netherland Ave., 10463 718-884-5900 / www.riverdalesenior.org	The Riverdale YM-YWHA Senior Center 5625 Arlington Ave., 10471 (kosher) 718-548-8200 / www.riverdaley.org		
Marble Hill Senior Center 5365 Broadway, 10463 718-562-8551 / www.mmcc.org	JASA Van Cortlandt Senior Center 3880 Sedgwick Ave., 10463 (kosher) 718-549-4700 / www.jasa.org		
Fort Independence Senior Center 3350 Bailey Ave, Suite, 10463 718-796-2950 / www.mmcc.org	Mosholu Montefiore Community Center 3450 DeKalb Ave., 10467 718-882-4000 / www.mmcc.org		

HOME DELIVERED MEALS (Meals on Wheels)

Meals on Wheels provides home delivered meals to people age 60+ and who are (1) physically and/or mentally frail, and (2) cannot cook nutritious meals for themselves, and (3) have no one to assist. If you believe that you or a loved one may be qualified, speak to a resource shown in the Community Services/Information & Assistance section for help, or contact RAIN case management directly:

RAIN Multi-Services for Seniors, 3377A White Plains Road, Bronx 10467, 347-346-9676

FOOD RESOURCES

Supplemental Nutrition Assistance Program (SNAP)

SNAP provides eligible individuals with a monthly allowance to purchase food items at participating stores. You will need to complete a budget form that considers income, living arrangements, and out of pocket medical expenses. Applicants who are 60 or older or disabled and meet the SNAP income guideline might be exempt from the assets limit. To find out more, call 311 or a local resource shown in the Community Services/Information & Assistance section. You can also go to www.nyc.gov and search for "Access NYC" to screen for eligibility in this and other government benefits programs. [Direct link: https://a069-access.nyc.gov/ACCESSNYC/application.do]

Kingsbridge Riverdale Marble Hill Food and Hunger Project

Church of the Mediator - 260 West 231st St., 10463, Tuesdays 9:00AM – 11:00AM The KRMH pantry provides food packages to families who are hungry and reside in our immediate community. Individuals in need may come to the pantry once a month. Come early and bring identification. KRMH also provides food packages for people who are homebound. *Note: This grass roots organization relies on food and monetary donations to help feed our neighbors in need.*

GREEN MARKETS

Fresh produce from nearby farms is available to purchase

Riverdale Youth Market, 256th Street & Mosholu Avenue, Open Thursdays 2:00PM – 7:00PM, Summer & Fall. Teens from **Riverdale Neighborhood House** operate the stand, one of GrowNYC's longest running Youth markets. Cash, EBT/Food Stamps, Debit/Credit, and WIC & FMNP Coupons accepted

Van Cortlandt Park Youth Farm Stand, Train Park at Gale Place & Orloff Avenue, Open Wednesdays 2:30PM – 7:00PM, Summer & Fall. Youth from **Friends of Van Cortlandt Park** operate the stand. Cash, EBT/Credit/Debit, Health bucks, Fresh Connect Bucks, WIC and FMNP checks accepted

Riverdale Y Sunday Market, West 237th Street and Independence Avenue, Open Sundays 9:00AM – 2:00PM, Spring, Summer & Fall. Variety of foods, products and family entertainment

TRANSPORTATION

Whether your reason to travel is for recreation, work, or medical care, you have options to getting where you want to go. If you are going to certain Senior Centers, the Center's van service may be an option. Our community also has a few private car services that you can call. Haven't taken a bus or train lately? You may find that public transportation has gotten cleaner and easier to use than it was on your last trip. Here is some information regarding public transportation run by the Metropolitan Transportation Authority (MTA):

Bus, Subway & Metro North Information - call 511, or online at www.mta.info. Using voice commands, 511 can provide information on service status (including accessibility), trip planning/schedules, fares, and MetroCards, including reduced fare cards.

Accessibility -

- All local and express buses "kneel" to lower the first step for easier entrance.
- All local and some express buses have a ramp or lift for wheelchair/scooter access.
- The No.1 subway station at 231st Street and Broadway has an elevator to take you up to the platform. If you are unable to climb stairs, be sure to check the elevator status for this station and for your destination station by calling 511.
- The Riverdale Metro-North commuter rail station is wheelchair accessible both Northbound and Southbound. If you are unable to climb stairs, be sure to check the elevator status for this station and for your destination station by calling 511. The Spuyten Duyvil station allows for northbound (only) wheelchair access. The Marble Hill station is not wheelchair accessible.

Fares – Pay fares on buses using coins (no pennies) or by using a MetroCard. For subways, you can purchase a MetroCard from a station booth or vending machine. Metro-North tickets can be purchased using a vending machine at the local station. Other options are available.

Reduced Fares – Riders who are 65 years of age and older or have a qualifying disability are eligible for a reduced fare (approximately half price) on public transportation. Reduced fare is available at all times on local buses and subways and non-rush hours on express buses and Metro North. Call 511 or view schedules for specific times. Reduced fare applies on the Hudson Rail Link buses that connect with the Riverdale and Spuyten Duyvil Metro-North stations.

To facilitate paying your fare, you may want to get a **Reduced-Fare MetroCard** - a personalized MetroCard with your name and photograph. You must apply for, and be approved to receive it. There is now an "Easy Pay" option which lets you link your credit or debit card to your Reduced-Fare MetroCard so it refills automatically as you use it. You can get an application and instructions by calling 511, or online at www.mta.info/nyct/fare/pdf/seniors. To apply by mail, you will need to send the completed application, a 2"x2 ½" photo, and a photocopy of acceptable proof of age: Driver's License, Medicare Card, or proof of a qualifying disability.

You can also apply for or refill your Reduced Fare MetroCard in person at a **MetroCard Bus or Van**. Bring your application and two valid ID's (including one photo ID) to the MetroCard Bus or Van where you photo will be taken for free. Here is the current schedule (subject to change):

- Van Cortlandt Village, 3887 Sedgwick 9:30AM to 11:00AM on the 2nd and 4th Friday of the month
- Kingsbridge, 231st St & Broadway 2:00PM to 3:00PM on the 1st and 3rd Wednesday of the month
- Riverdale, 256^{th} 259th St & Riverdale Ave (Skyview Shopping Ctr) 12:00PM to 1:00 PM on the 1^{st} and 3^{rd} Wednesday of the month
- Riverdale, 235th St & Johnson Ave 9:00AM to 11:30AM on the 1st and 3rd Wednesday of the month

TRANSPORTATION FOR PEOPLE WITH DISABILITIES

Access-A-Ride / Paratransit - 877-337-2017, or online at http://web.mta.info/nyct/paratran/guide.htm

MTA New York City Transit administers the paratransit service for New York City, called Access-A-Ride (AAR). The service is shared-ride, door-to-door or feeder service to NYC buses and trains. Individuals with disabilities who are unable to use accessible mass transit for some or all of their trips may be eligible under the Americans with Disabilities Act (ADA). For more information on eligibility and to start the application process, call 877-337-2017.

Parking Permits for People with Disabilities - 718-433-3100, or online at www.nyc.gov/html/dot/html/motorist/pppdinfo.shtml

New York City issues two types of permits for people with disabilities - a New York State permit and a New York City permit. There are different eligibility requirements and different uses for these permits. In general, permits may be issued if you require the use of a private vehicle for transportation and you have a severe disability that impairs mobility as certified by your physician, and for the NYC permit, by a physician designated by the Department of Health and Mental Hygiene. For more information, contact the Department of Transportation (DOT) at 718-433-3100.

LEGAL RESOURCES

The following lists resources available to individuals seeking legal services:

Legal Services NYC - Bronx	The Legal Aid Society - Bronx
718-928-3700 - www.legalservicesnyc.org Provides legal assistance for people in financial need. Offers several practice areas including housing, benefits and family law	718-991-4600 – www.legal-aid.org Provides legal assistance for people in financial need. Offers several practice areas including housing, benefits and family law
NYC Bar Association Legal Referral Service 212-626-7373 - www.nycbar.org/get-legal-help Referral service to private attorneys in 5 NYC boroughs	Bronx County Bar Association Referral Service 718-293-5600 - www.bronxbar.com Referral service to private attorneys in the Bronx

Have you prepared or updated your Will, Power of Attorney, Health Care Proxy and other important documents?

HEALTH RESOURCES

We are fortunate to have individual and group medical practices throughout our community. We also have dentists, eye care, hearing, therapists, emergency walk-in care, testing facilities, physical therapy, and pharmacies. Here are some other resources that you may want to keep handy:

Ambulance - Call 911 for emergencies

You should **call 911** if you or someone else is having a medical emergency. According to the American College of Emergency Physicians, the following are warning signs of a medical emergency:

- Accidental injury from a car crash, fire (burns or smoke inhalation), or near drowning
- Bleeding that will not stop
- Breathing problems, such as difficulty breathing or shortness or breath
- Change in mental status, such as unusual behavior, confusion, difficulty arousing
- Chest pain
- Choking
- Coughing up or vomiting blood
- Fainting or loss or consciousness
- Feeling of committing suicide or murder
- Head or spine injury
- Severe or persistent vomiting
- Sudden, severe pain anywhere in the body
- Sudden dizziness, weakness, or change in vision
- Swallowing a poisonous substance
- Upper abdominal pain

Hatzalah of Riverdale – 718-230-1000 – Volunteer <u>emergency</u> medical responders <u>www.riverdalehatzalah.org</u>

In Case of Emergency ("ICE") - Please see the form on page 22

An emergency can happen to anyone, at any time and in any place. Plan ahead and keep a concise list of vital information in a highly visible place in your home and on your person. Providing first responders with immediate access to this information in the event of an emergency could save your life. Also, if you carry a cell phone, be sure to add a contact(s) named "ICE" with phone number(s). Emergency personnel know to check your phone for important contacts In Case of Emergency.

Mental Health

Depression and anxiety are not normal parts of aging. If you experience symptoms of these or other mental health concerns, find treatment to help you continue to enjoy life. Your physician may refer you to a specialist, or contact these resources:

Riverdale Mental Health Association – 718-796-5300 - 5676 Riverdale Avenue, Suite 202, 10471 - http://rmha.org

The J.W. Beatman Counseling Center / The Jewish Board of Family & Children's Services 718-601-2280 or 844-ONE-CALL – 521 W. 239th St, 10463 - www.jbfcs.org

JASA- Geriatric Mental Health Outreach - 718-365-4044 - One Fordham Plaza, Suite 908, 10458

VSNY Geriatric Mental Health Outreach - 718-536 - 3225 (Bronx Residents)

LifeNet – 800-LIFENET – <u>www.800lifenet.org</u> - a program of the Mental Health Association of New York provides referrals and a multilingual **crisis hotline** available at all times, 24/7

Hospitals

If you are admitted to a hospital, ask to speak to a social worker. The hospital's social worker may be able to assist you with discharge planning, including community based care, rehabilitation options, and long-term care.

The Allen Hospital – New York Presbyterian

General: 212-932-4000, Geriatric Dept: (212) 932-6036

5141 Broadway, NY 10034 - www.nyp.org/facilities/allen-hospital

Montefiore Hospital

General: 718-920-4321

111 East 210th Street, Bronx 10467 - www.montefiore.org

James J. Peters VA Medical Center

General: 718-584-9000

130 West Kingsbridge Road, Bronx, 10468 - www.bronx.va.gov

Benefits Programs

Here are just a few of the health benefits programs offered by governmental agencies. Keep in mind that listings in this Guide are not all-inclusive and are intended for general information only. *Each program may have additional eligibility criteria and all programs are subject to change from time to time.*

Health Insurance Information Counseling and Assistance Program (HIICAP) – 800-701-0501 HIICAP provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, their representatives, or persons soon to be eligible for Medicare. HIICAP also provides information on Elderly Pharmaceutical Insurance Coverage (EPIC) Program, Medicare Savings Programs, "Extra Help" prescription assistance and pharmacy discount programs. For help, call the 800 number and enter your zip code.

Elderly Pharmaceutical Insurance Coverage Program (EPIC) - 800-332-3742 - www.health.ny.gov/health care/epic

EPIC is a New York State program that helps seniors pay for their prescription drugs. EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D. EPIC has two plans based on income. The Fee Plan is for members with income up to \$20,000 if single or \$26,000 if married and helps pay the Medicare Part D drug plan premiums. The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 if single or \$26,001 to \$100,000 if married and provides premium assistance by lowering their EPIC deductible.

New York Prescription Saver Card – 800-788-6917

This is a free pharmacy discount card for New York State residents.

Medicare - 800-MEDICARE, or 800-633-4227 - www.medicare.gov

Medicare provides healthcare assistance for people age 65 and over and for people with disabilities. Prior to your 65th birthday, it is advisable to investigate your options and prepare for enrollment.

Medicaid – 800-541-2831, or call 311

Pays medical bills for low-income persons including services not covered by Medicare, such as dental care, home care, institutional care, prescription drugs, eye glasses, and hearing aids.

NY Connects: Choices for Long Term Care / Neighborhood SHOPP - 718-542-0006 – www.nshopp.org - Information and assistance service provided to older adults and people with disabilities with long term care needs or questions

Long-Term Care & Short-Term Care

The following listings include all long-term and short-term health facilities and services that are located within and bordering our community district at the time of printing. Please be sure to research quality of care for all facilities and services. Proximity to your home does not ensure satisfaction with health care and living environment. For nursing homes and certified home care agencies, you can get basic data from the Centers for Medicare & Medicaid Services online at http://nursinghomes.nyhealth.gov as a starting point to help you ask questions of the administrators, health professionals, families and friends. It is very important for you or a trusted relative or friend to visit facilities in which you are interested, including the building and floor where you may live on a short and/or long term basis. You could also explore the viability of recuperating and/or living safely and socially, perhaps with some support, in your current home.

[This space is intentionally left blank]

Assisted Living (AL), Skilled Nursing (SN), Memo Respite Care (RC), Home Care (HC)		MC),			
, , . ,	AL	SN	MC	RC	НС
Atria Riverdale – 718-475-6523 3718-3726 Henry Hudson Parkway - <u>www.atriaseniorliving.com</u>	x		х	х	
Citadel at Kingsbridge – 718-796-8100 3400 Cannon Place – <u>www.citadelcarecenters.com</u>		х			
Fieldston Lodge Care Center – 718-549-1203 666 Kappock Street – <u>www.fieldstonlodgecarecenter.com</u>		х			
Five Star Premier Residences of Yonkers - (914) 423-2200 537 Riverdale Ave, Yonkers – www.fivestarseniorliving.com	х		х	х	
Hudson Pointe at Riverdale – 718-514-2000 3220 Henry Hudson Parkway – <u>www.hudsonpointerehab.com</u>		х	х	х	
Manhattanville Nursing Care Center, Inc . – 718-601-8400 311 W. 231 st Street – www.manhattanvillehealthcare.com		х			
Methodist Home for Nursing and Rehabilitation – 718-548-5100 4499 Manhattan College Parkway – www.methodisthome.org		х		х	
The New Jewish Home, Bronx Campus – 718-410-1500 ** 100 W. Kingsbridge Road – www.jewishhome.org	х	х	х		х
Park Gardens Rehabilitation and Nursing Center – 718-549-2200 6585 Broadway – <u>www.parkviewnh.com</u>		х			х
Riverdale Nursing Home – 718-796-4800 641 W. 230 th Street – <u>www.riverdalenursinghome.com</u>		х			
Schervier Nursing Care Center – 718-548-1700 2975 Independence Avenue – <u>www.scherviercares.org</u>		х	х	х	х
RiverSpring Health / Hebrew Home at Riverdale – 718-581-1000 ** 5901 Palisade Avenue – www.riverspringhealth.org	х	х	х	х	х
St. Patrick's Home – 718-519-2800 66 Van Cortlandt Park South – <u>www.stpatrickshome.org</u>		х	х		
Terrace Healthcare Center – 718-796-5800 2678 Kingsbridge Terrace – <u>www.terrace-healthcare.com</u>		х			
Floral Home Care, LLC - 718-473-1200 6677A Broadway – <u>www.floralhomecare.com</u>					х
PCI Home Care Group, Inc . – 718-884-7800 336 West 263rd Street – <u>www.pcihomecaregroup.com</u>					х
Preferred Home Care of New York – 718-305-7333 5223 Broadway 2nd Fl. Suite 1 - <u>www.preferredhcny.com</u>					х
Right at Home - 855-472-4227 3265 Johnson Avenue - <u>www.rightathome.net/bronx</u>					х
Wagner Home Care Agency - 212-838-5930 3631 Greystone Ave - www.wagnernurse.com					х

^{*} Listings include both Certified Home Health Agencies (CHHA's) and non-medical home care agencies ** New Jewish Home and RiverSpring provide special facilities and services for people who are blind

GOVERNMENT – CONTACT INFORMATION

Get to know your elected officials and your Community Board. Write or call to voice your opinion on a special topic of interest. And if you need help, contact them. For city service issues or complaints, first call 311 and get a complaint number. If you would like Community Board No. 8 to follow up on a complaint that has not been addressed, please use a copy of the form included on page 20

Bronx Community Board No. 8 Chairman Daniel Padernacht District Manager Patricia Manning 5676 Riverdale Avenue, Suite 100 Bronx, NY 10471 718-884-3959 / email bx08@cb.nyc.gov/bxcb8	Bronx Borough President Ruben Diaz, Jr. 851 Grand Concourse, Suite 301 Bronx, NY 10451 718-590-3554 Constituent Services 718-590-6248 Senior Services Unit http://bronxboropres.nyc.gov/
Councilman Andrew Cohen – District 11	Councilman Fernando Cabrera – District 14
277 West 231st Street	107 East Burnside Avenue
Bronx, NY 10463	Bronx, NY 10457
718-549-7300	347-590-2874
Assemblyman Jeffrey Dinowitz – District 81	Councilman Ydanis Rodriguez – District 10
3107 Kingsbridge Avenue	618 W. 177th Street, Ground Floor
Bronx, NY 10463	New York, NY 10033
718-796-5345	917-521-2616
Assemblyman José Rivera – District 78 1 Fordham Plaza, Suite 1008 Bronx, NY 10458 718-933-2204	Assemblyman Guillermo Linares – District 72 210 Sherman Avenue, Suite A New York, NY 10034 212-544-2278
State Senator Jeffrey Klein – District 34	Assemblyman Mark Gjonaj – District 80
1250 Waters Place, Suite 1202	1126 Pelham Parkway South
Bronx, NY 10461	Bronx, NY 10461
718- 822-2049	718 409-0109
State Senator Gustavo Rivera – District 33	State Senator Adriano Espaillat – District 31
2432 Grand Concourse, Suite 506	5030 Broadway, Room 701
Bronx, NY 10458	New York, NY 10034
718-933-2034	212-544-0173
Congressman Elliot L. Engel – District 16	Congressman Charles B. Rangel - District 15
3655 Johnson Avenue	163 West 125th Street, Suite #737
Bronx, NY 10463	New York, NY 10027
718-796-9700	212-663-3900
U.S. Senator Charles E. Schumer	U.S. Senator Kirsten Gillibrand
780 3 rd Avenue, Suite 2301	780 3 rd Avenue, Suite 2601
New York, NY 10017	New York, NY 10017
212-486-4430	212-688-6262
Mayor Bill de Blasio City Hall New York, NY 10007 212-788-9600	Governor Andrew Cuomo NYS State Capitol Building Albany, NY 12224 518-474-8390

GOVERNMENT AGENCIES

New York City Department for the Aging (DFTA) 212-602-4100 - www.nyc.gov/html/dfta	New York State Office for the Aging (NYSOFA) 800-342-9871 - www.aging.ny.gov
Social Security Administration 800-772-1213 — www.ssa.gov/retire Retirement insurance income and other benefits	Supplemental Security Income (SSI) 800-772-1213 — www.ssa.gov/disabilityssi Supplements Social Security payments for the disabled and/or seniors with low income and assets
US Department of Veterans Affairs New York Regional Office 212-807-7229 – www.va.gov Pensions for low income and disabled veterans, healthcare, education, loans and other benefits	Community Action Center 212-669-3916 – http://comptroller.nyc.gov NYC Comptroller's office constituent services arm and liaison to city, state and local agencies
New York City Human Resources Administration (HRA) 718-557-1399 — www.nyc.gov/hra Administration of 12 assistance programs for New Yorkers in need, including food, healthcare, emergency housing and protective services	



http://www1.nyc.gov/311

COMPLAINT FORM
Bronx Community Board No. 8
Date:
Name:
Name of Establishment (if applicable):
Address, City, State, Zip code:
Telephone Number:
E-mail:
REQUIRED: PLEASE CONTACT 311 What was the service complaint number? $311\#$
Address of problem/issue:
Please describe nature of problem/issue:
If complaint concerns noise problem (i.e. noise caused by after-hours construction or bar operation), please answer the following questions: How often and when does the problem generally occur?
List days and what times of the day:
Other agencies you have contacted about the problem (e.g. DOB, Police Precinct, Elected Officials). Please list Agency and Date and/or Complaint Number:

BRONX COMMUNITY BOARD NO. 8

5676 Riverdale Avenue, Suite 100 € Bronx, New York 10471-2194 Telephone: 718-884-3959 € Fax: 718-796-2763 E-Mail: bx08@cb.nyc.gov

Notes

IN CASE OF EMERGENCY

Basic information to carry with you and post in a visible location in your home Info Updated: _____

Name:		Date of Birth:	
Address:		Home Phone #:	
Emergency Contacts:			
Name:	Cell #:	Other Phone #:	
Name:	Cell #:	Other Phone #:	
Physician Contacts:			
Name:	Type:	Phone #:	
Name:	Type:	Phone #:	
Medical Conditions (list):			
Surgeries (list/date):			
Modications (list name, dose	, frequency):		
Allergies (medications, other)	IN CASE OF	EMERGENCY le location in your home Info Updated:	
Allergies (medications, other) % Basic information to carr Name:	IN CASE OF	EMERGENCY le location in your home Info Updated: Date of Birth:	
Allergies (medications, other) % Basic information to carr Name: Address:	IN CASE OF	EMERGENCY le location in your home Info Updated:	
Allergies (medications, other) * Basic information to carr Name: Address: Emergency Contacts:	IN CASE OF Ty with you and post in a visit	EMERGENCY le location in your home Info Updated: Date of Birth: Home Phone #:	
Allergies (medications, other) * Basic information to carr Name: Address: Emergency Contacts: Name:	IN CASE OF Try with you and post in a visit	EMERGENCY Je location in your home Info Updated: Date of Birth: Home Phone #: Other Phone #:	
Allergies (medications, other) Allergies (medications, other) Basic information to carr Name: Address: Emergency Contacts: Name: Name:	IN CASE OF Try with you and post in a visit	EMERGENCY le location in your home Info Updated: Date of Birth: Home Phone #:	
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Allergies (medications, other) Basic information to carr Name: Address: Emergency Contacts: Name: Physician Contacts: Name: Name: Medical Conditions (list):	IN CASE OF Ty with you and post in a visit Cell #: Cell #: Type: Type:	EMERGENCY le location in your home Info Updated: Date of Birth: Home Phone #: Other Phone #: Phone #:	

Notes

YOUR OPINION COUNTS!

Please use this form to tell Community Board #8 what you think about this Senior Resource Guide. Your feedback will let us know if it is or is not useful to you and how we can improve the Guide. Using this form or format, please share your opinion using one of these four methods:

1. Mail to: Comi 2. Fax: 718-796	munity Board #8, 5 -2763 3. Ema	676 Riverdale Ail: bx08@cb.ny		Bronx, NY 10471 none: 718-884-395	9	
1. I live in the neighbo Fieldston Kingsbridge _ Kingsbridge Ho		Riverdale (S	 outh/Central) orth)	Spuyten Duy Van Cortland Other:	vil lt Village	_
2. I am a service provi	der in CB8: No	Yes (type	of work/service)):		_
3. I am caring for an c	older resident of C	CB8: No Yes	s (relationship):		_
4. <u>My</u> age group:	Age 80 & older Age 70 – 79		Age 60 – 69 Age 50 – 59	Age	40 – 49 <u> </u>	_
5. I read and will use t	the Guide in: Pap	er format	Online: E	Both Paper & On	ine:	
6. I received/learned a	bout the Guide fi	rom:				
Somewha	x Community Boaul and should be tuseful and should be d	updated and old lid be updated	continued, or			
8. Please tell us why y most helpful? Least he		de to be very	useful, somewha	at useful, or not	useful. Which sec	ctions are
9. Please share your s	uggestions and/o	r corrections (if needed, contin	nue on blank pag	e):	
10. <u>OPTIONAL</u> : <i>Please</i>	e provide contact in	formation only	if we may contact	you for further cla	rification:	
Name:		Phone: (_)	Email:		_

Thank you. Your opinion counts!