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COMMUNITY HEALTH CENTERS & HOSPITALS:

Senior Health
Beth Israel Medical Center
275 8th Avenue
(at West 24th Street)
New York, NY 10001
Hours: Monday – Friday:
8:30 a.m. – 5:00 p.m.
212.463.0101
http://wehealny.org/services/bi_seniorhealth/index.html

Charles B. Wang
Community Health Center (Social Serv.)
268 Canal St., 6th Fl.
(Courtland Alley & Lafayette St.)
New York, NY 10013
212.379.6988
Fax: 212.266.2289
Website: www.cbwchc.org

Michael Callen-Audre Lorde Community Health Center
365 W. 18th St.
(bet 8th & 9th Avenues)
New York, Ny 10011
212.271.7200
www.callen-lorde.org

New York Downtown Hospital
170 William Street, 4th Floor
(at Beekman Street)
New York, NY 10038
212.312.5000
http://www.downtownhospital.org/

REHABILITATION SERVICES:

VillageCare Rehabilitation and Nursing Center
214 West Houston Street
(bet. 7th Avenue South & Bedford St.)
New York, New York 10014
212.337.9400
www.villagecare.org/vcrnc

Rehabilitation and sub-acute programs care for adults of all ages, but are sensitive to the needs and concerns of senior patients.

Fox Rehabilitation
1 877.407.3422
http://foxrehab.org/

The private practice provides physical, occupational and speech rehabilitation.
RESPIE & LONG TERM CARE SERVICES:

Caring Community Respite Services
487 Hudson Street
(Christopher & Barrow Sts.)
New York, NY10014
212.777.3555

Long Term Home Health Care Program (LTHHCP)
Visiting Nurse Service of NY
212.609.1687

Certified Home Health Agency (CHHA)
North Shore-LIJ Health System
866.651.4200
http://www.northshorelij.com/NSLII/Home+Care+Network+Healthcare+at+Home

NY Foundation for Senior Citizens
11 Park Place, 14th Floor
(bet. Church St. & Broadway)
New York, NY 10007-2801
212.962.7559
http://www.nyfsc.org/index.html

After the three months, the client can hire the aide privately. The cost is negotiated with the client and the home attendant.

HOSPICE & PALLIATIVE CARE:

Visiting Nurse Service of NY-Hospice
1250 Broadway, 7th Floor (at West 32nd Street)
New York, NY 10001
212.609.1900
http://www.vnsny.org/our-services/by-life-event/hospice/?gclid=CLTmlrvanqcCFZ065Qod7AOPfA

VNS of NY Hospice has contracts to provide hospice services at the following facilities in Manhattan:

Hospitals:
Metropolitan Hospital
1901 First Avenue
New York, NY 10029
212.423.6262

NYU Langone Medical Center
550 First Avenue
New York, NY 10016
212.263.7300

Bellevue Hospital Center
Margaret Dunphny is contact person at Bellevue, 347.628.7594, 212.609.1900

Skilled Nursing Facilities:

Amsterdam House
1060 Amsterdam Avenue
New York, NY 10025
212.316.7700

DeWitt Rehab and Nursing Center
211 East 79th Street
New York, NY 10075
212.879.1600

Northern Manhattan Rehabilitation and Nursing Center
16 East 125th Street
New York, New York 10035
212.426.1284

Fort Tryon Center
801 W 190th St
New York, NY 10040
212.543.6400

Terrence Cardinal Cooke
1249 Fifth Avenue
New York, NY 10029
212.360.1000

The Jewish Home and Hospital
120 West 106th Street
New York, New York 10025
212.870.4715

Assisted Living:

The Shirley Goodman and Himan Brown Hospice Residence at Carnegie East (96th Street and 1st Avenue)
844 Second Ave
New York, NY 10128
212.360.3176

8 beds staffed by VNS team
Private pay and Medicaid

Metropolitan Jewish Health System
Administrative Office
39 Broadway, Room 200
(bet. Morris St. & Exchange Alley)
New York, NY 10006-3039
212.420.2844
http://hospicenyc.org/

NYU Langone Medical Center
550 First Avenue
(bet. E. 30 & E. 33 Sts.)
New York, NY 10016
212.263.0300
http://palliativecare.med.nyu.edu/
Mt. Sinai Medical Center
Administrative Office
1 Gustav L Levy Place
(5th Avenue bet. 98th & 101 Street)
New York, NY 10029
212.241.1446
http://www.mountsinai.org/patient-care/service-areas/palliative-care

Columbia Presbyterian
212.305.3953

New York Downtown Hospital
170 William Street
(bet. Beekman & Spruce Sts.)
New York, NY 10038
212.312.5816
http://www.downtownhospital.org/pages/3713/index.htm

Orthopedics:
New York Downtown Hospital
170 William Street, 4th Floor (at Beekman Street)
New York, NY 10038
Monday – Friday: 9 a.m. – 5 p.m.
212.312.5000
http://www.downtownhospital.org/

Ophthalmology
The New York Eye and Ear Infirmary
310 East 14th Street (at 2nd Avenue)
New York, NY 10003
Monday – Friday: 8 a.m. – 3 p.m.
212.979.4192

SPECIALIZED CLINICS:

Neurology, Endocrinology, Rheumatology, Dermatology, Gastroenterology, Podiatry, & Internal Medicine

Raymond Naftali Rehabilitation Center
508 West 26th Street (between 10th & 11th Avenues)
New York, NY 10001
Monday – Friday: 9 a.m. – 5 p.m.
646.230.9292
http://www.naftalicenter.com/
MENTAL HEALTH FACILITIES & SERVICES:

**Beth Israel Medical Center**  
Outpatient Geriatric Psychiatric,  
Outpatient Mental Health Center  
10 Nathan Perlman Place  
(East 15th St. bet. 1st & 2nd Avenues)  
New York, NY  212.420.2400  
[www.wehealny.org/services/psychiatry/services.asp](http://www.wehealny.org/services/psychiatry/services.asp)

The Division of Geriatric Psychiatry of Beth Israel Medical Center offers comprehensive evaluation and treatment, including inpatient geriatric psychiatry, outpatient geriatric psychiatry and house calls to homebound patients.

**Jewish Board of Family and Children’s Services**  
Greenberg Manhattan West/YCL Counseling Center  
125 West 50th Street, 6th Floor  
(bet. 6th & 7th Avenues)  
New York, NY 10020  
212.582.9100  
[www.jbfcs.org](http://www.jbfcs.org)

The Jewish Board of Family and Children’s Services provides outpatient mental health services incorporating psychologists, psychiatrists, social workers and case managers in 14 clinics and centers.

**The Hudson Guild**  
441 West 26 Street  
(bet. 9th & 10th Avenue)  
New York, NY 10001  
212.760.9800  
[www.hudsonguild.org](http://www.hudsonguild.org)

Hudson Guild is a fully licensed, professionally staffed mental health clinic. Psychotherapy and psychiatry services are offered.

**The Center for Hearing and Communication**  
50 Broadway, 6th Floor  
(bet. Exchange Alley & Morris St.)  
New York, NY 10004  
917.305.7700  
[www.chichearing.org](http://www.chichearing.org)

The center provides hearing testing, hearing aid fitting, speech therapy and mental health counseling for those who are hard of hearing or deaf. All of the therapists are sign language fluent. Mental health services include psychiatric evaluation, individual, couple, family and group therapy, medication consultation and maintenance, psychological and educational evaluations of adults and adolescents, crisis intervention, parenting counseling and support, case management services, information and referral.
Fifth Avenue Center for Counseling and Psychotherapy
50 West 23rd Street (bet. 5th & 6th Avenues)
New York, NY 10011
212.989.2990
www.tfacc.org

The Fifth Avenue Center for Counseling and Psychotherapy offers individuals, couples, family and group psychotherapy to patients with a wide variety of diagnoses. The staff includes clinical social workers, psychologists and psychiatrists who provide talk therapy and medication management to children, adolescents and adults.

Greenwich House: Senior Center and the Senior Health & Consultation
27 Barrow Street (bet. 7th Avenue S. & W. 4th St.)
New York, NY 10014
212.242.4140
www.greenwichhouse.org

Greenwich House services include a mental health age program, a music school, early childhood education, chemical dependency and methadone maintenance programs, a senior center and the Senior Health and Consultation Center. The Senior Health & Consultation Center provides adults over age 60 with affordable primary care and mental health services.

National Alliance on Mental Illness of NYC
505 8th Avenue Suite 1103 (bet. W. 35th & W. 36th Sts.)
New York, NY 10018
212.995.5824
www.naminycmetro.org

It is a support, education and advocacy organization serving individuals and families affected by mental illness. They offer support groups for individuals living with mental illness and groups for family, friends and caregivers. Services are free of charge.

The NAMI-NYC Metro Helpline provides New Yorkers with information, support, referrals, resources on mental illnesses, and how to navigate New York City’s mental health system.

212.684.3264
helpline@naminyc.org

Postgraduate Center for Mental Health
Center for Adult Psychotherapy
71 West 23rd Street, 7th floor (bet. 5th & 6th Avenues)
New York, NY 10010
212.576.4195
www.pgcmh.org

The center provides outpatient psychiatric treatment that includes medication management, insight oriented psychotherapy, cognitive behavioral therapy, & family & group psychotherapy.
1-800-LIFENET

1-800-LIFENET, a confidential, toll-free 24 hr. help line for New York City residents and is operated by the Mental Health Association of New York City in partnership with the New York City Department of Health and Mental Hygiene.

LIFENET operates 24 hours per day/7 days per week. LIFENET is multilingual and multicultural.

In Spanish: 1-877-AYUDESE (1-877-298-3373)

In Mandarin, Cantonese and Korean dialects: 1-877-990-8585

All other languages: 1-800-LIFENET (1-800-543-3638)

LIFENET assists people who are experiencing a crisis. LIFENET has authorized linkages with the 23 mobile crisis teams and Emergency Medical Services (EMS). This unique, life-saving authority allows LIFENET to provide a prompt response to callers in urgent need of psychiatric assistance.

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HEALTH CARE COVERAGE:

NYC Department of Aging Senior Services
2 Lafayette Street
New York, NY 10007

The city agency provides description and organizes the types of services and programs that are available to seniors.

Medicare
1-800-MEDICARE (633-4227)
www.medicare.gov

Medicare Right Center Consumer Hotline 1-800-334-4114
Administrative office
520 Eighth Avenue
(bet. W. 36th & W. 37th Sts.)
North Wing, 3rd Floor
New York, NY 10018
Phone: 212.869.3850
Fax: 212.869.3532
www.medicarerights.org

Medicaid
https://www.cms.gov/home/medicaid.asp

HRA’s Info Line for Medicaid
1877.472.8411
HIICAP (Health Insurance Information Counseling and Assistance Program)
NYC Dept. for the Aging
280 Broadway, Room 212
(bet. Chambers & Reade Sts.)
New York, NY 10007
1.800.701.0501

DRUG ASSISTANCE:

Elderly Pharmaceutical Insurance Coverage (EPIC)
P.O. Box 15018
Albany, NY 12242-5018
800.332.3742

A NY State operated program that provides seniors with financial assistance for their drug prescriptions.

Medicare: Part D Description Drug Coverage
1.800.633.4227

http://www.medicare.gov/navigation/medicare-basics/medicare-benefits/part-d.aspx

MediGap
https://www.cms.gov/Medicare/

Medigap is supplemental insurance that covers the gaps of the Medicare Plan Coverage. Click here (http://www.medicare.gov/find-a-plan/questions/medigap-home.aspx) for the Medigap Policy Search.

GOVERNMENT AGENCIES:

Social Security Administration
1.800.772.1213
www.socialsecurity.gov

The Social Security Administration provides a comprehensive website that informs on their programs, benefits, eligibility requirements, ability to file applications online, and other resources.

Department for the Aging
2 Lafayette Street
New York, NY 10007
311

The Dept. of Aging mission is to work for the empowerment, dignity and quality of life of New York City’s diverse older adult population as well as support their families through advocacy, education and the coordination and delivery of services.
NYS Office for the Aging
http://www.aging.ny.gov/

New York State Office for the Aging mission is to help older New Yorkers sustain their independence through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services. The goals are to support and empower the elderly and their families by also partnering with the network of public and private organizations that serve them.

**Benefit Search Engines:**

**Benefits Check Up**
www.benefitscheckup.org

**Eldercare Locator**
1-800-677-1116
www.eldercare.gov

**Dept. for the Aging Quick Check**
English, Spanish & Russian

**Food Assistance:**

**Meals On Wheels**
Citymeals-on-Wheels
355 Lexington Avenue
New York, NY 10017
212-687-1296

The organization provides nutritious meals and human companionship to homebound elderly in New York City.

**God's Love we Deliver**
116 Avenue of the Americas
New York, NY 10013
212.294.8100
www.glwd.org

The organization provides free nutritious meals delivered to individuals living with a serious illness in NYC.

**Human Resource Administration (HRA) Food Stamps Program**

The program provides food assistance to eligible low-income residents of NYC to improve their ability to purchase food. To get an application by mail, please call 311 or Infoline at 877-472-8411. You may also visit a local Food Stamp Center, which are open from 8:30 am to 5 pm. Please call 311 for a list or go to the website.
Emergency FoodLine
The automated hotline provides information on the hours of operation and the locations of soup kitchens and food pantries that are nearest to the individual. Please call 311 or 1-866-888-8777

Food Bank of NY
39 Broadway, 10th Floor
New York, NY 10006
Phone: 212.566.7855
Fax: 212.566.1463
http://www.foodbanknyc.org/

Food Bank For New York City hunger-relief organization working to end food poverty throughout the five boroughs by organizing food, information and support for community survival and dignity.

Supplemental Nutrition Assistance Program (SNAP)
1.877.472.8411
http://www.fns.usda.gov/snap/

SNAP or the Food Stamps program, is a federal assistance program that provides access to nutritious food to low income or no income individuals or families.

UTILITY ASSISTANCE:

Human Resource Administration Utility Assistance Program (UAP)
The State mandated program functions as a liaison between utility companies and eligible clients. It provides financial assistance in paying energy bills to families or individuals that are elderly, physically disabled and/or mentally impaired. For more information, please call the Heat Line at 212.331.3150.

Weatherization Referral and Packaging Program (WRAP)
Contact: 311

Provides low-income elderly with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows and repairs furnaces and roofs.
**DIRECT FINANCIAL ASSISTANCE:**

**Supplemental Security Income (SSI)**

This is a federal income supplement program that provides monetary assistance to the elderly, blind and disabled people to meet their basic needs. Please contact **1-800-772-1213** to determine eligibility.

[http://www.ssa.gov/pgm/services.htm](http://www.ssa.gov/pgm/services.htm)

**TRANSPORTATION:**

**Reduced-Fare MetroCard Program**

Service Center
3 Stone Street
New York, NY 10004
718.243.4999

Monday-Friday 9 am to 5 pm

This program reduces the fare of public transportation for seniors who are 65 years of age or older or people with disabilities. The reduced card functions the same as a regular MetroCard, except that it is personalized with your name and photograph.

**Access-a-Ride**

877.337.2017
[http://mta.info/nyct/paratran/guide.htm](http://mta.info/nyct/paratran/guide.htm)

Provides transportation to people with disabilities who are unable to use bus or subway service for their trips.

**Project C.A.R.T. (Community Arranged Resident Transportation Program)**

404 West 54th Street
New York, NY 10019
212.956.0855

The program offers free van service for the frail elderly to medical appointments, senior centers, and hospitals from the Battery to 96th Street on the East Side and to 110th Street on the West Side.

**Ambulance**

An ambulance provides emergency and non emergency transportation. Ambulances are serviced by emergency medical technicians who either provide treatment to those in need of immediate care or arrange for timely transport to the next level of care (emergency room).
**Types of Ambulance Service:**

**Basic Life Support (BLS)**

It is a level of medical care, which is used for patients with life threatening illnesses or injuries until a person can be given full medical care at a hospital.

**Advanced Life Support (ALS)**

It is a set of life saving protocol and skills that extend BLS to further support the circulation and provide an open airway and adequate ventilation. Skills include cardiac monitoring, cardiac defibrillation, intravenous cannulation, medication administration through parenteral and enteral routes, and pediatric advanced life support to name a few.

**Providers**

American Medical Response (AMR)  
718.628.5757

Transcare  718.251.8888

Senior Care  718.430.9700

**Ambulette**

An ambulette is a van used to transport patients in non-emergency situations. It is wheelchair accessible and is appropriate for those who primarily use a wheelchair or who cannot walk any significant distance. It is used for medical transport only. Ambulettes can be used to transport people to physician appointments, dialysis treatment, physical therapy appointments, hospitals, skilled nursing and rehabilitation facilities and any other medical facilities.

**Providers**

Citicoach- 212.777.1277

Friendship- 718.589.7004

Transcare- 718.251.8888
**Senior Employment Services & Volunteer Opportunities**

**Senior Employment Services**  
220 Church St.  
New York, NY 10007  
212.442.1355  
Hours: M-F 9 AM - 5 PM

Services:  
* Job training and placement  
* Assistance for Title-V eligible persons

Languages: Spanish, Chinese  
170 languages (phone interpretation)

**Senior Resource Center**  
2 Lafayette St.  
New York, NY 10007  
Phone: 311  
Hours: M-F 9 AM - 5 PM

Services:  
* Assistance with SCRIE, HEAP and WRAP applications (for seniors)  
* Medicare Part D  
* Referral to DFTA's other direct service units

Languages: Spanish, Chinese, Russian  
170 languages (phone interpretation)

**Legal Services:**

**Metropolitan Council on Housing**  
339 Lafayette Street, #301  
New York, NY 10012  
212.979.0611  
Hotline (Monday-Wednesday-Friday 1:30-5 p.m.)  
212.979.6238

**Housing Court Answers**  
Contact: 212.962.4795

**Information Tables:**

- New York City Housing Authority  
  Termination Hearings Office  
  250 Broadway, 2nd floor  
  New York, NY 10007  
  Thursdays 1 pm to 5 pm

- Manhattan  
  111 Centre Street  
  New York, NY, 10013  
  Second Floor Clerk’s Office - Room 225  
  Monday through Thursday, 9 am to 5 pm, Friday 9 am to 1 pm (Maybe closed between 1pm and 2pm)

**NYLAG (New York Legal Assistance Group)**  
450 West 33rd Street, 11th Floor  
New York, NY 10001  
212.613.5000 ext. 2

A non-profit organization that provides free legal services in civil law matters to low income New Yorkers.
The organization has several Elderly Project Legal Clinics offered at various senior centers in Manhattan:

**Hudson Guild Senior Services**
119 Ninth Avenue (bet. 17th & 18th Sts.)
New York, NY
212.924.6710
First & third Thursday at 1:30 p.m.

**Our Lady of Pompeii**
25 Carmine Street
New York, NY 10012
212.989.3620
Third Tuesday at 10 a.m.

**Legal Services-NYC**
(Lower Manhattan)
90 John Street, Suite 301
New York, New York 10038-3243
Tel: 646.442.3100
Fax: 212.227.9798
http://www.legalservicesnyc.org/

**Cardozo Bet Tzedek Legal Services**
Benjamin N. Cardozo School of Law
55 Fifth Avenue, Room 1103
New York, NY 10003
212.790.0240

**LawHelp/NY.org/NY**
It is an online tool that provides comprehensive information regarding free legal services to low-income residents and vulnerable populations of New York City.

**SPECIAL HEALTH NEEDS:**

**Lighthouse International-National Assoc. of the Visually Handicapped**
22 W. 21st St.
New York, NY 10010
212.889.3141
Fax: 212.727.2931
staff@navh.org
www.navh.org
The organization provides programs and services to individuals who are at risk, or are experiencing, vision loss in order to preserve their safety, independence and ability to lead productive lives.

**Alzheimer's Association**
360 Lexington Avenue, 4th Floor
New York, NY 10017
Phone: 646.744.2900
A voluntary, non-profit health organization that specializes in providing Alzheimer care and support.
Visions: Services for the Blind and Visually Impaired
500 Greenwich St., 3rd fl.
New York, NY 10013
212.625.1616
Fax: 212.219.4078
info@visionsvcd.org
www.visionsvcb.org

The organization provides programs and services to blind and visually impaired seniors and individuals with multiple disabilities as well as their families.

YAI National Institute for People with Disabilities
320 W. 13th St., 2nd fl.
New York, NY 10014
212.273.6100
http://www.yai.org/

The YAI mission is to provide hope and opportunity for people with developmental and learning disabilities through their comprehensive programs and services.

Center for the Independence of the Disabled in New York
212.674.2300
www.cidny.org

A non-profit organization that is part of the Independent Living Centers Movement, that provides multiple services and programs to enhance the quality of life and preserve self-determination for people living with disabilities.

HEAR NOW
1800.648.4327
www.sotheworldmayhear.org/hearnow/

Hear Now is a national non-profit program committed to assisting those permanently residing in the U.S. who are deaf or hard of hearing and have no other resources to acquire hearing aids.

Mayor’s Office of People with Disabilities
100 Gold Street, 2nd Floor
New York, NY 10038
212.788.2830
www.nyc.gov/html/mopd/html/about/about.shtml

The agency provides programs, services, activities, advocacy and other resources to maintain and protect the quality of life and dignity of people with disabilities in New York City.
Human Resources
Administration Adult Protective Services (APS)
311 or 212.630.1853

The state mandated case management program organizes services and provides support to minimize and counteract the risks that physically and mentally impaired populations have to confront in maintaining their independence. Additionally, the program emphasizes on providing support needed for clients to continue living within the safety of their communities.

LGBT SERVICES:

Services and Advocacy
Gay, Lesbian, Bisexual and Transgendered Elders (SAGE)
305 7th Avenue, 15th Floor
(bet. W. 27th & W. 28th Sts.)
New York, NY 10001
http://www.sageusa.org/index.cfm

SAGE is the largest & oldest organization that focuses on improving the quality of life and addressing the needs of the LGBT senior population. It offers a multitude of programs and services such as counseling, case management, group discussion, education programs, respite services, recreation programs and social activities.

LGBT Center
208 West 13th Street
(bet. 7th & 8th Avenue)
New York, NY 10011
212.620.7310
http://www.gaycenter.org/community/seniors

The LGBT Center offers SAGE sponsored programming for seniors focusing on aging issues, life planning and legal rights. In addition, there are multiple support, educational & recreation groups to enhance quality of life. Along with these services, Center CARE (Counseling, Advocacy, Recovery & Education) provides social services focusing on health care, grief and bereavement, substance abuse & recovery groups, Family therapy, immigration & HIV/AIDS.

GRIOT Circle: A Safe Space for LGBT Elders of Color
25 Flatbush Avenue, 5th Floor
Brooklyn, NY 11217
718.246.2775
http://www.griotcircle.org

This organization provides programs and services to LGBT people of color that address the issues of isolation, fear of aging and improve quality of life.
Empire State Pride Agenda
Foundation
LGBT Health and Human Services
Network
647 Hudson Street,
New York, NY 10014
212.627.0305
www.prideagenda.org

The Network is a group of nonprofit LGBT organizations that provides non-HIV related health and wellness services to LGBT New Yorkers, including youth, seniors, people of color, and women.

Gay Men of African Descent
103 E. 125th St. #503,
New York, NY 10035
212.828.1697
www.gmad.org/

GMAD is working to improve quality of life within the New York City black gay community by effectively fighting the triple threat of AIDS, homophobia and racism through education, advocacy, health and wellness, and social support. The organization offers a drop-in center for seniors, YMSM's, health and wellness counseling, prevention education, street outreach and HIV testing.

HIV/AIDS SERVICES:

HRA-HIV/AIDS Service
Administration (HASA)

The objective of the department is to expedite and coordinate essential social services and medical care for people living with HIV/AIDS to maintain and improve their quality of life.


Callen Lorde-HIV/AIDS Service
356 West 18th Street
New York, NY 10011
212.271.2700
http://www.callen-lorde.org/services/hiv.html

The community health center provides comprehensive care and support, such as free testing, counseling and accessing resources.
Gay Men’s Health Crisis (GMHC)
446 West 33rd Street
New York, NY 10001
212.367.1000
http://www.gmhc.org/

The organization provides HIV/AIDS prevention, comprehensive care and advocacy.

Greenwich House AIDS Mental Health Project
122 West 27th Street, 3rd Floor
New York, NY 10001
212.255.8980

The organization offers outpatient treatment services for adults with HIV, or to HIV-Affected individuals.

Village Care NY
154 Christopher Street
New York, NY 10014
212.337.5600
http://www.villagecare.org

The community based, non-profit organization provides rehabilitation services and comprehensive, continuing care to persons living with HIV/AIDS and seniors.

CAREGIVER RESOURCES:

Family Caregiver Alliance
http://www.caregiver.org/caregiver/jsp/home.jsp

Family Caregiving 101
http://www.familycaregiving101.org/

Caring. Com
http://www.caring.com/

USA Government Caregiver Resources
http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml

SUPPORT & EMPOWERMENT SERVICES:

New York City Self Help Center
120 West 57th Street
New York, NY 10107
212.586.5770

This organization provides information on local support groups in your area, along with providing guidance on how to form a support group independently.
**Gilda’s Club NYC**  
195 West Houston Street  
New York, NY 10014  
212.647.9700

Provides social and emotional support for cancer patients, family and friends.

**Friends of Karen**  
118 Titicus Road  
Purdys, NY 10578  
212.308.1378

Provides emotional, financial and advocacy support for children with life threatening illnesses and their families. Contact takes place at the hospitals or home of the child.

**DOROT**  
171 West 85th Street  
New York, NY 10024  
212.769.2850  

Provides social services that promote and maintain independent living for seniors. Simultaneously, the organization offers support and resources to caregivers.

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**TECHNOLOGY SERVICES:**

**Older Adult Technology Services (OATS)**  
1713 Eighth Avenue, #8  
Brooklyn, NY 11215  
718.360.1707  

The non-profit organization educates and supports older adults in using information technology to improve their quality of lives and encourage social and civic engagement.

**Senior Planet**  
A website developed by OATS to share ideas and exchange resources for building a digital community and improving quality of life.  

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**PET CARE:**

**Beth Israel-Amie’s Place Patient Care Program**  
First Avenue at 16th Street  
New York, NY 10003  
[http://www.wehealny.org/services/bi_amie/index.html](http://www.wehealny.org/services/bi_amie/index.html)

Jana Rader, MSW  
212.420.5681  
JRader@chpnet.org.

Providing pet care in emergencies for patients at Beth Israel.
**Jewish Association for Service for the Aged (JASA)**

Pet Projects  
132 West 31st Street  
New York, NY 10001  
[http://www.jasa.org/services/support/decluttering.html](http://www.jasa.org/services/support/decluttering.html)  
Caroline Van Zandt, LCSW  
212.273.5217  
Provides dog walking, litter box attendants, foster care and transportation to the veterinarian. Person must be at least 60 yrs old and reside in Manhattan, south of 125th Street to qualify.

**PAWS (Pets Are Wonderful Support) New York**  
PO Box 333  
New York, NY 10159  
[http://pawsny.org/citymeals](http://pawsny.org/citymeals)  
917.733.2170  
Provides pet care assistance such as dog walking, litter maintenance, feeding etc. to homebound seniors.

**DE-CLUTTERING SERVICES:**

**Jewish Association for Service for the Aged (JASA)**  
Pet Projects  
132 West 31st Street  
New York, NY 10001  
[http://www.jasa.org/services/support/decluttering.html](http://www.jasa.org/services/support/decluttering.html)  
Assists in eliminating dangerous accumulation of papers, furniture, and other materials to meet home care agency and create a safe environment.

**ADVOCACY GROUPS:**

**Coalition of Institutionalized Aged & Disabled (CIAD)**  
425 East 25th Street  
New York, NY  
212.481.7572  
[www.ciadny.org](http://www.ciadny.org)  
A non-profit advocacy organization that promotes the empowerment of institutionalized senior and disabled residents by educating members on how to protect and improve the quality of life and care within the institution.
The National Consumer Voice for Quality Long Term Care
001 Connecticut Avenue, NW, Suite 425
Washington, DC 20036
Tel: 202.332.2275
Fax: 202.332.2949
www.theconsumervoice.org
info@theconsumervoice.org

The organization educates and empowers the families and consumers of long term care facilities on how to improve their quality of life and the level of care within the institution.

Long Term Care Community Coalition
242 West 30th Street, Suite 306
New York, NY 10001
Tel: 212.385.0355
Fax: 212.239.2801
www.ltccc.org

Non-profit advocacy coalition that focuses on improving the quality of life of long-term care consumers through strengthening regulation, surveillance and enforcement.

National Council on Aging
1202.479.1200
www.ncoa.org

Non-profit service and advocacy organization that unite other non-profits, businesses and government to develop creative solutions to improve the quality of life for all seniors, especially those who are vulnerable and disadvantage.

American Association of Retired Persons (AARP)
1.212.758.1411
www.aarp.com

AARP is a non-profit, non-partisan membership and advocacy organization that is dedicated to enhancing the quality of life for people over age 50.

Community Service Society: Advocacy, Counseling, and Entitlement Services Project (ACES)
1212.614.5552
http://www.cssny.org/services/aces_vita_financial_coaching_corps/

ACES Project helps low-income New Yorkers receive needed public benefits and services.
**SENior CENTERS:**

**Center on the Square Senior Center**  
Caring Community  
20 Washington Square North  
New York, NY 10011  
212.777.3555 ext. 106

**Caring Community Independence Plaza Senior Center**  
310 Greenwich Street  
New York, NY 10014  
212.267.0499

**Our Lady of Pompeii Senior Center**  
Caring Community  
25 Carmine Street  
New York, NY 10014  
212.989.3620

**Greenwich House**  
Judith C. White Senior Center  
27 Barrow Street  
New York, NY 10014  
212.242.4140

**Caring Community First Presbyterian**  
12 West 12th Street  
New York, NY 10011  
212 924-2810

**New York Chinatown Senior Center**  
70 Mulberry Street  
New York, NY 10013  
212 233-8930

**Mott Street Senior Center Citizens Center**  
180 Mott Street  
New York, NY 11012  
212.966.5460

**Bowery Residents Committee**  
Homeless Senior Services Center  
30 Delancey Street  
New York, NY 10002-2905  
212.533.2020

**McBurney YMCA Senior Center**  
125 W 14th St.  
(bet. 6th & 7th Avenues)  
New York, NY 10011  
212.912.2300  
Fax: 212.741.8339  
[www.ymcanyc.org/mcburney](http://www.ymcanyc.org/mcburney)
RENTAL ASSISTANCE & HOUSING SERVICES:

New York Foundation for Senior Citizens
11 Park Place, 14th Floor
(bet. Broadway & Church St.)
New York, NY 10007-2801
212.962.7559
http://www.nyfsc.org/services/housing.html

It is a non-profit organization that is dedicated to helping New York's seniors enjoy productive and dignified lives in their own homes and communities as well as to help them avoid the need for premature institutionalization. They provide housing alternatives to accomplish this objective by providing subsidized and enriched housing, transitional housing for the homeless and home sharing.

Senior Citizen Rent Increase Exemption (SCRIE)
NYC Department of Finance
SCRIE Exemption
59 Maiden Lane, 22nd Floor
(bet. Williams & Nassau Sts)
New York, NY 10038
Call 311

This program offers an exemption from rent increases. In addition, the property owner receives a credit against their real estate taxes.

Disability Rent Increase Exemption (DRIE)
NYC Department of Finance
DRIE Exemption
59 Maiden Lane, 22nd Floor
(bet. Williams & Nassau Sts)
New York, NY 10038
Call 311

Program offers eligible tenants an exemption from rent increases. The owner of building receives a credit against their real estate taxes.

St. Margaret's House
49 Fulton Street
(bet. Cliff & Pearl Sts.)
New York, NY 10038
212.766.8122
Fax: 212.571.1634
A residential community for seniors and the mobility impaired with 251 rental apartments. All residents receive Section 8 rent subsidies.
NYC Housing Authority (NYCHA)

The New York City Housing Authority (NYCHA) provides decent and affordable housing in a safe and secure living environment for low- and moderate-income residents throughout the five boroughs. The agency focuses on enhancing resident’s quality of life by offering the opportunity to participate in community, educational and recreational programs, as well as job readiness and training initiatives to compete in the job market. To be eligible for a senior building, you or your co-head (spouse or domestic partner, if any) must be at least 62 years of age and all other household members must be at least 62 years of age.


To apply, please call the Customer Contact Center at (718) 707-7771 to request an application to be mailed to you or visit one of the three centers:

**Bronx/Manhattan Customer Contact Center**

478 East Fordham Road
(1 Fordham Plaza), 2nd Floor
Bronx, NY 10458
Telephone: 718.707.7771
Mon-Fri. 8am - 5pm

**Brooklyn/Staten Island Customer Contact Center**

787 Atlantic Avenue, 2nd Floor
Brooklyn, NY 11238
Telephone: 718.707.7771
Mon.-Fri. 8am - 5pm

Queens Customer Contact Center

90-27 Sutphin Boulevard,
4th Floor
Jamaica, NY 11435
Telephone: 718.707.7771
Mon.-Fri. 8am - 5pm

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**HOMELESS SERVICES:**

**Prevention Assistance and Temporary Housing (PATH)**

346 Powers Avenue
(bet. 141st & 142nd Sts.)
Bronx, NY 10454
Open 24 hours, 7 days a week

A program provides safe, temporary housing to families with children who are under 21 and pregnant families. Must go in person.

**Adult Family Intake Center (AFIC)**

400-430 East 30th St.
(bet. 1st Ave. & FDR)
New York, NY 10016

The program provides safe, temporary housing for adult families with no children under 21.
GOLES (Good Old Lower East Side)
171 Avenue B (between 10th & 11th St.)
New York, NY 10009
212.533.2541
Fax: 212.533.8126

http://www.goles.org/

The neighborhood housing and preservation organization is dedicated to tenants' rights, homelessness prevention, economic development, and community revitalization.

RECREATIONAL & LIFESTYLE:

Museums:

Museum of Comic and Cartoon Art (MoCCA)
594 Broadway
Suite 401
New York, NY 10012
212.254.3511
http://www.moccany.org/

Merchant's House Museum
29 East Fourth Street
New York, NY 10003
212.777.1089
http://www.merchantshouse.com/

East Village History Project
308 Bowery
New York, NY 10012
212.614.8702

Ukrainian Museum
222 East 6th Street
New York, NY 10003
212.228.0110
http://www.ukrainianmuseum.org/

New Museum of Contemporary Art
235 Bowery
New York, NY 10002
212.219.1222
http://newmuseum.org/

Drawing Center
35 Wooster St.
New York, NY 10013
212.219.2166
http://www.drawingcenter.org/about_visit.cfm

Anne Frank Center USA
38 Crosby Street
5th Floor
New York, NY 10012
212.431.7993
http://www.annefrank.com/

Children's Museum of the Arts
182 Lafayette Street
New York, NY 10012
212.274.0986
http://www.cmany.org
New York City Fire Museum
278 Spring Street
New York, NY 10012
212.691.1303
http://www.nycfiremuseum.org/

Jackie Robinson Museum
1 Hudson Square
75 Varick Street 2nd Floor
New York, NY10013
212.290.8600
http://www.jackierobinson.org/about/museum.php

American Numismatic Society
75 Varick St
11th Floor
New York, NY10013
212.571.4470
http://www.numismatics.org/

Museum Of Chinese in America
215 Centre Street
New York, NY 10013
212.619.4785
http://www.mocanyc.org/

Italian American Museum
155 Mulberry St.
New York, NY 10013
212.965.9000
http://www.italianamericanmuseum.org/

YIVO Institute for Jewish Research
15 W. 16th St.
New York, NY10011
212.246.6860
http://www.yivo.org/

Center For Jewish History
15 W. 16th St.
New York, NY10011
212.294.8301
http://www.cjh.org/

Lower East Side Tenement Museum
103 Orchard Street
New York, NY 10002
212.982.8420
http://www.tenement.org/

Art Galleries:

Friehlich Bros-Deutsch Bros
670 Broadway
New York, NY 10012
212.777.3051

Marc Jancou Contemporary
680 Broadway
New York, NY10012
212.473.2100
http://www.marcjancou.com/

Russeck Gallery
478 W Broadway
New York, NY10012
212.475.9939
14 Sculptors Gallery
168 Mercer St
New York, NY10012
212.966.5790
http://14sculptors.com/

Martin Lawrence Galleries
457 W Broadway
New York, NY10012
212.995.8865
http://martinlawrence.com/indexh5.html

Kelly June Gallery
591 Broadway
New York, NY10012
212.226.1660
http://www.junekellygallery.com/

Exhibit A
160 Mercer St
New York, NY 10012
212.343.0230

Sperone Westwater
121 Greene St
New York, NY10012
212.253.0648
http://www.speronewestwater.com/cgi-bin/iowa/index.html

Visual Arts Gallery
137 Wooster St
New York, NY10012
212.598.0221

Dranoff Fine Art
591 Broadway
New York, NY10012
212.966.0153
http://www.dranofffineart.com/

Caldwell Snyder Gallery
451 W Broadway
New York, NY 10012
212.387.0208

Susan Megson Gallery
456 W Broadway
New York, NY10012
212.254.8090

Ceres Gallery
547 W 27 St. Suite 201
New York, NY10001
212.947.6100
http://www.ceressgallery.org/

Atelier International Art Group Inc
594 Broadway
New York, NY 10012
212.431.0630
http://www.atelierart.com/atelier_international_art_group_ARCHIVES.htm

Meisel Susan P Decorative Arts
141 Prince St
New York, NY 10012
212.254.0137
Leslie-Lohman Gay Art Foundation
26 Wooster St
New York, NY 10013
212.431.2609
http://www.leslielohman.org/

Montserrat Gallery Inc
584 Broadway
New York, NY 10012
212.941.8899
http://www.montserratgallery.com/

Sara Meltzer On View
588 Broadway
#612
New York, NY 10012
212.343.8256

Meisel Louis K Gallery
141 Prince St
New York, NY10012
212.677.1340
http://www.meiselgallery.com/LKMG/

Buzzco Assoc Inc
33 Bleecker St
New York, NY 10012
212.473.8800
http://www.buzzzco.com/

Tobey Fine Art
580 Broadway
New York, NY 10012
212.431.7878

Westwood Gallery
578 Broadway
New York, NY 10012
212.925.8581
http://www.westwoodgallery.com/

Gallery 292
120 Wooster St
New York, NY 10012
212.431.0292

Teller Susan Gallery
568 Broadway
New York, NY 10012
212.941.7335
http://susantellergallery.com/

Marcus Curt Gallery Inc
2 5th Ave
New York, NY 10011
212.226.3200
http://curtmarcusgallery.com/

CFM Gallery
112 Greene St
New York, NY 10012
212.966.3864

Franklin Bowles Galleries
431 W Broadway
New York, NY 10012
212.226.1616
**Honda Fine Art**  
55 Great Jones St  
New York, NY 10012  
212.477.4086

**Jonathan Shorr Gallery**  
109 Crosby St  
New York, NY 10012  
212.925.2723

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

Meet Me At MoMA:  
A free program designed for individuals with dementia that highlights themes, artists and exhibitions at the MoMA. They are scheduled once a month in Tuesdays from 2:30 pm to 4:00 p.m. Space is limited and pre-registration is required. Contact MoMA Access programs at 212.333.1265.

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**GREENMARKETS:**

**Union Square Greenmarket**  
North & west sides of Union Square Park  
Monday, Wednesday, Friday, & Saturday  
8:00 a.m. - 6:00 p.m.  
Winter EBT Hours: December-June, 10am-4pm  
[http://www.grownyc.org/unionsquaregreenmarket](http://www.grownyc.org/unionsquaregreenmarket)  
WIC and FMNP checks accepted at farmer stands. EBT/Food Stamps accepted at the market info tent

**South Village Farmer's Market**  
6th Avenue between Carmine Street and West 3rd Street  
Tuesdays and Thursdays, 8am – 7pm  
July through October

**Hester Street Greenmarket**  
Essex Street between Hester Street and Canal Street  
Sundays, 8am – 6pm  
July through Late November

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**PARKS:**

**Washington Square Park**  
5 Ave, Waverly pl., W.4 St. & Macdougal St  

**James J Walker Park**  
Hudson St, St Luke’s Pl, Clarkson St, 7 Av  
[http://www.nycgovparks.org/parks/M038/](http://www.nycgovparks.org/parks/M038/)

**Minetta Playground**  
Minetta Lane, W.3 St. and Ave. of Americas  
[http://www.nycgovparks.org/parks/M125B/](http://www.nycgovparks.org/parks/M125B/)

**Downing St. Playground**  
Downing St to Carmine St, Av of Americas  
[http://www.nycgovparks.org/parks/M027/map](http://www.nycgovparks.org/parks/M027/map)

**William F. Passannante Ballfield**  
W Houston St, Av of Americas, Macdougal  
[http://www.nycgovparks.org/parks/M120A/map](http://www.nycgovparks.org/parks/M120A/map)
Mercer Playground  
Mercer St. between Houston & W. 4 St  
http://www.nycgovparks.org/parks/M295/

Hudson River Park  
W. side between Battery Place & W. 59 St  
http://www.hudsonriverpark.org/index.asp

Father Demo Square  
Ave of Americas, Bleecker, & Carmine St  
http://www.nycgovparks.org/parks/M191/

Minetta Triangle  
N/E Corner Ave of Americas & Minetta St  
http://www.nycgovparks.org/parks/M125D/

Minetta Green  
S/E Corner Minetta Lane & Ave of Americas  
http://www.nycgovparks.org/parks/M125A/

Vesuvio Playground  
Thompson St bet. Spring and Prince St  
http://www.nycgovparks.org/parks/vesuvio playground/facilities/sprayshowers

Father Fagan Park  
Ave of Americas bet. Prince and Spring St  
http://www.nycgovparks.org/parks/M207/

Hudson River Park  
Broadway to 4 Ave, E 14 St to E 17 St  
http://www.nycgovparks.org/parks/unionsquarepark

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**SENIOR DISCOUNTS:**

**AMC Theaters**  
$9.50 admission, 60+

**Amtrak**  
15% discount is given to seniors over 62 on the lowest available rail fare  
10% off is given to seniors over 60 when using cross-border services (i.e. Amtrak & VIA Rail Canada)  
http://www.amtrak.com/servlet/ContentServer?c=Page&pagename=am%2FLayout&t&cid=1241305460008

**Avis**  
AARP membership required  
1(800)331-1212

**Banana Republic**  
65+ receive 10% off

**Dunkin Donuts**  
50+ receive 10% off any purchase

**Hyatt Hotels**  
Rates of the rooms determine discounts  
http://newport.hyatt.com/hyatt/hotels/offers/details.jsp?offerId=100720&isBookable=true

**Marriott Hotels**  
Rates of the rooms determine discounts  
http://www.marriott.com/specials/senior/default.mi
**McDonald's**
Discounts differ per restaurant

**Regal Cinemas**
$4.00 off admission, 50+

**Subway**
10% off for seniors over 60