

SENIORS' GUIDE FOR COMMUNITY BOARD I

PREPARED BY
MANHATTAN COMMUNITY BOARD I
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The City of
New York



The City of New York

Manhattan Community Board I

Catherine McVay Hughes CHAIRPERSON | Noah Pfefferblit DISTRICT MANAGER

With increases in lifespan and quality of living, many have chosen to remain or come to New York City for their senior years. The New York City Department for the Aging estimates that seniors will outnumber school-aged children in New York City by 2030.

Is our own community welcoming such a shift? What does our community already provide for seniors? What follows is our guide for seniors living in Manhattan Community Board I, which covers Lower Manhattan south of Canal Street.

Tom Goodkind, Chair of the Community Board I Housing Committee, initiated this guide in 2009 along with his Co-Chair Ruth Ohman of Battery Park City seniors. They were assisted by Yume Kitasei, who was the Community Liaison at Community Board I, and a team of other Community Board I members and district residents who volunteered their time to the development of this guide while Julie Menin was Community Board I Chair. In early 2012, the Housing Committee revised the entire guide, updating information and adding new resources. Editing of this revised guide was done primarily by Diana Switaj and Ruth Ohman based on input from members of the Housing Committee.

We are grateful for the advice and knowledge given by Anita Altman, UJA-Federation; Mashie Blech, Visiting Nurses; Edith Chevat, Battery Park City Seniors; Carolyn Grable, The Caring Community; Tom Lin, NYC Office of Public Advocate; Joseph Morrone, Southbridge Senior Center; and Molly Perrone, Southbridge Senior Center.

Thanks also to the following contributing members of Community Board I: Susan Cole, Jeff Ehrlich, Suellen Epstein, Jean Grillo, Diane Lapson, Amy Sewell, Ro Sheffe and Tiffany Winbush. Finally, thanks to Community Board I staff: Noah Pfefferblit, District Manager; Michael Levine, Director of Land Use and Planning; Lucy Acevedo, Community Coordinator; and Andrew Brokman, former Community Liaison.

This guide provides useful information for those who choose to live in our area during their senior years. It is our hope that The Seniors' Guide for Lower Manhattan will not only assist individuals, but also help maintain our community as one that welcomes and cares for its seniors.

Very sincerely,

A handwritten signature in blue ink that reads "Catherine McVay Hughes".

Catherine McVay Hughes

Chairperson

August 29, 2012

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This guide was assembled through the hard work of a small group of volunteers. The information contained may be subject to change after release of this guide. If you notice any inaccuracies, please submit comments to the Community Board I office by emailing man01@cb.nyc.gov or by calling 212-442-5050.

Photo on cover by Terese Loeb Kreuzer

Part I. Housing & Centers for Seniors

❖ SENIOR LIVING FACILITIES IN COMMUNITY BOARD I

1. The Hallmark of Battery Park City

#1 on map B

455 North End Avenue

New York, NY 10282

212-791-2500

Contact: Nancy Hayes – Marketing Director

www.brookdaleliving.com/hallmark-battery-park-city.aspx

The Hallmark is a 14-story, 217-unit facility for seniors. It is predominantly dedicated to independent living, but does have an assisted living section on its 2nd floor. There is an assessment process for those seeking to move to the Hallmark that examines an applicant's cognitive and physical ability. The process is used to evaluate any extra needs and an applicant's overall compatibility with the programs available.

Monthly rent ranges from \$5,550 - \$5,720 for a studio, \$5,900 - \$7,230 for a one bedroom, and \$7,740 - \$8,900 for a two bedroom. Residents must sign an annual contract with the Hallmark. The rent includes 5 breakfasts a week, 5 dinners a month, and utilities. Cable and phone are not included and must be paid for separately by the tenant. Depending on the outcome of the assessment, extra medical and personal care services may also be provided. Avondale Group can provide such care at a monthly cost (including \$18 an hour, limited to 6 hours per day assistance), though services may also be arranged with other groups. Services provided by Avondale Group include:

- Assistance with personal hygiene such as dressing and grooming;
- Full bath supervision and assistance;
- Assistance with ambulation;
- Reminders to take self-administered medication;
- Apartment cleaning;
- Changing of bed linens;

Part I. Housing & Centers for Seniors

- Laundering;
- Escorting within the community, meals, and activities;
- A night clerk or overnight care for incontinence; and
- Indirect care including observation and supervision, orientation and redirection, activities, socialization, companionship.

2. St. Margaret's House

#2 on map B

49 Fulton Street

Peck Slip, NY 10038

212-766-8122

Contact: Clair Guerette - Manager

www.trinitywallstreet.org/about/#st-margarets

St. Margaret's House near the South Street Seaport is a 20-story, 251-unit facility designed for independent living for seniors age 62 and older and mobility-impaired adults age 18 and older. Eligibility is limited to certain Department of Housing and Urban Development (HUD) income guidelines. For example, as of May 2010, eligibility for an individual living in a one bedroom would be limited to only those earning less than an annual income of \$43,000. St. Margaret's House is sponsored by the Parish of Trinity Church and operated under the HUD regulations, and funded through the HUD Section 8 (202) housing assistance program.

All apartments are carpeted and include a refrigerator, stove, air-conditioning units, and an emergency pull cord. Rent includes heat and gas and is calculated such that it does not exceed 30% of the household income. Electricity, telephone and cable charges are not included in the rent and must be paid directly to the company providing the service. Tenants receive one full meal per day in the dining room for which they pay a set fee not included in the rent.

On-site amenities include an atrium, garden, library, and 24-hour entryway security. Tenants may also take part in organized activities including computer classes, Resident Council committee meetings, knitting, poetry, reading, and an occasional concert. Special holiday events are scheduled for resident enjoyment.

Part I. Housing & Centers for Seniors

❖ AGING IN PLACE THROUGH SENIOR CENTERS

A naturally occurring retirement community (“NORC”) occurs when a significant portion of a building or area that was not specifically designed with seniors in mind evolves towards a higher than average number of senior residents. A NORC supportive service program (“SSP”) allows seniors to age in place with many of the accommodations of a senior center. Funded in various ways, NORC-SSPs, when successfully managed, can help prevent, mitigate, or reverse the negative impact on health and well-being of aging alone. In the Community Board I area, we have two areas of senior living that, while not officially designated as NORCs by New York City or State, have combined with the services of a senior center, reflecting the NORC-SSP model.

Popular Senior Centers In or Near Community Board I

1. The Educational Alliance

Programs for Older Adults

197 East Broadway

New York, NY 10002

212-780-2300

www.edalliance.org

The Alliance offers a wide range of programs from exercise to wellness to housing advocacy. It has 6 different programs and locations across downtown slightly north of the Community Board I area. Either call or visit the website for further information.

2. Greenwich House Senior Centers

These active communities enjoy a variety of cultural and educational classes as well as access to health, case management and money management services. From yoga and tai chi to awareness through movement or jewelry and bingo these centers keep seniors active and engaged. Hot lunches are served Monday through Friday, and members frequently take trips for cultural experiences in and around the city. Centers are open from 9:00am–4:00pm.

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The goal is to assist and empower senior citizens so that they may live safely in their homes and remain in the community for as long as they are willing and able.

- a) A Greenwich House Caring Community Center on the Square
20 Washington Square, North
New York, NY 10011
212-777-3555 ext. 106
Contact: Laura Marceca, Center Director
www.greenwichhouse.org/cc_senior_centers/tcc

- b) A Greenwich House Caring Community at Independence Plaza
#3 on map B
310 Greenwich Street - 2nd Floor
New York, NY 10013
212-267-0499
Contact: Nicole Brown, Center Director
www.greenwichhouse.org/cc_senior_centers/tcc

- c) A Greenwich House Caring Community at Our Lady of Pompeii
25 Carmine Street
New York, NY 10014
212-989-3620
Contact: Sandy Gabin, Center Director
www.greenwichhouse.org/cc_senior_centers/tcc

- d) Greenwich House Judith C. White Senior Center
27 Barrow Street - 4th Floor
New York, NY 10014
212-242-4140, ext. 254
Contact: Anthony Cilione, Center Director
www.greenwichhouse.org/senior_center/index

3. Hamilton-Madison House

City Hall Senior Center
#4 on map B

Part I. Housing & Centers for Seniors

100 Gold Street - Lower Level
New York, NY 10038
212-788-5580
www.hmhonline.org

The HMH City Hall Senior Center welcomes people who are over the age of 60. It offers a vibrant environment where seniors participate in many social activities as well as partake of nutritious meals, breakfast and lunch. The Center serves as a hub for information and referrals, including consultation regarding social security, food stamps, Medicare, Medicaid and senior housing. Recreational activities and educational classes are offered on a daily basis. The Center focuses on improving seniors' social and physical wellness by providing programs that meet their basic needs and maintain their health and independence. It is funded by the New York City Department for the Aging. See additional Hamilton-Madison House information on page 8.

4. Southbridge Towers

Serviced by the **Southbridge Adult and Senior Citizens Center**
#5 on map B
90 Beekman Street
New York, NY 10038
212-732-9363
Contact: Chris Mitsopoulos – Coordinator
www.southbridgetowers.com (*main website*)
www.southbridgetowers.com/development/community_groups.aspx (*community & cultural groups*)

The Southbridge Adult and Senior Citizens Center offers a variety of recreational and cultural programs for seniors in the downtown area. The Center offers assistance with social services such as Medicare, Access-A-Ride, and Meals-On-Wheels. It also provides a shopping van service. There is a nurse available on premise every day and a social worker from Tuesday through Friday. Members of the center enjoy a wide range of recreational activities, including health and fitness programs, arts and crafts, knitting, Yiddish conversation, drawing, chess, games, and snacks. Membership is \$8.00 for the year (though payment of the fee is flexible) and is open to anyone over 55 in the downtown area.

Part I. Housing & Centers for Seniors

Other Senior Centers in New York City

5. New York City Housing Authority (NYCHA)

Senior Centers in Manhattan

#6 on map B

250 Broadway

New York, NY 10007

212-306-8000 (*Human Resources*)

www.nyc.gov/html/nycha/html/ccshtml/seniorcenters_manhattan.shtml (*senior centers*)

www.nyc.gov/html/nycha/html/community/senior_services.shtml (*senior services*)

NYCHA provides a listing of the senior centers they sponsor in Manhattan on their website.

Part II. Resources for Health & Safety

❖ HEALTH CENTERS & PROGRAMS FOR SENIORS & CAREGIVERS

1. Center for Medicare and Medicaid Services

#7 on map B
26 Federal Plaza – 38th Floor
New York, NY 10278
212-616-2205
www.cms.gov

This center is run by the U.S. Department of Health and Human Services and is conveniently located downtown.

2. Hamilton-Madison House

#4 on map B
100 Gold Street
New York, NY 10038
212-788-2318 (*general information*)
212-788-1537 (*adult day care*)
212-788-1688 (*Caregivers Program*)
www.hmhonline.org/defaultLanding.htm

Seniors 60 and over are eligible for this program.

Hamilton-Madison House assists the Southbridge Adult and Senior Services Center on 90 Beekman Street at 212-267-0521 by providing health care services at no fee to seniors living in Southbridge Towers with services allowing them to remain in their homes. This service includes benefit and entitlement assistance and supportive counseling Monday through Friday, 9:30am-5:30pm. Walk-in hours are Tuesday and Friday from 10am-3pm.

The Hamilton-Madison Social Adult Day Program at the lower level of 100 Gold Street at 212-788-1537 assists those with memory loss and provides support to their caregivers and family members. It offers meals,

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assistance with personal care, and medication reminders, as well as trips and recreational activities. It has a minimum age requirement of 55. There is no formal dementia requirement and they do not accept clients who are incontinent. Their hours are Monday, Tuesday, and Friday from 9:30am-3:30pm. They do not accept Medicare or Medicaid, but they do take Managed Medicaid (Visiting Nurse Service Choice), and their private pay daily rate is \$50. Round-trip transportation is available at a cost of \$10 within Manhattan and \$15 from Brooklyn.

Their Caregivers Program, also located on the lower level of 100 Gold Street, assists with benefits & entitlements, respite, home care, adult day care, and training.

Both programs located at Gold Street have bilingual Chinese/Korean-English speaking geriatric specialists.

See additional Hamilton-Madison House information on page 5.

3. Japanese American Social Services, Inc. (JASSI)

#4 on map B
100 Gold Street
New York, NY 10038
212-442-1541
www.jassi.org/ServicesSenior.html

Japanese American Social Services, Inc. (JASSI) is a non-profit organization established in 1981 to address the social services needs of persons of Japanese ancestry in the Greater New York area. The senior program provides services for seniors 60 and over. JASSI's senior citizens program includes case management, home visits, obento (boxed lunch) delivery, the distribution of free tickets to cultural events, monthly get-togethers ranging from seminars on relevant topics to luncheons with speakers, outings to historic sites, and holiday celebrations.

4. New York City Department for the Aging (DFTA)

Health Promotion Unit
#8 on map B
2 Lafayette Street

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New York, NY 10007

212-442-3086

www.nyc.gov/html/dfta/html/health/health.shtml

One of the goals of DFTA is to encourage seniors to follow a healthier lifestyle. The Health Promotion Unit provides a vast array of services to educate seniors and promote good health practices. See also pages 5, 41, 43 for other DFTA programs.

5. New York Downtown Hospital (NYDH)

#9 on map B

170 William Street

New York, NY 10038

212-312-5000

www.downtownhospital.org

NYDH has begun working with Southbridge Adult and Senior Citizens Center (see page 6 under Southbridge Towers) to design health programs.

NYDH provides geriatric care on-site at housing complexes throughout Lower Manhattan.

Their Home Visit Program and Visiting Doctors program also provides care for homebound seniors.

6. Social Security Administration Office

#7 on map B

26 Federal Plaza – 31st Floor

New York, NY 10278

800-772-1213

www.ssa.gov/pgm/retirement.htm

The federal retirement benefits office is conveniently located downtown.

Part II. Resources for Health & Safety

❖ HOME CARE & SERVICE PROVIDERS

Home care & service providers allow Lower Manhattan residents to age in place (also see page 10, New York Downtown Hospital, for various visiting services – nurses, doctors, and home attendants).

1. Beth Israel Hospital

Senior Health House Calls

275 Eighth Avenue
New York, NY 10011
212-206-1299

www.wehealny.org/services/bi_seniorhealth/housecall.html

Previously supported by and working with St. Vincent's Hospital, this private organization is now partnering with Beth Israel Hospital.

This is a visiting doctors program for homebound elderly that recognizes the growing need in New York City for geriatric home care. The Senior Health House Call service is not located in the CB I district, but provides a rare and valuable service anywhere south of 59th Street, including to residents of Community Board I.

Medicare typically provides coverage. For those not covered by Medicare, insurance has been known to cover costs although it's not a part of HMOs. This service also provides speakers on geriatric issues if requested by an organization.

The program has a geriatric health care team consisting of a physician, a nurse practitioner, a social worker, and a coordinator - all of whom have expertise in addressing the complex needs of older patients.

2. Better Helpers, Inc.

401 Broadway – Suite 2001
New York, NY 10013
212-431-8016

www.manta.com/c/mtr5wjy/better-helpers-inc

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Better Helpers provides New York State licensed home care including aides, attendants, registered nurses, and 24-hour live-in assistance.

3. Chinese Planning Council Home Attendant Program

#10 on map B
1 York Street – 2nd Floor
New York, NY 10013
212-219-8100
Contact: Ling Ma
www.cpc-ny.org/home_a.htm

This program is a not-for-profit that uses registered nurses and case coordinators.

Serving mostly residents of Chinatown and the Lower East Side through Medicaid, the program works with clients, their families, and physicians in tailoring home care plans: hot meal preparation, maintenance of a hygienic and safe environment, observation of basic health and mental health status, assistance with getting around, and companionship.

The Chinese Planning Council manages two senior centers in Chinatown at 168 Grand Street and 70 Mulberry Street, as well as others.

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

#11 on map B
11 Broadway – Suite 400
New York, NY 10004
212-514-7147
www.cohme.org

This group is a New York State licensed non-profit home care provider with services such as New York State licensed clinical social worker management, registered nurse visits, bathing and feeding assistance, housekeeping, and grocery shopping, all facilitating aging in place.

5. Metropolitan Council on Jewish Poverty

#12 on map B

Part II. Resources for Health & Safety

80 Maiden Lane – 21st Floor
New York, NY 10038
212-453-9500
www.metcouncil.org/site/PageServer

The non-profit Met Council serves those in need regardless of race, ethnicity, or background. Many senior services are provided at low or no cost.

Their Home Care Providers program (212-453-9688) helps seniors with personal care, shopping, light housekeeping, meals, and escorts for appointments. They provide social worker intake, phone check-ins, and care management.

Their Home Services program (212-453-9525) provides home repair and maintenance such as caulking, door and lock repairs, installation of safety rails, outlet repair, changing light bulbs, toilet repair, and minor patching of walls and ceilings.

6. New York Foundation for Senior Citizens

#13 on map B
11 Park Place – 14th Floor
New York, NY 10007
212-962-7559
www.nyfsc.org

New York Foundation for Senior Citizens is a non-profit organization serving those in all 5 boroughs. They house a home attendant program serving over 800 seniors. Funding for this program is provided by the New York City Human Resources Administration. Case management is provided for no fee and includes coordination of home care and other services for physically and mentally impaired residents in Community Districts 1-5. There is also a home sharing program, which screens and matches applicants for compatibility. A respite care program offers trained and certified home attendants. There are home repair services and home safety audits to help seniors maintain independent living provided free for those in need. The home safety audits can identify potential hazards such as loose throw rugs, no grab bars, phone cords and obstructing extension wires and encourage seniors to make the

Part II. Resources for Health & Safety

changes themselves or enroll the Foundation's Home Repair Program for free repairs.

For other Foundation programs see page 34.

❖ SPECIAL HEALTH ISSUES

1. Center for Hearing and Communication

#14 on map B
50 Broadway – 6th Floor
New York, NY 10004
917-305-7700
www.chchearing.org

This non-profit has been providing hearing rehabilitation and human services regardless of age or ability to pay since 1910.

2. New York State Commission for the Blind & Visually Handicapped

#12 on map B
80 Maiden Lane – 23rd Floor
New York, NY 10038
212-825-5710
www.ocfs.state.ny.us/main/CBVH/indep_living.asp

This New York State Commission provides an Adaptive Living Program for people over 55 who need training and services to be able to remain living at home. Their program provides services through not-for-profit private organizations and from ophthalmologists and optometrists who are certified as low vision specialists. These services are provided based on individual need and may include orientation and mobility services, rehabilitation teaching, low vision services and devices, social casework, and adaptive equipment.

Part II. Resources for Health & Safety

❖ EXERCISE

1. Health and Wellness Division, New York City Department for the Aging (DFTA) – Exercise Program

#8 on map B

2 Lafayette Street

New York, NY 10007

212-442-0954

www.nyc.gov/html/dfta/html/health/health.shtml

The DFTA Health Promotion Unit provides an array of services to educate and promote good health practices. Senior volunteers are trained to lead health promotion activities at senior centers and other sites throughout New York City. Seniors can inquire which centers offer these programs in our community by calling the number listed above or visiting the website.

The programs include exercise classes, discussion groups, blood pressure monitoring and walking clubs. The Health Promotion staff provides on-site training and all necessary equipment for these activities. There are also free lectures on health education for issues that concern senior groups, including cardiovascular disease, diabetes, fall prevention, medication management, insomnia, and memory.

They offer a Stay Well Exercise manual for seniors of all abilities. Presented in a user-friendly layout, the book offers numerous options for anyone 60 or over seeking to exercise at home. They provide one copy per request and can mail a manual to your home. To see a sample online, use the following website:

www.nyc.gov/html/dfta/downloads/pdf/stay_well_look.pdf

See pages 9, 41, 43 for other DFTA programs.

❖ SAFETY: LEGAL HELP AND INFORMATION

1. MFY Legal Services

299 Broadway – 4th Floor

New York, NY 10007

212-417-3700

www.mfy.org/projects/manhattan-seniors-project

Part II. Resources for Health & Safety

MFY is a not-for-profit law firm that offers free legal services south of 110th Street in Manhattan to seniors 60 and over. This firm assists seniors in need of help on housing, benefits, health care, consumer, and abuse issues. It also provides legal education to seniors aging in place as well as to community centers, Naturally Occurring Retirement Communities (NORCs), senior supportive housing facilities, and adult homes.

Its division to protect senior housing is called the Adult Home Advocacy Project.

2. New York County District Attorney's Office: Elder Abuse Program

#15 on map B

One Hogan Place

New York, NY 10013

212-335-9007 (*elder abuse unit: general*)

212-335-8920 (*elder abuse unit: financial crime*)

www.manhattanda.org/resources-victims-elder-abuse

The Elder Abuse Program of the New York County District Attorney's Office addresses the needs and concerns of older crime victims who live in Manhattan. In cooperation with the New York City Police Department, Protective Services for Adults, the New York City Department for the Aging and other social service agencies, the office investigates and prosecutes cases involving elderly crime victims.

This office defines elder abuse as any crime or violation involving a victim who is 60 or older. Such crimes include domestic abuse or neglect at the hands of a family member or partner, caregiver, or other individual; financial exploitation committed by a stranger, relative, companion, home aide, or other professional providing services to a senior; and virtual eviction by drug dealers who have taken over an elderly person's residence or building.

If you are a senior who has been the victim of a crime, or if you know a senior citizen who has been abused, call the 'elder abuse unit' phone number listed above. For suspected financial crimes against a senior, call

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the 'financial crime' unit. If you have been physically abused or are in danger, call 911 immediately.

This program investigates and prosecutes crimes against the elderly, including physical abuse and financial exploitation; providing social service referrals; and referring cases for review by the Narcotics Eviction Program for possible evictions of drug dealers from a senior's residential or commercial premises.

3. Take Care New York/New York City Department of Health and Mental Hygiene (DOHMH)

#16 on map B

125 Worth Street – Room 1047, CN33

New York, NY 10013

311 (*ask for Health Care Proxy forms*)

www.nyc.gov/html/doh/html/hca/advance-directives.shtml

The DOHMH provides New York City Health Care Proxy Forms, which provide an advance directive that allows you to appoint someone you trust to act as your agent in making health care decisions in case you are not able to make them yourself. When properly signed, it is a legal document that hospitals, doctors, nursing homes, and other health care providers must follow. For a free copy of the proxy form and instructions, call the above number or visit the web site or visit the url below:

www.nyc.gov/html/doh/downloads/pdf/public/dohmhnews7-12.pdf

❖ OTHER HEALTH-RELATED RESOURCES

1. New York City Human Resources Administration (HRA)

#17 on map B

180 Water Street

New York, NY 10038

877-472-8411

www.nyc.gov/html/hra/html/directory/long_term.shtml

Below is a list of home-based services for which HRA either provides access or authorizes services:

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- **Personal Care** (a.k.a. Medicaid-Funded Home Care) - home attendant and housekeeping services for people having difficulty with at least one or more activities of daily life, such as walking, cooking, cleaning, bathing, and using the bathroom.
- **Long-Term Home Health Care Program** - home care, case management, and skilled services for people requiring a higher level of care (skilled nursing home-level care at home).
- **Managed Long-Term Care Program** - case management, skilled services, and home care services for people who are Medicaid-eligible, and who are medically eligible for the level of care normally provided in a health-related facility or skilled nursing facility.
- **Adult Protective Services** - a state-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm and have no one who can responsibly assist them.

2. New York State Health Insurance Resource Center Long-Term Care

#18 on map B

25 Beaver Street

New York, NY 10004

212-480-5242

www.health.ny.gov/facilities/long_term_care

A long-term care insurance purchase may greatly relieve the financial burden associated with special care necessary for many seniors. The website above provides important information on long-term care and the insurance policies available in New York State to assist in paying for such care.

3. NY Health Access

Empire Justice Center

119 Washington Avenue

Albany, NY 12210

518-462-6831

www.wnylc.com/health/entry/101

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NY Health Access has designed a tool kit to guide community health center staff in helping patients access public health insurance or other government and private assistance in paying for medical care. The kit offers much useful information on federal and state programs, such as the Elderly Pharmaceutical Insurance Coverage (EPIC) program (see page 20).

4. U.S. Department of Health & Human Services: Technology for Long-Term Care

#7 on map B
26 Federal Plaza
New York, NY 10278
212-264-4600
www.techforltc.org/ltc.cfm

Technology for Long-Term Care is a free government-funded resource with information on hundreds of technology products to improve quality of life and care for people in long-term care settings such as nursing homes, assisted living, boarding care, and adult day care programs.

Examples of such technology include medical alarm systems now available through several manufacturers. They allow a person to summon help 24 hours a day, 7 days a week by just pushing a button.

There are many additional personal monitoring and emergency response services for seniors who live alone. They range from check-in calls and daily reminders to take important medication, to services that request assistance if the monitor in your home detects no movement over a certain time period. There are services for check-in calls from medical reminders to take important medications each day to those that request assistance automatically if you do not respond. There are also services that monitor movement in your home and request assistance if no movement is detected over a certain time period.

❖ PHARMACEUTICAL INSURANCE AND DISCOUNTS

- 1. BigAppleRx**
800-697-6974

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311

www.bigapplerx.com

This discount card is accepted at most pharmacies in New York City and provides an average discount of 15% on brand-name medications and 53% on generic medications. The discount card cannot be used in conjunction with other discounts or insurance, but the card can be used for medications not covered by your insurance. The BigAppleRx prescription discount card can be obtained for free from the website above or at local community businesses, organizations, City agencies and City Council offices.

2. Elderly Pharmaceutical Insurance Coverage (EPIC)

P.O. Box 15018

Albany, NY 12212-5018

800-332-3742

www.health.state.ny.us/health_care/epic/

EPIC is a program sponsored by the State of New York and aims to help seniors 65 and over pay for their prescription medications. Seniors on the Medicaid spend-down program may be eligible for this assistance program, but those receiving full Medicaid benefits are not. Those who enroll in the EPIC program will be automatically enrolled in a Medicare Part D plan (this plan can be switched in the following enrollment period). To qualify, singles must have an income of less than \$35,000 a year, and married couples must have an income of less than \$50,000. Applications can be obtained through the website or by calling the number above.

3. New York Prescription Saver Card

800-788-6917

www.nyprescriptionsaver.fhsc.com

The New York Prescription Saver Card provides a discount of up to 30% on brand-name medications and 60% on generic medications at participating pharmacies. New York State residents age 50 to 65 with an annual household income of less than \$35,000 (single) or \$50,000 (married) are eligible. The card cannot be used with any other discounts or insurance. Applications can be obtained through the website above.

Part II. Resources for Health & Safety

❖ DRUG STORES

Most drug stores offer some kind of discounts though only a few offer discounts specifically for seniors.

Drug Stores in Community Board I

1. **Battery Park City Pharmacy**

#19 on map B
327 South End Avenue
New York, NY 10280
212-912-0555

This pharmacy accepts manufacturer's coupons, though it does not offer direct discounts. It provides free local delivery of prescription drugs.

2. **Broadway Downtown Pharmacy & Surgical Supply Inc.**

#20 on map B
373 Broadway at White Street
New York, NY 10013
212-925-4888

This pharmacy offers seniors discounts of 10% on all items, including prescription drugs. Seniors without medical insurance may receive larger discounts. It provides free local delivery of prescription drugs.

3. **CVS Pharmacy**

#21 on map B
129 Fulton Street
New York, NY 10038
212-233-5021 (*for information and discount program*)

The store offers discounts through the CVS ExtraCare program.

4. **Downtown Pharmacy**

#22 on map B
165 William Street
New York, NY 10038
212-233-0333
email: downtownpharmacy@verizon.net

Independently owned and operated, Downtown Pharmacy offers free delivery of prescription drugs throughout the CB I area, and 10% discounts to seniors over age 60. It is open Monday through Friday from 7:30am-6:30pm and Saturday from 10:00am-4:00pm.

Part II. Resources for Health & Safety

5. Duane Reade Pharmacies

Various locations

866-375-6925 *(for information on addresses and discount program)*

The stores offer discounts through a Flex Rewards program.

6. Kings Tribeca Pharmacy

#23 on map B

5 Hudson Street

New York, NY 10013

212-791-3100

Every Tuesday, Kings offers seniors a 10% discount on all purchases except prescription drugs, co-payments, and sale items. It provides free local delivery of prescription drugs.

7. Rite Aid Pharmacies

Various locations

800-748-3243 *(for information on addresses and discount program)*

The stores offer discounts through a Wellness & Rewards program and free local delivery of prescription drugs.

❖ EMERGENCY PREPAREDNESS

1. Community Emergency Response Teams (CERT)

Community Emergency Response Teams (CERT) are comprised of community residents who undergo an 11-week training course qualifying them to assist New York City's first responders in the case of emergencies and disasters. CERT teams also work to educate their communities on emergency preparedness. Though some physical requirements exist, seniors are welcome volunteers who can assist CERT teams in a wide range of tasks ranging from administrative, fundraising, public relations, and community organizing.

Part II. Resources for Health & Safety

a) Battery Park City CERT

Contact: bpccert.org/Contact_Us.html
www.bpccert.org/Home_Page.html

b) Tribeca-Soho CERT

email: info@tribecacert.org
www.tribecacert.org/home.html

2. New York City Office of Emergency Management (OEM)

165 Cadman Plaza East

Brooklyn, NY 11201

311 (*public inquiries*)

www.nyc.gov/html/oem/html/home/home.shtml

New York City's Office of Emergency Management is responsible for preparing New York City for potential emergencies and disasters ranging from natural disasters to disease outbreaks and utilities disruptions. This organization coordinates emergency response and recovery in addition to collecting and distributing emergency information.

OEM can be contacted at 311 or their website to obtain information on how to prepare for various emergencies, or to receive up-to-date information on situational emergencies such as hurricanes or blizzards.

3. Notify NYC

311

www.nyc.gov/notifynyc/

Residents who register for New York City's text, phone or cell notification service, Notify NYC, will receive official information on emergency events, important City services, public school closings, public health notifications and other important emergency information.

Registration is free and can be done either by calling 311 or visiting the website above.

Part III. Transportation

Part III. Transportation Benefits for Seniors

❖ WALKING

Walking Assistance

Canes, walkers, wheelchairs, and scooters can be of great assistance in walking areas. With increased use of scooters or electric wheelchairs comes the need for wider, better-maintained sidewalks and pedestrian crossings, with a special emphasis on working elevators at pedestrian bridge crossings. Comments are often helpful in ensuring the safety and ease of pedestrian movement throughout the city, and some useful programs and organization to which one can reach out are listed below.

When in need of directions, cell phones with GPS tracking systems can be quite useful. Often trips from home can be managed with the aid of group excursions or even a hired home assistant. Adding clear public visual and audio directional information and deterrents such as street signs and crossing timers and beepers can make crossing streets easier.

Improving Our Walkways

1. Community Board I

#24 on map B

49-51 Chambers Street – Suite 715

New York, NY 10007

212-442-5050

www.nyc.gov/html/manCBI

Community Board I advocates for more traffic signals and increased safety measures. It has written its own resolution supporting benches in all public areas so that active seniors who continue to take healthy walks also have public indoor and outdoor benches to rest when needed. The board also supports more water fountains and restrooms.

Part III. Transportation

2. Safe Streets for Seniors

New York City Department of Transportation

#25 on map

55 Water Street

New York, NY 10041

Contact: Nicole Altmix

212-839-7748

Email: naltmix@dot.nyc.gov

www.nyc.gov/html/dot/html/sidewalks/safeseniors.shtml

The Office of the Mayor recently announced that although seniors make up only 12% of New York City's population, they make up 39% of New York City's pedestrian deaths. In response to this unnerving statistic, in January of 2008 Mayor Bloomberg announced the Safe Streets for Seniors program. The program began with a study of pedestrian fatalities by Department of Transportation engineers, who identified 25 city neighborhoods that had both a high density of senior citizens and a high number of pedestrian accidents or injuries. The study looked at variables like visibility, lighting, drivers' compliance with traffic, along with pedestrian signals and the width of the roadway. Engineers evaluated pedestrian conditions in these neighborhoods and made changes such as extending pedestrian crossing times at crosswalks and shortening crossing distances, altering curbs and sidewalks, restricting vehicle turns, and narrowing roadways. A continuation of this project is planned to encompass more of New York City.

Senior fatalities decreased to 29% in 2010 from 38% in 2008 of all fatalities. As of 2011, within the 25 Senior Areas designated by DOT:

- 592 signals were adjusted to give pedestrians more time to cross
- 55 new left turn bays were installed
- 8 roadway narrowings were implemented
- 35 pedestrian islands were constructed

3. SafeSeniors

New York State Department of Transportation

50 Wolf Street

Albany, NY 12232

Pilot Program: Tom Temistokle

631-952-6032

Part III. Transportation

Email: ttemistokle@dot.state.ny.us

www.state.ny.us/governor/press/press_1210081.html

In December of 2008, Governor David A. Paterson and New York State Department of Transportation (NYSDOT) Commissioner Astrid C. Glynn announced SafeSeniors, a new federally funded program aimed at making it easier and safer for senior citizens to walk to common, everyday destinations in their local communities. The program focuses on low-cost, relatively simple changes to the pedestrian environment in and around roadways under NYSDOT's jurisdiction, such as West Street in Community Board I.

Many changes, such as higher visibility pavement markings, longer intersection crossing times, countdown signals, better street lighting, and pedestrian education programs, are planned in order to make it easier and safer for seniors to walk about their neighborhoods. Longer-term improvements are being considered as part of major capital programs.

4. Transportation Alternatives

127 West 26th Street – Suite 1002

New York, NY 10001

212-629-8080

www.transalt.org/campaigns/pedestrian/safeseniors

The not-for-profit Transportation Alternatives started in 2003 a New York State-funded campaign called Safe Routes for Seniors to improve walking conditions in New York City. This New York City senior transportation advocacy organization calls for the following additional improvements to those proposed by the City:

- decreased speed limits;
- better rules and clearer routes for bike traffic; and
- more bus bulb-outs.

❖ DRIVING

In our state, the decision to continue driving based on physical and mental fitness is primarily up to the individual.

Part III. Transportation

According to statistics released by New York State, driver fatality rates are highest among the oldest and youngest drivers. Yet, a driver's chronological age is not always a good predictor of driving ability. The New York State Department of Motor Vehicles has no age restrictions for drivers' licenses, but drivers applying to renew a license are required to list any conditions that might affect driving such as the need for corrective lenses, hearing impairment, or even heart conditions. The Department may, on occasion, receive driver information from additional sources such as physicians. Depending on the fitness of the driver at any age, such conditions might legally restrict driving.

1. New York State Office for the Aging: Senior Citizens Hot Line 800-342-9871

This hotline is available to discuss aging driver safety and personal situations. Call this number and ask to be connected to the Older Driver Family Assistance Program. See also page 43.

2. Parking Permits for People with Disabilities

New York City Department of Transportation
28-11 Queens Plaza North – 8th Floor
Long Island City, NY 11101
718-433-3100

www.nyc.gov/html/dot/downloads/pdf/nyc-pppdapp.pdf
(application for New York City disability parking permit)

If you are a New York City resident with a disability that impairs mobility, you can apply for a City or State Parking Permit for People with Disabilities (PPPD), which allows the driver to park in spaces marked by the International Symbol of Access throughout the United States and Canada. Such New York City spaces are all off-street.

3. Senior Driving Tips

AAA (American Automobile Association)
1881 Broadway (at 62nd Street) - 2nd Floor
New York, NY 10023

Part III. Transportation

212-757-2000 OR 212-586-1723
www.seniordrivers.org/home

AAA offers tips to keep seniors driving safely.

❖ PUBLIC TRANSPORTATION BENEFITS FOR SENIORS

New York State's Metropolitan Transportation Authority (MTA) provides many reasonable ways to get around town via the subway, bus, and Access-A-Ride. Discounts are available for New York City seniors 65 and over.

1. Access-A-Ride (AAR)

MTA NYC Transit-Paratransit Division

3300 Northern Boulevard
Long Island City, NY 11101
877-337-2017

www.mta.info/nyct/paratran/guide.htm

Access-A-Ride (AAR), for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors who have difficulty with public transit. This service requires application in order to determine eligibility. In some circumstances, cab services may be available at senior rates. For eligibility and reservations call the number above.

2. MTA Accessibility

www.mta.info/accessibility

718-330-1234

Many MTA stations are in compliance with the standards of the Americans with Disabilities Act (ADA). For information on escalators, elevators, and other services offered for citizens with disabilities, visit the website above.

3. MTA Schedules

MTA NYC Transit

Part III. Transportation

2 Broadway
New York, NY 10004
718-330-1234
www.mta.info/schedules (*schedules*)
www.mta.info/service (*planned service changes*)
www.mta.info/fares (*fares and tolls*)

For subway and bus schedules and fares, call the number above or use the websites.

4. Reduced Fare MetroCards

MTA Reduced Fare Walk-In Service Center

#26 on map B
3 Stone Street
New York, NY 10004
718-243-4999
www.mta.info/nyct/fare/rfapply.htm (*about reduced fare*)
www.mta.info/nyct/fare/rfindex.htm (*applying for reduced fare*)

For those 65 and older, MTA bus and subway Reduced Fare MetroCards are priced at half fare and many other bulk discounts are available. Two forms of identification and a recent photo are needed to get a reduced fare card. If an applicant does not have a photo, they will take one for the applicant. A credit card can be used to get an automatic refill and get a temporary card immediately.

Reduced fares are also available with any of the following forms of identification: a New York City Department for the Aging ID card, Medicare card (Medicaid card not accepted), Access-A-Ride ID card, or a pre-1995 MTA Reduced Fare ID card.

❖ ASSISTED TRAVEL WITHIN CB I NEIGHBORHOODS

1. Downtown Connection Free Bus for Downtown

Downtown Alliance
See map A; #27 on map B
120 Broadway - Suite 3340
New York, NY 10271
212-566-6700

Part III. Transportation

212-306-5656 (*Lost and Found*)

www.downtownny.com/downtownconnection

Operated by the Downtown Alliance, the free Downtown Connection bus runs from 10:00am-7:30pm, 7 days a week (except Thanksgiving, Christmas Day, and New Year's Day). A brand new, ADA - accessible fleet of Downtown Connection buses was introduced in late 2011 featuring increased seating and T.V. monitors streaming news and information about Lower Manhattan. The bus makes 37 stops and travels from Peck Slip and Water Street on the east Side, south around the southern tip of Manhattan, then north through Battery Park City and east, making a "retail loop" around Warren and Murray Streets before returning (see map A on page 32). Buses come every 10 minutes on weekdays (traffic permitting), and every 15 minutes on weekends.

In addition to upgrading their entire fleet, Downtown Alliance has placed 10 countdown clocks at stops along the route telling riders when the next 2 buses will arrive. Riders can also use smartphones or computers to determine exact position of buses (visit website above for more information).

Battery Park City

2. Free Transportation to Fairway Market in Red Hook, Brooklyn

Downtown Alliance

#27 on map B

120 Broadway- Suite 3340

New York, NY 10271

212-306-5656 (*general information*)

646-421-5009 (*reservations*)

Contact: Roger Chan

www.downtownny.com

Every Thursday, a small van takes 8 seniors in Battery Park City to shop at the Fairway Market in Red Hook, Brooklyn. Passengers are picked up at 8:45am at Chambers Street and River Terrace on the park side, and at 9:00am on South End Avenue and Liberty Street (in front of the Chase bank). The van leaves Fairway at 11:00am and drops shoppers back off at their apartments or homes. To reserve a spot, call the number above a day or two in advance.

Part III. Transportation

East Side / Southbridge

3. Shopping Van Service

Provided by **Southbridge Adult and Senior Citizens Center**

#5 on map B

90 Beekman Street

New York, NY 10038

212-732-9363

Contact: Chris Mitsopoulos - Coordinator

www.southbridgetowers.com

This local shopping van services the east side of Community Board I.

Part III. Transportation



Map A: Downtown Alliance Connection Bus Route

Part IV. Local Clubs & Organizations

Part IV. Local Clubs & Organizations

❖ PROGRAMS FOR SENIORS

1. Battery Park City Parks Conservancy

#28 on map B
75 Battery Place
New York, NY 10280
212-267-9700
www.bpcparks.org

This private, non-profit organization is in charge of almost 36 acres of permanently protected public space, including parks and public gardens, playing fields and playgrounds, plazas, and walkways. It also conducts many programs of interest to seniors and to others of all ages. Programs can include: music and dance performances and classes, tai chi classes, gardening, bird watching, fishing, drawing classes, walking tours, and more.

2. Battery Park City Seniors

375 South End Avenue
New York, NY 10280
212-912-0678
Contact: Ruth Ohman

The Battery Park City Seniors programs include exercise classes, walking group, museum visits, art history classes, lectures, health information, luncheons, neighborhood excursions, theater trips, an annual flea market and an annual potluck supper. The Battery Park City Authority Community Room located at West Thames Street and the Hudson River is open to BPC Seniors from 10:00am-2:00pm on Mondays and Fridays and at other times for additional special programs. Membership is free as are most activities (excluding luncheons, theater admissions, and occasional other events). To receive the monthly calendar, call the number above or email Ruth Ohman at rohman605@gmail.com.

3. Church Street School for Music and Art - Senior Chorus

#29 on map B
74 Warren Street

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New York, NY 10007
212-571-7290
www.churchstreetschool.org

Music soothes more than the soul - it's good for your brain, your muscle coordination, your heart and your lungs too! Church Street School has launched successful senior choral groups in its outreach program, and they are now recruiting members for a Downtown Seniors Chorus. Join this singing group for seniors and experience the healing powers of music. Come with a list of your favorite songs and let the good times roll!

4. Manhattan Youth Downtown Community Center

#30 on map B
120 Warren Street
New York, NY 10007
212-766-1104
www.manhattanyouth.org

This downtown community center offers seniors 65 and over a free Senior Swim program. Senior Open Swim is open Mondays through Fridays from 12:00pm-1:30pm. Senior Water Aerobics is conducted Tuesdays and Fridays from 12:30pm-2pm. Hours change in July, August, and September. Free senior membership includes access to the Center's café and admission to free community offerings. Seniors can register by calling or visiting the center.

5. New York Foundation for Senior Citizens

#13 on map B
11 Park Place – 14th Floor
New York, NY 10007
212-962-7559
www.nyfsc.org

The New York Foundation for Senior Services helps senior citizens avoid institutionalization and helps preserve independence and dignity. The Foundation provides home care and transportation services, job training and placement, programs with area youth, ombudsman services, alternative housing opportunities, theater tickets, home maintenance services, and access to 3 senior centers offering activities, meals, and day programs.

Part IV. Local Clubs & Organizations

For other Foundation programs, see page 13.

6. TimeBanksNYC

New York City Department for the Aging

866-244-6469

nyc.gov/timebanksnyc

TimeBanksNYC is a free citywide resource for enabling New Yorkers to share skills, learn new ones, and support each other. Each hour a TimeBanksNYC member spends providing a service to another member earns a "time credit" that can be redeemed for a service from someone else in the network. With a designated user name and password, members can access the organization's online database of volunteer service offers and requests. Members can then communicate independently with potential "matches" to determine whether exchanges are appropriate and desired. See also Community Connections TimeBank Program on page 36.

7. Trinity Church – New Beginnings Senior Group

#31 on map B

74 Trinity Place – 2nd Floor Parlor

New York, NY 10006

212-786-4770

Contact: Cynthia Moten

www.trinitywallstreet.org/congregation/vitality

The Senior Group at this church is called New Beginnings. It invites all neighborhood seniors to a free seated yoga class every Thursday at 10am. The group also conducts a Bible study class and has occasional all-day bus trips for a cost to theaters and other places of interest outside Manhattan.

8. The Victorian Hands Foundation

#32 on map B

120 Wall Street - 18th Floor

New York, NY 10005

www.tvhf.org

Part IV. Local Clubs & Organizations

This non-profit's mission is to facilitate interactions between seniors and youth by helping youth volunteers learn how to interact with elders and helping elders learn about the younger generation. See website for further information.

9. Visiting Neighbors

80 8th Avenue - Suite 415

New York, NY 10011

212-260-6200

Director: Cynthia Maurer

Outreach Coordinator: Robin Leaman

Social Worker: Nancy Viola

www.visitingneighbors.org

The service area of this 501(c)(3) non-profit agency for homebound seniors (age 60+) includes downtown Manhattan. There are no income requirements. The senior must institute the contact with the agency and be self-directing and mentally stable.

In their Friendly Visiting program, the Agency's staff matches seniors with volunteers—adults of all ages—with similar interests. The partners meet once a week for a couple of hours for a social visit. Shop and Escort volunteers arrange through the Agency to help seniors with shopping or errands, accompanying them to the doctor or other appointments on weekdays. Professional staff members also provide information about other community services to seniors, family, and neighbors. They provide in-home safety checks and health advocacy. Seniors may also volunteer with the Agency.

10. Visiting Nurse Service of New York (VNSNY)

Community Connections TIMEBANK Program

1250 Broadway - 4th Floor

New York, NY 10001

212-609-7811

www.vnsny.org/TimeBank

VNSNY TimeBank programs in Battery Park City and the Lower East Side permit seniors (and non-seniors) in these TimeBanks to offer volunteer

Part IV. Local Clubs & Organizations

services to someone in these groups. Volunteer work earns members "bank" hours, entitling them to equivalent hours of volunteer help from someone else. A volunteer may drive you somewhere, run an errand, provide computer assistance, teach a language, hang a painting, or do another job. Membership is free and offers seniors opportunities to both make new friends and do volunteer work. For more information email TimeBank@vnsny.org. See also TimeBanksNYC on page 35.

❖ CLASSES & COMPUTER TRAINING

1. DOROT

171 West 85th Street
New York, NY 10024
212-769-2820
www.dorotusa.org

This organization primarily serves seniors living uptown, but its major telephone and teleconference programs are also open to seniors living below 14th Street. Its University Without Walls telephone program offers a wide range of interactive educational art, history, and other courses as well as support groups and holiday celebrations. A Russian University Without Walls program serves Russian-speaking seniors. In To Your Health, seniors can learn more about their health concerns from health care professionals, and Caregivers' Connections provides teleconference workshops, information, and support groups to caregivers of the elderly.

2. Fashion Institute of Technology

Seventh Avenue at 27th Street
New York, NY 10001
212-217-3334 (*select option 2*)
www.fitnyc.edu/continuinged/

Every semester, this Institute offers a Senior Scholars at FIT program in which seniors 60 and over have an opportunity to audit ONE course in either liberal arts, business, art & design or business & technology for a low fee of \$35 (\$50 for senior computer training). There is a lottery system and a waiting period and in some cases there are course prerequisites or permission of the instructor is required, but the lucky winners will not

Part IV. Local Clubs & Organizations

regret their choice. The Institute is outside the Community Board I area but is easily accessible by the #20 bus.

3. The Institute for Retired Professionals (IRP)

The New School
66 W 12th Street – Room 511
New York, NY 10011
212-229-5682
www.newschool.edu/irp

The Institute has a program for retired or semi-retired persons who wish to teach and participate in cooperative learning and teaching. Members take courses and co-teach with each other college level classes in history, philosophy science, art, music, and other subjects. Seniors must apply for admission. Tuition is \$900 for the year and \$566 for one semester. Scholarships to the Institute and to non-Institute regular classes at the New School are available.

4. New York Public Library

www.nypl.org

a) Battery Park City Library

#33 on map B
175 North End Avenue
New York, NY 10282
212-790-3499

b) Mid-Manhattan Library

455 Fifth Avenue
New York, NY 10016
212-576-0863

c) New Amsterdam Library

#34 on map B
9 Murray Street
New York, NY 10007
212-732-8186

The New York Public Library offers dozens of free computer classes at its Mid-Manhattan site and at various branches throughout the city. Seniors can call the Battery Park City Branch to schedule free one-on-one sessions with a librarian to have their computer questions answered—

Part IV. Local Clubs & Organizations

everything from introduction to computers to advanced searches using the library's databases.

5. Older Adults Technology Services (OATS)

718-502-9203b (OATS Student Hotline)

www.pace.edu/PARC

This organization provides free training in computers and technology to older adults at various sites around the city. Currently the site for classes closest to Community Board I is the Hudson Guild Fulton Center: 119 9th Avenue (between 17th and 18th Streets), easily accessible by the #20 bus.

6. Pace Adult Resource Center (PARC)

Pace University

#35 on map B

One Pace Plaza

New York, NY 10038

212-346-1244

www.pace.edu/PARC

Pace University's Adult Resource Center (PARC) is a membership community for adults 55 years and older who are looking to stay active and to meet new friends. Enrolling in PARC will grant you access to the Coffee & Culture Lecture Series where professors from Pace University invite discussion and debate about current and interesting topics. Members can also receive discounts on tickets for the Schimmel Center for the Arts and access to the downtown campus amenities. Membership rates are \$60 for one semester and \$100 for the year.

7. QUEST: A Community for Lifelong Learning

#36 on map B

25 Broadway – 7th Floor

New York, NY 10004

212-925-6625 (x229)

Email: quest@ccny.cuny.edu

www.questonline.org

Part IV. Local Clubs & Organizations

This non-profit organization is self-governed by its membership of retired or semi-retired professionals aged 55 and over. Dedicated to teaching and learning, QUEST members use the daytime facilities of the Center for Worker Education of the City College of New York to conduct and participate in more than 30 college level classes and workshops each semester. The membership fee is \$500 for 11 months and includes free admission to the Museum of Modern Art and the Whitney Museum.

❖ ADVOCACY GROUPS (not listed above)

1. Gray Panthers NYC

244 Madison Avenue – Suite 396
New York, NY 10016
212-799-7572
Contact: Mary Springer
917-373-6914
www.graypanthersnyc.org

Founded in 1970, this advocacy movement/organization works to bring about fundamental social changes including a national health care system, economic justice, and elimination of all forms of discrimination. They have a newsletter, a newspaper, and some local meetings.

2. Older Women's League (OWL)

The Voice of Midlife and Older Women
1625 K Street NW – Suite 1275
Washington, DC 20006
877-653-7966
www.owl-national.org

Founded in 1980, OWL is a national non-profit organization focused solely on issues unique to women as they age. Members work through forums, campaigns, and coalitions to put these issues in the public spotlight and on the legislative agenda.

Part V. Other Resources

Part V. Other Resources

❖ OTHER USEFUL WEBSITES AND PHONE NUMBERS

1. AARP

www.aarp.org

888-687-2277

Formerly the American Association of Retired Persons, AARP is a national nonprofit organization for people aged 50 and over that provides many resources, benefits, and services to its members.

2. Alzheimer's Association: New York City Chapter

360 Lexington Avenue - 4th Floor

New York, NY 10017

646-744-2900

800-272-3900 (24-hour helpline)

www.alz.org/nyc

The Alzheimer's Association is dedicated to advancing research for the causes, treatments, and prevention of Alzheimer's disease. The New York City chapter works to increase public awareness and also provides support to patients, caregivers, and others affected by the disease. Visit the website above to access a detailed list of programs.

3. Benefit QuickCheck

New York City Department for the Aging

home2.nyc.gov/html/senior/benefit_guide.shtml

See also pages 9, 15, 43 for other DFTA programs.

A shortcut prepared by the New York City Department for the Aging to help you identify your eligibility (income level, citizenship status, etc.) for various Federal, State, and City benefit programs. Through a series of customized questions, Benefit QuickCheck is able to identify which benefit programs you may be eligible for, provide you with an application you can print, and information on how to apply for the benefit.

4. Citymeals-on-Wheels

www.citymeals.org

Part V. Other Resources

212-687-1234

Citymeals-on-Wheels allows seniors to age in place by delivering meals to New York City residents aged 60 and over who are unable to prepare their own meals. For more information, call the number above or visit the website.

5. JASA PETS Project

www.jasa.org

917-257-9657

Contact: Caroline Van Zandt - PETS Project Coordinator

Email: cvanzandt@jasa.org

The JASA PETS Project helps frail and homebound elderly residents of Manhattan care for their dogs and cats (no other pets). Volunteers assist with the physical tasks of pet care (dog walking, cat care, shopping for pet food, transportation to vet or groomer appointments, etc.) so the client is able to keep their pet in the home. Clients must be 60 years or over, have low to modest income, and have a medical or physical condition that hinders their ability to care for their pets.

6. Medicare

www.medicare.gov

800-633-4227

Medicare is a national social insurance program that provides health insurance coverage to those aged 65 and over. For more information on policies, coverage and eligibility, call the number above or visit the website.

7. National Shared Housing

www.nationalsharedhousing.org

908-526-4663

Email: rdrell@verizon.net

The National Shared Housing Resource Center (NSHRC) provides information to those interested in shared housing, which offers the benefits of companionship, affordable housing, security, and support. Shared housing arrangements may be an ideal option for seniors facing the risk of losing their independence. The number above connects to

Part V. Other Resources

New York's regional representative who can connect those interested to local shared housing programs.

8. New York City Department for the Aging (DFTA)

www.nyc.gov/html/dfta/html/home/home.shtml

311

See also pages 9, 15, 41 for specific DFTA programs.

The New York City Department for the Aging develops and coordinates programs and services for seniors. This department has over 400 contracts with local agencies in the five boroughs who provide services to seniors and can be contacted through the phone number above or through the website for more information or connection to services ranging from health, caregivers, transportation, legal services and more.

9. New York State Office for the Aging

www.aging.ny.gov

800-342-9871

The New York State Office for the Aging coordinates State programs and services for the elderly, helps to develop new programs and policies affecting the aging, and promotes public awareness of resources for New York's seniors. See also page 27.

10. New York State Senator Liz Krueger's Senior Resource Guide (2011-2012 edition)

www.lizkrueger.com/2011/11/lizs-senior-resource-guide-for-2011-2012/

212-490-9535

This resource guide provides information on many local, state, and national programs and services available to New York seniors.

11. Safe Horizon

Elder Abuse Help

www.safehorizon.org

800-621-4673

Safe Horizon provides help to New York City seniors who may be suffering abuse. If you are a New York City resident aged 60 and over

Part V. Other Resources

suffering abuse or maltreatment, call the hotline above for help or information.

12. Social Security Administration

www.socialsecurity.gov

800-772-1213

See also Social Security Administration Office, page 10.

The Social Security Administration can be contacted for information on retirement and retirement benefits. The application for retirement is available on the website above.

13. Visiting Nurse Service of New York (VNSNY)

Manhattan

www.vnsny.org/our-services/by-location/manhattan

800-675-0391

The Visiting Nurse Service of New York provides a wide range of visiting nurse services to New York City residents. Services include post-hospital care, rehabilitation therapies, long term health care, help with daily activities, and more. See also page 36 for Community Connections TIMEBANK Program.

MAP B

**COMMUNITY DISTRICT I
SENIOR RESOURCES**

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To obtain a copy of this guide, visit:
www.nyc.gov/html/manCBI/html/studies/studies.shtml
or call Community Board I at the phone number listed above