

SENIORS' GUIDE FOR LOWER MANHATTAN

PREPARED BY
MANHATTAN COMMUNITY BOARD 1
2010



The City of
New York



Introduction

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

Is our own community accommodating such a shift? What does our community already provide for seniors? What follows is our attempt to provide the first guide for seniors living in Manhattan Community Board 1, which covers Lower Manhattan south of Canal Street.

In housing, our community board currently has two senior living facilities. There are also a number of buildings where many have chosen to age in place downtown. As more make this choice, we've seen the creation of local senior centers and services, which address senior needs in areas of health, safety, and transportation at moderate cost or free of charge.

With this guide, we hope to provide 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 deserving seniors.

This guide was initiated and led by Community Board 1 member Tom Goodkind. He was assisted in the project by Community Board 1's Community Liaison, Yume Kitasei; Manhattan Borough President's Office Urban Planning Fellow for Community Board 1, Matt Viggiano; and a team of other Community Board 1 members and district residents who volunteered their time to the development of this guide.



Julie Menin
Chairperson

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This guide was assembled through the hard work of a small group of volunteers. The information contained below may be subject to change after release of this guide. If you notice any inaccuracies, please submit comments to the Community Board 1 office by emailing man01@cb.nyc.gov or by calling 212-442-5050.

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212-306-3000

❖ SENIOR LIVING FACILITIES IN COMMUNITY BOARD 1

1. The Hallmark of Battery Park City

455 North End Avenue

New York, NY 10282

212-791-2500

Contact: Cheryl Bambach – Sales Counselor

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;
- 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

49 Fulton Street
Peck Slip, NY 10038
212-766-8122

Contact: Clair Guerette - Manager

[**www.trinitywallstreet.org/about/#st-margarets**](http://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.

❖ 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 1 area, we have two areas of senior

living, 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 Near Community Board 1

1. Independence Plaza

Serviced by the **Caring Community**

310 Greenwich Street – 2nd Floor

New York, NY 10013

212-267-0499

Contact: Nicole Brown – Center Director

www.thecaringcommunity.org/IndependencePlaza

Open to all seniors 60 and over whether or not they live in Independent Plaza North (“IPN”), the IPN SSP run by the Caring Community has a membership of nearly 1,000 seniors. It offers lunch, transportation services, exercise, yoga, art, games, and discussion groups.

Health assistance is also provided by Metropolitan Jewish Geriatric Health System in the form of 7 nurses who come every Thursday from 1:30-3:30pm to the Caring Community at IPN. The nurses provide lectures on subjects such as nutrition. Any home care provided at IPN must come from outside sources.

2. Southbridge

Serviced by the **Southbridge Adult and Senior Citizens Center**

90 Beekman Street

New York, NY 10038

212-732-9363

Contact: Chris Mitsopoulos – Coordinator

southbridgetowers.com

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.

3. Center on the Square

Serviced by the **Caring Community**

20 Washington Square North

New York, NY 10011

212-777-3555

Contact: Laura Marceca – Director

www.thecaringcommunity.org/CenterOnTheSquare

The Center on the Square is open Monday through Friday from 9am-5pm and located in a historic brownstone on Washington Square in Greenwich Village. The center offers a wide variety of classes and activities and serves lunch every weekday. The building also has a computer lab.

4. First Presbyterian Church

Serviced by the **Caring Community**

12 West 12th Street

New York, NY 10011

www.thecaringcommunity.org/FirstPresbyterianChurch

This center was closed in June 2010 as result of New York City budget cuts.

5. Our Lady of Pompei Church

Serviced by the **Caring Community**

25 Carmine Street

New York, NY 10014

212-989-3620

Contact: Sandy Gabin – Director

www.thecaringcommunity.org/OurLadyOfPompeiChurch

The church's center is open Monday through Friday from 9am-5pm. It offers lunch every weekday, as well as a variety of classes and activities, internet access, and regular day trips.

6. Greenwich House

Judith C. White Senior Center

27 Barrow Street – 3rd Floor

New York, NY 10014

212-242-4140

greenwichhouse.org/programs/senior/jcwsenior

The Judith C. White Senior Center is open Monday through Friday from 8:45am-4pm. It offers breakfast and lunch every weekday, as well as a variety of classes and activities, referrals for medical and housing needs, and regular day trips such as trips to shows.

7. 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 1 area. Either call or visit the web site for further information.

Other Senior Centers in New York City

8. New York City Housing Authority (NYCHA)

Senior Centers in Manhattan

250 Broadway

New York, NY 10007

212-306-3000

www.nyc.gov/html/nycha/html/ccshtml/seniorcenters_manhattan.shtml

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

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2010



EXERCISE

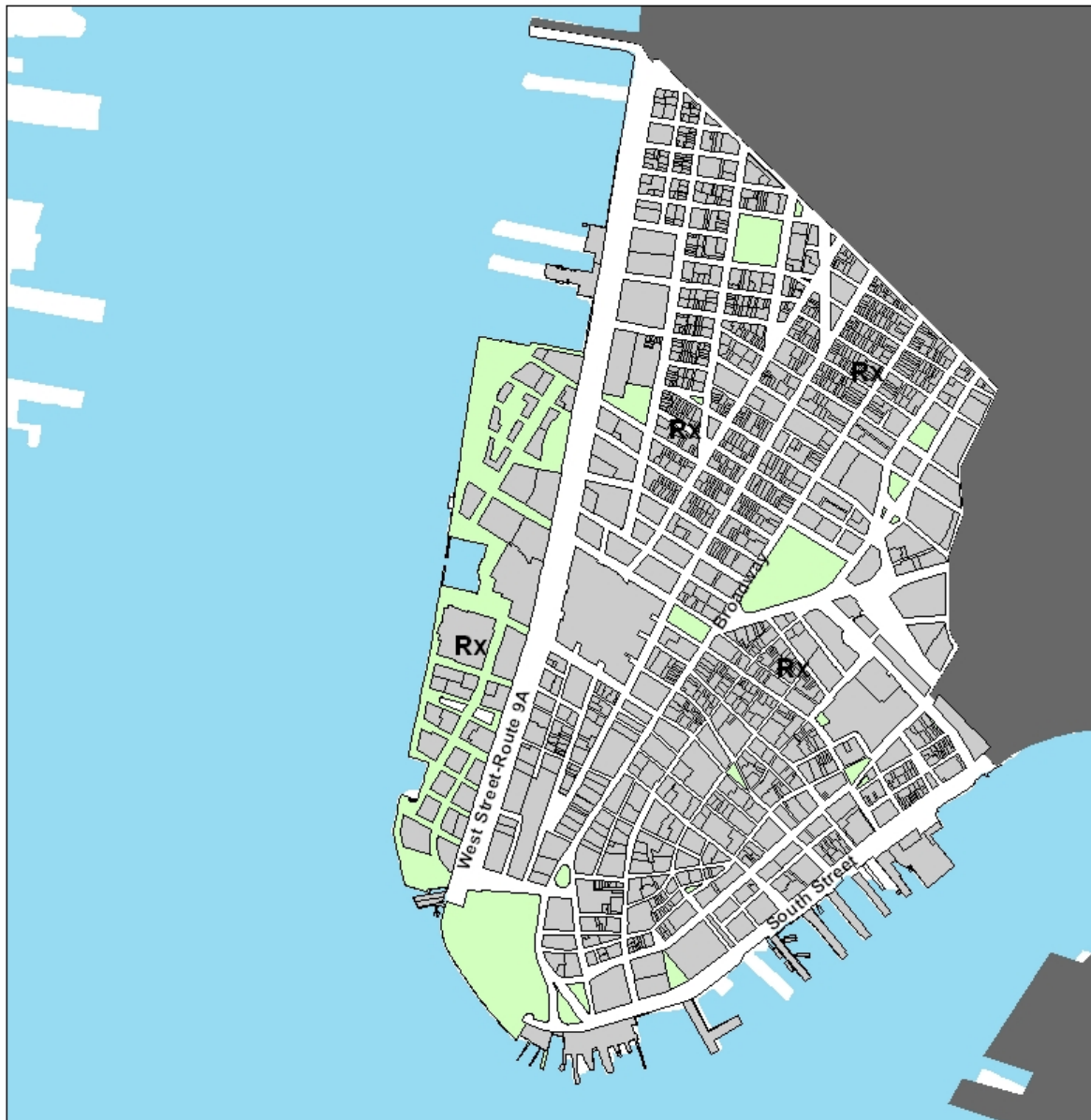
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212-788-2318
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212-598-0100
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212-791-3100
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800-748-3243

❖ HEALTH CENTERS & PROGRAMS FOR SENIORS & CAREGIVERS

1. Social Security Office

26 Federal Plaza – 31st Floor
New York, NY 10278
800-772-1213

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

The federal retirement benefits office is conveniently located downtown.

2. Center for Medicare and Medicaid Services

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.

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

Health Promotion Unit

2 Lafayette Street
New York, NY 10007
212-442-3086

[www.nyc.gov/html/ dfta/html/health/ health.shtml](http://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.

4. Hamilton-Madison House

100 Gold Street

New York, NY 10038
212-788-2318 for general information
212-788-1537 for Adult Day Care
[www.hmhonline.org/ defaultLanding.htm](http://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, 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. They can be contacted at 212-788-1688.

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

5. American Indian Community House

11 Broadway
New York, NY 10004
212-598-0100
Contact: Kim Randall
www.aich.org

The American Indian Community House is for Native Americans of all ages and provides health education, medical and dental referrals, community outreach, and the development of Native American-specific health-oriented programs. Other programs administered by their Health Department include mental health, food and clothing banks, and free hot lunches daily during the weekdays for any member of the public.

6. Friends and Relatives of Institutionalized Aged (FRIA)

18 John Street – Suite 905
New York, NY 10038
212-732-4455
www.fria.org

This non-profit agency is dedicated to making sure individuals in long-term care facilities receive adequate, timely, appropriate, and compassionate care. They organize family groups, put out publications, and offer hotline assistance for consumers concerned about the nursing home and assisted living industries.

7. Japanese American Social Services

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.

8. New York Downtown Hospital (NYDH)

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 for a description of Southbridge Towers) to design health programs, and a medical office has been established at Southbridge. This is a collaborative effort by the community's management agency, nurses, and other groups.

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

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

❖ HOME CARE & SERVICE PROVIDERS

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

1. Better Helpers, Inc.

401 Broadway – Suite 1507

New York, NY 10013

212-431-8016

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

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

2. Chinese Planning Council Home Attendant Program

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.

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

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.

4. Metropolitan Council on Jewish Poverty

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.

5. New York Foundation for Senior Citizens

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 New York City Human Resources Administration. Case management is

Part II. Resources for Health & Safety

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 changes themselves, or refer them back to the program for free repairs.

6. Beth Israel Hospital**Senior Health House Calls**

275 Eighth Avenue

New York, NY 10011

212-206-1299

wehealny.org/patients/BI_home/Bi_index.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 NYC for geriatric home care. The Senior Health House Call service is not located in the CB1 district, but provides a rare and valuable service anywhere south of 59th Street, including to residents of Community Board 1. It began service in 2009, and in its first year, has taken care of over 100 patients.

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. They will also provide 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.

❖ **SPECIAL HEALTH ISSUES**

1. NYS Commission for the Blind and Visually Handicapped

80 Maiden Lane – 23rd Floor
New York, NY 10038
212-825-5710

www.ocfs.state.ny.us/main/CBVH

This NY 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.

2. Center for Hearing and Communication

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.

❖ **EXERCISE**

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

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 web site.

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 web site:

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

❖ SAFETY: LEGAL HELP AND INFORMATION

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

One Hogan Place
New York, NY 10013
212-335-8922

[manhattanda.org/communityaffairs/brochures/
Protecting_Elderly.pdf](http://manhattanda.org/communityaffairs/brochures/Protecting_Elderly.pdf)

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 NYC 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. Examples of typical crimes committed against the elderly are 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 above number. If you have been physically abused or are in danger, call 911 immediately.

They investigate and prosecute crimes against the elderly, including physical abuse and financial exploitation; provide social service referrals; and refer cases for review by the Narcotics Eviction Program for possible evictions of drug dealers from a senior's residential or commercial premises.

2. MFY Legal Services

299 Broadway – 4th Floor

New York, NY 10280

212-417-3700

www.mfy.org/index.html

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

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

3. Take Care New York/Department Of Health And Mental Hygiene (DOHMH)

125 Worth Street – Room 1047, CN33

New York, NY 10013

212-863-7718

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

The DOHMH provides New York 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. NY Health Access

Empire Justice Center

119 Washington Avenue

Albany, NY 12210

518-462-6831

www.wnyc.com/health/entry/101

NY Health Access has designed a tool kit to guide community health center staff in their efforts to help 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.

2. New York City Human Resource Administration (HRA)

180 Water Street

New York, NY 10038

212-331-5160

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:

- **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** - 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.

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

25 Beaver Street

New York, NY 10004

212-480-5242

www.ins.state.ny.us/ltc/ltc_index.htm

A long-term care insurance purchase may greatly relieve the financial burden associated with special care necessary for many seniors. This web site provides important information to help you understand long-term care and the insurance policies available in New York to assist in paying for long-term care services. New York State provides information to assist in making informed decisions about the need for financial protection and the choice of a policy that will meet your individual needs.

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

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, which are made by various manufacturers and have been available since the 1980s. They allow a person to summon help 24 hours a day, 7 days a week just by pushing a button. If, for example, a subscriber falls and can't get up, they can contact professionally trained staff from their home or outside simply by pressing a button.

There are many additional personal monitoring and emergency response services for seniors who live alone. 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.

❖ DRUG STORES

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

Drug Stores in Community Board 1

1. Battery Park City Pharmacy

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.

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. Downtown Pharmacy

165 William Street
212-233-0333
downtownpharmacy@verizon.net

Independently owned and operated, Downtown Pharmacy offers free delivery of prescription drugs throughout the CB1 area, and 10% discounts to seniors over age 60. They are open Monday through Friday from 7:30am-6:30pm and Saturday from 10am-4 pm.

4. Duane Reade

Various locations

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

The stores offer discounts through a Flex Rewards program.

5. Kings Tribeca Pharmacy

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.

6. Rite Aid

Various locations

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

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

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212-757-2000

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212-312-5000
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212-732-9363

❖ 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. Safe Streets for Seniors

New York City Department of Transportation
50 21st Street
Brooklyn, NY 11232
718-965-3539

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

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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.

2. Transportation Alternatives

127 West 26th Street – Suite 1002

New York, NY 10001

212-629-8080

[**www.transalt.org/campaigns/pedestrian/safeseniorsch**](http://www.transalt.org/campaigns/pedestrian/safeseniorsch)

The not-for-profit Transportation Alternatives started in 2003 a 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.

3. SafeSeniors

New York State Department of Transportation

50 Wolf Street

Albany, NY 12232

518-457-6195

[**www.state.ny.us/governor/press/press_1210081.html**](http://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,

Part III. Transportation Benefits for Seniors

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 1.

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. Community Board 1

49-51 Chambers Street – Suite 715

New York, NY 10007

212-442-5050

www.nyc.gov/html/mancb1

Community Board 1 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. They also support more water fountains and rest rooms.

❖ DRIVING

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

According to statistics released by NYS, driver fatality rates are highest among the oldest and youngest drivers. Yet, a driver's chronological age is not always good predictor of driving ability. The New York State Department of Motor Vehicles has no age restrictions for drivers' licenses, but upon driver's license renewal, the Department requires the person applying to list any conditions that might affect driving such as corrective lenses, hearing impairment, or even heart

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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. 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

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.

2. NY State Aging 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.

3. Senior Driving Tips

AAA

1881 Broadway

New York, NY 10023

212-757-2000

www.seniordrivers.org/home

AAA offers tips to keep seniors driving safely.

❖ TRANSPORTATION BENEFITS FOR SENIORS

New York City's system of mass transportation presents many reasonable ways to get around town via the subway, bus, cab, and Access-A-Ride.

1. MTA - Schedules

MTA NYC Transit

2 Broadway

New York, NY 10004

718-330-1234

www.mta.info/nyct/service/bus/bussch.htm

For rail and bus schedules and fares, call the number above. For bus schedules, use the above link.

2. Reduced Fare MetroCards

MTA Walk-In Center

3 Stone Street

New York, NY 10004

718-243-4999

www.mta.info/nyct/fare/rfapply.htm

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 NYC Department of the Aging ID card, Medicare card (Medicaid card not accepted), Access-A-Ride ID card, or a pre-1995 MTA Reduced-Fare ID card.

3. Access-A-Ride (AAR)

MTA NYC Transit-Paratransit

2 Broadway – 11th Floor

New York, NY 10004

877-337-2017

www.mta.info/nyc/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. For eligibility and reservations call the number above.

❖ ASSISTED TRAVEL WITHIN CB1 NEIGHBORHOODS

1. Downtown Connection Free Bus for Downtown

Downtown Alliance

120 Broadway

Suite 3340

New York, NY 10271

212-566-6700

www.downtownny.com/downtownconnection

Operated by the Downtown Alliance, the free Downtown Connection bus route operates from 10am-7pm, seven days a week with free ADA compliant service. The bus travels from Beekman and Water Street on the East Side, south around the tip of Manhattan, then north through Battery Park City and then East around City Hall, and returning. Their lost-and-found phone number is 212-306-5656.

Battery Park City

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

Downtown Alliance

120 Broadway – Suite 3340

New York, NY 10271

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Figure 1. Downtown Alliance Connection Bus Route.

646-421-5009
Contact: Roger Chan
www.downtownny.com

Every Thursday, a small van takes eight seniors in Battery Park City to shop at the Fairway Market in Red Hook, Brooklyn. Passengers are picked up at 8:45am at River Terrace (across from the Pan Latin Restaurant) 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

West Side/Tribeca

3. Senior Escorts

Independence Plaza
Serviced by the **Caring Community**
310 Greenwich Street – 2nd Floor
New York, NY 10013
212-777-3555 (x110 or x117)
Contact: Jonathan Maresco or Pat McNamara
<http://www.thecaringcommunity.org/IndependencePlaza>

On the west side of our area, the Caring Community at IPN offers free membership for all seniors over 60. It provides volunteers to **escort** seniors to medical appointments or to shop with them or for them. If you prefer emailing, contact Jonathan Maresco at jonathan.maresco@thecaringcommunity.org.

Also through their Daily Money Management Coordinator, they assist seniors with most of their bill-paying including providing escorts to the bank. Our coordinator visits each of our centers and also makes home visits. For more information, contact Pat McNamara, Daily Money Management Coordinator, at 212-777-3555 x117 or patricia.mcnamara@thecaringcommunity.org.

East Side / Southbridge

4. **Shopping Van Service** provided by
Southbridge Adult and Senior Citizens Center
90 Beekman Street
New York, NY 10038
212-732-9363
Contact: Chris Mitsopoulos - Coordinator
www.southbridgetowers.com

Southbridge Adult and Senior Citizens Center offers a local shopping van service for the east side of Community Board 1.

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800-825-3695

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❖ **PROGRAMS FOR SENIORS**

1. Battery Park City Parks Conservancy

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. They also conduct 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, trivia nights, scrabble games, flea markets, and an annual potluck supper. Recent destinations have included the Federal Reserve Bank, the Center for Hearing and Communication, South Street Seaport, the Museum of the American Indian, the Art by the Ferry Festival, Staten Island, and the Village Light Opera Group programs. Recent lunch outings have included trips to the Palm Restaurant, Inatteso, and Steamer's Landing.

The Battery Park City Authority Community Room located at West Thames Street and the Hudson River is open to BPC Seniors from 10:30am-1:00pm on Mondays and Fridays and at other times for

Part IV. Local Clubs & Organizations

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 Ruth Ohman at rohman@nyc.rr.com.

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

74 Warren Street

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 their in-house 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. Hamilton-Madison House – Golden Age Club

City Hall Senior Center

253 Broadway – 2nd Floor

New York, NY 10007

212-233-1200

www.find-us.net/city-hall/index.html

The City Hall Senior Center Golden Age Club was New York's first Chinese senior center. The center welcomes people from all ethnic groups who are over the age of 60. It also provides hot meals during breakfast and lunch, counseling, assistance with benefits such as SSI, Food Stamps, Medicaid, and Medicare. Additional social services include help with issues such as housing, crime and immigration, and activities such as bingo, workshops, English as a Second Language (ESL) courses, field trips, and special events. A new adult day program will serve seniors with dementia.

(See additional Hamilton-Madison House information in the Health section of this Guide)

5. Manhattan Youth Downtown Community Center

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 12:45pm-1:15pm. Free senior membership includes admission to an astronomy group and a mushroom study group as well as use of the center's café. Seniors can register by calling or visiting the center.

6. New York Foundation for Senior Citizens

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.

7. Pace Adult Resource Center (PARC)

Pace University

One Pace Plaza
New York, NY 10038
212-346-1244
www.pace.edu/retirees

The PARC program provides people 55 and older the opportunity to take undergraduate courses on an audit or non-credit basis (subject to availability, excluding nursing and law programs) at one-third the normal tuition price. Scholarships are provided to make up the full amount of tuition. The PARC program also offers special courses and counseling to members. PARC members receive discounts for the university's plays, concerts, and other productions. The program also organizes special excursions and day trips. One free PARC mini-course is included with yearly membership.

8. QUEST: A Community for Lifelong Learning

25 Broadway – 7th Floor
New York, NY 10004
212-925-6625 (x229)
www.questonline.org

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.

9. The Institute for Retired Professionals (IRP)

The New School
66 W 12th Street – Room 502
New York, NY 10011
212-229-5682

[**www.newschool.edu/irp**](http://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 \$860 for the year and \$566 for one semester. Scholarships to the Institute and to non-Institute regular classes at the New School are available.

10. The Victorian Hands Foundation

120 Wall Street
New York, NY 10005
[**www.tvhf.org**](http://www.tvhf.org)

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 web site for further information.

11. Trinity Church – New Beginnings Senior Group

74 Trinity Place – 2nd Floor Parlor
New York, NY 10006
212-786-4770
Contact: Cynthia Moton
[**www.trinitywallstreet.org/congregation/vitality**](http://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.

12. Visiting Neighbors

611 Broadway – Suite 510
New York, NY 10012
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 includes downtown Manhattan. There are no specific age or income requirements. The senior must make the arrangements. They ask that participants be self-directing and mentally stable.

In their Friendly Visiting program, the Agency's staff matches seniors with volunteers of similar interests, often NYU students. The partners meet once a week for a few hours of their choice, talking, sharing memories, listening to music, or watching a favorite movie.

In their Shop and Escort program, volunteers, often teenage high school students, help seniors with shopping or errands, accompany them to the doctor or other appointments.

Professional staff members also provide information to seniors, family, and neighbors about services for the mobility-impaired elderly. They provide in-home safety checks, use of a large print reader, help reading mail for visually impaired seniors and advocacy help. Seniors may also volunteer with this organization.

13. Visiting Nurse Service of New York (VNSNY)
Community Connections TIMEBANK Program
225 West 34th Street – Suite 910
New York, NY 10122
212-609-7811

VNSNY TimeBank programs in Battery Park City and the Lower East Side permit seniors (and non-seniors) in these TimeBanks to offer volunteer services to someone in these groups. Volunteer work earns members "bank" hours, entitling them to equivalent hours of volunteer help from someone else. Volunteer help can include someone who can drive them somewhere, run an errand, repair a bookshelf, 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 contact TimeBank@vnsny.org.

❖ **ADVOCACY GROUPS (Not Listed Above)**

1. Gray Panthers

244 Madison Avenue – Suite 396
New York, NY 10016
212-799-7572
Contact: Judy Lear
www.graypanthersnyc.org

Why simply walk for health, when you can march? Founded in 1970, now with 47 chapters, this advocacy movement/organization works to bring about fundamental social changes including a national health care system, elimination of all forms of discrimination, and economic justice. They have a newsletter and newspaper.

Their New York City chapter meets the 2nd Wednesday of every month at 1pm at Penn South at 290 9th Avenue between 26th and 27th Streets, and often participates in advocacy marches here in New York City. Issues include NYC housing, health care, peace, and the environment (titled the *Gray and Green Campaign*).

2. Older Women's League (OWL)

3300 North Fairfax Drive – Suite 218
Arlington, VA 22201

800-825-3695

www.owl-national.org

Founded in 1980, with 60 chapters, OWL is a national non-profit organization focused solely on issues unique to women as they age. OWL members work through forums, campaigns, and coalitions to put these issues in the public spotlight and on the legislative agenda.

They currently have 2 New York chapters: 1 in Brooklyn run by Francis Levy at 1685 Ocean Avenue, Apartment 2A, Brooklyn, NY 11230 and 1 for greater New York State run by Juanita Doares who can be contacted through her email at wdoares@aol.com.

❖ OTHER USEFUL WEB SITES AND PHONE NUMBERS

1. Quick Check for Many Programs and Discounts

New York City Department for the Aging

https://a069-webapps12.nyc.gov/dftaqcf/Benefits_Check.cfm?slang=1033

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, QuickCheck is able to identify what benefit programs you may be eligible for, provide you with an application you can print, and information on how to apply for the benefit.

2. New York State Office For The Aging

www.aging.ny.gov

800-342-9871

3. New York City Department for the Aging

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

212-442-3086

4. Social Security Administration

www.ssa.gov

800-772-1213

5. Medicare

www.medicare.gov

800-633-4227

6. National Shared Housing

www.nationalsharedhousing.org

201-568-1166

7. AARP

www.aarp.org

888-687-2277

8. Alzheimer's Association

New York City Chapter

www.alz.org/nyc

800-272-3900

9. Visiting Nurse Service of New York

Manhattan

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

800-675-391

10. Meals on Wheels

www.citymeals.org/about

212-687-1234

11. Safe Horizon

Elder Abuse Help

www.safehorizon.org/page.php?page=inthenewsdetail&recid=156&nav=se_inthenewsdetail

800-621-4673

12. MTA Accessibility

<http://www.mta.info/accessibility/>

718-330-1234

13. New York State Senator Liz Krueger's Resource Guide for Seniors

www.lizkrueger.com/seniorguide.pdf

212-490-9535

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