Dear Friend:

Life as an older Manhattanite can be both delightful and a challenge.

This comprehensive guide is part of my office’s ongoing work to foster a more age-friendly city: to help enhance the delight and cope with the challenges.

The information within—on benefits, health and wellness, transportation, safety, consumer protection, and life enrichment—can help seniors, their families, and caregivers better utilize the borough’s services and amenities.

New York City is home to more than one million older residents—a population that is expected to increase by 45% in the next 20 years. Already, one in five New Yorkers is over the age of 60, and among the five boroughs, Manhattan has the largest cohort of residents between the ages of 75 and 85.

That means it’s increasingly important to provide effective services and networks to help older Manhattanites stay healthy, active, and engaged. We hope this guide assists in that effort!

If you have a question about an issue raised here—or need assistance on any other topic—my office is ready to help. Please call (212) 669-8300 or email info@manhattanbp.nyc.gov.

Gale A. Brewer
Manhattan Borough President
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PHOTOGRAPH: TEQUILA MINSKY

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AVAILABLE BENEFITS FOR SENIORS

New York City seniors may qualify for a range of city, state, and federal benefit programs. For information on available benefits and eligibility, consult online resources like ACCESS NYC or Benefits CheckUp. Senior centers and many local social service agencies also provide individual assistance and benefits pre-screening.

ACCESS NYC
This free online service tells you if you qualify for over 30 city, state, and federal benefit programs. ACCESS NYC contains all the information you will need to apply for benefits – how to apply, where to go, and what documents to bring. You can apply or renew online for some benefit programs. You can use the service anonymously, or you can create an account. www.nyc.gov/accessnyc

Benefits CheckUp
This is a free online service of the National Council of Aging, a nonprofit service and advocacy organization representing older adults and the community organizations that serve them. Benefits CheckUp asks questions to help identify benefits that could save you money and cover the costs of everyday expenses. www.benefitscheckup.org

311 System
With operators who can connect you with services in more than 170 languages and provide around-the-clock response seven days a week, New York City’s 311 telephone and online system is New Yorkers’ primary resource for information about city programs and services. You can also:

- Visit 311 Online.
- Text 311-692.
- Call 311 or 212-NEW-YORK, (212-639-9675) from outside New York City.
- Skype NYC311.
- Contact 311 using a TTY or Text Telephone at (212) 504-4115.

NYC Temporary Assistance
Temporary assistance provides cash benefits for low-income and unemployed persons to provide essential food, clothing, and shelter. Benefits vary depending on specific situations and may include income assistance, rent assistance, housing assistance, and work-related expenses and/or special needs.

Contact the NYC Human Resource Administration at (718) 557-1399; visit www1.nyc.gov/site/hra/about/careers.page or an HRA Job Center.
Almost everyone who has worked is eligible for Social Security. When you work and pay Social Security taxes (known as FICA), you earn credits toward Social Security benefits. The number of credits you need to get Social Security benefits depends on when you were born, as delineated in the chart below. Note: For the purposes of our discussion here, “retirement” means claiming Social Security benefits, not stopping work.

### Determining Full Retirement Age

The chart lists the full retirement age by year of birth. Those born in 1943 or earlier are eligible for full retirement benefits. If you were born between 1943 to 1960, the age at which full retirement benefits are payable increases gradually to 67.

<table>
<thead>
<tr>
<th>Year of birth</th>
<th>Full retirement age</th>
</tr>
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<tbody>
<tr>
<td>1943-1954</td>
<td>66</td>
</tr>
<tr>
<td>1955</td>
<td>66 + 2 months</td>
</tr>
<tr>
<td>1956</td>
<td>66 + 4 months</td>
</tr>
<tr>
<td>1957</td>
<td>66 + 6 months</td>
</tr>
<tr>
<td>1958</td>
<td>66 + 8 months</td>
</tr>
<tr>
<td>1959</td>
<td>66 + 10 months</td>
</tr>
<tr>
<td>1960 and later</td>
<td>67</td>
</tr>
</tbody>
</table>

### Early Retirement

You can receive Social Security retirement benefits as early as age 62. However, you will receive a reduced benefit if you retire before your full retirement age.

### Maximum Retirement Age

For a larger Social Security check, you can delay claiming benefits until age 70. Doing so increases your monthly benefit by about 8% per year of delay beyond full retirement age (roughly the three years between age 67 and 70).

### Benefits for Family Members

If you are receiving Social Security retirement benefits, some members of your family may also receive benefits, including:

- Spouses age 62 or older.
- Spouses younger than 62 if they are taking care of a child younger than age 16 or disabled.
- Former spouses age 62 or older, if currently unmarried and were married to the retiree for at least 10 years.
- Children up to age 18, or 19 if they are full-time students who have not yet graduated.
- Disabled children, even if they are age 18 or older.
Supplemental Security Income (SSI)
Supplemental Security Income provides additional monthly cash benefits to people with low income and limited resources who are age 65 or older, blind, or have a disability.

Allowable Assets
To receive SSI, their assets must be worth no more than $2,000 for an individual or $3,000 for a married couple. However, not all assets are counted toward these limits. Assets such as a home, household goods, one car, some life insurance policies, and burial plots are typically excluded.

Income Limits
SSI divides income into two categories: earned and unearned. Earned income includes wages, net earnings from self-employment, and certain royalties. Unearned income includes Social Security benefits, workers’ or veteran’s compensation, pensions, support and maintenance in kind, annuities, and other income not earned.

2015 Income Limits
- Individual whose income is only from wages: $1,551/month.
- Individual whose income is not from wages: $753/month.
- Couple whose income is only from wages: $2,285/month.
- Couple whose income is not only from wages: $1,120/month.

The following income is generally exempt from these limits:
- $20 a month of earned or unearned income.
- $65 a month of earned income plus one-half of earned income over $65.
- Income tax refunds, home energy assistance.

To contact the Social Security Administration:
(800) 772-1213
TTY service: (800) 325-0778
Mon.–Fri., 7:00 am – 7:00 pm
New York State Regional Office: (212) 264-2500
Get information online at: www.ssa.gov
Social Security Offices
To apply for Social Security and SSI benefits or to make changes to benefits information, visit your local Social Security Office. Generally, all Social Security offices are open 9:00 am - 3:00 pm, except Wednesdays when hours are 9:00 am to noon. Try calling (800) 772-1213 to get an appointment before visiting. The Manhattan locations are:

123 William St., 3rd Floor
New York, NY 10038
(866) 335-1089
This is the only office in Manhattan where residents can apply for an original Social Security number or a replacement card.

237 West 48th St.
Bet. Seventh and Eighth Aves.
New York, NY 10036
(866) 864-0783

650 East 12th St.
Bet. Ave. C and Ave. B
New York, NY 10009
(866) 405-1447

345 East 102nd St.
Bet. First and Second Aves.
New York, NY 10029
(877) 445-0836

4292 Broadway
at West 183rd St.
New York, NY 10033
(877) 445-0838

55 West 125th St.
Bet. Fifth and Lenox Aves.
New York, NY 10027
(866) 964-1301
MEDICARE

To get accurate, up-to-date information, there’s an easy-to-use online resource that helps answer questions about Medicare benefits, rights, and options: www.medicareinteractive.org.

It was created and is maintained by the Medicare Rights Center, a national nonprofit consumer service organization that works to ensure access to affordable healthcare for older adults and people with disabilities through counseling, educational programs, and public policy initiatives.

If you do not have internet access, you may call or visit the Medicare Rights Center: 520 Eighth Ave., North Wing, 3rd Floor, New York, NY 10018. Hotline: (800) 333-4114 or (212) 869-3850.

(The following information is excerpted from www.medicareinteractive.org.)

Different parts of Medicare cover different services. You may hear about four parts of Medicare: Part A, Part B, Part C, and Part D.

“Original” Medicare, administered directly by the federal government (and the way most people get their Medicare), has two parts:

- **Part A** (Hospital Insurance) covers most medically necessary hospital, skilled nursing facility, home health, and hospice care. It is free if you have worked and paid Social Security taxes for at least 40 calendar quarters (10 years); you will pay a monthly premium if you have worked and paid taxes for less time.

- **Part B** (Medical Insurance) covers most medically necessary doctors’ services, preventive care, durable medical equipment, hospital outpatient services, laboratory tests, x-rays, mental health care, and some home health and ambulance services. You pay a monthly premium for this coverage.

**Medicare Part D** is the part of Medicare that provides outpatient prescription drug insurance. Part D is provided only through private insurance companies that have contracts with the government – it is never provided directly by the government (like original Medicare is). If you want Part D, you must choose Part D coverage that works with your Medicare health benefits. If you have original Medicare, choose a stand-alone Part D plan. *(Editor’s note: To be clear, you must pay a private company for Part D drug coverage.)*
**Medicare Part C** is not a separate benefit. Part C is the part of Medicare policy that allows private health insurance companies to provide Medicare benefits. These Medicare private health plans, such as HMOs and PPOs, are known as Medicare Advantage plans. If you want, you can choose to get your Medicare coverage through a Medicare Advantage plan instead of original Medicare.

**Medicare Advantage** plans must offer at least the same benefits as original Medicare (those covered under Parts A and B) but can do so with different rules, costs, and coverage restrictions. You can also get Part D as part of the benefits package if you choose. Many different kinds of Medicare Advantage plans are available. You may pay a monthly premium for this coverage, in addition to your Part B premium. (*Editor’s note: To be clear, Part C is coverage that is at least the equivalent of Parts A & B but has different rules and sometimes different co-payments from original Medicare.*)

**Medicare Savings Programs**

Medicare Savings Programs, also known as Medicare Buy-in programs or Medicare Premium Payment Programs, help pay your Medicare costs if you have limited finances. There are three main programs, and each has different income eligibility limits. In New York State, there are no asset limits.

1. **Qualified Medicare Beneficiaries (QMB):** Pays for Medicare Part A and B premiums, deductibles and coinsurances or copays. If you have QMB, you will have no coinsurance or copayment for Medicare-covered services you get from doctors who participate in Medicare or Medicaid or are in your Medicare Advantage plan’s network. In New York State, income limits for 2015 are $1,001 for an individual and $1,348 for a couple per month. These amounts include a standard $20 income disregard.

2. **Specified Low-Income Medicare Beneficiaries (SLIMB):** Pays for Medicare’s Part B premium. New York State income limits for 2015 are $1,197 for an individual and $1,613 for a couple per month. These amounts include a standard $20 income disregard.

3. **Qualified Individual 1 (QI-1):** Pays for Medicare’s Part B premium. New York State income limits for 2015 are $1,345 for an individual and $1,813 for a couple per month. These amounts include a $20 income disregard.

Applications can be sent to: Initial Eligibility Unit, HRA/Medical Assistance Program, P.O. Box 2798, New York, NY 10117-2273.
EXTRA HELP WITH PRESCRIPTION DRUGS

Elderly Pharmaceutical Insurance Coverage (EPIC)

EPIC is New York State’s prescription drug insurance program for income-eligible seniors. If you qualify, EPIC can be used to supplement out-of-pocket Medicare Part D coverage. Seniors can apply for EPIC any time of the year. The requirements are:

- New York State resident age 65 or older.
- Annual income below $75,000 if single or $100,000 if married.
- Enrolled in a Medicare Part D plan.
- NOT receiving full Medicaid benefits.

☛ Call EPIC at (800) 332-3742; forms are available at www.health.ny.gov/health_care/epic/application_contact.htm.

Big Apple Rx

Big Apple Rx is a city-based prescription discount card accepted at over 2,000 city pharmacies. It’s free to residents of New York City regardless of age, income level, or health insurance status.

☛ Call Big Apple Rx at (800) 697-6974 or print a discount card at www.bigapplerx.com.
MEDICAID

Medicaid pays medical bills for low-income individuals, including services that may not be covered by Medicare (e.g., dental care, custodial home care, long-term nursing home care, prescription drugs, eyeglasses, and hearing aids).

Eligibility

- There are no age restrictions.
- Persons receiving SSI or public assistance are automatically eligible.
- Persons 65 or older, disabled, or blind are eligible as follows: asset limit of $18,850 for an individual, $21,750 for a couple plus a $1,500 burial fund per person. Income limit of $825 net monthly for one person and $1,209 for a couple. These amounts include a standard $20 income disregard.

Medicaid Surplus Income Program

If income is more than the limits above but medical bills (paid or unpaid) equal the difference, you may want to inquire about the Medicaid Surplus Income Program. The spend-down is meant for people who have income slightly higher than would normally qualify them for Medicaid coverage but who have medical expenses that significantly reduce their usable income.

Nursing Home Transfer of Income and Assets

If one spouse is institutionalized, the community-based spouse may keep $2,981 monthly (after health insurance premiums) of the couple’s combined income without incurring any financial obligation to the Medicaid program. Even if the income does exceed the $2,981 per month, the community-based spouse may do a “spousal refusal” and may keep resources of $119,220.

To apply for Medicaid in Manhattan, contact one of the following offices:

**Bellevue Hospital Medicaid Office**
462 First Ave. “G” Link, Ground Floor
Bet. East 26th and East 28th Sts.
(212) 679-7424

**Chinatown Medicaid Office**
115 Chrystie St., 5th Floor
Bet. Grand and Broome Sts.
(212) 334-6114

**Metropolitan Hospital Medicaid Office**
1901 First Ave., 1st Floor - Room 1D-27
Bet. East 97th and East 99th Sts.
(212) 423-7006

**Manhattanville Medicaid Office**
520-530 West 135th St., 1st Floor
Bet. Broadway and Amsterdam Ave.
(212) 939-0207/0208

Note: Those who have both Medicare and Medicaid may contact the Human Resources Administration for more information regarding the Medicaid program: (888) 692-6116 or [www.health.state.ny.us/health_care/medicaid](http://www.health.state.ny.us/health_care/medicaid).
CASE MANAGEMENT AGENCIES

Case management agencies help seniors who need assistance with managing the activities of daily living. Case management services can include a needs assessment, development of a care plan, access to services such as home-delivered meals and home care, referrals for community-based programs, benefits and entitlements counseling, and regular contact and follow-up with a case manager.

A large number of Manhattan agencies provide case management services. The following list includes only case management agencies that are currently funded by the NYC Department for the Aging (DFTA).

New York Foundation for Senior Citizens
11 Park Place, 11th Floor
New York, NY 10007
(212) 962-7817
Serves Community Board districts 1, 2, 3, 5 & 6—all areas south of 59th St. except for Chelsea and Clinton.

Selfhelp Project Pilot
136 West 91st St.
New York, NY 10024
(212) 787-8106
Serves Community Board districts 4 and 7—Chelsea, Clinton, and the Upper West Side.

East Side Case Management Consortium
Serves Community Board districts 8 and 11—the Upper East Side north of 59th St. all the way north through East Harlem:

- Lenox Hill Neighborhood House
  (lead agency)
  331 East 70th St.
  New York, NY 10021
  (212) 744-5022, Ext. 1203

- Carter Burden Center for the Aging
  1484 First Ave.
  New York, NY 10075
  (212) 879-7400

- Search and Care
  1844 Second Ave.
  New York, NY 10128
  (212) 289-5300
Upper Manhattan Partnership for Senior Independence
Serves Community Board districts 9, 10 and 12—Morningside Heights, Harlem, Washington Heights and Inwood:

**Isabella Geriatric Center**
*(lead agency)*
515 Audubon Ave.
New York, NY 10040
(212) 342-9735

**Abyssinian Development Corporation**
4 West 125th St.
New York, NY 10027
(646) 442-6586

**ARC XVI Fort Washington**
4111 Broadway at 174th St.
New York, NY 10033
(212) 781-5700

Central Harlem
**Senior Citizens Coalition**
120 West 140th St.
New York, NY 10030
(212) 926-4871

**Charles A. Walberg Multi-Service Organization**
163 West 125th St., Room 1320
New York, NY 10027
(212) 222-2552

**Riverstone Senior Services**
99 Fort Washington Ave.
New York, NY 10032
(212) 927-5600

**S.T.A.R. Washington Heights Community Services**
650 West 187th St.
New York, NY 10033
(212) 781-8331

**YM & YWHA of Washington Heights and Inwood**
54 Nagle Ave.
New York, NY 10040
(212) 569-6200
SENIOR CENTERS

Senior centers provide a wide range of services. They typically offer social, nutritional, and cultural programs. Some centers serve as an access point to case management services as well as provide other programming. Whether you are interested in a computer class, grabbing a hot lunch with friends, or attending a cultural event, Manhattan boasts dozens of senior centers to choose from. The following centers are sorted by neighborhood:

■ **Tribeca**

**City Hall Senior Center**
100 Gold St., LL
Bet. Spruce and Frankfort Sts.
New York, NY 10038
(212) 788-5580
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 9:00 am; lunch: 11:30 am

■ **Financial District**

**Independence Plaza**
310 Greenwich St.
Bet. Chambers and Harrison Sts.
New York, NY 10014
(212) 267-0499
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

■ **Little Italy/SoHo**

**Open Door Senior Center**
168 Grand St.
Bet. Centre and Baxter Sts.
New York, NY 10013
(212) 431-9026
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 11:30 am - 12:30 pm

■ **West Village**

**Judith C. White Senior Center**
27 Barrow St.
Bet. West 4th St. and 7th Ave. South
New York, NY 10014
(212) 242-4140, Ext. 260
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 9:00 am; lunch: noon

**Our Lady of Pompeii Senior Center**
25 Carmine St.
Bet. Bedford and Bleecker Sts.
New York, NY 10014
(212) 989-3620
Mon.-Fri., 8:00 am - 4:00 pm
Lunch: 12:30 pm - 1:30 pm

■ **Greenwich Village**

**Center on the Square Senior Center**
20 Washington Square North
Bet. Fifth Ave. and MacDougal St.
New York, NY 10011
(212) 777-3555
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 12:15 pm, 1:15 pm
■ Lower East Side

**Mott St. Senior Center**
180 Mott St.
New York, NY 10012
(212) 966-5460
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast 8:30 am - 9:30 am
Lunch: 12:30 pm - 1:30 pm

**BRC Senior Center**
30 Delancey St.
Bet. Chrystie St. and Bowery
New York, NY 10002
(212) 533-2020
Mon.-Thurs., 8:00 am - 3:30 pm
Fri., 8:00 am - 3:30 pm
Breakfast: 9:30 am; lunch: 11:30 pm

**Weinberg Center for Balanced Living**
197 East Broadway
New York, NY 10002
(212) 780-2300
Mon.-Fri., 9:00 am - 2:30 pm
Lunch: 11:30 am (Kosher)

**Good Companions Senior Center**
334 Madison St.
Bet. Gouverneur and Jackson Sts.
New York, NY 10002
(212) 349-2770
Mon.-Fri., 9:00 am - 6:00 pm
Sun., 9:00 am - 3:30 pm
Lunch: 11:30 am - 12:30 pm
Dinner: 4:00 pm - 5:30 pm

**LaGuardia Senior Center**
280 Cherry St.
Bet. Rutgers and Jefferson Sts.
New York, NY 10002
(212) 732-3656
Mon.-Fri., 8:30 am - 4:30 pm
Breakfast: 8:30 am - 9:30 am
Lunch: noon - 1:00 pm

**University Settlement**
189 Allen St.
Bet. Stanton and East Houston Sts.
New York, NY 10002
(212) 473-8217
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 8:30 am
Lunch: noon

■ Lower East Side/Chinatown

**Smith Houses Senior Center**
Hamilton Madison House
50 Madison St. at Oliver St.
New York, NY 10002
(212) 349-3724
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

■ Chinatown

**NY Chinatown Senior Center**
70 Mulberry St.
Bet. Bayard and Canal Sts.
New York, NY 10013
(212) 333-8930
9:00 am - 5:00 pm
Lunch: 11:30 am - 12:30 pm
East Village

Sirovich Center for Balanced Living
331 East 12th St.
Bet. First and Second Aves.
New York, NY 10003
(212) 228-7836
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 8:30 am - 10:00 am
Lunch: noon - 1:00 pm
Dinner: 5:00 pm - 6:00 pm

Clinton

Clinton Senior Center – Project Find
530 West 55th St.
Bet. 10th and 11th Aves.
New York, NY 10019
(212) 757-2026
Mon., Tues., Wed., Fri., 8:00 am - 5:00 pm
Thurs., 8:00 am - 6:00 pm
Lunch: noon - 1:00 pm

Chelsea

Hudson Guild Senior Services
119 Ninth Ave.
Bet. West 17th and West 18th Sts.
New York, NY 10011
(212) 924-6710
Mon.-Fri., 8:30 am - 5:30 pm
Breakfast: 8:30 am - 10:00 am
Lunch: 11:45 am - 1:30 pm

Midtown

Encore Senior Center
239 West 49th St.
Bet. Broadway and 8th Ave.
New York, NY 10019
(212) 581-2910
Mon.-Fri., 8:30 am - 4:00 pm
Breakfast: 8:30 am
Lunch: 11:00 am, 12:30 pm

Project Find Woodstock
127 West 43rd St.
Bet. Sixth and Seventh Aves.
New York, NY 10036
(212) 575-0693
Mon.-Fri., 8:30 am - 5:00 pm
Breakfast: 8:30 am - 10:00 am
Lunch: noon - 1:30 pm

Coffeehouse Senior Center – Project Find
331 West 42nd St.
Bet. 8th and 9th Aves.
New York, NY 10036
(646) 545-4621
Mon.-Fri., 9:00 am - 5:00 pm
Lunch noon - 1:30 pm

Midtown South

Senior Action in a Gay Environment (SAGE)
305 Seventh Ave., 15th Floor
Bet. West 27th and West 28th Sts.
New York, NY 10001
(212) 741-2247

Lenox Hill

Carter Burden Center for the Aging
351 East 74th St.
Bet. First and Second Aves.
New York, NY 10021
(212) 535-5235
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

Lenox Hill Senior Center at St. Peter’s Church
619 Lexington Ave.
Bet. East 53rd and East 54th Sts.
New York, NY 10022
(212) 308-1959
Mon., 9:00 am - 4:00 pm
Wed., Fri., Sat., 9:00 am - 4:00 pm
Lunch: noon
Lenox Hill Senior Center
343 East 70th St.
Bet. First and Second Aves.
New York, NY 10021
(212) 744-5905
Daily, 8:00 am - 8:00 pm
Breakfast: 8:15 am - 9:00 am
Lunch: 11:30 am - 12:30 pm
Dinner: 5:30 pm - 6:30 pm

■ Gramercy

Stein Senior Center
204 East 23rd St., 2nd Floor
Bet. Second and Third Aves.
New York, NY 10010
(646) 395-8083
Mon.-Fri., 8:30 am - 4:30 pm
Lunch: 11:30 am - 12:30 pm

■ Manhattan Valley

Association of Black Social Workers Senior Center
221 West 107th St.
Bet. Amsterdam Ave. and Broadway
New York, NY 10025
(212) 749-8400
Mon.-Fri., 9:00 am - 4:00 pm
Lunch: noon

Center at the Red Oak
135 West 106th St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10025
(212) 749-7015
Mon.-Fri., 8:30 - 4:00 pm
Lunch: noon

■ Upper West Side

Goddard Riverside Senior Center
593 Columbus Ave.
Bet. West 88th and West 89th Sts.
New York, NY 10024
(212) 873-6600
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon

Hamilton Innovative Senior Center
Project Find
141 West 73rd St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10023
(212) 787-7710
Sun.-Fri., 9:00 am - 7:00 pm
Lunch: 11:00 am - 12:30 pm
Dinner: Mon.-Fri., 4:30 pm - 6:00 pm

JASA West Side Senior Center Club 76
120 West 76th St.
Bet. Columbus and Amsterdam Aves.
New York, NY 10023
(212) 712-0170
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon (Kosher)

■ Yorkville

Stanley Isaacs Senior Center
415 East 93rd St.
Bet. FDR Drive and First Ave.
New York, NY 10128
(212) 360-7620
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon
Roosevelt Island

Roosevelt Island Senior Center
546 Main St.
New York, NY 10044
(212) 980-1888
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: 11:00 am - noon

Hamilton Heights

Hamilton Grange Senior Center
420 West 145th St.
Bet. St. Nicholas and Convent Aves.
New York, NY 10031
(212) 862-4181
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 8:30 am - 10:00 am
Lunch: noon - 1:30 pm

Wilson M. Morris Community Center
459 West 152nd St.
Bet. St. Nicholas and Amsterdam Aves.
New York, NY 10031
(212) 234-4661
Mon.-Fri., 10:00 am - 5:00 pm
Lunch: 1:00 pm - 2:00 pm

Morningside/Manhattanville

Jackie Robinson Center
1301 Amsterdam Ave.
Bet. West 123rd and La Salle Sts.
New York, NY 10027
(212) 666-4910
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon - 1:00 pm

Manhattanville

Manhattanville – Riverside Senior Center
3333 Broadway, Tower E, Basement
At West 135th St.
New York, NY 10031
(212) 862-5562
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

Central Harlem

A. Philip Randolph Senior Center
108 West 146th St.
Bet. Lenox and Seventh Aves.
New York, NY 10039
(212) 283-7904
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 8:00 am - 9:30 am
Lunch: noon - 1:00 pm

Canaan Senior Center
2nd Canaan Baptist Church
10 Lenox Ave. at 111th St.
New York, NY 10026
(212) 876-2638
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

Central Harlem Senior Center
34 West 134th St.
Bet. Lenox and Fifth Aves.
New York, NY 10030
(212) 926-4465
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 2:00 pm
Citizens Care Senior Center  
1428 Fifth Ave.  
Bet. East 116th and East 117th Sts.  
New York, NY 10035  
(212) 410-0333  
Mon.-Fri., 9:00 am - 5:00 pm  
Lunch: 12:15 pm - 1:15 pm

Presbyterian Senior Project  
18 Mount Morris Park West  
At 122nd St. and Fifth Ave.  
New York, NY 10027  
(212) 222-3132  
Mon.-Fri., 9:00 am - 3:00 pm  
Lunch: noon - 1:00 pm

St. Nicholas Senior Center  
210 West 131st St.  
Bet. Adam Clayton Powell Jr. and Frederick Douglass Blvds.  
New York, NY 10027  
(212) 665-3279  
Mon.-Fri., 9:00 am - 5:00 pm  
Lunch not currently available.

East Harlem

Carver Senior Center  
55 East 102nd St.  
Bet. Park and Madison Aves.  
New York, NY 10029  
(212) 289-2708  
Mon.-Fri., 9:00 am - 5:00 pm  
Lunch: 11:30 am - 1:00 pm

Corsi House Senior Center  
307 East 116th St.  
Bet. First and Second Aves.  
New York, NY 10029  
(212) 828-6756  
Mon.-Fri., 8:00 am - 4:00 pm  
Breakfast: 8:30 am  
Lunch: noon

East Harlem Council Nutrition Program  
150 East 121st St.  
Bet. Third and Lexington Aves.  
New York, NY 10035  
(212) 722-2205  
Mon.-Fri., 9:00 am - 5:00 pm  
Lunch: noon - 1:00 pm

Jefferson Senior Center  
2205 First Ave.  
Bet. East 112th and East 114th Sts.  
New York, NY 10029  
(212) 828-6096  
Mon.-Fri., 7:30 am - 4:00 pm

Gaylord White Senior Center  
237 East 104th St.  
Bet. Second and Third Aves.  
New York, NY 10029  
(212) 828-6055  
Mon., Wed., Fri., 9:00 am - 4:00 pm  
Tues., Thurs., 10:00 am - 5:00 pm  
Breakfast: 9:00 am - 10:00 am  
Lunch: noon - 1:00 pm

Leonard Covello Senior Center  
312 East 109th St.  
Bet. First and Second Aves.  
New York, NY 10029  
(212) 423-9665  
Mon.-Fri., 8:30 am - 4:00 pm  
Breakfast: 8:30 am - 9:30 am  
Lunch: noon - 1:00 pm

Lincoln Senior Center  
60 East 135th St.  
Bet. Park and Madison Aves.  
New York, NY 10037  
(212) 234-0005  
Mon.-Fri., 9:00 am - 5:00 pm  
No meals served.
Schomburg Senior Center
1309 Fifth Ave.
Bet. East 110th and East 111th Sts.
New York, NY 10029
(212) 369-9390
Mon.-Fri., 9:00 am - 2:00 pm
Lunch: noon - 1:30 pm

UBA Beatrice Lewis Senior Center
2322 Third Ave.
Bet. East 126th and East 127th Sts.
New York, NY 10035
(212) 289-9155
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

Washington Lexington Senior Center
1775 Third Ave.
Bet. East 98th and East 99th Sts.
New York, NY 10029
(212) 828-6115
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm

Washington Heights

Agudath Moriah Senior Center
90 Bennett Ave.
Bet. West 184th and West 186th Sts.
New York, NY 10033
(212) 923-5715
Mon.-Thurs., 9:00 am - 4:30 pm
Fri., 9:00 am - 2:00 pm
Lunch (Kosher):
Sept.-June: Mon.-Thurs., 1:15 pm; Fri., noon
July, Aug.: Mon.-Fri., 12:15 pm

ARC Fort Washington Senior Center
4111 Broadway
Bet. Broadway and
Fort Washington Ave.
New York, NY 10033
(212) 781-5700
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 9:30 am
Lunch: noon - 1:00 pm

Church on the Hill Senior Center
2005 Amsterdam Ave.
Bet. 159th St. and 160th Sts.
New York, NY 10032
(212) 781-6580
Mon.-Fri., 8:00 am - 4:00 pm
Lunch: 1:00 pm

Cothoa Luncheon Club Senior Center
2005 Amsterdam Ave.
Bet. West 159th and West 160th Sts.
New York, NY 10032
(212) 781-6580
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 9:30 am - 10:00 am
Lunch: 1:00 pm - 2:00 pm
M. McLeod Bethune Senior Center
1970 Amsterdam Ave.
Bet. West 157th and West 158th Sts.
New York, NY 10032
(212) 928-6086
Mon.-Fri., 9:00 am - 5:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon - 1:00 pm

Moriah Older Adult Luncheon
90 Bennett Ave.
Bet. West 184th and West 186th Sts.
New York, NY 10033
(212) 923-5715
Lunch: Mon-Thurs., 1:15 pm (summers 12:15 pm)
Fri., 12:00 pm

Riverstone Senior Life Services
Fort Washington Houses Senior Center
99 Fort Washington Ave.
Bet. West 163rd and West 165th Sts.
New York, NY 10032
(212) 927-5600
Mon.-Fri., 8:30 am - 4:30 pm
Lunch: noon - 2:30 pm

S.T.A.R. Senior Center
650 West 187th St.
At Wadsworth Ave.
New York, NY 10033
(212) 781-8331
Mon.-Fri., 8:00 am - 4:00 pm
Lunch: noon

■ Inwood

Dyckman Senior Center
3754 Tenth Ave.
Bet. Academy and West 202nd Sts.
New York, NY 10034
(212) 569-7790
Mon.-Fri., 8:00 am - 5:00 pm
Breakfast: 9:00 am - 10:00 am
Lunch: noon

R.A.I.N. Inwood Senior Center
84 Vermilyea Ave.
Bet. Academy and West 204th Sts.
New York, NY 10034
(212) 567-3200
Mon.-Fri., 8:00 am - 4:00 pm
Breakfast: 8:15 am - 9:00 am
Lunch: noon - 1:00 pm

YM & YWHA of Washington Heights and Inwood Senior Center
54 Nagle Ave.
Bet. Broadway and Ellwood Sts.
New York, NY 10040
(212) 569-6200
Mon.-Fri., 9:00 am - 5:00 pm
Lunch: noon - 1:00 pm
HEALTH

With the cost of healthcare rising, it is essential that seniors understand their benefits and the options available to them. Below you will find information about healthcare benefits, services, and programs designed for seniors.

Health Insurance Information Counseling & Assistance Program

The NYS Health Insurance Information Counseling & Assistance Program, or HIICAP, is New York State’s source for free, current, and impartial information about healthcare coverage for older adults. They publish a comprehensive guide to healthcare coverage, which is available by calling 311. If you have specific questions, the HIICAP Helpline is accessible by calling 311 and asking for a HIICAP counselor. Counselors are available to speak with you over the phone or to meet in person at one of their counseling sites.

Mental Health Resources

In addition to services provided by the case management agencies listed on pages 10-11, several free or low-cost mental health services are available to NYC seniors, including:

LifeNet
LifeNet is New York City’s free, confidential, 24-hour Mental Health Hotline for information, a referral, or if you just need to talk.
- English and all other languages: (800) 543-3638, TTY: (212) 982-5284
- In Spanish: (877) 298-3373
- In Mandarin, Cantonese, and Korean: (877) 990-8585

Geriatric Mental Health Alliance
Geriatric Mental Health Alliance provides depression screening, advocacy, and referrals.
50 Broadway, 19th Floor
Bet. Exchange Place and Beaver St.
New York, NY 10004
(212) 614-5753
www.mha-nyc.org

Mount Sinai Hospital Geriatric Psychiatry Clinic
Mount Sinai Hospital Geriatric Psychiatry Clinic provides a variety of services for seniors over 65 who receive care from Mount Sinai Hospital. Services include mental health screenings, medication management, case management, group therapy, social work, and home placement.
1440 Madison Ave.
Bet. East 99th and East 101st Sts.
New York, NY 10029
(212) 241-9382
www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry

**SPOP: New York Service Program for Older People**
SPOP provides counseling for adults over 55 at their clinic and at designated senior service sites throughout Manhattan. SPOP will also provide counseling in an older adult’s home if he or she is unable to travel due to physical or emotional problems.
302 West 91st St.
Bet. Riverside Drive and West End Ave.
New York, NY 10024
(212) 787-7120
www.spop.org

**Vision & Hearing Impairments**

**Lighthouse Guild International**
Lighthouse Guild offers people who are blind or visually impaired, or have multiple disabilities a range of services, including medical, rehabilitation, educational, vocational, long-term care, and social services, all designed to enhance physical, emotional, social, and intellectual functioning. They have two locations:

*East Side:*
111 East 59th St.
Bet. Park and Lexington Aves.
New York, NY 10022
(212) 821-9200 or (800) 829-0500
www.lighthouse.org

*West Side:*
15 West 65th St.
Bet. Central Park West and Columbus Ave.
New York, NY 10023
(212) 769-6200 or (800) 284-4422
www.jgb.org

**VISIONS**
VISIONS helps the blind and visually impaired lead active and independent lives. Services include an intergenerational volunteer program, temporary overnight rehabilitation facility, rehabilitation day program, community outreach, and training and helpline service.

500 Greenwich St., 3rd Floor
Bet. Spring and Canal Sts.
New York, NY 10013
(888) 245-8333, Ext. 144
www.visionsvcb.org
VISIONS at Selis Manor
VISIONS at Selis Manor is an adapted learning environment and meeting place for blind youth, adults, and seniors. Programs include support groups, computer training, adapted activities, and volunteer and social work services.
135 West 23rd St.
Bet. Sixth and Seventh Aves.
New York, NY 10011
(646) 486-4444, Ext. 11

Center for Independence of the Disabled, New York (CIDNY)
CIDNY provides benefits counseling, direct services, housing assistance, transition services for youth with disabilities, employment-related assistance, healthcare access, peer support groups, information and referrals, and recreational activities. All CIDNY services are free.
841 Broadway, Suite 301
Bet. East 13th and East 14th Sts.
New York, NY 10003
(212) 674-2300
TTY: (212) 674-5619
www.cidny.org

Harlem Independent Living Center
The Harlem Independent Living Center provides the community members with disabilities the following services:
- Application assistance (benefits, food stamps, housing)
- Assistive device training
- Benefit advisement
- Deafness services
- Equipment maintenance and repair
- Independent living skills training
- Information and referral
- Peer counseling/support groups
- Service referrals
- Vocational/educational opportunities
- Re-entry Outreach Program (ROP)

289 St. Nicholas Ave., Suite 21, Lower Level
Bet. West 124th and West 125th Sts.
New York, NY 10027
(212) 222-7122
Oral Care Providers

New York City’s Department for the Aging (DFTA) and Columbia University’s College of Dental Medicine have published an Oral Care Directory which lists age-friendly dental providers by neighborhood citywide. (*Special thanks are due to DFTA and to Kavita P. Ahluwalia, DDS, MPH, Christina Gianfresco, SangBin Lee, and Nancy Mo.*) The following are the Directory’s Manhattan providers.

**Dr. Paul Cohen**
Metropolitan Dental Associates
225 Broadway - Mezzanine
New York, NY 10007
(212) 732-7400
bonnie@metropolitandental.com
Languages: Spanish, Russian, French/Haitian Creole, Hebrew

**Dr. Michael Feldstein**
Access Community Health Center
83 Maiden Lane 6th Floor
New York, NY 10038
(212) 780-4458
michael.feldstein@accesschc.org
Language: Spanish
Accepts sliding fee scale

**Dr. Steve Taranov**
City Dental PC
11 Broadway, Mezzanine Level
New York, NY 10004
(212) 425-0505
Email: citydentalgroup@yahoo.com
Languages: Spanish, Russian, Polish, Hindi, Armenian
Accepts sliding fee scale

**Dr. Kwaku N. Anakwa**
Dr. Jonnathan Figueroa
Dr. Andrew Lame
Ryan-Nena Community Health Center
279 East 3rd St.
New York, NY 10009
(212) 477-8827
(212) 477-8500
Languages: Spanish, Mandarin
Accepts sliding fee scale

**Dr. Wang Chen**
Dr. Thomas S. Hom
Dr. His Long Wu
Dr. Thomas Hom
185 Park Row, Suite 9
New York, NY 10038
(212) 732-1329
drthomashom@gmail.com
Languages: Mandarin, Cantonese

**Dr. Dmitry Gerber**
408 Grand St.
New York, NY 10002
(212) 460-5121
shprinza@gmail.com
Languages: Spanish, Russian
Dr. Dena Hanna
Downtown Health Center
150 Essex St.
New York, NY 10002
(212) 477-8957
dhanna@chnny.org
Languages: Spanish, Mandarin, Cantonese
Language line available
Accepts sliding fee scale

Dr. Lorder Huang
Modern Dental Associates, PLCC
28 East Broadway 3F
New York, NY 10002
(212) 965-9531
LorderHuang@outlook.com

Dr. Jeffrey Krantz
East Village Dental Assoc., PLCC
645 East 11th St.
New York, NY 10009
(212) 979-6300
(212) 979-6598
info@eastvillagedental.com
Languages: Spanish, Yiddish, Hebrew
Accepts sliding fee scale

Dr. Hua B. Lei
First Choice Dental PC
149 Hester St., Suite 200
New York, NY 10002
(212) 925-5362
FirstChoiceDDS@aol.com
Languages: Mandarin, Cantonese

Dr. Young H. No
PC/CT Dental
59 East Broadway, 4th Fl
New York, NY 10002
(212) 619-8188
nyctdental@gmail.com
Languages: Korean
Accepts sliding fee scale

Dr. Miquelle Patterson
Dr. Emnett Robinson
Ryan-Chelsea-Clinton Community Health Center
654 Tenth Ave.
New York, NY 10036
(212) 265-4500
Languages: Spanish, Russian, Hindi
Accepts sliding fee scale

Dr. Sheldon Stern
65 Columbia St.
New York, NY 10002
(212) 254-2225
Denrav@verizon.net
Makes home visits
Languages: Spanish, Farsi, Yiddish, Hebrew
Accepts sliding fee scale

Dr. Irina Vatrenko
Vatrenko/Giltin Dental Office PC/Smile America
62 Rivington St.
New York, NY 10002
(212) 979-0990
smileamerica62@yahoo.com
Languages: Spanish, Russian
Dr. Jun Fang Wang
2 Allen St. #3B
New York, NY 10002
(212) 233-8848
Languages: Mandarin, Cantonese

Dr. Raj K. Singla
Chelsea Dental Office, PLCC
235 West 14th St.
New York, NY 10011
(212) 675-2044
singladds@yahoo.com
Languages: Spanish, Hindi, Punjabi
Accepts sliding fee scale

Dr. Joseph P. Gulbenkian
1102 W 56th St. #503
New York, NY 10019
Makes home visits
Language: Spanish

Dr. Jung-Min Kim
34 West 32nd St. #303
New York, NY 10001
(212) 564-1888
jhk267@nyu.edu
Language: Korean
Accepts sliding fee scale

Dr. Estelle LaSaundra
Manhattan Dental Enterprise, PLCC
20 East 46th St., Suite 400
New York, NY 10017
(212) 426-3790
drestelledds@gmail.com
Makes home visits
Languages: Spanish

Dr. Richard E. Mikaelian
133 East 58th St., Suite 403
New York, NY 10022
(212) 752-1898
Languages: Spanish, Armenian

Dr. Cosmo V. De Steno
New York University College of Dentistry
345 East 24th St.
New York, NY 10010
(212) 998-9926
Cud212@nyu.edu
Languages: Spanish, Mandarin, Russian, Korean, Italian, French/Haitian Creole
Dr. Joel Bryk  
Dr. Minsoo Cho  
Dr. Nechavna Fertig  
Dr. Pedro Vincenty  
Amsterdam West Side Dental Associates  
657 Amsterdam Ave.  
New York, NY 11025  
(212) 749-2400  
Email: westsidedental@yahoo.com  
Languages: Spanish, Korean

Dr. Carol Poveda  
Dr. Shahronkh Yaghovbian  
Columbus Ave. Dental Associates  
902 Columbus Ave.  
New York, NY 10025  
(212) 749-5000  
Email: 902Columbus@yahoo.com  
Languages: Spanish

Dr. Chana Weller  
Dr. Chana Weller DDS PLCC  
41 West 72nd St. #1D  
New York, NY 10023  
(212) 721-8373

Dr. George Xenakis  
(and 5 other general dentists)  
The William F. Ryan Community Health Center  
110 West 97th St.  
New York, NY 10025  
(212) 316-7929  
gxenakis@ryancenter.org  
Languages: Spanish, Mandarin, Korean, French/Haitian Creole  
Accepts sliding fee scale

Dr. Manuel F. Galan  
Galan Dental PC  
3440 Broadway #1A  
New York, NY 10031  
(212) 283-6555  
GalanDentalPC@hotmail.com  
Language: Spanish  
Accepts sliding fee scale

Dr. Jonathan Marcus  
ID Dental PC  
3410 Broadway  
New York, NY 10031  
(212) 283-7670  
IDDental@verizon.net  
Language: Spanish  
Accepts sliding fee scale

Dr. Grecy R. Martinez  
HealthySmile Dental Office  
3610 Broadway  
New York, NY 10031  
(212) 491-6940  
Healthysmile@drgrecymartinez.com  
Makes home visits  
Language: Spanish  
Accepts sliding fee scale

Dr. Svetlana Ponomareva  
SP Dental PC  
3627 Broadway  
New York, NY 10031  
(212) 234-2300  
Spdentalpc@gmail.com  
Languages: Spanish, Russian
Department of Dentistry
Harlem Hosptial Center
506 Lenox Ave.
New York, NY 10037
(212) 939-1000
Languages: Spanish, Russian, Korean, Italian, French/Haitian Creole
Accepts sliding fee scale

Dr. Alla Litvinova
AVL Dental, PLCC
163 West 145th St.
New York, NY 10039
(212) 281-9200
DrLitvinov@yahoo.com
Languages: Russian, Ukrainian
Accepts sliding fee scale

Dr. Sheree Morgan
Helen B. Atkinson Health Center
81 W 115th St.
New York, NY 10020
(212) 426-0088
www.CHNNYC.org
Language: Spanish,
Language Line available
Accepts sliding fee scale

Dr. Veronica Diaz
Dr. Samra Liron
P&R Executive Dental
2127 First Ave.
New York, NY 10029
(212) 426-8202
Preexecutivedental@gmail.com
Language: Spanish
Accepts sliding fee scale

Dr. Robert Eyckmans
1931 Third Ave.
New York, NY 10029
(212) 348-8824
REyckmans1@gmail.com
Language: Spanish
Accepts sliding fee scale

Dr. Shaul Hubscher
Pear Dental PC
2071 Second Ave.
New York, NY 10029
(212) 410-6969
Languages: Spanish, Russian, Korean,
French/Haitian Creole

Dr. Ali Jazayeri
Harlem Dental Cosmetic Plaza
1916 Third Ave.
New York, NY 10029
(212) 348-1177
eharlem1916@yahoo.com
Language: Spanish
Accepts sliding fee scale
Dr. Morton Julius
2253 Second Ave.
New York, NY 10029
(212) 831-0924
drjulius@optonline.net
Languages: Spanish, Hebrew, Swahili

Dr. Gregory Oselkin
Gregory Oselkin Dentistry, PLCC
354 East 116th St.
New York, NY 10029
(212) 996-0900
GOSELKIN232@Yahoo.com
Languages: Spanish, Russian, Polish

Dr. Amit Rajani
Boriken Health Center
2253 Third Ave., 3rd Floor
New York, NY 10035
(212) 289-6650
arajani@boriken.org
Language: Spanish
Accepts sliding fee scale

Dr. Charles I. Resnick
145 East 116th St.
(Corner of Lexington Ave.)
New York, NY 10029
(212) 831-3222
Language: Spanish

Dr. Norman Schneider
201 East 104th St.
New York, NY 10029
(212) 348-5492
Language: Spanish
Accepts sliding fee scale

Dr. David A. Albert
NYPH Ambulatory Care Dental
99 Fort Washington Ave., 1st Floor
New York, NY 10032
(212) 342-2290
Languages: Spanish, Mandarin, Russian,
Korean, Italian, French/Haitian Creole
Accepts sliding fee scale

Dr. Iana Arakelova
M&I Dental Office PC
128-C Fort Washington Ave.
New York, NY 10032
(212) 781-6490
Languages: Spanish, Russian

Dr. Eric Bernstein
Sherman Dental Associates
19 Vernuktea Ave #3A
New York, NY 10034
(212) 942-0699
shermandentalassoc@gmail.com
Languages: Spanish

Dr. Claudia Botero-Mondul
49 Wadsworth Ave.
New York, NY 10033
(212) 927-1112
Clabmo00@gmail.com
Language: Spanish
Dr. Ofer Cohen
Cohen’s Gentle Dental
4260 Broadway
New York, NY 10033
(212) 923-5555
ronambaly@gmail.com
Languages: Spanish, Hebrew
Accepts sliding fee scale

Dr. Delfina Colon
Dr. Nancy Jimenez
Jimenez Family Dental PC
664 Academy St.
New York, NY 10034
(212) 567-2431
JimenezfamilydentalPC@hotmail.com
Makes home visits
Language: Spanish
Accepts sliding fee scale

Dr. Margarita Fishkin
Gentle Family Dentistry
128 Fort Washington Ave #1C
New York, NY 11032
(212) 781-1100
GFM_Front@verizon.net
Languages: Spanish, Russian

Dr. Felipa Henderson
HF Dental Service, PLCC
611 West 177th St.
New York, NY 10033
(212) 568-1338
hFdentalSve@gmail.com
Language: Spanish
Accepts sliding fee scale

Dr. Pedro Hernandez
Dr. Dora Palermo
Dr. Sonia Sanchez
Hispanic Dental Services
599 West 190th St., Suite 2
New York, NY 10040
(212) 927-0090
hispanicdental@yahoo.com
Language: Spanish

Dr. Valentina Krivosheyeva
Dr. Gennadiy Tsibelman
AAA Uptown Star Dental PC
680 W 204th St. 1-C
New York, NY 10034
(212) 569-4652
uptowndental@verizon.net
Languages: Spanish, Russian

Dr. Samuel Lin
Dr. Manjit Mallik
Dr. Martin A. Miller
Dr. Jaein Nho
Dyckman Dental Services
153 Dyckman St.
New York, NY 10040
(212) 569-5300
jkmqc@aol.com
Languages: Spanish, Korean, Hindi
Accepts sliding fee scale

Dr. Carlos M. Ovalle
Carlos M. Ovalle Dental Office, PLCC
201 Wadsworth Ave #GD2
New York, NY 10033
(212) 927-1721
ovalledental@hotmail.com
Language: Spanish
Dr. Marina Podlubny  
Marina Dental PC  
3768 Broadway  
New York, NY 10032  
(212) 234-2244  
Mpodlubny@hotmail.com  
Languages: Spanish, Russian

Dr. Tania Rohany  
Uptown Dental  
1 Audubon Ave.  
New York, NY 10032  
(212) 740-7808  
Language: Spanish

Dr. Carmen Salcedo  
Polanco Dental  
207 Dyckman St., Suite 4  
New York, NY 10040  
(212) 304-4832  
daisyF169@yahoo.com  
Language: Spanish

Dr. Suhail Shadoud  
All Family Dental Office  
610 W 185th St.  
New York, NY 10033  
(212) 927-4343  
dr.suhail.shadoud@gmail.com  
Languages: Spanish, Arabic  
Accepts sliding fee scale

Dr. Svetlana Shapiro  
Nagle Professional Services, Inc.  
145 Nagle Ave.  
New York, NY 10040  
(212) 942-9228  
svetlanashapiro@aol.com  
Makes home visits  
Languages: Spanish, Russian  
Accepts sliding fee scale

Dr. Alma V. Sosa  
Nagle Dental Office PC  
69 Nagle Ave., Suite A  
New York, NY 10040  
(212) 304-4935  
Nagledental@verizon.net  
Language: Spanish  
Accepts sliding fee scale

Dr. Juan C. Taveras  
353 Fort Washington Ave. #1C  
New York, NY 10033  
(212) 928-0025  
smile2jc@hotmail.com  
Makes home visits  
Language: Spanish  
Accepts sliding fee scale

Dr. Isabel Ulerio  
Broadway Dental Office PC  
577 Isham St., Suite 1G  
New York, NY 10034  
(212) 942-9900  
BroadwayDental@live.com  
Language: Spanish  
Accepts sliding fee scale

Dr. Rodolfo P. Wert  
718 West 178th St.  
New York, NY 10033  
(212) 923-1566  
drwert2010@hotmail.com  
Languages: Spanish, Italian
Food Programs

The Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as Food Stamps, is a federal program that provides food assistance for low-income Americans (including families, seniors, and the disabled). Each application is evaluated on an individual basis, and eligibility is based on income.

Eligibility

Eligibility to receive benefits is based on household size, income, and some household expenses. Call 311 or the NYC Human Resources Administration at (718) 557-1399 to request an application by mail. To find out if you qualify and to apply online, go to www.nyc.gov/accessnyc.

You may also pick up an application or get help at one of the following SNAP Centers:

**East End Center**
2322 Third Ave.
Bet. East 126th and East 127th Sts.
New York, NY 10035
(212) 860-5159 or (212) 860-5147
Mon.-Fri., 8:00 am - 5:00 pm

**St. Nicholas Center**
132 West 125th St.
Bet. Lenox and Seventh Aves.
New York, NY 10027
(212) 666-1434 or (212) 666-8788
Mon.-Fri., 8:00 am - 5:00 pm

**Washington Heights Center**
4055 Tenth Ave.
Bet. West 216th and West 218th Sts.
New York, NY 10034
(212) 569-9829 or (212) 569-9835
Mon.-Fri., 8:00 am - 5:00 pm

**Waverly Center**
12 West 14th St.
Bet. Fifth and Sixth Aves.
New York, NY 10011
(212) 352-2519 or (212) 352-2524
Mon.-Fri., 8:30 am - 6:00 pm
Sat., 9:00 am - 5:00 pm

Fresh Food for Seniors

The Fresh Food for Seniors Program allows older adults in various Manhattan neighborhoods to purchase fresh, healthy, locally grown produce in pre-packed bags containing the best of what’s seasonally available on regional farms.

From June through November, each participant receives a bag of 5-7 different produce items, depending on what is in season. A typical bag might include tomatoes, spinach, corn, blueberries, carrots, apples, or other locally grown fruits or vegetables. Each bag includes a large-print produce guide with storage tips, recipes, and information about the farms supplying the produce. Unlike many other community supported agriculture
(CSA) programs, the Fresh Food for Seniors Program does not require an upfront payment or commitment for the entire season; it only requires individuals to pay $8 one week in advance of each delivery they opt to receive. The program is operated in collaboration with local elected officials, senior centers, NORCs, and community partner organizations at over 25 sites in Manhattan. Registration is open to seniors, staff, and home health aides; there is no means test.

☛ For more information about the Fresh Food for Seniors Program, call (212) 669-2392.

**Foodbox Program**

GrowNYC’s Fresh Foodbox Program is a food access initiative that allows underserved communities to purchase fresh, healthy, locally grown produce in pre-packed bags containing the best of what’s seasonally available on regional farms. Fresh Foodbox customers can take advantage of the cost benefits of buying in a group and enjoy the quality and variety of a CSA share with the flexibility to buy by the week rather than by the season.

From July through November, GrowNYC distributes Fresh Foodboxes in collaboration with community partner organizations at 16 sites in NYC. To participate, customers pay for their bags one week in advance on the designated distribution day. The next week, they pick up their Fresh Foodbox containing 7-9 seasonal fruits and vegetables, as well as information on how to store and prepare the produce.

To participate, please visit one of the following Manhattan sites during distribution hours on the appointed day to sign up and pay for a Fresh Foodbox to be picked up the following week. The cost is $12 per bag. Customers can pay in cash, credit, debit, and EBT/SNAP benefits.

☛ For more information about the Fresh Foodbox Program, call (212) 788-7900.

**Two Bridges**
265 & 275 Cherry St.
Bet. Rutgers Slip and Clinton St.
New York, NY 10002
Thurs., 3:30 pm - 6:30 pm

**Bellevue Hospital**
462 1st Ave., Pavilion H
Bet. 26th and 28th Sts.
New York, NY 10030
Year round
Thurs., 11:00 am - 2:00 pm
East Harlem Bilingual Head Start
440-46 East 116th St.
Bet. Pleasant Ave. and First Ave.
New York, NY 10029
July 8-November 25
Wed., 1:00 pm - 4:00 pm

Stanley Isaacs Neighborhood Center
415 East 93rd St.
Bet. First Ave. and FDR Drive
New York, NY 10128
Tues., 3:30 pm - 6:30 pm

Lenox Hill Neighborhood House
331 East 70th St.
New York, NY 10021
Bet. First and Second Aves.
Tues., 3:30 pm - 6:30 pm

Hudson Guild Children’s Center
459 West 26th St.
Bet. Ninth and Tenth Aves.
New York, NY 10001
Thurs., 3:30 pm - 6:30 pm

Nicholas Cardell Day Care Center
84 Vermilyea Ave.
Bet. West 204th and Academy St.
New York, NY 10034
July 8-November 25
Wed., 2:30 pm - 6:00 pm

Emergency Food Assistance

The New York City Emergency Food Assistance Program helps to supply food to more than 550 food pantries and community kitchens throughout the city. If you need food immediately, call the Emergency Foodline at (866) 888-8777. This automated hotline will provide you with the hours of operation and directions to the emergency feeding program near you. You can also call 311 or go to 311 online. There are locations throughout the five boroughs.

Citymeals-on-Wheels

Citymeals is a nonprofit that delivers meals to homebound elderly New Yorkers on weekends and holidays and in times of emergency. To qualify for home-delivered meals, a person must be at least 60 and have a chronic physical or mental disability preventing him or her from shopping for or preparing meals.

To request Citymeals-on-Wheels service, visit www.citymeals.org and enter the zip code of the homebound person. The website will provide contact information for the nearest case management agency. You can also contact Citymeals-on-Wheels at (212) 687-1234 or getmeals@citymeals.org.
God’s Love We Deliver (GLWD)

A nonprofit that provides meals to people living with HIV/AIDS, cancer, and other serious illnesses, GLWD also provides illness-specific nutrition education and counseling to clients, families, care providers, and other service organizations. All services are provided free of charge without regard to income. Contact the Client Services Department at (212) 294-8102.

Greenmarket Senior Project

Greenmarket Senior Project connects NYC seniors with farmer’s markets, regional farmers, and local chefs via interactive, educational tours of farmer’s markets. Tours are usually 45-60 minutes and are available at any Greenmarket throughout the city. Senior tours can be scheduled from April through December. Cost is $42 per group (maximum number of seniors per tour is 30). In addition to seasonal tastings, each senior will take home a seasonal activity packet filled with recipes and information about Greenmarket farms and products. Call (212) 788-7976 or visit grownyc.org/Greenmarket/Seniortours.
**SENIOR HOUSING**

Many seniors find it challenging to locate safe, accessible, and affordable housing. The following information includes market-rate and subsidized housing options for seniors who are able to live independently. Information for seniors who require housing with support services of any kind can be found in the “Long-Term Care” section of this guide.

NYC Housing Connect allows you to search and apply for affordable housing online: [www.nyc.gov/housingconnect](http://www.nyc.gov/housingconnect). You can also call the Affordable Housing Hotline at (212) 863-5610.

If you call 311 regarding senior housing, the operator will take your number and someone from the Department for the Aging (DFTA) will contact you. If requested, they will send a packet of information regarding low-income housing availability.

**Public Housing**

The New York City Housing Authority (NYCHA) provides independent, rent-subsidized apartment living with the availability of some social services as needed. NYCHA maintains over 300 housing developments throughout the five boroughs. Most of these developments are “family type” (i.e., not specifically reserved for the elderly); however, 42 of these developments have been built for and are occupied almost exclusively by the elderly.

**Eligibility**

Maximum gross annual income limits for NYCHA public housing as of 2015 are $48,350 for a one-person household and $55,250 for a two-person household. These limits are subject to change on a yearly basis.

**To apply:**

Visit [nyc.gov/html/nycha/html/assistance/app_for_pubhsg.shtml](http://nyc.gov/html/nycha/html/assistance/app_for_pubhsg.shtml). Click on the “Apply Here” button to begin the online application process. If you do not have a computer, visit a public library or one of three NYCHA Customer Service Centers to access a computer kiosk to complete an application (unfortunately, NYCHA does not have a center located in Manhattan).

- **478 E. Fordham Rd., 2nd Fl.**
  At Washington Ave.
  Bronx, NY 10458
  *(718) 707-7771*
  Mon.-Fri., 8:00 am - 5:00 pm

- **787 Atlantic Ave., 2nd Floor**
  Bet. Clermont and Vanderbilt Aves.
  Brooklyn, NY 11238
  *(718) 707-7771*
  Mon.-Fri., 8:00 am - 5:00 pm
Mitchell-Lama Housing

The Mitchell-Lama program provides subsidized rental and cooperative apartments for middle-income New Yorkers. A small portion of this housing stock was developed for and is occupied exclusively by the elderly, but there are no age limitations on applying to any Mitchell-Lama development. The Mitchell-Lama housing program is overseen by either New York State Homes Community Renewal or the New York City Department of Housing Preservation and Development.

Income eligibility

Services
Mitchell-Lamas do not generally provide supportive services, but limited services such as transportation, social services, and leisure activities are available in some locations.

Cost
Rents and carrying charges vary throughout the Mitchell-Lama developments, as do income requirements. Generally, for a household of three or fewer persons, annual income may not exceed seven times the annual rent.

Applications
Each development requires a separate application, and you can apply to more than one development at a time. To apply, write or call the management company of the developments you are interested in.


(The addresses listed in this pdf are for actual developments; the phone numbers listed connect to the management companies.)
Shared Housing

In this arrangement, a homeowner or apartment renter with extra room shares his or her home with another person in exchange for rent and/or assistance. The owner and renter may share expenses and household tasks. Sharing might be between two older people or between an older person and a younger person. Home sharing can occur informally or through a program operated by a community agency (such as the New York Foundation for Senior Citizens) that assumes responsibility for screening participants, matching for compatibility, and assisting in drawing up agreements for living together. Home sharing does not require licensure by the New York State Department of Health.

New York Foundation for Senior Citizens
Home Sharing Program
11 Park Place, Suite 1416
New York, NY 10007
(212) 962-7559 or www.nyfsc.org/services/home_sharing.html

Assistance for Senior Homeowners

Home Energy Assistance Program (HEAP)
Provides a one-time per year grant to help low-income homeowners and renters pay fuel and utility costs. Only HEAP-eligible households paying directly for heat may apply for help with fuel, repair of heat-related equipment or temporary relocation. HEAP also provides an emergency benefit for people facing heat-related energy emergencies. For more information, call 311 or the HEAP information line at (800) 692-0557.

NYS STAR Exemption
New York State School Tax Relief Program (STAR) provides an exemption from the school portion of property taxes for certain owner-occupied primary residences. Seniors (age 65 and older) with yearly incomes of $79,050 or less may be eligible for the Enhanced STAR exemption. For qualifying seniors, the Enhanced STAR program helps seniors save hundreds of dollars on property taxes each year. For more information call 311, visit www.tax.ny.gov/pit/property/star/index.htm, or write to:
NYC Department of Finance
STAR Exemptions
P.O. Box 3120
Church St. Station
New York, NY 10008-3120
Senior Citizen Homeowners Exemption (SCHE)
SCHE provides savings of 5% to 50% to qualified property owners of one- to three-unit dwellings, condominiums, or cooperative apartments. Homeowners who apply and receive SCHE are automatically enrolled in Enhanced STAR.

Eligibility
• Applicant must have held title to the property for at least 12 consecutive months.
• The property must be the applicant’s legal residence.
• The property must be used exclusively for residential purposes.
• Applicant must be age 65 or older. If spouses are co-owners, one of them must be 65 or older. If other persons are co-owners, all must be 65 and older.
• No asset limits.
• Income limit of $37,399 for the previous calendar year.

To apply, call 311 or download an application form on the DOF website: www.nyc.gov/dof.

Veterans’ Tax Exemption

Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)
Available to low-income seniors who own their own homes and need financial assistance for emergency home repairs. To be eligible for assistance, homeowners must be 60 or older and have a household income that does not exceed 80% of the area median income. Owner occupants only. For more information call (866) 275-3427 or visit www.dhcr.state.ny.us/Programs/Restore.

Home Repair and Safety Audit Programs
New York Foundation for Senior Citizens offers free minor home maintenance and repair services for low- and moderate-income homeowners 60 and over in all five boroughs. Services include minor carpentry, plumbing, masonry, electrical, gutter-cleaning, caulking and weatherstripping, as well as free home safety checks to help identify and correct safety hazards.
11 Park Place, 14th Floor
New York, NY 10007
(212) 962-7655 or www.nyfsc.org

Weatherization Referral and Packaging Program (WRAP)
A federally funded service administered by DFTA to provide low-income elderly with free home energy services designed to lower energy bills. Homeowners and renters 60 and over who receive a Home Energy Assistance Program (HEAP) benefit are eligible. For more information, call 311.
Disabled Homeowner’s Exemption (DHE)
DHE is a tax exemption granted to owners of one-, two-, and three-family houses, condominiums, or cooperative apartments who meet disability status, income and residency requirements. For more information, visit nyc.gov/html/dof/html/property/disabled_homeowners.shtml.

Assistance for Senior Renters

Home Energy Assistance Program (HEAP)
HEAP provides a one-time-per-year grant to help low-income renters pay fuel and utility costs. HEAP is available to households that pay directly for heat and households where heat is included in rent. Benefit amounts range from $20 to $500, depending on the living situation.

Senior Citizen Rent Increase Exemption (SCRIE)
SCRIE exempts rent-controlled/stabilized, Mitchell-Lama, and hotel tenants from certain rent increases and covers increases for renewal leases. To be eligible, applicants must be 62 or older and:

- rent an apartment that is rent-regulated by the Division of Housing and Community Renewal (i.e., rent-controlled or rent-stabilized apartments or hotel-stabilized).
- have an annual household income of $50,000 or less.
- pay more than one-third of the household’s total monthly income for rent.

Call 311 to request that an application be mailed to you or visit the NYC Department of Finance SCRIE/DRIE Walk-in Center at 66 John St., 3rd floor, Mon. – Fri. 8:30 am – 4:30 pm.

Disabled Rent Increase Exemption (DRIE)
This program offers qualifying tenants with disabilities a $50,000 exemption from future rent increases. If you qualify, your rent amount will be frozen, and the City of New York will give your landlord a property tax credit equal to the amount of your future rent increases. Apply as for SCRIE above or email DRIE@Finance.nyc.gov.

Home Repairs
Met Council’s Project Metropair makes free home visits to seniors for minor home repairs. Services include installation of grab bars and locks, moving peepholes, and reinforcing window gates. Please contact homeservices@metcouncil.org or (212) 453-9542.
Housing Resources & Service Providers

In addition to senior centers, these organizations provide housing information and assistance:

**Chinese American Planning Council**

Housing Development Fund Company
50 Norfolk St.
New York, NY 10002
(212) 475-7730
[www.cpc-nyc.org/housing.htm](http://www.cpc-nyc.org/housing.htm)

**Common Ground**

505 Eighth Ave., 5th Floor
New York, NY 10018
(212) 389-9300
[www.commonground.org](http://www.commonground.org)

**Goddard Riverside**

593 Columbus Ave.
New York, NY 10024
(212) 873-6600 or [www.goddard.org](http://www.goddard.org)

**JASA Housing**

247 West 37th St.
New York, NY 10018
(212) 273-5272 or (212) 273-5200
[www.jasa.org/housing](http://www.jasa.org/housing)

**Met Council**

120 Broadway, 7th Floor
New York, NY 10271
(212) 453-9519 or (212) 453-9500
[www.metcouncil.org](http://www.metcouncil.org)

**New York Foundation for Senior Citizens**

11 Park Place, 14th Floor
New York, NY 10007
(212) 962-7559
[www.nyfsc.org](http://www.nyfsc.org)

**Project Find**

160 West 71st St., 2nd Floor
New York, NY 10023
(212) 874-0300
[www.projectfind.org](http://www.projectfind.org)

**West Harlem Group Assistance**

1652 Amsterdam Ave.
New York, NY 10031
(212) 281-5552 or [www.whgainc.org](http://www.whgainc.org)

**West Side Federation for Senior and Supportive Housing**

2345 Broadway
New York, NY 10024
(212) 721-6032
[www.wsfssh.org](http://www.wsfssh.org)
LONG-TERM CARE

There are several types of housing for seniors who need help with the activities of daily living.

Assisted living is a blanket term encompassing multiple options and models for senior living. Working definitions of the assisted living options offered in New York City are provided in this section. All definitions apply to the types of services each facility is licensed to provide. As some sites are licensed to provide multiple services or a continuum of care, these models often overlap.

All assisted living facilities encompass a varied combination of housing, personalized support services, healthcare services, and supervision for individuals who cannot or do not want to live independently. The services are designed for individuals who require some assistance with daily activities but who do not require the constant skilled nursing care that is provided in nursing homes.

Adult homes provide long-term residential care, room and board, housekeeping, personal care (which includes assistance with bathing and dressing), and supervision to a minimum of five dependent adults. Congregate meals are provided three times daily; planned activities and outings may be offered.

Adult homes do not provide nursing or medical care, but some contract with physicians who visit residents when necessary. Some are affiliated with home care agencies that will allow individuals to receive home care. Many adult homes also provide services to younger adults who have a mental illness or disability. Accommodations may be private or shared. Individuals must be either ambulatory or able to transfer from a bed to a chair, alert (unless the home has a dementia section), and able to care for themselves if incontinent. Adult homes are licensed by the NYS Department of Health. Operators may be proprietary, public, or nonprofit.

Enriched housing programs provide long-term residential care and supportive services for seniors. The program provides daily meals, assistance, shopping, housekeeping, and personal care to enable residents to continue living as independently as possible within the community. Enriched housing is located in community-integrated settings as opposed to adult homes, which are dedicated facilities for seniors.

Assisted Living Programs (ALPs) are an option found in some adult homes and enriched housing for individuals who have been assessed as medically eligible for nursing home placement but who are able to be treated in these less medically-intensive settings safely. ALPs provide long-term residential care, room, board, housekeeping, personal care, supervision, and home health services. Medicaid will pay the eligible
healthcare portion of the costs. The housing portion is paid by SSI for those eligible and privately for those who are not. This is the only assisted living option that Medicaid will pay for.

**Assisted Living Residence (ALR)** is a licensed adult home or enriched housing facility that has received additional licensure in order to call itself “assisted living” and provide assisted living services. Most are private pay. ALRs fall into three categories:

- **Basic**: This is required to provide or arrange for housing, 24-hour onsite monitoring, and personal care services, and/or home care services (either directly or indirectly) in a homelike setting to five or more adult residents. Basic ALRs may hold one or both of the “enhanced” and “special needs” certifications (see below).
- **Enhanced**: A basic ALR that has received certification by the New York State Department of Health to provide aging-in-place services for a set number of residents who wish to remain in the residence as they grow older and require additional care.
- **Special Needs**: A basic ALR that has received certification by the New York State Department of Health to serve a set number of persons with dementia.

Here are the ALRs currently licensed in Manhattan:

**1850 Second Ave. Services Corp.**  
Enriched Housing Program  
1850 Second Ave.  
New York, NY 10128  
(212) 369-5523

**Brown Gardens**  
Enriched Housing Program  
225 East 93rd St.  
New York, NY 10128  
(212) 369-5523

**Alma Rangel Gardens**  
Enriched Housing Program  
55 West 137th St.  
New York, NY 10037  
(917) 507-1108

**Carnegie East House**  
Enriched Housing Program  
1844 Second Ave.  
New York, NY 10128  
(212) 410-0033

**Atria 86th St.**  
Enriched Housing Program  
333 West 86th St.  
New York, NY 10024  
(212) 712-0200

**Clinton Gardens**  
Enriched Residence Program  
404-412 West 54th St.  
New York, NY 10019  
(212) 489-9339
Frederic Fleming Residence
Adult Home
443-445 West 22nd St.
New York, NY 10011
(212) 242-5277

Ridge St. Gardens
Enriched Housing Program
80-92 Ridge St.
New York, NY 10002
(212) 598-4148

The 80th St. Residence
Adult Home – Specializing in Alzheimer’s
430 East 80th St.
New York, NY 10021
(212) 717-8888

The Rev. Robert V. Lott Assisted Living Center
Enhance Residence Program/ALP
1261 Fifth Ave.
New York, NY 10029
(212) 534-6464

Additional Resources:

Long-Term Care Community Coalition
1 Penn Plaza, Suite 6252
New York, NY 10119
(212) 385-0355
www.ltccc.org

New York Foundation for Senior Citizens
11 Park Place, 14th Floor
New York, NY 10007
(212) 962-7559
www.nyfsc.org

VillageCare at 46 and 10
Enhance Residence Program/ALP
510 West 46th St.
New York, NY 10036
(212) 977-4600

West 74th St. Home
Adult Home
300 Amsterdam Ave.
New York, NY 10023
(212) 595-8983

West Side Federation for Senior and Supportive Housing
Adult Home
109 West 129th St.
New York, NY 10027
(212) 348-8513

New York State Department of Health
Adult Care Facilities
Metropolitan Area Regional Office
90 Church St., 15th Floor
New York, NY 10007
(212) 417-4440
Adult Day Programs

Adult day programs offer socialization and/or medical services in a nonresidential facility. Medical adult day care offers services such as nursing, therapies, nutrition assessment, rehabilitation, referrals for outpatient health, and dental services. It provides supervision, socialization, and personal care. Those who attend adult day programs are open to seniors and those suffering vision or memory loss and those with mental illness or developmental disability.

Manhattan programs include:

**Amsterdam Adult Day Healthcare Program – Medical**
1070 Amsterdam Ave.
New York, NY 10025
(212) 316-7735
[www.amsterdamcares.org](http://www.amsterdamcares.org)

**ARC Adult Day Center – Social**
4111 Broadway
New York, NY 10033
(212) 781-5700
[www.arcseniors.org/home.html](http://www.arcseniors.org/home.html)

**C.V. Starr Adult Day Services – Social**
312 East 109th St.
New York, NY 10029
(212) 249-0500
[www.carterburdencenter.org](http://www.carterburdencenter.org)

**Hebrew Home Adult Day Services – Social**
5901 Palisade Ave., Riverdale,
Bronx, NY 10471
New York, NY 10040
(718) 581-1458

**Guild Care Adult Day Health Center – Medical**
15 West 65th St.
New York, NY 10023
(212) 769-7847
[www.guildhealth.org](http://www.guildhealth.org)

**Hamilton Madison House Adult Day Services – Social**
253 South St., 2nd Floor
New York, NY 10002
(212) 720-4588
[www.hamiltonmadisonhouse.org](http://www.hamiltonmadisonhouse.org)

**Isabella Adult Day Health Care – Medical**
525 Audubon Ave.
New York, NY 10040
(212) 342-9200
[www.isabella.org](http://www.isabella.org)

**Jewish Home Daycare – Social and Medical**
140 West 106th St.
New York, NY 10025
(212) 870-5090 - for Day Programs
[www.jewishhome.org](http://www.jewishhome.org)

**Lenox Hill Neighborhood House – Social**
343 East 70th St.
New York, NY 10021
(212) 744-5022
[www.lenoxhill.org](http://www.lenoxhill.org)
Nursing Homes

Nursing homes provide services for people who need 24-hour nursing care and supervision outside of a hospital. When considering a particular facility, it’s important to observe and ask questions. Visit on different days and at different times. Taste the food. Talk to other families who have loved ones there. Consider the following factors:

- **Atmosphere**: What feeling do you get when visiting? Is the staff respectful and accommodating to residents?
- **Staffing Levels**: What is the patient-to-staff ratio? Are there fewer staff on the weekends? The Alzheimer’s Association recommends at least one staff member for every five residents from 7 am to 8 pm and at least one staff member for nine residents overnight.
- **Activities**: Are there dedicated therapeutic activity staff? Are residents given activity plans? Is there safe outdoor access?

Nursing homes in Manhattan include:

**Amsterdam Nursing Home**
1060 Amsterdam Ave.
New York, NY 10025
(212) 316-7700
www.amsterdamcares.org

**Coler Rehabilitation and Nursing Care Center**
900 Main St.
Roosevelt Island
New York, NY 10044
(212) 848-6000
www.nyc.gov/html/hhc/coler-goldwater
DeWitt Nursing Home
211 East 79th St.
New York, NY 10075
(212) 671-6000
www.dewittnh.com

Fort Tryon Center for
Rehabilitation and Nursing
801 West 190th St.
New York, NY 10040
(212) 543-6400
www.forttryonrehab.com

Greater Harlem Nursing Home
30 West 138th St.
New York, NY 10037
(212) 690-7400
www.ghnh.org

Carter Specialty Hospital
1752 Park Ave.
New York, NY 10035
(212) 848-0000
www.nyc.gov/html/hhc/carter

Isabella Geriatric Center
525 Audubon Ave.
New York, NY 10040
(212) 342-9200
www.isabella.org

Jewish Home Lifecare
120 West 106th St.
New York, NY 10025
(212) 870-4715
www.jewishhome.org

The Riverside (formerly Kateri)
150 Riverside Drive
New York, NY 10024
(646) 505-3500
www.theriversiderehab.com

Mary Manning Walsh Home
1339 York Ave.
New York, NY 10021
(212) 628-2800
www.archcare.org/short-term-rehab/
mary-manning-walsh

New East Side Nursing Home
25 Bialystoker Place
New York, NY 10002
(212) 673-8500

Gouverneur Health
227 Madison St.
New York, NY 10002
(212) 238-7000
services/nursing.shtml

Northern Manhattan Rehabilitation
and Nursing Center
116 East 125th St.
New York, NY 10035
(212) 426-1284
www.nmrehab.org

Terence Cardinal Cooke
Health Care Center
1249 Fifth Ave.
New York, NY 10029
(212) 360-3600
www.archcare.org/short-term-rehab/
terence-cardinal-cooke

Villagecare Rehabilitation & Nursing
Center
214 West Houston St.
New York, NY 10014
(212) 337-9400
www.villagecare.org/vcrnc
Home Care

Home care services allow seniors to receive individualized attention while maintaining their independence and living at home. These services can range from a few hours a week to 24-hour care. Home health care typically includes skilled care services such as physical and occupational therapy, postsurgery care, and help with routine daily activities. Home care aids can also assist with household tasks such as grocery shopping, meal preparation, transportation, errands, housekeeping, and laundry.

The following agencies provide a range of long-term care services. Some also appear in the preceding Adult Day Programs and Nursing Home sections, but are included again here as resources for a range of long-term home care options.

Certified Home Health Agencies (CHHAs)
CHHAs provide a range of services and supports, helping individuals determine which services will best fit their medical, personal, and home care needs. Medicare, Medicaid, some health insurance providers, and private payment may be used to obtain reimbursements for costs of services provided by home healthcare agencies. Ask the service provider what insurance it accepts. To find home healthcare services, speak with your physician or hospital discharge staff or visit homecare.nyhealth.gov.

Concerned Home Managers for the Elderly, Inc. (COHME)
COHME provides home health care, nursing, and case management services to seniors.
11 Broadway, Suite 400
New York, NY 10004
(212) 514-7147 or www.cohme.org

Visiting Nurse Services of New York
The largest nonprofit home healthcare organization in the country provides post-hospital care, rehabilitation therapies, long-term home healthcare, AIDS programs, and hospice care.
(800) 675-0391 or www.vnsny.org

Jewish Home Lifecare (JHL)
JHL offers long-term care, adult day care, home healthcare, health services, and social and community services throughout the New York area.
120 West 106th St.
New York, NY 10025
Admissions: (212) 870-4715
Adult Day Program, Alzheimer’s & Memory Care Day Program and Social Day Program: (212) 870-5090 or www.jewishhomelifecare.org
Selfhelp
This organization provides home care, case management services, home health aides, senior housing, legal resources, an Alzheimer’s resource program, senior activity centers, and community guardians.
520 Eighth Ave., 5th Floor
New York, NY 10018
(212) 971-7600 or www.selfhelp.net

Isabella Geriatric Center
Isabella Geriatric Center provides a wide range of services for seniors, both off-site and in their onsite nursing home facility. Services include rehabilitation, adult day care, respite care, and meals-on-wheels.
515 Audubon Ave.
New York, NY 10040
(212) 342-9200 or www.isabella.org

New York Foundation for Senior Citizens (NYFSC)
NYFSC coordinates home care, home-delivered meals, and other services, including assistance with benefits and entitlements, for physically and mentally frail residents of Manhattan’s Community Districts 1, 2, 3, 5, and 6. Case managers meet with individuals to determine their eligibility for services and then arrange and monitor service delivery.
11 Park Place, 14th Floor
New York, NY 10007
(212) 962-7559 or www.nyfsc.org

Lenox Hill Neighborhood House
Lenox Hill Neighborhood House offers case management, transportation services, and a social adult day program as well as senior centers on the East Side and Roosevelt Island.
331 East 70th St.
New York, NY 10021
(212) 744-5022 or www.lenoxhill.org

Resources for Caregivers
Caregiving can be an overwhelming experience. Manhattan has many resources to help caregivers find the support they need.

Alzheimer’s and Caregiver Resource Center
Alzheimer’s and Caregiver Resource Center, managed by the NYC Department for the Aging (DFTA), provides needs assessment, individual and family counseling, referrals to community services, education and training, entitlements information, assistance with the nursing home placement process and information on housing alternatives.
Alzheimer’s Association
The Alzheimer’s Association provides a personalized service for individuals and families who are facing the decisions and challenges associated with the disease. A wide range of services are offered for caregivers, including care consultation, caregiver support groups, a 24-hour helpline, and in-home hospice services. Caregiver support groups provide a caring place for group members to find emotional support.
360 Lexington Ave., 4th Floor
New York, NY 10017
(800) 272-3900 or www.alzny.org

Friends in Deed
Friends in Deed provides supportive programs and services to people diagnosed with life-threatening illnesses; to their family, friends, and caregivers; and to anyone dealing with grief and bereavement. Facilitated “Big Group” meetings are offered six times a week. It’s recommended that first-time attendees join the Tuesday night group from 7:00 - 8:30 pm. A group targeted specifically to caregivers meets every Tuesday from noon - 1:00 pm. The caregiver group focuses on taking care of oneself while caring for others. All services are free and open to all. However, all groups start on time, and no one is admitted after the meeting starts.
594 Broadway, 7th Floor, Suite 706
New York, NY 10012
(212) 925-2009 or www.friendsindeed.org

Hamilton-Madison House Caregiver Services
Cantonese, Mandarin, and Korean geriatric specialists provide caregiver training, support groups, counseling, respite care, supplemental services, shopping assistance, and home visits. HMH serves Chinese and Korean communities citywide.
100 Gold St., 4th Floor
New York, NY 10038
(212) 788-1688

Health Outreach Caregivers Service – Weill Cornell Medical Center
This service offers support for individuals caring for seniors over 60. This includes information on related services, evaluation of care options, counseling, and stress reduction.
525 East 68th St.
New York, NY 10065
(212) 746-4365 or www.nypgeriatrics.org
Respite Care Program – NY Foundation for Senior Citizens
This program provides affordable short-term home care by certified home attendants for frail seniors who live alone or whose caregivers require relief from caregiving responsibilities. Respite Care also assists seniors who require temporary help following hospitalization. Services include personal care, meal preparation, shopping, escorting, light housekeeping, and laundry. Applicants must be 60 or older, New York City residents, and in need of assistance with daily activities.
(212) 962-7559 or www.nyfsc.org

SAGE Caring and Preparing
SAGE provides services to lesbian, gay, bisexual, and transgender (LGBT) caregivers and care recipients throughout New York, including individual counseling, a caregivers support group, benefits and entitlement assistance, recommendations for safe and LGBT-affirming long-term care options, and identification of appropriate home-based care services.
305 Seventh Ave.
New York, NY 10001
(212) 741-2247 or www.sageusa.org

Visiting Nurse Services of New York
The largest nonprofit home healthcare organization in the country provides post-hospital care, rehabilitation therapies, long-term home healthcare, AIDS programs, and hospice care.
(800) 675-0391 or www.vnsny.org

Share the Care
This community-based caregiving organization provides necessary information, guidance, and tools to organize and maintain a “caregiving family” to help someone with a health, medical, or aging issue. Share the Care prevents caregiver burnout by turning offers of “What can I do to help?” into action.
Share the Caregiving, Inc.
c/o National Center for Civic Innovation
121 Sixth Ave., 6th Floor
New York, NY 10013
(212) 991-9688 or www.sharethecare.org

The Grandparents Resource Center – DFTA
This resource center provides people who are raising grandchildren and other young relatives with support services, including information and referral, recreational activities, educational workshops, advocacy, and case assistance.
(212) 442-1094
Emergency Preparedness

A comprehensive guide to emergency planning, Ready New York: My Emergency Plan is a workbook designed to help New Yorkers – especially those with special needs – create an emergency plan. My Emergency Plan walks users through establishing a support network, capturing important health information, planning for an evacuation, and gathering emergency supplies. First responders or caregivers can also use the workbook to help people with special needs during an emergency. The book is available in 13 languages. Call 311 to request a hard copy or an audio copy; you can also download the workbook from www.nyc.gov/html/oem/html/ready/myemergencyplan_guide.shtml.

Groups interested in an emergency preparedness training session should contact Frank Lowe of the New York City Office of Emergency Management:
(718) 422-3061 or flowe@oem.nyc.gov

Gas Safety: Smell Gas, Act Fast

Gas leaks can create fires and explosions. It’s important that you and your family know how to recognize a gas leak and what to do if you suspect one.

Signs of a gas leak:
• **Smell:** A distinctive, strong odor similar to rotten eggs.
• **See:** A white cloud, mist, fog, bubbles in standing water, blowing dust or vegetation that appears to be dead or dying for no reason.
• **Hear:** Roaring, hissing or whistling.

If you detect a gas leak:
• If the odor is strong, leave IMMEDIATELY and take others with you.
• If you are outside, leave the area immediately.
• Do not smoke or light lighters or matches. Do not use your telephone, switch on electrical appliances, lights, or even a flashlight in the area where you smell gas — any spark could cause a fire.
• Find a phone away from the area and call 911.
• Do not assume someone else will report the condition!
Safe Streets for Seniors

Safe Streets for Seniors is the NYC Department of Transportation (DOT) pedestrian safety initiative for older New Yorkers. The program studies crash data and then develops and implements mitigation measures to improve pedestrian safety.

DOT is evaluating pedestrian conditions in neighborhoods from a senior’s perspective and is making engineering changes, such as extending pedestrian crossing times at crosswalks to accommodate slower walking speeds, constructing pedestrian safety islands, widening curbs and medians, narrowing roadways, and installing new stop controls and signals. DOT receives ideas and feedback via presentations and workshops at senior centers and community boards and by partnering with NYC Department for the Aging to coordinate outreach and share resources.

The Senior Pedestrian Focus Areas for Manhattan currently are: Chinatown, East Harlem, Hamilton Heights, Lenox Hill-Turtle Bay, Lower East Side, Manhattan Valley, Midtown West, Stuyvesant Town, Upper West Side, Washington Heights, and Yorkville.

Elder Abuse

As the elderly population increases, elder abuse is on the rise. It is important to know the facts and how to get help if you or someone you know is at risk.

Mistreatment of the elderly is a problem affecting all segments of society regardless of socioeconomic status, living environment, race and ethnicity, or physical or cognitive status. Elder abuse can include all of the following forms of abuse:

**Physical:** The infliction of physical pain, injury, physical coercion, or confinement against someone’s will. Examples include hitting, sexual abuse, and physical restraint.

**Psychological:** The infliction of mental or emotional anguish. Examples include namecalling, insulting, ignoring, threatening, and isolating.

**Financial:** The illegal or unethical exploitation or use of an elderly person’s funds without consent.

**Neglect:** The refusal or failure to fulfill a caretaking obligation. Examples include abandonment and nonprovision of food or health-related services.

**Sexual:** Any unwanted sexual contact or forced exposure to sexually explicit materials or situations.
Elder Abuse Laws

All 50 states and the District of Columbia have enacted legislation addressing domestic or institutional abuse of the elderly. In New York State, Adult Protective Services (APS) workers must report any instances in which they believe their client has been the victim of a crime. Also, workers in public healthcare facilities must report abuse of patients receiving care or services in their facility.

If a senior citizen has been physically abused or is in danger, call 911 immediately. For non-emergencies, these numbers may be helpful.

- Elder Abuse Unit of the Manhattan District Attorney: (212) 335-8920
- NYC Adult Protective Services (APS): (212) 630-1853
- NYC Department for the Aging Elderly Crime Victims’ Program: (212) 442-3103

LifeNet: For mental health information, a referral, or if you need to talk to someone, call New York City’s confidential, 24-hour Mental Health Hotline.

- English and all other languages: (800) 543-3638, TTY: (212) 982-5284
- In Spanish: (877) 298-3373
- In Mandarin, Cantonese, and Korean: (877) 990-8585

Elder Abuse Unit of the Manhattan District Attorney
This unit investigates and prosecutes crimes involving victims 60 and older. Services include investigation and prosecution of crimes; assistance in obtaining an order of protection and emergency housing; social service referrals to agencies that provide a variety of services to seniors; and review by the Narcotics Eviction Program for possible evictions of drug dealers from a senior’s residential or commercial premises.

One Hogan Place
New York, NY 10013
(212) 335-8920
Elder Abuse Hotline: (212) 335-9007 or manhattanda.org/resources-victims-elder-abuse

NYC Domestic Violence Hotline
Provides up-to-date service information and assistance in over 150 languages.
(800) 621-4673.
Adult Protective Services (APS)
APS is a state-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm.

APS is available to persons 18 and older who:
- are mentally and/or physically impaired.
- are unable to manage their own resources, carry out the activities of daily living, or protect themselves from abuse, neglect, exploitation, or other hazardous situations without assistance from others.
- have no one willing and able to assist them responsibly.

Citywide: (212) 630-1853
Manhattan North Borough Office: (212) 971-2727
(For residents north of 134th St. on the west side and north of 97th St. on the east side)
Manhattan South Borough Office: (212) 279-5794
(For residents south of 134th St. on the west side and south of 97th St. on the east side)

Community Elder Mistreatment & Abuse Prevention Program (CEMAPP) at Carter Burden Center
Services include safety planning, crisis intervention, court advocacy, legal guidance, community education programs, coordination with police, and a safe place to talk.
(212) 879-7400, Ext. 116

Elderly Crime Victims Resource Center (DFTA)
DFTA's Elderly Crime Victims Resource Center provides counseling services to victims of abuse; it receives referrals from community agencies, hospitals, physicians, attorneys, and the public.
(212) 442-3103.

Jewish Association for Services for the Aged (JASA)
JASA attorneys and social workers help people 60 and older who are victims of elder abuse, including psychological, emotional, verbal, financial, and physical. Services include individual and family counseling, entitlements and benefits advice, orders of protection, legal and medical services, home safety items, support groups, emergency shelters, and safety planning.
JASA Help Center
247 West 37th St., 9th Floor
New York, NY 10018
(212) 273-5272 or www.jasa.org/services/advocacy

New York State Office of Victim Services
This office provides reimbursement for crime-related expenses to crime victims,
administrates the federal Victims of Crime Act (VOCA) across the state, advocates for victim’s rights legislation, and provides training for professionals.
(800) 247-8035 
Sorenson Videophone: (866) 756-6729 
Available Mon. through Fri., 9:00 am - 5:00 pm

**Nursing Home & Adult Care Abuse**
Federal and state regulations require the reporting of alleged violations of abuse, mistreatment, and neglect immediately to the facility administrator and to the New York State Department of Health. To file a complaint regarding Certified Adult Care Facilities, including abuse, contact:
Adult Home/Home Care/Hospice Hotline: (866) 893-6772 
Nursing Home Abuse Hotline: (888) 201-4563

**One Stop Support Program (OSSP)**
OSSP promotes abuse prevention, provides education and counseling, and aims to help seniors ultimately end abusive relationships. OSSP caseworkers visit clients in their homes to provide counseling.
475 Riverside Drive 
New York, NY 10025 
(212) 864-7900

**The Weinberg Center for Elder Abuse – The Hebrew Home at Riverdale**
The Weinberg Center provides emergency shelter for abuse victims age 60 or older. In addition, it provides supportive services including counseling, healthcare, legal advocacy, and legal representation. Seniors staying in the emergency shelter may use the Hebrew Home’s recreational and educational programs. Though located in Riverdale, the Weinberg Center serves the entire region, including Manhattan. 
(800) 567-3646.

**Consumer Protection/Fraud**
One of the most common forms of elder abuse is financial exploitation. The following resources may be helpful in preventing this crime.

**AARP’s Fraud Watch Network**
(877) 908-3360 or www.aarp.org/money/scams-fraud/fraud-watch-network

**Do Not Call Registry**
The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. 
(888) 382-1222 or www.donotcall.gov
NYC Department of Consumer Affairs (DCA)
DCA regulates many industries under NYC’s Consumer Protection Law and receives thousands of consumer complaints each year. DCA works to resolve conflicts through mediation, but when mediation doesn’t work, an administrative judge can hear the case.
42 Broadway
New York, NY 10004

NYS Medicaid Fraud Control Unit (OAG)
This office of the State Attorney General is dedicated exclusively to the investigation and prosecution of Health Care Crime in New York State.
(212) 417-5397 or (800) 771-7755

Credit Bureaus/Freeze List
New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number, and proof of current address.

Equifax Security Freeze
P.O. Box 105788
Atlanta, GA 30348
(888) 202-4025
www.freeze.equifax.com

Experian Security Freeze
P.O. Box 9554
Allen, TX 75013
(888) 397-3742
www.experian.com/freeze

TransUnion Security Freeze
P.O. Box 6790
Fullerton, CA 92834-6790
Fraud Alert: (800) 680-7289
Freeze: (888) 909-8872
transunion.com/personal-credit/credit-disputes/credit-freezes.page

Free Credit Reports
Requesting your credit report yearly is a good practice in preventing identity theft. All three credit bureaus (Experian, Equifax, and TransUnion) are required by law to provide you with a copy of your credit report once a year. If you are the victim of identity theft, you are entitled to a second report from each agency.
(877) 322-8228 or www.annualcreditreport.com
**VETERANS**

**Veterans’ Crisis Line**
If you are a veteran or current service member or are concerned about one, call (800) 273-8255. Press 1 to be connected to a veterans’ crisis counselor.

**NYC Mayor’s Office of Veterans’ Affairs (MOVA)**
MOVA works with veterans and their families to ensure they receive the benefits to which they are entitled.
1 Centre St, 22nd floor South
New York, NY 10007

**U.S. Department of Veterans Affairs**
New York Regional Office
245 West Houston St.
New York, NY 10004
(800) 827-1000

**US Veterans Affairs New York Harbor Healthcare System Medical Center**
The Manhattan Center offers comprehensive healthcare to honorably discharged veterans.
423 East 23rd St.
Bet. First Ave. and Asser Levy Place
New York, NY 10010
(212) 686-7500
www.nyharbor.va.gov

**VA Centers**
There are community-based facilities that offer a variety of free services to veterans and their families, including counseling, employment services, assistance with health benefits and screening and referral for medical issues.

**Harlem Vet Center**
Primarily offers readjustment counseling but can also make referrals to medical, educational, housing, and employment services. Walk-ins are welcome.
2279 Third Ave.
Bet. East 123rd and 124th Sts.
New York, NY 10035
(646) 273-8139
7:30 am – 5:30 pm

**Manhattan Vet Center**
Provides comprehensive mental health counseling for veterans. Call for appointment.
32 Broadway
Bet. Morris St. and Exchange Alley
New York, NY 10004
(212) 742-9591
7:30 am to 5:30 pm
LGBTQ

Service Centers

Services and Advocacy, Gay, Lesbian, Bisexual, and Transgender Elders (SAGE)
SAGE is the largest and oldest organization focusing on improving the quality of life for LGBT senior populations. Programs include counseling, case management, education, and social activities. www.sageusa.org

305 Seventh Ave., 15th Floor
Bet. 27th and 28th Sts.
Daily, 11:00 am - 8:00 pm
Dinner: 5:00 pm - 6:30 pm
(212) 741-2247

127 West 127th Street
Bet. Adam Clayton Powell & Lenox blvds.
New York, NY 10027
Mon.-Fri., 10:00 am – 6:00 pm
Lunch: 12:00 – 1:30 pm
Phone: (646) 660-8954

LGBT Community Center
208 West 13th St.
Mon.-Sat., 9:00 am – 10:00 pm
Sun., 9:00 am – 9:00 pm
(212) 620-7310 or www.gaycenter.org

Griot Circle
Community organization for LGBT elders of color offers a book club, a women's group, a men's HIV group, and case management.
25 Flatbush Ave., 5th Floor
Brooklyn, NY 11217
Mon.-Fri., 9:00 am - 6:00 pm
(718) 246-2775 or www.griotcircle.org

Callen-Lorde Community Health Center
Provides sensitive, quality healthcare and related services targeted to New York’s LGBT communities, regardless of income. Callen-Lorde promotes health education and wellness and advocates for LGBT health issues.
356 West 18th St.
New York, NY 10011
(212) 271-7200 or www.callen-lorde.org

Advocacy

American Civil Liberties Union
LGBT & AIDS Project
125 Broad St., 18th Floor
New York, NY 10004
(212) 549-2627, (212) 549-2650
www.aclu.org/lgbt-rights

Institute for Human Identity (IHI)
322 Eighth Ave., Suite 802
New York, NY 10001
(212) 243-2830
www.ihi-therapycenter.org

JCC Manhattan – LGBT Programs
334 Amsterdam Ave.
New York, NY 10023
(646) 505-5742
www.jccmanhattan.org/lgbtq

LGBT Law Project at New York Legal Assistance Group
7 Hanover Square, 18th Floor
New York, NY 10004
(212) 613-5000, Ext. 5107
www.nylag.org/units/lgbt-law-project
LGBT@NYPL
The New York Public Library connects you with their LGBT collections, programs and expertise at lgbt.nypl.org.

National Organization for Women/New York City (NOW NYC)
150 West 28th St.
New York, NY 10001
Helpline: (212) 627-9895
Mon.-Fri., 9:30 am - 5:30 pm
www.nownyc.org

New York Civil Liberties Union (NYCLU)
125 Broad St., 19th Floor
New York, NY 10004
(212) 607-3300
www.nyclu.org

NYC Gay & Lesbian Anti-Violence Project (AVP)
240 West 35th St., 2nd Floor
New York, NY 10001
(212) 714-1184
Hotline: (212) 714-1141
www.avp.org

Parents, Families & Friends of Lesbians & Gays (PLFAG) New York City
130 East 25th St.
New York, NY 10010
(646) 240-4288
Helpline: (212) 463-0629
www.pflagnyc.org

Stonewall Veterans’ Association (SVA)
70-A Greenwich Ave., Suite 120
New York, NY 10011
(212) 627-1969
www.stonewallvets.org

AIDS Organizations

AMFAR, The Foundation for AIDS Research
120 Wall St., 13th Floor
New York, NY 10005
(212) 806-1600
www.amfar.org

Broadway Cares/Equity Fights AIDS
165 West 46th St., Suite 1300
New York, NY 10036
(212) 840-8770
www.broadwaycares.org

Gay Men’s Health Crisis Inc. (GMHC)
446 West 33rd St.
New York, NY 10001
(212) 367-1000 or www.gmhc.org

God’s Love We Deliver
166 Sixth Ave.
New York, NY 10013
(212) 294-8100 or www.godslovewedeliver.org

HIV/AIDS Legal Service Project
Legal Action Center
225 Varick St., 4th Floor
New York, NY 10014
(212) 243-1313 or www.lac.org

Village Care of New York
154 Christopher St.
New York, NY 10014
(212) 337-5600 or www.villagecare.org
Churches and Synagogues

B’nai Jeshurun Congregation
2109 Broadway, Suite 203
New York, NY 10023
(212) 787-7600 or www.bj.org

Congregation Beit Simchat Torah
57 Bethune St.
New York, NY 10014
(212) 929-9498 or www.cbst.org

Jan Hus Presbyterian Church
351 East 74th St. at First Ave.
New York, NY 10021
(212) 288-6743 or www.janhus.org

Marble Collegiate Church
1 West 29th St.
New York, NY 10001
(212) 686-2770
www.marblechurch.org

Park Ave. Christian Church
1010 Park Ave.
New York, NY 10028
(212) 288-3246
www.parkavenuechristian.com

Stephen Wise Free Synagogue
30 West 68th St.
New York, NY 10023
(212) 877-4050 or www.swfs.org

Human Rights

Amnesty International USA
5 Penn Plaza
New York, NY 10001
(212) 807-8400 or www.amnestyusa.org

Media and Education

Out-FM on WBAI Radio/99.5 FM
P.O. Box 7032
Church St. Station
New York, NY 10008
(212) 209-2980 or www.outfm.org
Tues., 7:00 pm - 8:00 pm

☛ A comprehensive LGBT Directory of Services and Resources is available from the Office of the New York City Comptroller, (212) 669-3500.
ENRICHMENT OPPORTUNITIES

Advocacy Organizations

Seniors must make their voices heard on the policy issues that affect their lives whether it is cuts to senior centers, reduction in health benefits, or inaccessible public transportation. The following organizations support seniors in advocating for themselves and others.

AARP
This nonprofit, nonpartisan membership organization helps people 50 and older improve the quality of their lives through information, advocacy, and service.
780 Third Ave., 33rd Floor
New York, NY 10017
(866) 227-7442 or www.states.aarp.org/category/new-york

JASA Joint Public Affairs Committee (JPAC)
This grassroots senior advocacy group emphasizes leadership and civic involvement and provides training seminars, access to local and state officials, newsletters, and public conferences.
JASA Help Center
247 West 37th St. 9th Floor
New York, NY 10018
(212) 273-5260 or www.jasa.org/advocacy

New York Gray Panthers
Gray Panthers is a national organization committed to social justice, including the expansion of healthcare programs and fighting discrimination.
244 Madison Ave., Suite 396
New York, NY 10016
(917) 535-0457 or www.graypanthersnyc.org

New York State Alliance for Retired Americans (NYSARA)
NYSARA provides a voice for senior citizens and encourages seniors to act with unity on legislative and policy issues of importance to retirees and their families.
800 Troy Schenectady Road
Latham, NY 12110
(518) 783-6231 or www.nysara.org
Employment Services

Whether you’re looking to branch out into a new career, increase income, or grow a hobby into a vocation, New York City offers many resources for senior employment.

ReServe
This nonprofit matches professionals 55 and older (ReServists) with nonprofit, public institutions, and government agencies that need their expertise. ReServists provide direct services, administrative support, and capacity-building expertise in schools, social service agencies, cultural institutions and public agencies. ReServists receive a stipend from the employer.
119 West 19th St., 4th Floor
New York, NY 10011
(212) 727-4335 or www.reserveinc.org

Senior Community Service Employment Program
Helps to place low-income seniors in subsidized, part-time paid employment.
(877) 872-5627 or www.doleta.gov/seniors

Senior Employment Services (SES) – DFTA
SES provides workshops focusing on job search techniques, computer training, and job preparation and offers job placement assistance for NYC residents 55 and older.
NYC Department for the Aging (DFTA)/Senior Employment Services
2 Lafayette St., 6th Floor
New York, NY 10007

The Senior Works Center
The Senior Works Center serves public assistance recipients who are over 60.
109 East 16th St.
Bet. Irving Place and Union Square East
New York, NY 10003
(212) 835-8445 or (212) 835-7691
Mon. – Fri., 8:30 am – 5:00 pm
Continuing Education

It’s never too late to learn something new! Continuing education is a fantastic way to enhance your knowledge, grow personally or professionally, and meet new people.

City University of New York (CUNY)
CUNY allows seniors to audit courses when space is available at both their two-year and four-year colleges. There is an administrative fee for both college programs. Contact the admissions office of any CUNY school of interest for more information.

Baruch College  CUNY Graduate School of Journalism  
(646) 312-1000  
www.baruch.cuny.edu  
www.journalism.cuny.edu

Borough of Manhattan Community College  
(212) 220-8000  
www.bmcc.cuny.edu

The City College of New York  
(212) 650-7000  
www.ccny.cuny.edu

CUNY Graduate Center  
(212) 817-7000  
www.gc.cuny.edu

CUNY Graduate School of Journalism  
(646) 758-7700

CUNY School of Professional Studies  
(212) 652-2869  
www.sps.cuny.edu

Hunter College  
(212) 772-4000  
www.hunter.cuny.edu

John Jay College of Criminal Justice  
(212) 237-8000  
www.jjay.cuny.edu

The Institute for Retired Professionals (IRP) – The New School
The IRP provides a supportive environment for peer learning to people of all backgrounds. It encourages students to challenge themselves by taking part in study and by assuming academic and administrative leadership roles.

66 West 12th St., Room 511  
New York, NY 10011  
(212) 229-5682 or www.newschool.edu/institute-for-retired-professionals

QUEST: A Community for Lifelong Learning – City College of New York
QUEST offers a comprehensive curriculum of about 40 peer-led courses in subjects that include literature, science, politics, current affairs, philosophy, and the arts.

25 Broadway, 7th Floor  
New York, NY 10004  
(212) 925-6625, Ext. 229 or www.questonline.org
Computer Training/Technology

Carter Burden Center for the Aging
The computer lab offers one-on-one half-hour tutoring sessions Monday to Friday.
1484 First Ave. (Bet. East 77th and East 78th Sts.)
New York, NY 10075
Hours: 9:30 am - 5:00 pm
(212) 879-7400 or www.carterburdencenter.org

Lenox Hill Neighborhood House
Lenox Hill Neighborhood House offers a nine-week foundational course called “Computer Basics for Seniors.”
331 East 70th St. (Bet. First and Second Aves.)
New York, NY 10021
(212) 744-5022 or www.lenoxhill.org/content/who-we-help/adult-education.html

Older Adults Technology Services (OATS)
OATS trains and supports older adults in using technology to improve their quality of life and enhance their social and civic engagement.
168 7th St., Suite 3A
Brooklyn, NY 11215
(718) 360-1707 or www.oats.org

Volunteering Organizations

The following organizations provide opportunities for seniors to volunteer, continue their education, and gain support in finding employment.

NYC Service
Use your time, passion, and skills to address New York City’s most pressing needs. Visit www.nycservice.org to find a volunteer opportunity or an organization that needs your skills.

Community Connections TimeBank – Visiting Nurse Service of New York
The city’s largest time bank provides one-on-one time exchanges and opportunities to participate in a wide variety of classes, groups, and workshops led by other members. Participating Manhattan neighborhoods include Washington Heights, Inwood, the Lower East Side, Chinatown, and Battery Park City.
(212) 609-7811 or timebank@vnsny.org.
**Ombudsman Program – New York Foundation for Senior Citizens**
The Ombudsman Program offers volunteer opportunities for individuals 21 and older who want to help protect the rights of New York City’s nursing, adult-home, and assisted-living residents. Volunteers visit long-term care facilities, establish relationships with their residents, listen to their concerns, and negotiate with facility staff to resolve residents’ issues and enhance their quality of life. Free training is provided, and volunteers must commit to a minimum of four hours per week for one year.
(212) 962-2720 or [www.nyfsc.org](http://www.nyfsc.org)

**Retired Senior Volunteer Program (RSVP) – Community Service Society**
As a provider of volunteer opportunities for older adults in nonprofit settings, RSVP engages 6,500 older adult volunteers at 500 nonprofits throughout New York City. Volunteers enhance the services that nonprofits provide to their clients.
Community Service Society
105 East 22nd St.
New York, NY 10010
(212) 254-8900 or [www.cssny.org/services/rsvp](http://www.cssny.org/services/rsvp)

**Senior Companion Program – Henry St. Settlement**
The Senior Companion Program allows healthy older adults to volunteer their time to help homebound or isolated seniors live independently. Services include friendly visiting, shopping assistance, escort to a doctor’s appointment or other activities, light errands, help with obtaining services such as Access-a-Ride and meals-on-wheels, and basic companionship. To volunteer, you must be at least 55, able to use mass transit, and able to volunteer 15 hours or more per week. Volunteers receive transportation reimbursement, participate in training sessions, and may qualify for a tax-free stipend.
(212) 477-0455
[www.henrystreet.org/programs/senior-services/senior-companion-program.html](http://www.henrystreet.org/programs/senior-services/senior-companion-program.html)

**New York Cares**
New York Cares mobilizes New Yorkers in volunteer service.
65 Broadway, 19th Floor
New York, NY 10006
(212) 228-5000 or [www.newyorkcares.org](http://www.newyorkcares.org)
Free & Low-Cost Cultural Opportunities

IDNYC

IDNYC—the free government-issued ID card that is available to all city residents regardless of immigration status—is your key to the city. More than 30 leading cultural institutions allow IDNYC cardholders to register for free one-year memberships. To apply, call 311 for the IDNYC Enrollment Center nearest you.

Libraries

The New York Public Library offers free public classes, programs, and exhibitions at its four research and 41 branch libraries in Manhattan. Detailed listings are in the quarterly publication “NYPL Now!” available at your local library or online at nypl.org. Visit your neighborhood library or www.nypl.org/locations to find a branch.

Ask NYPL
(917) 275-6975

Library for the Performing Arts
40 Lincoln Center Plaza
Mon., Thurs., noon - 8:00 pm
Tues., Wed., Fri., noon - 6:00 pm

Main Library
42nd St. and Fifth Ave.
Mon., Thurs.-Sat., 10:00 am - 6:00 pm
Tues., Wed., 10:00 am - 8:00 pm
Sun., 1:00 pm - 5:00 pm

Science, Industry and Business Library (SIBL)
188 Madison Ave. at 34th St.
Mon., Fri., 11:00 am - 6:00 pm
Tues.-Thurs., 10:00 am - 8:00 pm

Museums

American Museum of Natural History
Central Park West at 79th St.
New York, NY 10024
(212) 769-5100 or www.amnh.org
Pay what you wish

El Museo del Barrio
1230 Fifth Avenue at 104th St.
New York, NY 10029
212-831-7272 or www.elmuseo.org
Seniors: $5; free for seniors on $ 5 on

Metropolitan Museum of Art
1000 Fifth Ave. at 82nd St.
New York, NY 10028
(212) 535-7710 or www.metmuseum.org
Pay what you wish.

Morgan Library and Museum
225 Madison Ave. at East 36th St.
New York, NY 10016
(212) 685-0008 or www.themorgan.org
Seniors: $12; free Fri., 7:00 pm - 9:00 pm

**Museum of Arts and Design**
2 Columbus Circle
New York, NY 10019
(212) 299-7777 or www.madmuseum.org
Seniors: $14; pay what you wish Thurs. & Fri., 6:00 – 9:00 pm

**Museum of Jewish Heritage**
36 Battery Place
New York, NY 10280
(646) 437-4202 or www.mjhnyc.org
Pay what you wish Wed., 4:00 pm - 8:00 pm

**Museum of Modern Art**
11 West 53rd St.
Bet. Fifth and Sixth Aves.
New York, NY 10019
(212) 708-9400 or www.moma.org
Free Fri., 4:00 - 8:00 pm

**Neue Galerie**
1048 Fifth Ave. at 86th St.
New York, NY 10028
(212) 628-6200 or www.neuegalerie.org
Seniors: $10; Free first Fri. of every month, 6:00 – 8:00 pm

**Solomon R. Guggenheim Museum**
1071 Fifth Ave. at 89th St.
New York, NY 10128
(212) 423-3500 or www.guggenheim.org
Pay what you wish Sat. 5:45 pm - 7:45 pm

**Studio Museum in Harlem**
144 West 125th St.
New York, NY 10027
(212) 864-4500 or www.studiomuseum.org
Seniors and students (with valid ID): $3

**The Cloisters**
99 Margaret Corbin Dr. in Fort Tryon Park
New York, NY 10040
(212) 923-3700 or www.metmuseum.org/visit/visit-the-cloisters
Pay what you wish

**The Frick Collection**
East 70th St.
Bet. Madison and Fifth Aves.
New York, NY 10021
(212) 288-0700 or www.frick.org
Pay what you wish Sun., 11:00 am - 1:00 pm

**The Hispanic Society of America**
Audubon Terrace
Broadway between 155th and 156th Sts.
New York, NY 10032
(212) 926-2234 or www.hispanicsociety.org
Free

**The Jewish Museum**
1109 Fifth Ave. at 92nd St.
New York, NY 10128
(212) 423-3200 or thejewishmuseum.org
Seniors: $12; pay what you wish Thurs. 5:00 – 8:00 pm, free Sat.

**The Museum of Chinese in America**
215 Centre St.
New York, NY 10013
(212) 619-4785 or www.mocanyc.org
Seniors: $5; free Thurs.

**The Rubin Museum of Art**
150 West 17th St.
New York, NY 10011
(212) 620-5000 or www.rubinmuseum.org
Seniors: $10; free Fri., 6:00 pm - 10:00 p.m.
Free for seniors first Mon. of every month
Galleries

Manhattan’s galleries offer an opportunity to view for free many kinds of art. In addition to West Chelsea, Soho, and 57th St., exhibition spaces exist in every neighborhood in Manhattan. Newspapers and weekly magazines include gallery listings and reviews.

Uptown arts directories

Northern Manhattan is a vital part of Manhattan’s arts community. These websites offer clearinghouses for a complete range of arts events.

Harlem Arts Alliance
An arts service organization which sponsors the Artz, Rootz and Rhythm Series, an annual festival and a monthly professional development series.
www.harlemaanyc.org

Northern Manhattan Arts Alliance
Hosts the Uptown Arts Stroll, a quarterly artists’ salon, and community forums.
www.nomaanyc.org

Harlem One Stop
A cultural tourism initiative of the Hamilton Heights West Harlem Community Preservation Organization, Harlem One Stop partners with various arts and cultural organizations, retailers and restaurants to promote cultural tourism through its website.
www.harlemonestop.com

Performance

AudienceExtras.com
(212) 686-1966
Tues.-Sat., 10:00 am - 5:00 pm
Receive invitations to Off- and Off-Off-Broadway shows, movie previews, comedy clubs, cabaret, and concerts. Annual membership fee.

Carter Burden Center for the Aging Cultural Connections
1484 First Ave.
New York, NY 10075
(212) 879-7400
www.carterburdencenter.org/ccmembership
Low-cost day trips, theater, concerts, and museum tours. Membership fee.
Signature Theatre
480 West 42nd St.
Bet. Ninth and Tenth Aves.
New York, NY 10036
(212) 244-7529
www.signaturetheatre.org
Tues.-Sun., 11:00 am - 8:00 pm
Off-Broadway subsidized ticket: $25

Theatre Development Fund
520 Eighth Ave., Suite 801
New York, NY 10018
(212) 912-9770
www.tdf.org
Offers discounted tickets for theater, dance, and concerts to retirees (no longer working and age 62+). There is an annual fee. TDF also offers $9 tickets to Off-Off-Broadway productions to nonmembers.

Free Shakespeare in the Park
Performs in the Delacorte Theater, Central Park West at West 81st St. in the summer. Tickets are distributed in the park at noon every day of a performance, with a separate line for seniors 65 and older and for patrons with disabilities. People line up several hours ahead of time. There are two ways to avoid that line:
  - Enter the Free Virtual Ticketing Lottery by creating an account on www.publictheater.org. There are separate lotteries for general, seniors, and accessible (ADA) seating.
  - Lines also form for an in-person lottery at 11:30 am on performance days at the Public Theater, 425 Lafayette St. (at Astor Place).
Box office: (212) 967-7555
10:00 am – 7:00 pm

David Rubenstein Atrium at Lincoln Center
61 West 62nd St.
Bet. Broadway and Columbus Ave.
New York, NY 10023
(212) 875-5350
www.atrium.lincolncenter.org
Daily, 8:00 am - 10:00 pm
A community meeting place to sit. A venue for free performances. A resource for discount tickets to available Lincoln Center performances. Tours and information desk. Accessible restrooms and Wi-Fi access.

Film Society of Lincoln Center
Walter Reade Theater
165 West 65th St. (North side)
Bet. Broadway and Amsterdam Ave.
New York, NY 10023
(212) 875-5601 or www.filmlinc.com
Seniors: $9

Elinor Bunin Film Center
144 West 65th St. (South side)
(212) 875-5645 or www.filmlinc.com
Box office opens 30 minutes before screening.
Seniors: $9

Juilliard Box Office
60 Lincoln Center at West 65th St.
Bet. Broadway and Amsterdam Ave.
New York, NY 10023
(212) 769-7406 or www.juilliard.edu
Mon.-Fri., 11:00 am - 6:00 pm
Many free events. Pick up monthly calendar at the box office for information.
Hunter College
Danny Kaye Playhouse
Box office: East 68th St. bet. Park and Lexington Ave.
New York, NY 10065
(212) 772-4448, (212) 792-4227
www.hunter.cuny.edu/kayeplayhouse
Mon.-Sat., noon - 6:00 pm
Low-cost events. Sign up for emails.

Metropolitan Opera
(212) 362-6000 or www.metopera.org
Rush tickets for seniors can be purchased online or at the box office: weekdays, $20; weekends, $25

Metropolitan Opera
Free HD Screenings in Plaza
10 Lincoln Center Plaza
New York, NY 10023
(212) 362-6000 or www.metopera.org
Check website or call the box office for up-to-date information.

Manhattan School of Music
120 Claremont Ave.
At 122nd St. and Broadway
New York, NY 10027
(917) 493-4428 or www.msmnyc.edu
Mon.-Fri., 10:00 am - 5:00 pm
Most events are free.

Mannes School of Music
150 West 85th St.
New York, NY 10024
(212) 580-0210
www.newschool.edu/Mannes/events
Most events are free.

Mannes Schneider Concerts
66 West 12th St.
Bet. Fifth and Sixth Aves.
New York, NY 10011
Seniors: $15, 5 concerts for $70.

People's Symphony Concert
(212) 586-4680 or www.pscny.org
Various venues; low-cost subscriptions for chamber music.

Merkin Concert Hall
129 West 67th St.
Bet. Broadway and Amsterdam Ave.
New York, NY 10036
(212) 501-3330
www.kaufmanmusiccenter.org/mch/buy-tickets/senior-discounts

Rockefeller University
1230 York Ave. at 66th St.
New York, NY 10065
(212) 327-7007
Free concerts presented Fridays at noon September through June.
**Movie Theaters**

Most New York City theaters and film programs offer senior discounts; here is a sampling, but contact your local theater for additional information.

**Angelika Film Center**  
18 West Houston St.  
New York, NY 10012  
Those 55 and older pay $7 all day Thursday.

**IFC Center**  
323 Sixth Ave. at West 3rd St.  
New York, NY 10014  
Seniors pay $10 (instead of $14) for regular shows, or may purchase a $50 annual membership and pay $9 per ticket with no online booking fees.

**Film Forum**  
209 West Houston St.  
New York, NY 10014  
Seniors 65+ pay $7.50 for shows before 5:00 pm weekdays, or may purchase a $50 membership which allows purchase of $7.50 tickets for any show.

**Maysles Documentary Center**  
343 Lenox Avenue  
Bet. 127th and 128th Sts.  
New York, NY 10027  
(212) 537-6843 or www.maysles.org  
The Cinema at the Maysles Documentary Center is dedicated to the exhibition of documentary films four nights a week. Suggested donation is $10.

**Village East Cinema**  
181-189 Second Ave.  
New York, NY 10003  
For matinee performances, tickets are $7. Those 55 and older pay $8 all day Thursday.

**Poetry**

**Nuyorican Poets Cafe**  
236 East 3rd St.  
New York, NY 10009  
(212) 505-8183 or www.nuyorican.org  
Regular poetry slams and other literary events.

**Poets House**  
10 River Terrace near Chambers St.  
New York, NY 10282  
(212) 431-7920 or www.poetshouse.org  
Low-cost readings for seniors, plus a library and a writing space.

**Poetry Project**  
(212) 674-0910 or www.poetryproject.org  
11:00 am - 6:00 pm  
Mon.-Fri., mid-September to June  
Get weekly emails. Subscribe for events and news on low-cost readings.

**Poetry Readings**  
St. Marks Church in the Bowery  
131 East 10th St. at Second Ave.  
New York, NY 10003  
(212) 674-6377
TRANSPORTATION

Reduced-Fare MetroCard

Subway or local bus fare is subsidized for seniors 65 and older and those with qualifying disabilities who have a valid Reduced-Fare MetroCard. Fare is half the base fare. You may apply for a Reduced-Fare MetroCard by mail or in person.

By Mail
- Download an application online at web.mta.info/nyct/fare/rfindex.htm.
- Enclose a 2” x 2 1/2” photograph.
- Enclose a photocopy of acceptable proof of age: driver’s license, Medicare card or birth certificate (one with your photograph) or proof of a qualifying disability.
- Mail to:
  MTA New York City Transit
  Attn: Reduced Fare Program
  130 Livingston St.
  Brooklyn, NY 11201-9625

In Person
- If you are 65 or older, you can bring your application to the walk-in MetroCard Customer Service Center in Lower Manhattan:
  3 Stone St.
  New York, NY 10004
- Bring two valid IDs: driver’s license, Medicare card, or birth certificate, one of which must display your photograph.
- Free photography services available.
- Notary not necessary.

EasyPay MetroCard

The EasyPay MetroCard allows seniors to pay for rides automatically with a credit or debit card.

To apply:
web.mta.info/metrocard/EasyPayXpress.htm
(877) 323-7433
Mon.-Fri., 9:00 am - 5:00 pm, Sat., 9:00 am - 2:00 pm
**Access-A-Ride**

For the same price as full public transit fare, Access-A-Ride (AAR) provides door-to-door paratransit service, 24 hours a day, seven days a week for people with disabilities who are unable to use public bus or subway service for some or all of their trips.

To apply, call (877) 337-2017 weekdays between 9:00 am and 5:00 pm and follow the menu instructions to set an appointment at an assessment center. Within three weeks of your assessment, you will receive a decision about your eligibility.

Once you have your AAR identification card, call (877) 337-2017 to make a reservation. Reservations should be made one to two days in advance of your trip. You will need to provide your AAR ID number; the date, time, and exact addresses of your trip; whether you will be traveling with a guest or attendant; and any special instructions.

**Additional Information**

- Be prepared to wait up to 30 minutes after your scheduled pickup time. AAR vehicles arriving during this time are considered on time. You may call Transit Control at (877) 337-2017 to check on your vehicle’s location or estimated time of arrival.
- Subscription service is offered to any customer who travels from the same location to the same destination at the same time of day for each trip, at least one day a week. These trips are prescheduled.
- NYC Transit will record each customer no-show or late cancellation as a missed trip and may suspend a customer with excessive missed trips.

**For Customer Assistance**

MTA NYC Transit Customer Assistance
(718) 330-1234
Daily, 6:00 am – 10:00 pm

MTA New York City Transit
Paratransit Division, Customer Relations
130 Livingston St.
Brooklyn, NY 11201

**Accessible Dispatch**

Accessible Dispatch compensates drivers for their travel to a pickup location, so passengers pay only the metered taxi fare. All drivers of wheelchair-accessible taxicabs are required to participate in the Accessible Dispatch program. Passengers can request a wheelchair-accessible taxi for any trip beginning in Manhattan by calling 311, by calling the dispatcher directly at (646) 599-9999, by texting a request to (646) 400-0789, by requesting a pickup online at [www.nycaccessibledispatch.org](http://www.nycaccessibledispatch.org), or by using the free mobile Wheels on Wheels (WOW) Taxi App, available in the iTunes Store and on Google Play.
**New York Foundation for Senior Citizens Transportation (CART)**

CART provides free van service five days a week to and from doctor appointments and planned events. This service is only available in certain areas of Manhattan. (212) 956-0855 or [www.nyfsc.org/services/freetrans.html](http://www.nyfsc.org/services/freetrans.html)

**CityBench**

The CityBench Program is a DOT initiative to increase the amount of public seating on New York City’s streets. DOT is installing attractive and durable benches around the city, particularly at bus stops, retail corridors, and in areas with a high concentration of senior citizens. These benches will make streets more comfortable for transit riders and pedestrians, especially for those who are older and disabled. DOT will install 1,500 benches on a rolling basis by the end of 2015.

In order to support walking and transit, priority bench locations include:

- Bus stops without shelters
- Sidewalks near transit facilities
- Senior centers
- Hospitals and community health centers
- Commercial zones and shopping districts
- Municipal facilities

DOT encourages all New Yorkers to recommend locations for benches on the DOT right-of-way (not private property). If you know of a good location, go to [www.nyc.gov/html/dot/html/pedestrians/citybench.shtml](http://www.nyc.gov/html/dot/html/pedestrians/citybench.shtml) and complete a web form or email citybench@dot.nyc.gov or call 311.
COMMUNITY BOARDS

Community Boards are empowered by the city charter to represent community interests. Composed of 50 residents appointed to staggered two-year terms by the Borough President and local City Council members, Manhattan’s 12 Community Boards meet monthly except as noted below.

Community Boards often address issues relevant to seniors such as park access, sidewalk conditions, traffic safety, and senior service delivery, and some have specific aging committees. For more information on Community Boards in general, visit manhattanbp.nyc.gov/cb; for information on your own board, use the information below.

1 Centre St., Room 2202 North
New York, NY 10007
(212) 669-7970
www.nyc.gov/html/mancb1
Meets the fourth Tuesday at 6:00 pm.
Check website for location.

3 Washington Square Village, Suite 1A
Bet. LaGuardia Place and Mercer St.
New York, NY 10012
(212) 979-2272 or www.cb2manhattan.org
Meets the second-to-last Thursday at 6:00 pm. Check website for location.
COMMUNITY BOARD 3
CHINATOWN
LOWER EAST SIDE
TWO BRIDGES

59 East 4th St. (Bet. 2nd Ave. & Bowery)
New York, NY 10003
(212) 533-5300 or www.cb3manhattan.org
Meets the fourth Tuesday at 6:30 pm.
Check website for location.

COMMUNITY BOARD 4
CHELSEA
CLINTON

330 West 42nd St., 26th Floor
Bet. Eighth and Ninth Avenues
New York, NY 10036
(212) 736-4536 or www.nyc.gov/mcb4
Meets the first Wednesday at 6:30 pm.
Check website for location.

COMMUNITY BOARD 5
UNION SQUARE
FLATIRON DISTRICT
MIDTOWN

450 Seventh Ave., Suite 2109
Bet. West 34th and West 35th Sts.
New York, NY 10123
(212) 465-0907 or www.cb5.org
Meets the second Thursday at 6:00 pm at
Xavier High School, 30 West 16th St.

COMMUNITY BOARD 6
STUYVESANT TOWN
PETER COOPER VILLAGE
GRAMECY PARK
MURRAY HILL
SUTTON PLACE

866 U.N. Plaza, Suite 308 (at East 48th St.)
New York, NY 10017
(212) 319-3750 or www.cb6.org
Meets the second Wednesday at 7:00 pm.
Check website for location.

COMMUNITY BOARD 7
UPPER WEST SIDE
MANHATTAN VALLEY

250 West 87th St., 2nd Floor
Bet. Broadway and West End Ave.
New York, NY 10024
(212) 362-4008 or www.nyc.gov/mcb7.org
Meets the first Tuesday at 6:30 pm.
Check website for location.
COMMUNITY BOARD 8
505 Park Ave., Suite 620
Bet. East 59th & East 60th Sts.
New York, NY 10022
(212) 758-4340 or www.cb8m.com
Meets the third Wednesday at 6:30 pm.
Check website for location.

COMMUNITY BOARD 9
16-18 Old Broadway
Bet. 125th and 126th Sts.
(one block east of Broadway)
New York, NY 10027
(212) 864-6200 or www.cb9m.org
Meets the third Thursday at 6:30 pm
(except July and August) at
Fortune Society,
630 Riverside Drive at 140th St.

COMMUNITY BOARD 10
215 West 125th St., 4th Floor
Bet. Frederick Douglass and
Adam Clayton Powell Jr. Blvds.
New York, NY 10027
(212) 749-3105 or www.nyc.gov/mcb10
Meets the first Wednesday at 6:00 pm,
at 163 West 125th St., bet. Lenox Ave. &
Adam Clayton Powell Blvd.
Check website for any changes.

COMMUNITY BOARD 11
1664 Park Avenue, Ground Floor
Bet. East 117th and East 118th Sts.
New York, NY 10035
(212) 831-8929 or www.cb11m.org
Meets the third Tuesday at 6:30 pm.
Check website for location.

COMMUNITY BOARD 12
530 West 166th Street, 6th Floor
New York, NY 10032
(212) 568-8500 or www.nyc.gov/mcb12
Meets on the fourth Tuesday at 7:00 pm.
Check website for location.
IMPORTANT NUMBERS

The single best resource to find a government contact is www.nyc.gov/greenbook.

NYC Department of Aging Hotline 311
NYS Office for the Aging Helpline (800) 342-9871

Adult Protective Services:
Manhattan North Borough (212) 971-2727
(for residents north of 134th St. on the west side and north of 97th St. on the east side)
Manhattan South Borough (212) 279-5794
(for residents south of 134th St. on the west side and south of 97th St. on the east side)

AARP Fraud Watch Network (877) 908-3360
Social Security Administration (800) 772-1213
Medicare (800) 633-4227
Medicaid (800) 541-2831
NYC Council of Senior Centers (212) 398-6565
Con Edison 24-hour Hotline (800) 752-6633

LifeNet, NYC’s 24-hour Mental Health Hotline:
  English: (800) 543-3638
  TTY: (212) 982-5284
  Spanish: (877) 298-3373
  Mandarin, Cantonese, and Korean: (877) 990-8585
TOP QUALITY DOCTORS NEAR WHERE I LIVE?
SIGN ME UP.

CALL 1.855.809.4073
METROPLUS.ORG