



New York State Senator

**Brad Hoylman**

District 27

# SENIOR RESOURCE GUIDE

## COVID-19 EDITION





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Dear Neighbor:

Older New Yorkers made our neighborhoods the wonderful places they are today, so we owe it to our seniors to provide support to help improve their lives.

I'm proud to present this Senior Resource Guide for residents of the 27th Senate District of New York. This guide will help you identify important benefits, services and information available right here in the community so that your physical, social and economic needs are met.

We have also updated the guide to reflect the impact of the COVID-19 pandemic on our community in order to bring you information and resources that are safely accessible.

I hope that you'll find this guide useful when making decisions and planning for the future for you or a loved one. If you have any questions or comments, I encourage you to call me at 212-633-8052.

Sincerely,

Brad Hoylman  
State Senator  
27th Senate District

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We have done our best to make this guide as complete and accurate as possible. Yet, in an environment that is constantly changing and where new information is being distributed, we might have missed some useful resources or information might become quickly outdated. It is also common for organizations to move, change phone numbers, or close entirely.

If there are additional resources or changes you feel should be included in the next edition of this guide, please feel free to contact Senator Hoylman's office at 212-633-8052 or [hoylman@nysenate.gov](mailto:hoylman@nysenate.gov).

The information in this publication is provided as a resource for seniors and their caregivers in New York City, but is not intended as an endorsement of any organization or service.

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# Important Numbers & Hotlines

In case of an emergency,  
please call 9-1-1.

**Police, Fire or Ambulance:** 9-1-1  
Emergency Shelter: 3-1-1

**National Runaway Safeline:**  
(800) 786-2929

**New York State Division  
of Human Rights:**  
(718) 741-8400  
(888) 392-3644

**Equal Employment  
Opportunity Commission:**  
(800) 669-4000  
TTY: (800) 669-6820

**AIDS Hotline:**  
(800) 541-AIDS  
En Español: (800) 233-7432

**Alcoholics Anonymous:**  
(212) 647-1680

**Battered Women Hotline:**  
(718) 499-2151

**Centers for Disease Control  
and Prevention:**  
(800) 232-4636

**Child Abuse Hotline:**  
(800) 342-3720

**Crime Victim Hotline:**  
(212) 577-7777

**Domestic Violence Hotline:**  
(800) 621-4673

**Gamblers Anonymous Hotline:**  
(855) 222-5542

**Homeless Hotline:**  
(212) 533-5151

**Hunger Hotline:**  
(866) 888-8777

**Immigration Hotline:**  
(212) 419-3737,  
(800) 566-7636

**Narcotics Anonymous:**  
(212) 929-6262

**Poison Control:**  
(800) 222-1222

**Rape & Sexual Assault Hotline:**  
(212) 227-3000

**Substance Abuse and Mental  
Health Services Administration  
(SAMHSA) Helpline:**  
(800)662-HELP (4357)

**National Suicide Prevention  
Lifeline (SAMHSA):**  
(800) 273-8255  
TTY: (800) 799-4889

# Government Agencies

Call 3-1-1 to access any city agency.

*Please note that due to the COVID-19 pandemic, offices may be temporarily closed and services may be temporarily provided online.*

## **Mayor's Office for People with Disabilities**

**100 Gold Street, 2nd Floor**

**New York, NY 10038**

(212) 788-2830

TTY: (212) 788-2838

[www.nyc.gov/mopd](http://www.nyc.gov/mopd)

## **New York Board of Elections**

**New York State:**

**[elections.ny.gov](http://elections.ny.gov)**

**New York County:**

[elections.ny.gov/countyboards.html](http://elections.ny.gov/countyboards.html)

New York City: [vote.nyc.gov](http://vote.nyc.gov)

Visit the websites listed above for information about voter registration forms and deadlines, absentee ballots, election dates, and district maps.

## **New York City Commission on Human Rights**

22 Reade St., 1st Floor

New York, NY 10007

(212) 306-7450

To file a discrimination complaint call: 3-1-1 or (718) 722-3131

[www1.nyc.gov/site/cchr/index.page](http://www1.nyc.gov/site/cchr/index.page)

## **New York City Department for the Aging**

2 Lafayette Street, #16

New York, NY 10007

(212) Aging-NYC (212-244-6469)

Call 3-1-1 or the following help line: (800) 342-9871

[www.nyc.gov/aging](http://www.nyc.gov/aging)

## **New York City Department of Sanitation (DSNY)**

Call 3-1-1

125 Worth St.

New York, NY, 10013

[NYC.gov/sanitation](http://NYC.gov/sanitation)

DSNY offers a variety of services including trash collection, recycling, electronics recycling, composting, harmful product drop off, and donations of various items.

To locate a compost site near you, visit <https://www1.nyc.gov/assets/dsny/site/services/food-scrap-and-yard-waste-page/nyc-food-scrap-drop-off-locations>

## **New York City Department of Veteran's Services (DVS)**

Call 3-1-1

(212) 416-5250

[www1.nyc.gov/site/veterans/index.page](http://www1.nyc.gov/site/veterans/index.page)

### **New York City Mayor's Office of Operations**

253 Broadway, 10th Floor

New York, NY 10007

Call 3-1-1 or (212) 788-1400

### **Office of Operations: IDNYC Call 3-1-1 for more information and Enrollment Centers.**

[www.nyc.gov/idnyc](http://www.nyc.gov/idnyc)

IDNYC is a government-issued identification card that is available to all City residents aged 14 or older. Immigration status does not matter.

Applicants must complete an application and submit it at an IDNYC Enrollment Center. Applicants are also required to present proof of identity and residency in New York City. Cards are valid for five years from the date the application is approved. The application process is accessible to people with limited English proficiency and people with disabilities.

### **New York State Attorney General**

**28 Liberty Street**

**New York, NY 10005**

(212) 416-8000

Hotline: (800) 771-7755

[www.ag.ny.gov](http://www.ag.ny.gov)

The Attorney General assists New Yorkers with a variety of legal issues including consumer rights, public health, environmental issues, civil rights, and workers' rights.

### **New York State Department of Health**

**Riverview Center**

**150 Broadway, Suite 355**

**Albany, NY 12204**

Public Health Duty Officer

Helpline 1-866-881-2809

[www.health.ny.gov](http://www.health.ny.gov)

The New York State Department of Health is the department of the New York State government responsible for public health.

The organization also provides information and resources regarding New York State's Medical Marijuana Program, which you can learn more about by calling (866) 811-7957.

### **New York State Department of Labor**

**NYS Department of Labor  
Building 12**

**W.A. Harriman Campus**

**Albany, NY 12240**

518-457-9000

<https://labor.ny.gov/>

The NYS Department of Labor offers a variety of services related to employment and workers. They administer



unemployment and offer a variety of classes, workshops, job fairs, information sessions, and more. Businesses can list job openings on the NYS Job Bank, available online at <https://newyork.usnlx.com/>. Many businesses also use the Department of Labor's Career Centers to conduct recruitment interviews. Visit <https://labor.ny.gov/workforcenypartners/career-center-events.shtm> for details.

**New York State Department of Motor Vehicles (DMV)**

**Midtown Manhattan DMV:**

**366 West 31st Street**

**New York, NY 10001**

(212) 645-5550

The NYS DMV issues driver's licenses, permits and New York State non-driver ID cards. You can also get information about insurance and driver safety, and register to vote.

**New York State Division of Homes and Community Renewal (HCR)**

**Manhattan offices:**

641 Lexington Avenue

New York, NY 10022 or

25 Beaver Street, 5th Floor

New York, NY 10004

(866) ASK-DHCR

(275-3427)

<http://www.nyshcr.org/>

HCR is the State agency responsible for administering rent regulation laws. HCR publishes Fact Sheets that describe major elements of rent control and rent stabilization. The organization is also responsible for mitigating tenant concerns, processing complaints against landlords, offering rent reduction programs, and providing legal protection for renters.

**New York State Division of Human Rights, Age Discrimination**

Adam Clayton Powell State

Office Building

163 West 125th Street, 4th Floor

New York, NY 10027

(212) 961-8650

General number: 1-888-392-3644

(TTY: (718) 741-8300)

Age Discrimination Help Line:

(800) 342-9871

<https://dhr.ny.gov/>

Whether you are applying for a loan, applying for a job or if you experience age discrimination, contact the NYS Division of Human Rights.

**New York State Division of Veterans' Services - Regional Office**

2 Empire State Plaza, 17th Floor

Albany, NY 12223

(888) 838-7697  
www.veterans.ny.gov

**New York State Office for the Aging**  
**2 Empire State Plaza**  
Albany, NY 12223-1251  
(800) 342-9871  
www.aging.ny.gov

**NYS Office of the State Comptroller**  
59 Maiden Lane  
New York, NY 10038  
NYC Office: (212) 383-1600  
Albany Office: (518) 474-4044  
Email: contactus@osc.state.ny.us  
www.ny.gov/agencies/office-state-comptroller

**The Department for the Aging: Alzheimer's and Caregiver Resource Center**  
2 Lafayette Street  
New York, NY 10007  
Call 3-1-1  
<https://www1.nyc.gov/site/dfta/services/caregiving.page>  
The Alzheimer's and Caregiver Resource Center of the New York City Department for the Aging provides a variety of services that are free and strictly confidential. These include individual assessments, referrals to medical diagnostic centers, community-based services and support groups, referral to

community services, education and training, entitlement counseling, assistance with the nursing home placement process, and information on housing alternatives such as assisted living.

**U.S. Social Security Administration (SSA)**  
(800) 772-1213  
TTY: (800) 325-0778  
www.ssa.gov

**Social Security Card Center: Manhattan**  
**123 William Street, 3rd Floor**  
**New York, NY 10038**  
(800) 772-1213

Social Security is a social insurance program consisting of retirement, disability, and survivors' benefits. Seniors are eligible for retirement benefits if they are aged 61 years and 9 months or older and are not currently receiving benefits from their own Social Security.

**Supplemental Security Income (SSI)**  
800-772-1213  
800-325-0778 TTY  
Representatives available from 7am to 7pm weekdays.  
<http://www.ssa.gov/ssi/>  
SSI provides monthly cash benefits to those with low

income and limited resources who are age 65 or older, blind, or have a disability. You do not need to have a specific work history to be eligible for SSI.

### **Temporary Assistance**

1-800-342-3009

[www.otda.ny.gov/programs/temporary-assistance](http://www.otda.ny.gov/programs/temporary-assistance) (for information)

[www.otda.ny.gov/programs/applications/2921.pdf](http://www.otda.ny.gov/programs/applications/2921.pdf) (for application)

A federally-and State-funded program that provides temporary help to very low-income people for essential food, clothing, shelter, and cash benefits. Benefits vary depending on the situation, income, and asset limitations. Applications can be submitted at any Human Resources Administration Job Center. Call 311 for applications and additional locations.

### **U.S. Department of Health and Human Services**

#### **Administration on Aging**

Regional Support Center:

26 Federal Plaza, Room 38-102

New York, NY 10278

(212) 264-2976

<https://acl.gov>

### **U.S. Department of Veterans Affairs**

Regional Office:

245 West Houston Street

New York, NY 10038

(800) 827-1000

Hours: 8:30am - 4pm

(Monday - Friday)

For a list of NYC Veterans centers, see the section of this guide titled "Veterans."

# Advocacy & Action Groups

In this section, you will find a list of community organizations that are committed to advocating for the needs of older adults. These organizations range from mental health services to housing and community advocacy.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **Alzheimer's Foundation of America**

322 Eighth Avenue, Fl. 7  
New York, NY 10001  
(866) 232-8484

[www.alzfdn.org](http://www.alzfdn.org)

The Alzheimer's Foundation of America (AFA) provides care and services to individuals living with Alzheimer's disease and related illnesses and to their families and caregivers. They have a toll-free helpline where you can speak with a social worker.

## **American Association of Retired Persons (AARP)**

750 Third Avenue, 31st Floor  
New York, NY 10017  
(866) 227-7442

[www.aarp.org](http://www.aarp.org)

The AARP Foundation is a charitable organization that helps people aged 50 or older with issues such as hunger, income, housing, and isolation. They provide both direct assistance and work as legal advocates for the rights of the elderly.

## **CIDNY, New York State Long Term Care Ombudsman Program**

841 Broadway, Suite 301  
New York, NY 10003  
(212) 812-2901

The mission of this organization is to improve the quality of life for seniors and those disabled needing long-term care.

CIDNY's Ombudsmen work with residents in nursing homes, assisted living facilities, and family-type homes to advocate for their rights, their needs, and resolution of any complaints they may have.

## **Citizens Committee for NYC**

77 Water Street, Suite 202  
New York, NY 10005  
(212) 989-0909

[www.citizensnyc.org](http://www.citizensnyc.org)

Citizens Committee for NYC is an action group that strives to improve the quality of life for New York residents. The

organization provides grant money and project support for visions such as community gardens and free music workshops.

### **Community Service Society (CSS)**

633 Third Ave, 10th Floor  
New York, NY 10017

(212) 254-8900

[www.cssny.org](http://www.cssny.org)

CSS seeks to fight poverty in New York both through advocacy efforts and by offering programs and services to low-income New Yorkers. CSS works on issues including access to health care, affordable housing, disconnected youth, economic security, imprisonment and reentry, and workforce equality.

*CSSNY: Retired and Senior Volunteer Program (RSVP):*

RSVP provides volunteer opportunities for those 55 and older to serve the needs of the community and bolster nonprofit agencies.

### **DFTA, Center for Independence of the Disabled, NY (CIDNY): NY Connects Program**

841 Broadway, Suite 301  
New York, NY 10003

(800) 342-9871

NY Connects is a free program

that serves as a liaison for New Yorkers with disabilities to connect them to resources that assist with long-term care needs. NY Connects benefits counselors provide peer-centered support to help New Yorkers make informed decisions regarding services and care.

### **Geriatric Mental Health Alliance**

50 Broadway, 19th Floor,  
New York, NY 10004

(212) 614-5753

<https://www.vibrant.org/what-we-do/advocacy-policy-education/geriatric-mental-health-alliance/>

A coalition of over 3,000 individuals and organizations that advocate for improved policies and services for older adults with mental health needs. Part of Vibrant Emotion Health, a nonprofit organization that identifies unmet needs and develops programs to improve the lives of people affected by mental illness while promoting the importance of mental health.

### **Greater New York Health Care Facilities Association (GNYHCFA)**

519 Eighth Avenue, 16th Floor  
New York, NY 10018

Phone: (212) 643-2828

Fax: (212) 643-2956  
www.gnyhcfa.org  
GNYHCFA is a non-profit trade association serving the long-term care needs of individuals living in the greater New York metropolitan area and beyond. GNYHCFA offers resources centered on safety, education, legal services, long-term care, Medicaid, labor relations, and more.

### **Hearing Loss Association of America (NYC Chapter)**

P.O. Box 602  
Radio City Station  
New York, NY 10101  
(212) 769-4327  
<http://www.hearingloss.org/>  
<http://www.hearinglossnyc.org>  
The Hearing Loss Association of America advocates for those with hearing loss through public policy campaigning, and local chapters connect individuals experiencing hearing loss with resources.

### **JASA's Advocacy Programs**

247 West 37th Street, 9th Floor  
New York, NY 10018  
(212) 273-5260  
[www.jasa.org/advocacy](http://www.jasa.org/advocacy)  
JASA's Advocacy programs are designed for adults 55+ who want to explore interesting topics, meet peers, become

activists, and make an impact in their communities.

### **LiveOn NY (Formerly Council of Senior Centers)**

49 West 45th Street, 7th Floor  
New York, NY 10036  
(212) 398-6565  
[www.liveon-ny.org](http://www.liveon-ny.org)  
LiveOn NY comprises over 100 senior service agencies that serve over 300,000 senior citizens throughout New York City. Their goal is to ensure that the elderly of New York City receive quality services by helping senior service organizations build their capacity to provide superior programs and services through advocacy, training, innovative programming, and the exchange of ideas.

### **Medicare Rights Center**

266 W 37th St., 3rd Fl.  
New York, NY 10018  
Hotline: (800) 333-4114  
(212) 869-3850  
[www.medicarerights.org](http://www.medicarerights.org)  
The Medicare Rights Center is a national, non-profit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.

## **Metropolitan Council on Housing**

339 Lafayette Street, #301  
New York, NY 10012  
Rights Hotline: (212) 979-0611  
Monday, Wednesday, and  
Friday, 1:30pm - 5pm  
[www.metcouncilonhousing.org](http://www.metcouncilonhousing.org)  
Metropolitan Council on  
Housing is a membership-based  
tenants' advocacy organization  
that preserves and expands  
affordable housing and rent  
regulation.

## **The National Council on Aging**

251 18th Street South Suite 500  
Arlington, VA, 22202  
571-527-3900  
<https://www.ncoa.org>  
The NCOA is a respected  
national leader and trusted  
partner to help people aged 60+  
meet the challenges of aging.  
They partner with nonprofit  
organizations, government, and  
businesses to provide innovative  
community programs and  
services, online help, and  
advocacy.

## **The New York Academy of Medicine: Healthy Aging Program (NYAM)**

1216 Fifth Avenue  
New York, NY 10029  
(212) 822-7200

[www.nyam.org/urban-health/  
healthy-aging](http://www.nyam.org/urban-health/healthy-aging)

NYAM works to address a  
variety of urban health issues  
through research, policy  
leadership, and community  
engagement. Their Healthy  
Aging Program seeks to create  
environments, policies, and  
programs that will allow older  
adults in New York City to  
live longer, healthier lives and  
stay fully engaged in their  
communities.

## **New York Connects**

11 Park Place, Suite 1110  
New York, NY 10007  
(212) 962-2720  
[http://www.nyconnects.  
ny.gov/](http://www.nyconnects.ny.gov/)  
NY Connects emphasizes  
community-based services and  
a person-centered approach  
to providing information  
and assistance for aging  
New Yorkers needing long-  
term services and support.  
The program also highlights  
public education, Long-Term  
Care Councils, and options  
counseling.

## **New York Gray Panthers**

244 Madison Avenue, Suite 396  
New York, NY 10016  
(917) 535-0457  
[www.graypanthersnyc.org](http://www.graypanthersnyc.org)



Gray Panthers is a national organization committed to civic participation in achieving social and economic justice and peace. Gray Panthers work together to work to create a humane society and eliminate injustice, discrimination, and ageism by advocating for a single-payer, universal health care system, protecting the environment, and promoting international human rights.

**New York StateWide Senior Action Council, Inc.**

275 State Street  
Albany, NY 12210  
(518) 436-1006  
Helpline: (800) 333-4374  
[www.nysenior.org](http://www.nysenior.org)  
New York StateWide Senior Action Council is a grassroots membership organization made up of individual senior citizens and senior citizen clubs from all parts of New York State. They provide direct services through their Patients Rights Helpline and counseling services, as well as work on raising community awareness about senior issues and advocating for seniors' legal rights.

**New York State Tenants & Neighbors Coalition**

255 W. 36th Street, Suite 505

New York, NY 10001  
(212) 608-4320  
[www.tenantsandneighbors.org](http://www.tenantsandneighbors.org)  
New York State Tenants & Neighbors Coalition preserves at-risk affordable housing and strengthens tenants' rights in gentrifying neighborhoods throughout New York.

**Say Ah!**

450 West 24th Street  
New York, NY 10011-1340  
(866) 355-0646  
[www.say-ah.org](http://www.say-ah.org)  
Say Ah! strives to give patients the skills to navigate their health and make health services easier to access and use. The organization works with community stakeholders to disseminate information on health literacy and offers training to professionals to integrate health literacy into their work.

**ThriveNYC**

NYC-WELL (692-9355)  
ThriveNYC is a city initiative to end the stigma associated with mental health and help people find treatment options. They offer a confidential and free phone service to connect you to a counselor if you are in crisis. ThriveNYC offers Mental Health First Aid (MHFA) trainings as well.



# Benefits

Older adults are eligible for a variety of benefits, ranging from tax relief to health insurance programs. You can reach out to these organizations by phone or online to determine if you are eligible for the benefits they offer.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **Access NYC**

Call 3-1-1

<https://access.nyc.gov>

Access NYC is a free online service that helps you determine your eligibility and apply for City, State, and federal health human service benefit programs. It provides information on how to apply for benefits, where to go, and what documents are required.

## **Benefits CheckUp**

888-268-6706

[www.benefitscheckup.org](http://www.benefitscheckup.org)

This free service from the National Council on Aging (NCOA) asks a series of questions to help identify eligible benefits for adults aged 55 or older. The types of

expenses you may be eligible to get help with include medications, food, utilities, legal, health care, housing, in-home services, taxes, transportation, and employment training.

## **Benefits.gov**

[www.benefits.gov](http://www.benefits.gov)

The website's core function is the eligibility prescreening questionnaire, or "Benefit Finder." The questionnaire includes criteria for more than 1,000 federally funded benefit and assistance programs. Each program description provides citizens with the next steps to apply for any benefit program of interest.

## **Community Service Society's Public Benefits and Housing Helpline**

(212) 614-5552

<https://www.cssny.org/programs/entry/center-for-benefits-and-services>

Specially trained volunteers provide information on over 60 government benefit programs (including SCRIE, DRIE, food stamps, public assistance and Medicaid), screen for eligibility, help fill out applications and recertification forms, and advocate for those having difficulty accessing benefits.

## **Disabled Homeowner**

### **Exemption (DHE)**

Manhattan Business Center

66 John Street, 2nd Floor

New York, NY 10038

Call 3-1-1

[www1.nyc.gov/site/finance/benefits/landlords-dhe.page](http://www1.nyc.gov/site/finance/benefits/landlords-dhe.page)

DHE provides property tax exemptions to disabled owners of one, two, and three family houses, condominiums, or cooperative apartments. At least one homeowner must have a documented mental or physical disability and the combined income of all owners cannot be more than a certain amount which is adjusted from time to time. Additional eligibility criteria is available online or by calling.

## **Disabled Rent Increase Exemption (DRIE) - NYC Rent Freeze Program**

Manhattan Assistance Center

66 John Street, 3rd Floor

New York, NY 10038

Call 3-1-1

(ask for DRIE specialists)

TTY: (212) 639-9675

<https://www1.nyc.gov/site/rentfreeze/index.page>

DRIE offers tenants who qualify to have their rent frozen at their current level and be exempt from future

rent increases. Tenants must have a total annual income of \$50,000 or less, spend more than 1/3 of their monthly household income on rent, and receive Federal Supplemental Security Income, Federal Social Security Disability Insurance, U.S. Department of Veterans Affairs disability pension or compensation, or disability-related Medicaid. See full eligibility criteria online or by calling.

## **Elderly Pharmaceutical Insurance Coverage (EPIC)**

EPIC

P.O. Box 15018

Albany, NY 12212-5018

(800) 332-3742

Email: [nysdohepic@](mailto:nysdohepic@magellanhealth.com)

[magellanhealth.com](http://magellanhealth.com).

[www.health.ny.gov/health\\_](http://www.health.ny.gov/health_care/epic)

[care/epic](http://www.health.ny.gov/health_care/epic)

EPIC is a New York State assistance program that helps seniors pay for their prescription drugs.

*See website for COVID-19 modifications.*

## **Lifeline Phone Program**

Lifeline is a federal program that provides monthly free or discounted phone services for people who qualify. The companies below are some of

the Lifeline providers:  
Assurance Wireless Lifeline Program  
P.O. Box 5040  
Charleston, IL 61920-9907  
Toll-Free Hotline: (888) 321-5880  
www.assurancewireless.com  
Assurance Wireless provides eligible low-income individuals a free phone, free monthly data, unlimited texting, and free monthly minutes.

**Safelink Wireless Program**  
(800) 723-3546  
www.safelinkwireless.com  
Provides income-eligible New Yorkers with access to prepaid no-contract wireless phones to Lifeline eligible consumers.

**Verizon LifeLine**  
(800) 837-4966  
<https://www.verizon.com/support/residential/account/manage-account/lifeline-discount>  
Verizon offers a reduced rate on residential telephone service to low-income New York residents. With the LifeLine service, basic residential service is available for as low as \$2 per month. Residents currently without a home phone can have a new phone line installed for as low as \$5.

**Medicare Rights Center**  
266 W 37th St. 3rd Fl.

New York, NY 10018  
Hotline: (800) 333-4114  
(212) 869-3850  
www.medicarerights.org  
The Medicare Rights Center is a national, non-profit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.

**New York Benefits Center**  
(800) 829-7005  
<http://www.bdtrust.org/get-help/>  
The New York Benefits Center provides assistance with determining eligibility and applying for SNAP, Medicaid, SCRIE, Extra Help, Medicare Savings Programs, and HEAP benefits to residents of New York City. Referrals are also provided for additional assistance. Helpline hours of operation are Monday through Friday from 9:00 a.m. - 5:00 p.m. Assistance is available in multiple languages.

**Senior Citizen Homeowners Exemption (SCHE)**  
Manhattan Business Center  
66 John Street, 2nd Floor  
New York, NY 10038  
Call 3-1-1  
[www1.nyc.gov/site/finance/benefits/landlords-sche.page](http://www1.nyc.gov/site/finance/benefits/landlords-sche.page)  
SCHE provides a property tax

exemption for senior citizens aged 65 or older who own one, two, or three family homes, condominiums, or cooperative apartments.

### **Senior Citizen Rent Increase Exemption (SCRIE) - NYC Rent Freeze Program**

66 John Street, 3rd Floor  
New York, NY 10038  
Call 3-1-1

<https://www1.nyc.gov/site/finance/benefits/landlords-scrie.page>

SCRIE offers eligible individuals aged 62 or older exemptions from some or all increases in rent. You may qualify for SCRIE if you have a total household income of \$50,000 annually, pay more than one-third of your household's total monthly income in rent, and live in a rent-controlled, rent-stabilized, or Mitchell-Lama apartment. Please note that, unfortunately, NYCHA and Section 8 tenants are not eligible for SCRIE.

### **SNAP (Supplemental Nutrition Assistance Program)**

Waverly Location:  
12 West 14th Street, 4th Floor  
New York, NY 10011

(212) 352-2524  
<https://otda.ny.gov/programs/snap/>

[www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap](http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap)  
SNAP provides food support to low-income New Yorkers. *Some deadlines may be postponed due to COVID-19. For the latest information, keep checking their website or call.*

### **STAR (New York State School Tax Relief Program)**

Call 3-1-1  
[www.tax.ny.gov/star/](http://www.tax.ny.gov/star/)  
The Enhanced STAR exemption provides savings on school district taxes for New York State homeowners aged 65 and over, with qualifying incomes.

### **Veterans' Tax Exemption**

Manhattan Business Center  
66 John Street, 2nd Floor  
New York, NY 10038  
Call 3-1-1  
[www1.nyc.gov/site/finance/benefits/landlords-veterans.page](https://www1.nyc.gov/site/finance/benefits/landlords-veterans.page)  
Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the Persian Gulf War, the Vietnam War, the Korean War, World War II, or World War I.

*Due to COVID-19, completion of transactions online is encouraged.*

# Caregiver Support

These organizations assist individuals caring for elderly adults or grandparents who are caring for young children. Services range from respite care to support groups and counseling.

*Please note that offices may be temporarily closed due to the COVID-19 pandemic. Call or email any organization to find out their COVID-19 protocols.*

## **Home Instead Senior Care**

400 East 56th Street  
Professional Wing, Suite 2  
New York, NY 10022  
(212) 614-8057  
<https://www.homeinstead.com>  
Home Instead Senior Care is a fully licensed, full-service home care service agency with the New York State Department of Health. They provide a variety of services, such as companionship, home-helpers, personal services, respite care, Alzheimer's care, and short-term recovery.

## **Jewish Association Serving the Aging (JASA)**

247 West 37th Street  
New York, NY 10018  
(212) 273-5272  
[www.jasa.org](http://www.jasa.org)  
JASA is one of New York's largest agencies serving older adults. They provide comprehensive services, including adult protective services, benefits and entitlements assistance, caregiver assistance, case management and counseling, elder abuse assistance, home care, housing, Jewish programming, legal assistance, meals, mental health services, naturally occurring retirement communities (NORCs), senior centers, and more.

## **NYC Caregiver**

2 Lafayette Street  
New York, NY 10007  
Call 3-1-1  
<https://www1.nyc.gov/site/dfta/services/guide-for-caregivers.page>  
NYC Caregiver provides resources to find local caregiver support services and can help answer many questions in regard to caring for physically frail or cognitively impaired adults aged 60 or older or to grandparents caring for children aged 18 or younger.

**New York Foundation  
for Senior Citizens Home  
Attendant Services**

11 Park Place, 14th Floor  
New York, NY 10007  
(212) 962-7559  
Email: nyfscinc@aol.com  
[http://www.nyfsc.org/  
services/support\\_homeattend.  
html](http://www.nyfsc.org/services/support_homeattend.html)

The New York Foundation  
for Senior Citizens Home  
Attendant Services, which  
is licensed by the New York  
State Department of Health,  
offers home health, personal  
care, medication monitoring,  
cooking, and other services  
as well as companionship to  
appointments.

**Partners in Caring at SAGE**

305 Seventh Avenue  
New York, NY 10001  
(212) 741-2247  
The Partners in Caring  
program at SAGE provides  
various services to families  
and caregivers of the elderly.  
Services include counseling,  
outreach, public information,  
support groups, training,  
individual respite, and many  
others.

**People Care**

116 West 32nd Street  
New York, NY 10001  
(212) 631-7300  
<http://www.peoplecare.com>  
Home-care agency licensed by  
the NYS Department of Health.  
They match patients with home  
health aides and registered  
nurses.

**Presbyterian Senior Services  
(PSS), Circle of Care**

2095 Broadway #409  
New York, NY 10023  
(212) 874-6633  
Caregiver Hotline:  
(866) 665-1713  
[www.pssusa.org](http://www.pssusa.org)  
PSS Circle of Care provides free  
and confidential professional  
support to NYC family  
members caring for an adult  
with Alzheimer's disease, other  
dementias, or for a chronically  
ill or frail loved one.

**Visions Caregiver Programs**

500 Greenwich Street, 3rd Floor  
New York, NY 10013  
(212) 625-1616  
Hours: 9am - 5pm  
(Monday - Friday)  
[https://www.visionsvcb.org/  
what-we-do/unpaid-caregiver-  
support/](https://www.visionsvcb.org/what-we-do/unpaid-caregiver-support/)

The Caregiver Program at Visions provides services to caregivers who are assisting older adults aged 60 years or older who are blind or visually impaired and grandparents aged 55 years or older who are the primary caregivers for a child under the age of 18 when either the grandparent or the child is blind or visually impaired.

### **Caring.com**

<http://www.caring.com/>  
This website is available for questions and concerns about getting help for an elder or help for a caregiver. There are a wide range of resources on different medical conditions and advice for those in various life stages.

### **Aging Care**

<http://www.agingcare.com>  
Aging Care is a website that connects caregivers to each other in order to provide support and advice for one another. This website also provides many local resources for its users.



# Case Management & Social Services

Many local organizations provide older adults with case management services, which can help with a wide variety of issues such as housing, healthcare, and financial management.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **The Actors Fund Senior Care Program**

729 Seventh Avenue, 10th floor  
New York, NY 10019  
(212) 221-7300

Senior Services: (917) 281-5943  
[www.actorsfund.org/services-and-programs/senior-services](http://www.actorsfund.org/services-and-programs/senior-services)

The Actors Senior Care Program helps entertainment industry professionals aged 65 years or older, their families, and caregivers with services including assessment, advocacy, access to entitlements or other benefits, financial management and assistance, and referrals to general information.

*Providing online programming during COVID-19 pandemic.*

## **Carter Burden Network: Community Elder Mistreatment Abuse Prevention Program (CEMAPP)**

<https://www.carterburdennetwork.org>

415 East 73rd Street  
New York, NY 10021  
(212) 879-7400

The Carter Burden Network specializes in elder abuse safety planning, security device installation, counseling, housing and family court advocacy, legal advice, community education, and coordination with the police.

## **DOROT**

171 West 85th Street  
New York, NY 10024  
(212) 769-2850

[www.dorotusa.org](http://www.dorotusa.org)

DOROT is an organization that alleviates social isolation among the elderly and provides services such as friendly visiting, door-to-door transportation, meal delivery, wellness programs, and others.

## **Federation of Protestant Welfare Agencies**

40 Broad Street, 5th Floor  
New York, NY 10004



(212) 777-4800

<http://www.fpwa.org>

The Federation of Protestant Welfare Agencies has been a social services resource for 90 years, meeting the needs of New Yorkers and supporting the agencies that deliver human services in our city.

### **Hartley House**

413 West 46th Street  
New York, NY 10036

(212) 246-9885

[www.hartleyhouse.org](http://www.hartleyhouse.org)

The HOPE program at Hartley House provides clients aged 62 years or older living between West 34th and West 59th streets and between Twelfth and Fifth avenues with comprehensive case management support including assistance with benefits, financial management, referrals for legal assistance, elder abuse, and mental health and social resources.

### **Lighthouse Guild**

250 West 64th Street  
New York, NY 10023

(800) 284-4422

The Lighthouse Guild provides services for individuals who are blind or visually impaired, including adult day health care, mental health care, career development and job

placement, adaptive technology programs, and a low vision rehabilitation clinic where you can take a low vision exam and consult with optometrists or ophthalmologists.

### **Met Council on Jewish Poverty**

77 Water St, 26th Floor

New York, NY 10005

(212) 453-9500

Email: [info@metcouncil.org](mailto:info@metcouncil.org)

<http://www.metcouncil.org>

Met Council supports families, seniors, and adults living in poverty and near poverty. They provide immediate assistance to New Yorkers in crisis and create pathways to self-sufficiency through a variety of programs, including a kosher food pantry, emergency social services, family violence services, home repairs, benefits enrollment, and affordable housing.

### **New York Foundation for Senior Citizens**

11 Park Place, 14th Floor

New York, NY 10007-2801

(212) 962-7559

[www.nyfsc.org](http://www.nyfsc.org)

NYFSC is dedicated to helping seniors remain safe and as independent as possible within their own homes and communities by providing supportive service programs,

including housing alternatives, home sharing, repair and safety services, free transportation, an ombudsman program, senior centers, intergenerational activities, and a senior theater enrichment program.

### **Safe Horizon**

2 Lafayette Street, 3rd Floor  
New York, NY 10007  
(212) 577-7700  
Domestic Violence Hotline:  
(800) 621-4673  
[www.safehorizon.org](http://www.safehorizon.org)  
Safe Horizon provides support, prevents violence and promotes justice for victims of crime and abuse, their families, and communities.  
*Remote for COVID-19.*

### **Selfhelp Community Services**

520 Eighth Avenue  
New York, NY 10018  
(866) 735-1234 or (212) 971-7600  
[www.selfhelp.net](http://www.selfhelp.net)  
Selfhelp helps seniors age in place with its comprehensive, personalized private care management program. Selfhelp offers case management for Adult Protective Services (APS) clients; Alzheimer's and HIV/AIDS support; and Nazi victim services.

### **Services and Advocacy for LGBT Elders (SAGE)**

305 Seventh Avenue, 15th Floor  
New York, NY 10001  
(212) 741-2247  
Hotline: 877-360-LGBT  
[www.sageusa.org](http://www.sageusa.org)  
SAGE is a national organization that offers supportive services and consumer resources for LGBT older adults and their caregivers. Services include case management, caregiver support, benefits counseling, employment assistance, veterans assistance and arts, fitness, and nutritional classes.  
*Remote due to COVID-19.*

# Cultural & Recreational Activities

NYC is home to many cultural institutions, some to which seniors receive reduced or free admission. This list highlights museums, recreational and fitness activities, and centers with pools in the district.

*Please note that many of these institutions have been impacted by COVID-19 and their hours will fluctuate. Many have begun online programming. We strongly recommend you contact them directly to learn more.*

## Museums:

### **Merchant's House Museum**

29 East Fourth Street  
New York, NY 10003  
(212) 777-1089  
email: nyc1832@  
merchantshouse.org  
<http://merchantshouse.org/>

### **Morgan Library and Museum**

225 Madison Avenue  
New York, NY 10016  
(212) 685-0008  
[www.themorgan.org](http://www.themorgan.org)

### **Museum at the Fashion Institute of Technology**

227 Seventh Avenue  
at 27th Street  
New York, NY 10001  
(212) 217-4558

### **Museum of Art & Design**

2 Columbus Circle  
New York, NY 10019  
(212) 299-7777  
[www.madmuseum.org](http://www.madmuseum.org)

### **Rubin Museum of Art**

150 West 17th Street  
New York, NY 10011  
(212) 620-5000  
<https://rubinmuseum.org>

### **Whitney Museum of American Art**

99 Gansevoort Street  
New York, NY 10014  
(212) 570-3600  
<http://whitney.org/>

## Recreational and Fitness Activities:

### **The High Line**

High Line Information Phone:  
(212) 500-6035  
<http://www.thehighline.org/>  
activities

Built on an abandoned railroad, the High Line is an elevated park that stretches from 34th Street between 10th and 12th

avenues down to 12th Street. *Due to COVID-19, the High Line offers free timed-entry passes. For updated information, call or see website.*

### **NYC Parks**

NYC Parks offers a number of senior membership discounts at recreation centers and indoor pools as well as fitness programming for seniors, although unfortunately most of these programs have been impacted by COVID-19. *For more information on recreation center membership and COVID-19 updates, visit the following website: <https://www.nycgovparks.org/programs/recreation-centers/membership>.*

### **New York Road Runners**

(NYRR) Striders  
(212) 548-7357  
Email: [striders@nyrr.org](mailto:striders@nyrr.org)  
[www.nyrr.org/run/striders](http://www.nyrr.org/run/striders)  
The New York Road Runners (NYRR) Striders program offers free and fun group walking sessions led by a certified coach every week in senior centers, parks, and neighborhood facilities throughout New York City. Striders is geared toward older adults and is focused on making walking and fitness

more accessible.

*Due to COVID-19, in-person programming is on hold, but keep checking back for when they resume.*

### **Silver Sneakers**

866-854-7389  
[www.silversneakers.com](http://www.silversneakers.com)  
Free fitness program for seniors enrolled in some Medicare plans. It offers free access to participating fitness centers. *Due to COVID-19, in-person programming is on hold, but they are offering virtual activities.*

### **Recreation centers with pools:**

#### **Asser Levy Recreation Center**

392 Asser Levy Place  
New York, NY 10010  
(212) 447-2020 or (212) 447-2023  
<https://www.nycgovparks.org/facilities/recreationcenters/M164>  
*Subject to change due to COVID-19.*

#### **The City Parks Foundation**

830 Fifth Avenue  
New York, NY 10065  
(212) 360-1399  
<http://www.cityparksfoundation.org/sports/seniors-fitness/>  
The City Parks Foundation runs free Senior Fitness programs.

Information on how to register can be found on their website. To learn more or to register by phone, you can call the number above.

*Activities are virtual due to COVID-19. Subject to change, so check back for updates.*

**Gertrude Ederle  
Recreation Center**

232 West 60th Street  
New York, NY 10023  
<https://www.nycgovparks.org/facilities/recreationcenters/M063>  
(212) 397-3159

*Subject to change due to COVID-19*

**The Sports Center  
at Chelsea Piers**

20th Street and Hudson River  
Park  
New York, NY 10011  
(212) 336-6000  
<https://www.chelseapiers.com/fitness>

Chelsea Piers Fitness offers programming for seniors including fitness classes, personal training, and access to facilities.

*In-person activities limited due to COVID-19. Check back for program updates.*

**Tony Dapolito  
Recreation Center**

1 Clarkson Street  
New York, NY 10014  
<https://www.nycgovparks.org/facilities/recreationcenters/M103>  
(212) 242-5228

**Arts, Music, and Theater:**

**Film Society of Lincoln Center**  
70 Lincoln Center Plaza  
(entrance on 65th Street between  
Broadway & Amsterdam)  
New York, NY 10021  
(212) 875-5610

<https://www.filmlinc.org>  
Provides cinematic experiences and is host to world-renowned film festivals. *Offering virtual experiences during the COVID-19 pandemic.*

**Greenwich House Pottery**

16 Jones Street  
New York, NY 10014  
(212) 242-4106  
Email: [pottery@greenwichhouse.org](mailto:pottery@greenwichhouse.org)  
<https://www.greenwichhouse.org/pottery-about/home/>  
The Greenwich House offers pottery classes for all levels. *See website or call for program changes and other COVID-19 information.*

## **Mind the Gap at New York Theatre Workshop**

79 East 4th Street

New York, NY 10003

(212) 780-9037 ext. 9575

Email: [mindthegap@nytw.org](mailto:mindthegap@nytw.org)

Mind the Gap is a free workshop in which half of the participants are aged 60 years or older, and half are teenagers aged 14 - 18 years. Over the course of 10 sessions, participants from each age group work in pairs to interview each other and write a play inspired by their partner's personal stories. To apply for the program, visit [www.nytw.org/education/mind-the-gap/](http://www.nytw.org/education/mind-the-gap/)

## **NYC-ARTS**

### **(Cultural Guide for Seniors)**

[www.nyc-arts.org/](http://www.nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniors-manhattan)

[collections/162/nyc-arts-cultural-guide-for-seniors-manhattan](http://www.nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniors-manhattan)

Available online, NYC-ARTS compiles a cultural guide for seniors with a list of organizations in Manhattan that offer senior programming and discounts.

## **Theatre Development Fund (TDF)**

Email: [info@tdf.org](mailto:info@tdf.org)

(212) 912-9770

<https://www.tdf.org/nyc/79/>

## **Proof-of-Eligibility**

TDF's membership program provides discounted tickets to theatrical productions. Retirees aged 62 years or older are eligible.

# Community Boards

Being a New Yorker means playing an active role in shaping your local communities, and one way to do this is to get involved with your local community board. The following list contains community boards in our district.

*Please note that community board meetings may be temporarily held online due to the COVID-19 pandemic.*

**Manhattan Community Board 2  
Neighborhoods: Greenwich Village, West Village, NoHo, SoHo, Lower East Side, Chinatown, Little Italy**

3 Washington Square Village,  
#1A  
New York, NY 10012  
(212) 979-2272  
Email: [bgormley@cb.nyc.gov](mailto:bgormley@cb.nyc.gov)  
<https://cbmanhattan.cityofnewyork.us/cb2/>

**Manhattan Community Board 3  
Neighborhoods: Tompkins Square, East Village, Lower East Side, Chinatown, Two Bridges**

59 East 4th Street  
New York, NY 10003  
(212) 533-5300

Email: [mn03@cb.nyc.gov](mailto:mn03@cb.nyc.gov)  
<http://www.nyc.gov/manhattancb3>

**Manhattan Community Board 4  
Neighborhoods: Clinton, Chelsea**

330 West 42nd Street, Suite 2618  
New York, NY 10036  
(212) 736-4536  
Email: [jbodine@cb.nyc.gov](mailto:jbodine@cb.nyc.gov)  
<https://cbmanhattan.cityofnewyork.us/cb4/>

**Manhattan Community Board 5  
Neighborhoods: Midtown**

450 7th Avenue, Suite 2109  
New York, NY 10123  
(212) 465-0907  
Email: [office@cb5.org](mailto:office@cb5.org)  
<http://www.cb5.org/>

**Manhattan Community Board 6  
Neighborhoods: Stuyvesant Town, Tudor City, Turtle Bay, Peter Cooper Village, Murray Hill, Gramercy Park, Kips Bay, Sutton Place**

211 East 43rd Street, Suite 1404  
New York, NY 10017  
(212) 319-3750  
Email: [info@cbsix.org](mailto:info@cbsix.org)

**Manhattan Community Board 7  
Neighborhoods: Manhattan Valley, Upper West Side, Lincoln Square**

250 West 87th Street

New York, NY 10024  
(212) 362-4008  
Email: [office@cb7.org](mailto:office@cb7.org)  
<http://www.nyc.gov/mcb7>



# Companion Services

Volunteers from the organizations in this section visit seniors in their homes to provide companionship and to offer assistance with shopping, errands, and appointments.

*Please note that the nature of these programs may have changed from the past to adapt to COVID-19 restrictions and safety procedures. Please inquire with these services to get the latest information.*

## **Henry Street Settlement Senior Companion Program**

265 Henry Street  
New York, NY 10002  
212.473.1474 ext. 1336  
<https://www.henrystreet.org/programs/senior-services/senior-companion-program/>  
Senior Companions are older adults who help homebound or isolated seniors aged 55 years or older to live independently. Services include visits, shopping assistance, medication reminders, help with connecting to senior services, and companionship.

*Subject to change due to COVID-19.*

## **SAGE Friendly Visitor Program**

305 Seventh Avenue, 15th Floor  
New York, NY 10001  
(212) 741-2247  
<https://sagenyc.org/nyc/care/visitor.cfm>

The SAGE Friendly Visitor program matches volunteers from the community with LGBT seniors. Friendly Visitor volunteers visit once a week for one to two hours and make calls between visits. They also attend support group meetings every other month.

*In-person meetings temporarily cancelled due to COVID-19, offering virtual programming. Inquire for updates and to confirm.*

## **Senior Helpers**

65 Broadway 17th Floor  
New York City, NY 10006  
(646) 328-5749  
[www.seniorhelpers.com](http://www.seniorhelpers.com)  
Senior Helpers' mission is to ensure a better quality of life for elderly clients and their families during the aging process by providing dependable and affordable in-home, non-medical care. Services offered include companion care, light housekeeping, and Alzheimer's and dementia care.

## **Visiting Neighbors**

3 Washington Square Village  
Suite 1F

New York, NY 10012

(212) 260-6200

[www.visitingneighbors.org](http://www.visitingneighbors.org)

Visiting Neighbors serves seniors aged 60 years or older in lower Manhattan, south of 30th Street, from the East River to the Hudson. Volunteer visitors help seniors avoid loneliness and isolation. They escort seniors to and from medical appointments and assist them with errands and shopping.

## **Visiting Nurse Service of New York (VNSNY)**

(800) 675-0391

[www.vnsny.org](http://www.vnsny.org)

VNSNY offers resources to deliver a full range of home- and community-based health care services, including skilled nursing, home health aides, companionship services, social work, physical, speech, occupational therapy, community mental health services, and advanced illness and end-of-life care.

# Consumer Protection

State and City agencies provide information to ensure that New Yorkers use safe products and avoid consumer fraud. They also field consumer complaints.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **AARP Foundation ElderWatch**

<https://www.aarp.org/aarp-foundation/our-work/income/elderwatch/report-fraud/>  
1-800-222-4444, option 2

The AARP Foundation's ElderWatch program engages hundreds of volunteers each year to help older consumers recognize, refuse, and report fraud and scams.

## **Do Not Call Registry**

(888) 382-1222

[www.donotcall.gov](http://www.donotcall.gov)

National registry that allows consumers to opt out of most telemarketing calls to home or mobile phones. Register by phone or online. If you have joined the Do Not Call Registry and are still receiving calls from companies with which you have no previous relationship, you

can file a complaint at [www.donotcall.gov](http://www.donotcall.gov) or call.

## **Federal Consumer Financial Protection Bureau (CFPB)**

(855) 411-2372

<http://www.consumerfinance.gov/>

Provides consumers with information to make educated financial decisions. You can also file complaints about financial products and services including mortgages, money transfers, debt collection, credit cards, bank accounts and services, vehicle and other consumer loans, payday loans, student loans, credit reporting, and virtual currency. Complaints can be submitted online or by phone.

## **The Office for Older Americans**

within the CFPB's Division of Consumer Education and Engagement is dedicated to helping Americans age 62 and older with financial decisions.

## **Federal Trade Commission**

(877) FTC-HELP (382-4357)

(877) IDTHEFT (438-4338)

[www.ftc.gov](http://www.ftc.gov)

The Federal Trade Commission (FTC) website offers practical information on a variety of consumer topics. Additional FTC websites include [www.Identitytheft.gov](http://www.Identitytheft.gov) and [www.onguardonline.gov](http://www.onguardonline.gov) which

are designed to aid victims of identity theft and ensure responsible usage of the Internet.

### **NYC Department of Consumer Affairs**

42 Broadway, 9th Floor  
New York, New York 10004

Call 3-1-1

<https://www1.nyc.gov/site/dca/index.page>

The Department of Consumer Affairs (DCA) is the largest municipal consumer protection agency in the country, licensing 80,000 businesses across 55 different industries. They inspect businesses, mediate consumer complaints, and help New Yorkers manage and protect their money. For a list of all the complaints DCA addresses, please check the referral list on the following website: [www1.nyc.gov/assets/dca/downloads/pdf/consumers/Consumers-ReferralList.pdf](http://www1.nyc.gov/assets/dca/downloads/pdf/consumers/Consumers-ReferralList.pdf)

### **New York State Attorney General Consumer Fraud Bureau**

28 Liberty Street  
New York, NY 10005

(800) 771-7755

[www.ag.ny.gov/bureau/consumer-frauds-bureau](http://www.ag.ny.gov/bureau/consumer-frauds-bureau)

The NYS Attorney General Consumer Fraud Bureau works with individual consumers to mediate complaints and enforce a fair marketplace. The Bureau also prosecutes businesses and individuals in illegal trade practices.

### **New York State Division of Consumer Protection**

123 William Street  
New York, NY 10038-3804

(800) 697-1220 (General)

(800) 503-9000 (Senior Information Hotline)

[www.dos.ny.gov/consumerprotection](http://www.dos.ny.gov/consumerprotection)

The NYS Division of Consumer Protection offers protection to New Yorkers by resolving complaints through mediation, enforcing the NYS Do Not Call Law, representing ratepayers, and educating consumers in the marketplace. The division hosts a monthly toll-free "Senior Consumer Information Line," which allows seniors statewide to access free information.

# Continuing Education

Many institutions in New York City allow seniors to enroll in courses at a discount or offer academic programming specifically for seniors.

*Please note that classes may be virtual and school buildings may be closed or access limited due to the COVID-19 pandemic.*

## **College Programs at the City University of New York (CUNY):**

**CUNY Senior Colleges (4 year):**  
When space is available, people over 60 can audit courses tuition-free at any of the four-year CUNY colleges. Students do not take tests or receive academic credit. *Some classes may be virtual due to COVID-19. Please inquire for the latest information.*

### **Baruch College**

55 Lexington Avenue  
New York, NY 10010  
(646) 312-1000  
[www.baruch.cuny.edu](http://www.baruch.cuny.edu)

### **The City College of New York (CCNY)**

160 Convent Avenue  
New York, NY 10031

(212) 650-7000  
[www.ccnyc.cuny.edu](http://www.ccnyc.cuny.edu)

### **CCNY: Quest - A Community for Lifelong Learning**

25 Broadway, 7th Floor  
New York, NY 10004  
(212) 925-6625 ext.229  
[www.questcontinuingednyc.org](http://www.questcontinuingednyc.org)  
Quest serves retired and semi-retired people by providing an educational and social environment. The peer-led program comprises approximately 40 courses including literature, science, and philosophy, among others.

### **CUNY Graduate Center**

365 Fifth Avenue  
New York, NY 10016-4309  
(212) 817-7000  
[www.gc.cuny.edu](http://www.gc.cuny.edu)

### **CUNY Graduate School of Journalism**

219 West 40th Street  
New York, NY 10018  
(646) 758-7700  
[www.journalism.cuny.edu](http://www.journalism.cuny.edu)

### **CUNY School of Professional Studies**

119 West 31st Street  
New York, NY 10001  
(212) 652-2869  
[www.sps.cuny.edu](http://www.sps.cuny.edu)

## **CUNY School of Public Health**

55 W 125th Street  
New York, NY 10027  
(646) 364-9600  
www.sph.cuny.edu

## **Hunter College**

695 Park Avenue  
New York, NY 10065  
(212) 772-4000  
www.hunter.cuny.edu

## **John Jay College of Criminal Justice**

524 West 59th Street  
New York, NY 10019  
(212) 237-8000  
www.jjay.cuny.edu

## **CUNY Community Colleges:**

(2 year): Courses are tuition-free at community colleges when space is available. Students may participate fully in classes: doing homework, taking tests, and receiving grades and academic credit. *Some classes may be virtual due to COVID-19. Please inquire for the latest information.*

## **Borough of Manhattan Community College (BMCC)**

199 Chambers Street  
New York, NY 10007  
(212) 220-8000  
www.bmcc.cuny.edu

## **Stella and Charles Guttman Community College**

50 West 40th Street  
New York, NY 10018  
(646) 313-8000  
www.guttman.cuny.edu

Other Schools:

## **The Center for Learning and Living, Inc.**

P.O. Box 125  
New York, NY 10044  
(212) 644-3320  
www.clandl.org  
The Center for Learning and Living, Inc. offers a full program of wide-ranging courses for adults aged 55 or older taught by volunteer faculty from prominent institutions such as Columbia, Bard, and The City University of NY. Registration for these 8-week courses can be done online. *Classes are online due to COVID-19. Please inquire for the latest information.*

## **The Lifelong Peer Learning Program**

(212) 817-7000  
engagement@gc.cuny.edu  
<https://www.gc.cuny.edu/About-the-GC/Provost-s-Office/Office-of-Academic-Initiatives-and-Strategic-Innovation/Lifelong-Peer-Learning-Program>

The Lifelong Peer Learning Program (LP<sup>2</sup>) is based on a model of adult continuing education known as peer learning. Students from various backgrounds share the responsibility for designing, teaching, and participating in weekly noncredit study groups that mirror the content and structure of college courses.

### **New York University School of Continuing and Professional Studies**

7 East 12th Street  
New York, NY 10003  
General information:  
(212) 998-7200

[www.scps.nyu.edu](http://www.scps.nyu.edu)  
Seniors aged 65 or older may enroll in continuing education courses for half of the regular fee (except where otherwise indicated) by requesting the senior citizen discount. The senior citizen discount does not apply to conferences and seminars that begin with an R or SCPS designation, credit courses that begin with a Y or Z designation, or computer-lab based instruction. Proof of age is required (either by Medicare card, driver's license, passport, or other identification card) at in-person registration. If you are registering by telephone, fax,

or mail, a copy of the proof of age must be sent to the Office of Student Enrollment Services.

### **Pace University's Active Retirement Community (PARC) Program**

Pace University Midtown Center  
551 5th Avenue (between 45th & 46th St.), Suite 800  
New York, NY 10176  
(888) 561- 7223  
[cps.pace.edu/lifelong-learning/senior-programs-parc/](http://cps.pace.edu/lifelong-learning/senior-programs-parc/)  
Normally, members can attend lectures on a variety of topics from health to criminal justice and film. Members also have access to the Pace University Downtown Campus Library and Computer Lab.



# Employment & Volunteer Opportunities

The organizations in this section will help connect you to volunteer and work opportunities.

*Please note that the nature of these volunteer and employment opportunities may have changed from the past to adapt to COVID-19 restrictions and safety procedures. Please inquire with each for the latest information.*

## **Community Service Society: Retired and Senior Volunteer Program (RSVP)**

633 Third Ave, 10th Fl.  
New York, NY 10017  
(212) 254-8900

[www.cssny.org/programs/  
entry/retired-and-senior-  
volunteer-program](http://www.cssny.org/programs/entry/retired-and-senior-volunteer-program)

This program recruits volunteers aged 55 or older to work on a variety of initiatives, including their financial advocacy program, re-entry services, youth mentoring, and disaster preparedness.

## **GoodTemps**

154 Lawrence Street - 4th Floor  
Brooklyn, NY 11201  
(212) 986-9566

<https://www.goodtemps.org>  
[staffing@goodwillny.org](mailto:staffing@goodwillny.org)  
Organization that helps jobseekers with disabilities and other barriers to employment find work.

## **Legal Services NYC Employment Law and Workers' Rights Project**

Legal Assistance Hotline:  
(917) 661-4500

Intake Monday-Friday  
10am to 4pm

[https://www.legalservicesnyc.  
org/what-we-do/practice-areas-  
and-projects/employment-law-  
and-workers-rights](https://www.legalservicesnyc.org/what-we-do/practice-areas-and-projects/employment-law-and-workers-rights)

Legal referrals, advice, and representation to low-income workers facing a range of issues including loss of employment, unpaid wages and overtime pay, employment discrimination, and medical leave issues.

## **Mobilization for Justice (MFJ) Workplace Justice Project**

Intake number: (212) 417-3838  
Intake Monday and Tuesday:  
2-5pm

[http://mobilizationforjustice.  
org/projects/workplace-justice-  
project/](http://mobilizationforjustice.org/projects/workplace-justice-project/)

Provides legal representation and advice to low-income unpaid wage claims,



employment discrimination, health and safety violations, denial of unemployment insurance, and minimum wage and overtime violations.

**NYC Department for the Aging:  
Volunteer Resource Center**

(212) 602-4464

<https://www1.nyc.gov/site/dfta/volunteering/volunteer-resources.page>

Email: [volunteer@aging.nyc.gov](mailto:volunteer@aging.nyc.gov)

**NYC Department for the Aging:  
Senior Employment Services**

2 Lafayette Street, 6th Floor  
New York, NY 10007

(212) 602-6958 or Call 3-1-1 and ask for the Senior Employment Services Program

<https://access.nyc.gov/programs/senior-employment-services-ses/>

SES assists NYC residents aged 55 or older seeking work opportunities. Services include computer and customer service training and job placement. Participants must meet low-income eligibility, be unemployed, and be interested in obtaining a part- or full-time job.

**NYC Department for the Aging:  
Foster Grandparent Volunteer Program**

Contact Aging Connect at (212)

AGING-NYC [(212) 244-6469] or Call 3-1-1 and ask for the Foster Grandparent Volunteer Program  
<https://www1.nyc.gov/site/dfta/services/intergenerational.page>

Seniors serve as mentors, tutors, and caregivers for children and youth with special needs. Offers a non-taxable stipend. Participants must meet low-income eligibility to qualify.

**New York State  
Department of Labor**

NYS Department of Labor  
Building 12

W.A. Harriman Campus  
Albany, NY 12240

(518) 457-9000

<https://labor.ny.gov>

Unemployment Assistance:

<https://labor.ny.gov/unemploymentassistance.shtm>

Offers classes, workshops, job fairs, hiring events and informational sessions.

Businesses can list job openings on the NYS Job Bank, available online at <https://newyork.usnlx.com/> and some use the

Department of Labor's Career Centers to recruit and interview. Visit <https://labor.ny.gov/workforcenypartners/career-center-events.shtm> for details.

Visit <https://labor.ny.gov/workforcenypartners/career-center-events.shtm> for details.

**ReServe, Inc.**

633 Third Avenue, 6th Floor  
New York, NY 10017

(212) 727-4335

Email: [info@reserveinc.org](mailto:info@reserveinc.org)

ReServe is an organization that places retired professionals and other skilled retirees in compensated part-time community service positions where their skills and talents are specifically needed.

### **NYC Service**

253 Broadway, 8th Floor

New York, NY 10007

(212) 788-7550

[www.nycservice.org](http://www.nycservice.org)

Match your expertise to volunteer assignments in public and nonprofit agencies.

### **VISIONS Workforce Development and Training Program**

500 Greenwich Street

New York, NY 10013

(212) 625-1616

[https://www.visionsvcb.org/  
what-we-do/job-placement/job-  
placement-adults/](https://www.visionsvcb.org/what-we-do/job-placement/job-placement-adults/)

Work readiness, soft skills, adaptive computer training and job placement for legally blind seniors age 55 and over.

# Financial & Tax Assistance

These resources can help you stay on top of your finances and learn about your rights. You will also find information on free tax filing programs below.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## Center for NYC Neighborhoods

17 Battery Place, Suite 728  
New York, NY 10004  
General: (212) 566-3050  
Foreclosure Help: 646-786-0888  
or 3-1-1 (ask for Center for NYC Neighborhoods)  
<http://cnycn.org/>  
The Center for NYC Neighborhoods provides help to homeowners facing foreclosure. On their website, you can find information about flood protection, assistance with transitioning between homes, the New York State Mortgage Assistance Program, and a Homeowner Financial Toolkit. Office temporarily closed due to COVID-19.

## Free Credit Reports

P.O. Box 105283  
Atlanta, GA 30348  
(877) 322-8228  
[www.AnnualCreditReport.com](http://www.AnnualCreditReport.com)  
Under U.S. federal law, the national credit reporting companies Equifax, Experian, and TransUnion are required to provide a free credit report once a year upon request. You can request a free credit report at the following link: [www.annualcreditreport.com](http://www.annualcreditreport.com)

## Credit Freeze Options:

Victims of identity theft can request a Security Freeze on credit files in order to prevent strangers from acquiring credit with one's personal information. To learn more about credit freezes, visit the following link: <https://www.dos.ny.gov/consumerprotection/pdf/Security%20Freeze031116.pdf>  
Request a Security Freeze by contacting the national credit reporting companies listed below:

### *Equifax Security Freeze*

P. O. Box 740241  
Atlanta, GA 30374  
(800) 349-9960  
<https://www.freeze.equifax.com>

### *Experian*

P. O. Box 2104  
Allen, TX 75013  
(888) 397-3742  
<https://www.experian.com/freeze>

### *TransUnion*

P.O. Box 1000  
Chester, PA 19022  
(888) 909-8872  
<https://www.transunion.com/credit-freeze>

### **New Economy Project**

121 West 27th Street, Suite 804  
New York, NY 10001  
(212) 680-5100  
Financial Justice Hotline:  
(212) 925-4929  
[www.neweconomynyc.org/](http://www.neweconomynyc.org/)  
The New Economy Project offers resources to protect New Yorkers from predatory financial tactics, including information about community development credit unions and individual rights regarding payday loans, debt collection, creditor lawsuits, immigrants' financial rights, and credit reports. The project also runs a Financial Justice Hotline at (212) 925-4929.

### **Financial Empowerment Centers:**

The NYC Department of Consumer Affairs helps

to organize Financial Empowerment Centers, where financial counselors provide free assistance on issues such as debt, credit, budgeting, and bank accounts. You can make an appointment at any Center by calling 3-1-1.

The following Financial Empowerment Centers are located in our district:

### **Neighborhood Housing Services of New York City**

307 West 36th Street, 12th Floor  
New York, NY 10018  
Phone: (212) 519-2500  
Fax: (212) 727-8171

### **NYC Free Tax Filing**

New York City offers free online and in-person tax filing services for low-income individuals and families. Information about eligibility and online filing can be found at <https://www1.nyc.gov/site/dca/consumers/file-your-taxes.page>

### **Midtown Community Court**

314 West 54th Street  
New York, NY 10019  
Call 311  
<https://www1.nyc.gov/site/dca/consumers/get-free-financial-counseling.page>

# Food & Nutrition Assistance

This section provides information about programs that deliver meals to eligible seniors, as well as a list of soup kitchens, food pantries, farmers' markets, and community supported agriculture programs.

*Operations at food assistance have been impacted by COVID-19 where some are providing additional services, some less, and other types of changes. Please call or email specific organizations for their new protocols and hours of operations during the COVID-19 pandemic.*

*During COVID-19, New York City has its own food program which you can sign up for by calling 311 or visiting NYC.gov/getfood. You can find more information and resources in our COVID-19 section of this guide.*

**Citymeals-on-Wheels**  
355 Lexington Avenue  
New York, NY 10017  
(212) 687-1234

[www.citymeals.org](http://www.citymeals.org)  
Citymeals-on-Wheels prepares and delivers meals to homebound and elderly New Yorkers aged 60 years or older who are physically or mentally incapacitated, unable to prepare meals, and able to live safely at home if services are provided to them.

## **Encore Community Services - Senior Center**

Home Delivery Program  
239 West 49th Street  
New York, NY 10019  
(212) 581-2910

<http://www.encorenyc.org/>  
For the homebound population who are unable to attend the Center, hot meals are delivered. They also offer a friendly visiting program, shopping assistance, and more.

## **Food Bank for New York City**

39 Broadway, 10th Floor  
New York, NY 10006  
(212) 566-7855

[www.foodbanknyc.org/about-food-bank](http://www.foodbanknyc.org/about-food-bank)

Food Bank for New York City procures and distributes food to a network of more than 1,000 community-based member programs citywide, helping to provide 400,000 free meals a day for New Yorkers in need. Their

website includes a food program locator that shows food pantries, soup kitchens, and senior centers throughout the City that serve meals.

### **God's Love We Deliver**

(212) 294-8102

[www.glwd.org](http://www.glwd.org)

The Home Delivered Meal Program provides home-delivered meals to clients all over New York City. If you are living with a life-altering illness and have difficulty shopping or cooking, call to find out more information about becoming a client.

### **Hunger Free NYC**

50 Broad Street, Suite 1520

New York, NY 10004

(212) 825-0028

[www.nyccah.org](http://www.nyccah.org)

The New York City Coalition Against Hunger (NYCCAH) represents and is the voice for the more than 1,100 non-profit soup kitchens and food pantries in New York City and the 1.4 million low-income New Yorkers who live in households that can't afford enough food.

### **WhyHunger**

505 Eighth Avenue, Suite 2100

New York, NY 10018

(212) 629-8850

[www.whyhunger.org](http://www.whyhunger.org)

WhyHunger is a leader in building the movement to end hunger and poverty by connecting people to nutritious, affordable food and by supporting grassroots solutions that inspire self-reliance and community empowerment.

### **Soup Kitchens and Food Pantries:**

This list provides locations of food kitchens that offer free hot food and pantries that offer free canned food and other non-perishables to seniors in need, grouped by location.

MIDTOWN: Serving zip codes:

10001, 10010, 10016, 10017,

10018, 10019, 10022, 10036

### **Crossroads Community Services at Saint Bartholomew's Church**

108 East 51st Street, 10022

(212) 378-0229

<https://www.crossroadsnyc.org/>

Grab-and-go Lunch: Sundays, Mondays, and Wednesdays from 12:30pm -1:30pm. Dinner-to-go: Daily from 5:30 pm to 6:30 pm.

Food Pantry: Thursday, appointment necessary,

call (212) 378-0234 to get an appointment time.

*\*Hours and operations may be impacted by COVID-19 changes.*

### **Crossroads Food Pantry**

329 West 42nd Street, 10036

(212) 246-4732

Food Pantry:

Every other Saturday,

11:30am - 1pm

Proof of residence and income required.

### **The Dwelling Place of NY, Inc.**

409 West 40th Street, 10018

(212) 564-7887

Soup Kitchen:

Wednesdays, 5:30pm - 6:30pm

Only for women at least 30 years old. ID required for first visit.

Must be sober.

*Please call in advance to confirm services.*

### **Holy Apostles Soup Kitchen**

296 9th Avenue

(corner of 28th Street), 10001

(212) 924-0167

<https://>

[holyapostlessoupkitchen.org/](https://holyapostlessoupkitchen.org/)

Soup Kitchen:

Monday - Friday, 10:30am -

12:30pm

In addition to soup kitchen meals, referrals are available to services such as haircuts, clothing pantries, benefits,

eyeglasses, and more. Photo IDs can be created, which are available during soup kitchen hours in the counseling office at rear of the dining area.

### **Metro Baptist Church**

410 West 40th Street, 10018

(212) 594-4464

<http://rmmnyc.org/programs/food-pantry>

Food Pantry:

Saturdays

(except 5th Saturday of month)

11am - 11:30am

(doors open at 10:30)

One visit per month per family.

ID and proof of address for all household members required.

No referral needed.

### **St. Clement's Episcopal Church**

423 West 46th Street, 10036

(212) 246-7277

<http://www.stclementsny.org/>

Food Pantry is open every two weeks, on Friday from 2pm to 6pm and Saturday from 8:30am to 11:30am. Dates are posted outside in front of the church or call.

### **St. Francis of Assisi**

135 West 31st Street, 10001

(212) 736-8500

Soup Kitchen:

Every day, 7am - 7:30am



Sandwiches and coffee. Line starts at around 6:30am.

**St. John's Bread of Life**

213 West 31st Street, 10001  
(212) 564-9070 x203

Food Pantry: Wednesdays,  
12pm - 2:30pm

Must live between 14th St. and  
50th St. Proof of residence and  
ID required.

**St. Luke's Lutheran Church**

308 West 46th Street, 10036  
(212) 246-3540

Soup Kitchen: Tuesdays and  
Thursdays, 1pm - 2pm

**St. Paul's House**

335 West 51st Street, 10019  
(212) 265-5433  
<http://www.saintpaulshouse.org/>

Soup Kitchen (hot "to go"  
plates: Mondays, Wednesdays,  
and Fridays at 8am)

Food Pantry: Tuesdays, 10-11am  
Must live between West 14th St.  
- West 78th St. for food pantry,  
a proof of address and photo ID  
required.

**Sylvia Rivera Food Pantry**

446 West 36th Street, 10018  
(212) 629-7440

Soup Kitchen:

Tuesday - Friday, 2pm - 3pm

Food Pantry: Thursdays, 9am -  
10am

Bring your own bag for  
the pantry. Also, features a  
specialized pantry with foods  
specifically selected for those  
living with HIV/AIDS.

CHELSEA, WEST VILLAGE:  
serving: 10011-10014

**Church of the Ascension**

12 West 11th Street, 10011  
(212) 254-8620

Food Pantry: Every 1st and 3rd  
Saturday, 8:30am

Line up on W. 11th St. starting at  
5th Ave.

**Hope for Our Neighbors in  
Need at Church of the Village**

201 West 13th Street, 10011  
toc925@gmail.com

[https://www.](https://www.churchofthevillage.org/hnn)

[churchofthevillage.org/hnn](https://www.churchofthevillage.org/hnn)

Community Meal: Sat 11am

Food Pantry: Tue 3:30- 5:30.

Doors open 30 minutes before  
food service begins.

**Judson Memorial Church**

55 Washington Square South  
10012

(212) 477-0351

Food Pantry: Every other

Wednesday from 5pm to 7pm

**Salvation Army, New York  
Temple**

132 West 14th Street, 10011



(212) 337-7469

Soup Kitchen: Monday -  
Thursday, 12pm - 1pm

Food Pantry: Monday - Friday,  
9:30am - 11am, 1:30pm - 3pm

Photo ID and proof of address in  
10002-10007, 10009-10014, 10038,  
10041, 10047, 10048 required at  
first visit for pantry.

### **St. Peter's Episcopal Church**

346 West 20th Street, 10011

(212) 929-2390

[www.stpeterschelsea.org](http://www.stpeterschelsea.org)

Food Pantry: Saturdays, 10:30am  
- 11:30am.

### **St. Joseph's Church**

371 Sixth Avenue, 10014

(347) 886-6345

<https://sjsk.nyc/>

Soup Kitchen: Saturdays,  
1:30pm - 3:30pm

### **Xavier Mission at The Church of St. Francis Xavier**

55 West 15th Street, 10011

(212) 627-2100

[https://xaviermission.org/  
programs/](https://xaviermission.org/programs/)

Soup Kitchen: Sundays, 12:45pm  
- 3pm. Seniors and disabled line  
up on West 16th Street for soup  
kitchen; all others on West 15th  
Street (elevator for those unable  
to navigate stairs on West 15th  
Street).

Customer Choice Pantry: 2nd

Saturday of the month from  
9:30am - 11:30am (Customer  
choice pantry open only to  
residents of 10001- 10003, 10009-  
10014, 10016. ID and proof of  
address required for customer  
choice pantry (not necessary for  
emergency pantry).

Emergency Pantry: Monday -  
Friday 10am - 2pm. (Emergency  
pantry only available once every  
six months)

WEST OF CENTRAL PARK:  
serving: 10023, 10024, 10025

### **Blessed Sacrament Church**

152 West 71st Street, 10023

(212) 877 3111 Ext. 510

[https://blessedsacramentnyc.  
org/soup-kitchen](https://blessedsacramentnyc.org/soup-kitchen)

Soup Kitchen: Sundays from  
2pm until brown bag lunch is  
done. Closed July & August.

### **Farmers' Markets**

New Yorkers can access foods  
straight from the farm in  
two ways: farmers' markets  
and community supported  
agriculture programs or  
CSAs. CSA members purchase  
"shares" in an entire season  
of high quality, fresh produce  
grown by local farmers.  
Members usually pay for their  
shares in advance, but some

CSAs adjust payment to income, accept food stamp benefits, and allow some members to pay week to week. All farmers' markets listed accept EBT/ SNAP (food stamps).

#### MIDTOWN

serving: 10001, 10010, 10016, 10017, 10018, 10019, 10020, 10028, 10036

#### **57th St. Greenmarket**

10th Avenue and 57th Street  
10019

<https://www.grownyc.org/greenmarket/manhattan/57th-street-sa>

Wednesday & Saturday, June 10  
- November 25

Market Hours: 8am - 5pm

#### CHELSEA, WEST VILLAGE

serving: 10011-10014

#### **PS 11 Farm Market**

320 West 21st Street (between  
8th Avenue & 9th Avenue) 10011  
Mid-June - late November:

Wednesdays, 8am- 10am

<http://ps11chelsea.org/ps11-farm-market/>

#### **Abingdon Square Greenmarket**

West 12th Street & Hudson  
Street, 10014

Saturdays, year-round

8am - 2pm

[www.grownyc.org/  
greenmarket/manhattan/  
abingdon-square](http://www.grownyc.org/greenmarket/manhattan/abingdon-square)

LOWER EAST SIDE,  
EAST VILLAGE:

serving: 10002, 10003, 10009

#### **Stuyvesant Town Greenmarket**

South end of Stuyvesant Town  
Oval (near 14th Street loop  
between 1st Avenue & Avenue  
A), 10009

May 31 - December 20:

Sundays, 9:30am - 4pm

[https://www.grownyc.org/  
greenmarket/manhattan/  
stuyvesant-town](https://www.grownyc.org/greenmarket/manhattan/stuyvesant-town)

#### **Tompkins Square Greenmarket**

Ave A & East 7th St.

Open Sundays, year-round,  
hours:

9am - 5pm (May-December)

9am-4pm (January-April)

[https://www.grownyc.org/  
greenmarket/manhattan/  
tompkins-square](https://www.grownyc.org/greenmarket/manhattan/tompkins-square)

#### **Father's Heart Ministries**

543 East 11th Street, 10009  
(212) 375-1765

[https://www.fathersheartnyc.  
org/](https://www.fathersheartnyc.org/)

Soup Kitchen: Saturdays

8:30 am - 11am (except 1st  
Saturday of the month)

Food Pantry: Saturdays 8:30am -

11am (except 1st Saturday of the month) All are welcome. Pre-screenings available. Free GED and ESL classes Saturdays 10am - 11:30am.

### **Trinity's Services and Food for the Homeless**

602 East 9th Street, 10009  
(212) 228-5254

<http://safhnyc.org/>

Soup Kitchen: Mondays - Fridays 11pm - 12pm (No ID Needed)

Food Pantry: Monday - Friday, 12:30pm - 1:30pm. By appointment only. To make an appointment, text "START" to (645) 257 2520. ID for all family members required.

*COVID-19 may impact operations / hours. Please call for the latest information.*

### **Astor Place Greenmarket**

E. 8th St & Lafayette

Aug 11 - Nov 24

Tuesdays 8am - 5pm

<https://www.grownyc.org/greenmarket/manhattan/astorplace>

WEST OF CENTRAL PARK:  
serving: 10023, 10024, 10025

### **Tucker Square Greenmarket**

West 66th Street & Broadway,  
10023

Thursday, Saturday 8am - 4pm,  
year-round  
[grownyc.org](http://grownyc.org)

### **CSA Programs:**

Note that sign up is generally March to May, with the first pickup in June or July and the last one in late October or early November. As a rule, late sign up is not permitted. Check [justfood.org/casloc](http://justfood.org/casloc) for a complete list of all CSAs in the city.

### **14th St Y CSA**

Pickup: 14th Street Y

344 East 14th Street

New York, NY 10003

Email: [alice14ycsa@aol.com](mailto:alice14ycsa@aol.com)

[www.14streety.org/laba/the-](http://www.14streety.org/laba/the-14th-street-y-csa)

[14th-street-y-csa](http://www.14streety.org/laba/the-14th-street-y-csa)

*\* No program for 2020. May return in future.*

### **Hell's Kitchen CSA**

Pickup: Signature Theater Cafe

480 West 42nd Street

New York, NY 10036

Email: [suzannah.schneider@](mailto:suzannah.schneider@katchkiefarm.com)

[katchkiefarm.com](http://katchkiefarm.com)

[www.katchkiefarm.com/csa](http://www.katchkiefarm.com/csa)

*\* No program for 2020. May return in future.*

### **Mae Mae CSA**

Pickup: Cafe Mae Mae

68 Vandam Street

New York, NY 10013

Email: [suzannah.schneider@katchkiefarm.com](mailto:suzannah.schneider@katchkiefarm.com)

[www.katchkiefarm.com/csa](http://www.katchkiefarm.com/csa)

*\* No program for 2020. May return in future.*

### **Merchants' Gate CSA**

Pickup: John Jay College of Criminal Justice

860 Eleventh Avenue (between 58th and 59th streets)

New York, NY 10019

Email:

[merchantsgatecsa@gmail.com](mailto:merchantsgatecsa@gmail.com)

[www.merchantsgatecsa.org](http://www.merchantsgatecsa.org)

*\* No program for 2020. May return in future.*

### **Neighborhood School CSA**

Pickup: Neighborhood School

121 East 3rd Street

New York, NY 10009

Email: [neighborhoodschoolcsa@gmail.com](mailto:neighborhoodschoolcsa@gmail.com)

*\* No program for 2020. May return in future.*

### **Washington Square CSA**

Pickup: St. Marks in the Bowery

131 East 10th Street

New York, NY 10003

Email:

[info@washingtonsquarecsa.com](mailto:info@washingtonsquarecsa.com)

[www.washingtonsquarecsa.com](http://www.washingtonsquarecsa.com)

### **The West Village CSA**

Pickup: The Church of Saint Francis Xavier

46 West 16th Street (between 5th and 6th Avenues)

New York, NY 10011

Email: [info@westvillagecsa.org](mailto:info@westvillagecsa.org)

[www.westvillagecsa.org](http://www.westvillagecsa.org)

### **Composting:**

### **New York City Department of Sanitation (DSNY)**

Call 3-1-1

125 Worth St.

New York, NY, 10013

<https://www.makecompost.nyc/>

To locate a compost site near you, visit <https://www1.nyc.gov/assets/dsny/site/services/food-scrap-and-yard-waste-page/nyc-food-scrap-drop-off-locations>

# Hoarding

Hoarding is the compulsive purchasing, acquiring, searching, and saving of items that have little or no value. The behavior typically has negative effects, including emotional, physical, social, and financial for a hoarder and family members.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **Adult Protective Services (APS)**

APS Central Intake Unit:

(212) 630-1853

<https://a069-apscriis.nyc.gov/cris/>

APS is a division of the NYC Human Resources Administration. APS arranges services and support for physically and/or mentally impaired adults who are at risk of harm.

## **Children of Hoarders**

[www.childrenofhoarders.com/wordpress](http://www.childrenofhoarders.com/wordpress)

Children of Hoarders aims to improve the lives of children from hoarded homes by raising awareness, providing educational materials and

programs, increasing access to practical support, and advocating for public policies that address the needs of children of hoarders.

## **The International OCD Foundation Hoarding Center**

P.O. Box 961029

Boston, MA 02196

(617) 973-5801

[info@iocdf.org](mailto:info@iocdf.org)

<https://hoarding.iocdf.org>

The International OCD

Foundation Hoarding Center

aims to help everyone affected, including hoarders and their families. They provide access to local and national resources.

# Healthcare & Hospitals

Our district contains many healthcare institutions that provide quality emergency and specialized care to individuals who need it.

*Please note that medical centers might have new restrictions and procedures to mitigate the risk of exposure to COVID-19.*

## Hospitals

### **Bellevue Hospital Center**

462 First Avenue  
New York, NY 10016  
(212) 562-4141  
[www.nychealthandhospitals.org/bellevue/](http://www.nychealthandhospitals.org/bellevue/)

### **Lenox Health Greenwich Village Emergency Department (LHGV)**

30 Seventh Avenue  
New York, NY 10011  
(646) 665-6000  
[www.northshorelij.com](http://www.northshorelij.com)  
LHGV is Manhattan's first freestanding emergency medical department. Patients requiring admittance are transferred to hospitals within the metropolitan area.

### **Martha Stewart Center for Living at the Mount Sinai**

*Mount Sinai Hospital*  
1440 Madison Ave  
New York, NY 10029  
(212) 659-8552  
*Mount Sinai-Union Square*  
10 Union Square, Suite 3G  
New York, NY 10003  
(212) 463-0101  
<https://www.mountsinai.org/locations/martha-stewart-center-living>

At both locations, The Martha Stewart Center provides primary care for older adults. They also offer activities, classes, and programming for active living. Caregiver support is also available.

### **Mount Sinai Beth Israel**

2801 First Avenue  
New York, NY 10003  
(212) 420-2000

### **Mount Sinai West**

1000 Tenth Avenue  
New York, NY 10019  
(212) 523-4000  
[www.roosevelthospitalnyc.org](http://www.roosevelthospitalnyc.org)

### **New York Eye and Ear Infirmary of Mount Sinai**

310 East 14th Street  
New York, NY 10003  
(212) 979-4000  
Hours: 9am - 5pm

(Monday - Friday)

To speak with a representative about finding a doctor, call the Physician Referral Line at (212) 979-4472, available Monday through Friday from 9am - 5pm.

### **NYU Hospital for Joint Diseases**

301 East 17th Street  
New York, NY 10003  
Phone: (212) 598-6000

### **NYU Langone Medical Center**

Tisch Hospital  
550 First Avenue  
New York, NY 10016  
(212) 263-5800  
[www.nyulangone.org](http://www.nyulangone.org)

### **VA NY Harbor Healthcare System: VA Affairs Hospital**

Manhattan Campus:  
423 East 23rd Street  
New York, NY 10010  
(212) 686-7500  
[www.nyharbor.va.gov](http://www.nyharbor.va.gov)

### **Mental Healthcare**

#### **NY Service Program for Older People (SPOP)**

302 West 91st Street  
New York, NY 10024  
(212) 787-7120  
[www.spop.org](http://www.spop.org)  
Provides individual and group counseling, crisis intervention,

assessment, and service coordination for older adults. They also offer behavioral health care for older adults via approved tele-health connections during the COVID-19 outbreak including psychotherapeutic and psychiatric services for adults age 55 and older, rehabilitation support for adults with serious mental illness (age 55 and older) and peer-led bereavement support groups.

### **ThriveNYC**

(888) NYC-WELL (692-9355)  
ThriveNYC is a City initiative to end the stigma associated with mental health and help people find treatment options. They offer a confidential and free phone service to connect you to a counselor if you are in crisis. ThriveNYC offers Mental Health First Aid (MHFA) trainings as well.

### **Mood Disorders Support Group**

545 8th Avenue  
New York, NY 10018  
(212) 533-6374  
[www.mdsg.org](http://www.mdsg.org)  
A nonprofit, self-help organization serving both individuals with depression and bipolar disorder, as well as their families/friends. Coordinates several free support groups each week.



## **Jewish Board of Family and Children's Services**

135 West 50th St.

New York, NY 10020

(212) 582-9100 or

Toll-free: (888) 523-2769

Provides help to those suffering from a range of emotional and social issues. Services include evaluation/assessment, crisis intervention, and individual, couple, family, and group therapy.

## **Other Health and Specific Diseases**

### **Alzheimer's Association**

60 East 42nd Street, Suite 2240

New York, NY 10165

(800) 272-3900 - 24-hour helpline

(646) 418-4466 - NYC Chapter

[www.alz.org/nyc](http://www.alz.org/nyc)

Provides information, care consultation and supportive services for those with Alzheimer's disease and their families.

### **Alzheimer's Foundation of America (AFA)**

322 Eighth Avenue, Fl. 7

New York, NY 10001

(866) 232-8484

[www.alzfdn.org](http://www.alzfdn.org)

The Alzheimer's Foundation of America (AFA) provides care and services to individuals

living with Alzheimer's disease and related illnesses, and to their families and caregivers. They have a toll-free helpline where you can speak with a social worker.

### **American Cancer Society**

132 West 32nd Street

New York, NY 10001

(212) 586-8700

800-227-2345 - 24-hour helpline

[www.cancer.org](http://www.cancer.org)

Support programs and advocacy for people living with cancer.

### **American Diabetes Association**

333 Seventh Avenue, 10th Floor

New York, NY 10001

(212) 725-4925

Helpline: 800-342-2383

[www.diabetes.org](http://www.diabetes.org)

Support programs and advocacy for people living with cancer.

### **Big Apple RX**

(888) 454-5602 or 3-1-1

[www.bigapplerx.com](http://www.bigapplerx.com)

Big Apple RX is a Citywide free prescription discount card program. It is accepted at many pharmacies around the City, such as Duane Reade, CVS, Rite Aid, Walgreens, Target, Walmart, Costco, and some independent pharmacies.

### **CancerCare**

275 Seventh Avenue, 22nd Floor

New York, NY 10001



(800) 813-4673

<http://www.cancercare.org/>

Provides free professional support services to individuals, families and caregivers to help them cope with and manage the emotional and practical challenges of cancer. Services include counseling support groups, workshops and financial assistance, such as small financial grants.

### **CaringKind**

360 Lexington Avenue, 3rd Floor  
New York, NY 10017

<http://www.caringkindnyc.org/contact/>

(646) 744-2900 24-hour helpline  
Free information, assistance and support for those living with Alzheimer's disease and related dementia. Also provides support groups for caregivers.

### **Center for Hearing and Communication**

50 Broadway, 6th Floor  
New York, NY 10004

(917) 305-7700

<https://chchearing.org>

The Center for Hearing and Communication seeks to offer high quality services, educational resources, technology, and collaboration with other organizations to assist those affected by hearing loss, listening challenges, or deafness.

### **Columbia Care**

212 East 14th Street  
New York, NY 10003

(646) 453-7178

[www.col-careny.com](http://www.col-careny.com)

Columbia Care is a medical marijuana dispensary in New York, providing pharmaceutical-grade products to qualifying patients.

### **Planned Parenthood - Manhattan Health Center**

26 Bleecker St.

New York, NY 10012

(212) 965-7000

Planned Parenthood provides affordable health care and sex education. The organization offers abortion services and referrals, birth control, emergency contraception, general health care, HIV services, LGBT services, men's health services, patient education, pregnancy testing and services and STD testing, treatment, and vaccines.

### **SHARE**

165 West 46th Street, Suite 712  
New York, NY 10036

(212) 719-0364

National Helpline:

(844)ASK-SHARE (275-7427)

[www.sharecancersupport.org](http://www.sharecancersupport.org)

For women with breast, ovarian, or uterine cancers who are seeking education, support or

advocacy opportunities.

**SUNY College of Optometry**

33 West 42nd Street  
New York, NY 10036  
(212) 938-4000

[www.sunyopt.edu](http://www.sunyopt.edu)

The SUNY College of Optometry offers free vision screenings to senior citizens and other low-income individuals as well as additional vision medical aid.

**SUNY College of Optometry - University Eye Care Center**

(212) 938-4001

[www.universityeyecenter.org](http://www.universityeyecenter.org)

The patient care facility of the State University of New York College of Optometry provides a wide range of services for all eye care patients including comprehensive exams, vision therapy, laser eye surgery, and low vision services. Accepts Medicaid and Medicare.

**Medicaid and Medicare:**

**Medicaid Helpline,  
NYC Human Resources  
Administration**

(888) 692-6116

[www1.nyc.gov/site/hra/help/health-assistance.page](http://www1.nyc.gov/site/hra/help/health-assistance.page)

For those 65+, blind, or disabled to ask questions about applying for Medicaid or to have an

application mailed to you.

**Medicaid Helpline, NYS  
Department of Health**

(800) 541-2831

[https://www.health.ny.gov/health\\_care/medicaid/](https://www.health.ny.gov/health_care/medicaid/)

**Medicare Savings Programs  
(MSPs)**

Medicaid Hotline:

1-(888) 692-6116

Medicare Rights Center:

(800) 333-4114 <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs>

Medicare Savings Programs (MSPs) are state programs that help pay for Medicare costs (including premiums, deductibles, and copays) if you are income eligible. You can apply for an MSP at a local Medicaid office, by mail, or call 1-800-MEDICARE for more information.

# Housing

Below you will find senior-specific housing resources as well as organizations that provide multi-age housing.

*Please call or email specific organizations for their new protocols to ensure safety during the COVID-19 pandemic.*

## **Encore West Residence**

755 Tenth Avenue  
(between 51st and 52nd St.)  
New York, NY 10019  
(212) 991-3727

Encore West Residence provides affordable housing for low-income seniors aged 62 or older who meet income criteria. The residence offers onsite services and recreational activities.

## **Evelyn and Louis Green Residence at Cooper Square (JASA-Housing Services)**

200 East 5th Street  
New York, NY 10003  
(212) 273-5200  
[www.jasa.org/services/housing](http://www.jasa.org/services/housing)

The residence offers group activities, social services, and special safety features including on-duty social workers.

## **Fredric Fleming Residence**

443 West 22nd Street

New York, NY 10011

(212) 242-5277

[www.wsfssh.org/buildings/frederic-fleming-house](http://www.wsfssh.org/buildings/frederic-fleming-house)  
Fredric Fleming residence is an assisted living facility that offers residents aged 55 or older independent living options and daily support services.

## **Harborview Terrace Senior Building**

478 East Fordham Rd., 2nd Floor  
Bronx, NY 10458  
(212) 306-3000  
<https://www1.nyc.gov/site/nycha/about/developments.page>

NYCHA public housing built specifically for seniors. To be eligible, you and all other household members must be at least 62 years of age, and income cannot exceed established income limits. You must apply through the NYCHA application process. For more information, call 3-1-1 and ask for NYCHA.

## **Home Sharing Program**

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

NY Foundation for Senior Citizens' Home Sharing Program matches senior citizens

aged 60 years or older living in NYC with compatible persons in need of housing. This program promotes companionship and relieves financial hardship.

**New York Foundation for Senior Citizens (NYFSC):**

Clinton Gardens

404 West 54th Street

New York, NY 10019

(212) 489-9339

<https://www.nyfsc.org/housing-services/affordable-housing/>

Clinton Gardens offers 100 units of subsidized and Enriched Housing for low-income seniors aged 62 or older. The Enriched Housing Program assists with personal care, housekeeping, shopping, meal preparation, medical appointments, and other personal needs.

**Rehabilitation and Nursing Center**

214 West Houston Street

New York, NY 10014

(212) 337-9400

<https://www.villagecare.org/vcrn>

The first newly built skilled nursing facility in Manhattan in more than 50 years. The facility features state-of-the-art medical care and an environment designed to promote healing and well-being.

**VillageCare**

510 West 46th Street

New York, NY 10036

(212) 977-4600

[www.villagecare.org](http://www.villagecare.org)

VillageCare serves people with chronic conditions as well as seniors in need of continuing care and rehabilitation services. It offers a variety of community and residential programs as well as managed care. VillageCare at 46th Street and Tenth Avenue, an assisted living program, is a market-rate senior living community with on-site services and recreational and social activities for seniors aged 62 years or older.

**Naturally Occurring Retirement Communities (NORC):**

NORCs are multi-age housing developments or neighborhoods that were not originally built for seniors, but now are home to a significant number of older persons. Here you can find a list of NORCs in our district:

**Phipps Plaza NORC**

520 Second Avenue

New York, NY 10016

(212) 683-6583

Hours: Monday - Friday,  
9am - 5pm

**Elliott-Chelsea NORC**

441 West 26th Street  
New York, NY 10001  
(212) 924-2626  
[www.hudsonguild.org](http://www.hudsonguild.org)

**Lincoln House Outreach NORC**

303 West 66th Street  
New York, NY 10023  
(212) 875-8958  
Hours: Monday - Thursday, 9am  
- 4pm, Friday, 9am - 3:00pm

**Lincoln Square NORC**

250 West 65th Street  
New York, NY 10023  
(212) 874-0860  
Hours:  
Monday - Friday, 9am - 5pm

**Penn South NORC**

290 Ninth Avenue  
New York, NY 10001  
(212) 243-3670  
Hours: Monday - Friday,  
9am - 5pm

**Utilities:**

These programs will offer help  
and financial assistance with  
your home utilities.

**Con Edison Senior Direct  
Program**

(800) 404-9097  
[https://www.coned.com/en/  
accounts-billing/payment-plans-  
assistance/special-services](https://www.coned.com/en/accounts-billing/payment-plans-assistance/special-services)

Con Edison's Senior Direct  
Program is a toll-free phone  
service for customers aged 62  
or older who have questions  
about their Con Edison  
account. Representatives  
advise customers about bill  
payment options, government  
aid programs, and other  
organizations that offer similar  
assistance.

**The Home Energy Assistance  
Program (HEAP)**

12 West 14th St.  
Manhattan, NY 10011  
(212) 331-3126  
Hotline: (800) 342-3009  
[www.otda.ny.gov/programs/  
heap](http://www.otda.ny.gov/programs/heap)  
HEAP helps low-income  
homeowners and renters pay  
bills for heating fuel, equipment  
and repairs.

**Verizon LifeLine**

Lifeline Support Center  
P.O. Box 7081  
London, KY 40742  
(800) 837-4966  
[https://www.verizon.com/  
support/residential/account/  
manage-account/lifeline-  
discount](https://www.verizon.com/support/residential/account/manage-account/lifeline-discount)  
Verizon LifeLine is a government  
assistance program that offers  
telephone discounts to qualified  
low-income customers.



# Legal Assistance

Navigating the legal system can be a complicated process, and it is extremely important that you know your rights while doing so. The organizations below offer legal assistance and information regarding the legal system.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **City Bar Justice Center's Veterans Assistance Project**

42 West 44th Street  
New York, NY 10036

Legal Hotline:  
(212) 626-7383

<https://www.citybarjusticecenter.org/projects/veterans-assistance-project/>

[citybarjusticecenter.org/projects/veterans-assistance-project/](https://www.citybarjusticecenter.org/projects/veterans-assistance-project/)

The Veterans Assistance Project helps low-income veterans by providing pro bono assistance with disability benefits claims. They offer a veterans intake line, which offers information and advice and screens cases to be invited to a monthly legal clinic.

## **Elderlaw Answers**

<https://www.elderlawanswers.com/>

A website that offers information on a range of topics related to elder law.

## **Housing Conservation Coordinators (HCC)**

777 Tenth Avenue

New York, NY 10019

(212) 541-5996

[www.hcc-nyc.org](http://www.hcc-nyc.org)

HCC offers a range of civil legal services including representation on benefit, consumer, landlord/tenant, immigration and trusts/estates matters to eligible low- and moderate-income tenants, tenant associations, HDFC shareholders and other community organizations located in the Hell's Kitchen/Clinton neighborhoods (from 34th to 72nd Street, and from Eighth Avenue to the Hudson River). *Contact them for hours of operation which have been impacted by COVID-19.*

## **Housing Court Answers**

111 Centre Street, 2nd Floor

Clerk's Office - Room 225

New York, NY 10013

(212) 962-4795

[www.cwtfhc.org](http://www.cwtfhc.org) - Housing Court Answers provides

information tables in the City's housing courts and staffs a hotline for callers with information about housing law, rent arrears assistance, and homeless prevention guidance. They also provide telephone assistance. *Hours of operation may vary due to COVID-19. Please contact them for the latest information.*

### **Manhattan Legal Services**

40 Worth Street, Suite 606  
New York, NY 10013  
(646) 442-3100  
[www.legalservicesnyc.org](http://www.legalservicesnyc.org)  
Manhattan Legal Services provides legal assistance to low-income residents of Manhattan through free legal representation, advocacy, and community education. They primarily work in the following areas: family law, housing law, government benefits, HIV/AIDS, consumer protection, and immigration.

### **Kinship Caregiver Law Project**

Intake Line: 212-417-3850  
[www.mfy.org/projects/kinship-caregiver-law-project](http://www.mfy.org/projects/kinship-caregiver-law-project)  
Kinship Caregiver Law Project helps to provide legal stability through representation in custody, guardianship and

adoption matters, access to public benefits, and special immigration cases.

### **LawHelpNY**

42 West 44th Street  
New York, NY 10036  
[www.lawhelpny.org/issues/seniors](http://www.lawhelpny.org/issues/seniors)  
Find free legal aid for low-income citizens in New York and information about your legal rights, courts, and more pertaining to New York State. The website contains a hotline list guiding you to help with your specific needs.

### **Legal Aid Society**

199 Water Street  
New York, NY 10038  
(212) 577-3300  
[www.legal-aid.org/en/home.aspx](http://www.legal-aid.org/en/home.aspx)  
Legal Aid Society is a non-profit organization that offers legal services to low-income New Yorkers. They work on civil, criminal, and juvenile rights cases. The Society also has an "Access to Benefits Helpline," which provides direct assistance and referrals to those in need of legal assistance to obtain benefits or resolve employment issues. *Offering select virtual services. Contact them for hours of operation which have been impacted*



by COVID-19.

Legal Aid Immigration Helpline:  
(844) 955-3425

Hours: 9:30am - 5pm (Monday - Friday)

### **Access to Benefits (A2B)**

Helpline

(888) 663-6880

Hours: 9:30am - 12:30pm

(Tuesday - Thursday)

The Legal Aid Society operates an A2B helpline which can provide information about employment, health, and government benefits.

### **Manhattan District Attorney's Elder Abuse Unit**

1 Hogan Place

New York, NY 10013

Elder Abuse Coordinator:

(212) 335-8920

Hotline: (212) 335-9007

[www.manhattanda.org/  
resources-victims-elder-abuse](http://www.manhattanda.org/resources-victims-elder-abuse)

The Manhattan District Attorney's Elder Abuse Unit investigates and prosecutes crimes involving victims aged 60 and over. They provide services in investigation and prosecution, assistance in obtaining an Order of Protection, and emergency housing if needed, consultation, social services referrals, and review by the Narcotics Eviction Program for evictions

of drug dealers from a senior's residential or commercial premises.

### **Mobilization for Justice**

100 William Street, 6th Floor

New York, NY 10038

(212) 417-3700

[www.mobilizationforjustice.org](http://www.mobilizationforjustice.org)

MFY provides free legal assistance to New Yorkers on a variety of civil legal issues, including issues related to disability and aging rights.

### **Manhattan Seniors Project**

[www.mfy.org/projects/  
manhattan-seniors-project](http://www.mfy.org/projects/manhattan-seniors-project)

Manhattan Seniors Project

provides a wide range of civil legal services to low-income seniors including benefits, health care, consumer, and abuse issues, prioritizing those at risk of losing their housing and independence.

### **New York Legal Assistance Group (NYLAG)**

7 Hanover Square, 18th Floor

New York, NY 10004

(212) 613-5000

[www.nylag.org](http://www.nylag.org)

NYLAG is a non-profit law office providing free civil legal services to low-income New Yorkers. Elder Law Specialists work with seniors to address

issues related to entitlements, health care, nursing home/hospital rights, guardianship, abuse and neglect, consumer matters, and other issues affecting seniors.

### **Urban Justice Center**

40 Rector Street, 9th Floor  
New York, NY 10006  
(646) 602-5600

[www.urbanjustice.org](http://www.urbanjustice.org)

The Urban Justice Center provides direct legal services, advocacy, political organization, and community education to New York's most vulnerable populations. The Center is composed of 10 different projects: Community Development, Domestic Violence, Safety Net, Human Rights, Iraqi Refugee Assistance, Mental Health, Peter Cicchino Youth, Sex Workers, Street Vendor, and Veteran Advocacy.

### **Volunteer Lawyers for the Arts (VLA)**

1 East 53rd St., 6th Floor  
New York, NY 10022  
(212) 319-2787, ext. 1

[www.vlany.org](http://www.vlany.org)

VLA provides pro bono arts-related legal representation to low-income individual artists and nonprofit arts organizations and a broad range of other

services for the arts community, including legal counseling, educational programs, advocacy, and alternative dispute resolution.

### **Volunteers of Legal Service (VOLS): Elderly Project**

40 Worth St., Suite 820  
New York, NY 10013

Elderly Project Hotline:  
347-521-5704

[www.volsprobono.org](http://www.volsprobono.org)

The VOLS Elderly Project provides free legal services to low-income Manhattan residents aged 60 or older by conducting 12 monthly legal advice clinics at senior centers (including Encore Community Services at 239 W. 49th St.) that provide legal information and advice to elder services case managers, social workers and advocates. The project also coordinates volunteer attorneys to represent eligible seniors seeking assistance with Life Planning Documents.

### **Assistance for Victims of Crimes**

### **Crime Victims Treatment Center (CVTC)**

40 Exchange Place, Suite 510  
New York, NY 10005  
(212) 523-4728

<http://www.cvtcnyc.org/>  
CVTC provides crisis intervention, forensic documentation, individual and group trauma-focused therapy, legal advocacy for sexual assault and domestic violence, complementary therapy and psychiatric consultation. The Center also provides counseling for friends and family of victims of violent crimes. Services are confidential and free of charge.

**Manhattan District Attorney's  
Witness Aid Services Unit**

(212) 335-9040  
<https://www.manhattanda.org/wasu-test/>  
The Witness Aid Services Unit provides a variety of court-related services, social services, and counseling services designed to meet the needs of crime victims, witnesses, and their families.

**Manhattan District Attorney's  
Victim Resources**

(212) 335-4308 (Domestic Violence & Child Abuse)  
(212) 335-907 (Elder Abuse)  
[www.manhattanda.org/victim-resources/](http://www.manhattanda.org/victim-resources/)  
Provides a full range of services to crime survivors and their families.

**New York State Office of  
Victim Services**

55 Hanson Place, 10th Floor

Brooklyn, NY 11217  
(800) 247-8035  
<https://ovs.ny.gov/>  
Provides financial assistance for victims' expenses such as medical bills, counseling, burial and funeral costs, lost wages, and other types of assistance. Connects victims to a network of victim service providers across New York.

**Elder Abuse Resources**

**New York City Department  
for the Aging Elderly Crime  
Victims Resource Center**

2 Lafayette St  
New York, NY 10007  
Call 311  
<https://www1.nyc.gov/site/dfta/services/elder-abuse-crime.page>  
The Elderly Crime Victims Resource Center provides direct resources and referrals, elder abuse prevention activities and counseling, and supportive services to victims of elder abuse. After hours calls will be rerouted to Safe Horizon's hotline for 24/7 assistance.

**New York City Elder Abuse  
Center Helpline**

(212) 746-6905  
<https://nyceac.org/>  
Non-emergency service for concerned persons that provides information, support and resources. Services are free and confidential.

**New York State Department  
of Health’s Nursing Home and  
Adult Care Abuse Hotlines**

To file a complaint regarding  
Certified Adult Care Facilities,  
including abuse, contact: Adult  
Home Complaint Hotline:

(866) 893-6772

Home Care/Hospice Hotline:

(800) 628-5972

Nursing Home Abuse Hotline:

(888) 201-4563

Federal and State regulations  
require the reporting of  
alleged violations of abuse,  
mistreatment and neglect  
immediately to the facility  
administrator and to the  
Department of Health.

**The Harry and Jeanette  
Weinberg Center for Elder  
Justice Information Hotline:**

(800) 567-3646

[https://theweinbergcenter.org/  
Fmfj](https://theweinbergcenter.org/Fmfj)

The Weinberg Center is the  
Nation’s first elder abuse shelter  
serving eligible individuals 60  
years and older. The Center  
provides emergency short-term  
housing, health-care services,  
legal advocacy, and support  
services to victims of elder  
abuse.

# LGBT Services

The following resources offer support and programming to LGBT individuals.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## **Callen-Lorde Community Health Center**

356 West 18th St.

New York, NY 10011

(212) 271-7200

<http://callen-lorde.org/>

Callen-Lorde Community Health Center provides quality health care and related services geared toward New York's lesbian, gay, bisexual, and transgender communities, regardless of ability to pay.

## **Gay Men's Health Crisis (GMHC)**

307 West 38th Street

New York, NY 10018

(212) 367-1000

[info@gmhc.org](mailto:info@gmhc.org)

<http://www.gmhc.org/>

Provides HIV/AIDS prevention, care and advocacy, and offers a number of programs serving people over 50, including wellness services, nutrition education, mental health services, advocacy and benefits, and HIV testing.

## **LGBT National Help Center**

LGBT National Hotline

(888) 843-4564

LGBT National Senior Hotline

(888) 234-7243

(for adults over 50)

Email: [help@LGBThotline.org](mailto:help@LGBThotline.org)

<http://www.glnh.org>

This free and anonymous hotline offers peer counseling and referrals for services available to LGBT individuals nationwide. The hotline is run by the LGBT National Help Center, which also operates an online peer-support chat program.

## **The Lesbian, Gay, Bisexual and Transgender Community Center of NYC**

208 West 13th Street

New York, NY 10011

(212) 620-7310

Email: [info@gaycenter.org](mailto:info@gaycenter.org)

<https://gaycenter.org/home>

The Center provides social services, public policy, educational, cultural, and recreational programs designed to nurture and empower LGBT people. Programming and support services include substance abuse treatment and prevention, HIV-related concerns, bereavement, transgender issues, coming out matters, and other mental health needs.

**Mount Sinai Health Systems  
LGBT Health Services:**

Mount Sinai Health Systems provides primary, specialty, and hospital care for LGBT individuals, transgender health services including a Center for Transgender Medicine & Surgery, patient navigation services, and health education for LGBT organizations throughout the City. The two Mount Sinai hospitals in our district are:

**Mount Sinai Beth Israel**

281 First Avenue (First Avenue at 16th Street)

New York, NY 10003

(212) 420-2000 or (212) 857-9980  
-and-

**Mount Sinai West**

1000 Tenth Avenue

New York, NY 10019

(212) 523-4000 or (212) 857-9990

**Transgender Legal Defense and Education Fund**

520 8th Avenue, Suite 2204

New York, New York 10018

646-862-9396

[www.transgenderlegal.org/](http://www.transgenderlegal.org/)

The mission of Transgender Legal Defense and Education Fund is to end discrimination and achieve equality for transgender people. They offer education on transgender rights and legal representation for transgender people experiencing

discrimination in federal courts and for those seeking name changes.

**Services and Advocacy for  
LGBT Elders (SAGE)**

305 Seventh Avenue, 15th Floor  
New York, NY 10001

National Headquarters:

(212) 741-2247

SAGE Center Midtown:

(646) 576-8669

<http://www.sageusa.org/>

SAGE is a national

organization that advocates

on behalf of elderly LGBT

individuals through policy

work, partnerships, and local

community centers throughout

the United States. It offers a

variety of services including

cultural, health and wellness,

and workforce development

programs. You can contact the

SAGE LGBT Elderly Hotline at

(888) 234-SAGE.

# Local Pharmacies

There are many pharmacies in the district where you can pick up your household needs and your prescription medications.

## **Elm Drugs**

56 Seventh Avenue  
(between W 13th & W 14th  
Streets)  
New York, NY 10011  
(212) 255-6100  
Elmdrugs.com

## **C. O. Bigelow**

414 Sixth Avenue  
New York, NY 10011  
(212) 533-2700  
bigelowchemists.com

## **New London Pharmacy**

246 Eighth Ave  
New York, NY 10011  
Pharmacy: (212) 243-4987  
General Info: (212) 243-4987  
ext. 305  
Newlondonpharmacy.com

## **Village Apothecary**

346 Bleecker Street  
New York, NY 10014  
(212) 807-7566  
Villageapothecary.com

# Long-Term Care

Long-term care refers to medical, personal, or other services that you may need over an extended period of time. We hope these resources will make the process of learning about long-term care easier and more efficient.

## **Eldercare Locator**

(800) 677-1116

<https://eldercare.acl.gov>

The Eldercare Locator is designed to help older adults and their families and caregivers find their way through the maze of services for seniors, including long-term care, by identifying trustworthy local support resources. The goal is to provide users with the information and resources that will help older persons live independently and safely in their homes and communities for as long as possible.

## **Guide to Medicaid Managed Long-Term Care**

[www.health.ny.gov/health\\_care/medicaid/redesign/docs/mltc\\_guide\\_e.pdf](http://www.health.ny.gov/health_care/medicaid/redesign/docs/mltc_guide_e.pdf)

The Department of Health's website includes this guide that

explains how to choose a long-term care plan.

Managed Long-Term Care Plan Directory

[www.health.ny.gov/health\\_care/managed\\_care/mltc/mltcplans.htm](http://www.health.ny.gov/health_care/managed_care/mltc/mltcplans.htm)

The Managed Long-Term Care Program provides health and long-term care services to adults with chronic illness or disabilities. This link takes you to a directory of long-term care plans in New York State.

## **National Clearinghouse for Long-Term Care Administration of Community Living**

330 C St SW

Washington, D.C. 20201

(202) 401-4634

[www.longtermcare.gov](http://www.longtermcare.gov)

LongTermCare.gov is a government website run by the U.S. Department of Health and Human Services. The website provides information about the services and supports included in long-term care and payment methods.

## **New York City Human Resources Administration (HRA)**

Info Line: (718) 557-1399

Home Care Services Manhattan  
CASA



132 W 125th Street, 5th Floor  
New York, NY 10027  
212-666-6276, 212-665-1664  
[www.nyc.gov/html/hra/html/services/long\\_term\\_care.shtml](http://www.nyc.gov/html/hra/html/services/long_term_care.shtml)  
The NYS Partnership for Long-Term Care (NYSPLTC) is a unique Department of Health program combining private long-term care insurance and Medicaid Extended Coverage (MEC). Its purpose is to help New Yorkers financially prepare for the possibility of needing nursing home care, home care, or assisted living services.

**New York State Department of Health Consumer Guide to Long-Term Care**

[www.health.ny.gov/health\\_care/medicaid/program/longterm/](http://www.health.ny.gov/health_care/medicaid/program/longterm/)  
The New York State Department of Health offers an online “Consumer Guide to Community-Based Long-Term Care,” which explains what long-term care services are, who can receive them, how to find these services, and methods of payment.

**ICAN (Independent Consumer Advocacy Network)**

(844) 614-8800  
<http://icannys.org>  
ICAN is the New York State

Ombudsprogram for people with Medicaid who need long-term care or behavioral health services. They help with enrolling in and using managed care plans that cover long term care or behavioral health services. Services include private, one-on-one counseling about health insurance options through, education for consumers and caregivers, and professional training for social services organizations. All services are free and confidential.

**Long Term Care Community Coalition (LTCCC)**

1 Pennsylvania Plaza, Suite 6252  
New York, NY 10119  
(212) 385-0355  
<http://nursinghome411.org/LTCCC> educates the public and advocates for systemic change to improve the lives of older adults and people with disabilities living in long-term care facilities.

**MFJ Legal Services Nursing Home Residents Project (NHRP)**

100 William St., 6th Floor  
New York, NY 10038  
Intake: 855-444-6477  
(Tuesdays, 10am-5pm) <http://mobilizationforjustice.org/projects/nursing-home-residents-project/>  
The NHRP provides

information, advice, and advocacy for nursing home residents and their families. They also offer legal representation in areas such as abuse and neglect, civil rights, improper discharge planning, and unfair consumer practices.

### **A Place for Mom**

(866) 518-0936

<http://www.aplaceformom.com>

Free referral service to find the right residential senior care center for loved ones.

### **Aging with Dignity**

(850) 681-2010

<http://www.agingwithdignity.org/about.php>

Organization that helps elders make informed choices later in life.

### **End of Life Choices NY**

(212) 726-2010

<http://endoflifechoicesny.org/>

This organization's goals are to support, educate and advocate for people who are in their last stages of life. They believe that all people should have the right to die humanely and with the least amount of pain. They offer various services and advocate for justice at the end of life.

### **Hospice Foundation of America**

(202) 457-5811

<http://www.hospicefoundation.org/>

Provides resources for people in end of life situations within their families and/or professions. Their goal is to enhance the U.S. Healthcare System with its services and resources.

# Medical Marijuana

Medical marijuana has been credited with a host of therapeutic uses in recent years. This is especially true for older adults suffering from cancer, Alzheimer's, certain kinds of pain, and more. It is always essential that you speak with your doctor about whether the medical use of marijuana is appropriate for your condition. To learn more about medical marijuana in New York State, please see the resources below.

## **New York State Department of Health Riverview Center**

150 Broadway, Suite 355  
Albany, NY 12204  
(866) 811-7957

Medical Marijuana Program  
Helpline: (844) 863-9312  
[https://www.health.ny.gov/regulations/medical\\_marijuana/faq.htm](https://www.health.ny.gov/regulations/medical_marijuana/faq.htm)

The NYS Department of Health website contains a wealth of useful information about using medical marijuana in New York State, including finding a practitioner, finding a dispensary, current law, and more.

## **Columbia Care**

212 East 14th Street  
New York, NY 10003  
(646) 453-7178  
[www.col-careny.com/](http://www.col-careny.com/)  
Columbia Care Manhattan dispensary is one of the first medical marijuana dispensaries in New York State, providing pharmaceutical-grade products to qualifying patients in New York.

# NYPD Police

## Precincts

Below is a list of NYPD precincts in our district, along with the meeting times of each Precinct Community Council. Precinct Community Councils are designed to foster connections between community residents and NYPD service members.

*Meeting locations and times may be impacted by COVID-19. Please inquire to confirm.*

### 1st Precinct

16 Ericsson Place  
New York, NY 10013-2411  
(212) 334-0611  
Community Affairs:  
(212) 334-0640  
[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/1st-precinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/1st-precinct.page)  
The Precinct Community Council meetings are held at 6:30pm on the last Thursday of each month at the First Precinct.

### 6th Precinct

233 West 10th Street  
New York, NY 10014  
(212) 741-4811  
Community Affairs:  
(212) 741-4826  
[www1.nyc.gov/site/nypd/](http://www1.nyc.gov/site/nypd/)

[bureaus/patrol/precincts/6th-precinct.page](#)  
The Precinct Community Council meetings are held on the last Wednesday of each month at 25 Carmine Street, New York, NY 10014, at 7:30pm.

### 9th Precinct

321 East 5th Street  
New York, NY 10003  
(212) 477-7811  
Community Affairs:  
(212) 477-7805  
[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/109th-precinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/109th-precinct.page)  
The Precinct Community Council meets on the third Tuesday of the month at 7pm at the 9th Precinct located at 321 East 5th Street.

### 10th Precinct

230 West 20th Street  
New York, NY 10011  
(212) 741-8211  
Community Affairs:  
(212) 741-8226  
<https://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/10th-precinct.page>  
The Precinct Community Council meets on the last Wednesday of the month at 7pm at the 10th Precinct located at 230 West 20th Street.

### **13th Precinct**

230 East 21st Street  
New York, NY 10010  
(212) 477-7411

Community Affairs:  
(212) 477-7427

<https://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/13th-precinct.page>

The Precinct Community Council meets on the third Tuesday of the month at the 13th Precinct at 6:30pm.

### **17th Precinct**

167 East 51st Street  
New York, NY 10022  
(212) 826-3211

Community Affairs:  
(212) 826-3228

[www1.nyc.gov/site/nypd/bureaus/patrol/precincts/17th-precinct.page](http://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/17th-precinct.page)

The Precinct Community Council meets on the last Tuesday of every month at 6pm at Sutton Place Synagogue, 225 East 51st Street.

### **20th Precinct**

120 West 82nd Street  
New York, NY 10024  
(212) 580-6411

Community Affairs:  
(212) 580-6428

<https://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/20th-precinct.page>

The Precinct Community Council meetings are usually held the fourth Monday of each month (except July and August) at the 20th Precinct at 7pm.

### **Midtown North Precinct**

306 West 54th Street  
New York, NY 10019  
(212) 767-8400

Community Affairs:  
(212) 767-8447

<https://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-north-precinct.page>

The Precinct Community Council meets every third Tuesday of the month at 7pm at the Midtown North Pct. Station House. Meetings are not held in July/August.

### **Midtown South Precinct**

357 West 35th Street  
New York, NY 10001-1701  
(212) 239-9811

Community Affairs:  
(212) 239-9846

<https://www1.nyc.gov/site/nypd/bureaus/patrol/precincts/midtown-south-precinct.page>

The Precinct Community Council meets on the third Thursday of the month at 7pm at the New Yorker Hotel.

# Opioid Addiction Resources

Opioid addiction is an epidemic in our country. Below are resources to help combat drug abuse and attend to the care of those affected.

*Please note that office hours may have changed and services may be limited due to the COVID-19 pandemic. Contact an organization/agency directly for more information.*

## **Educational Alliance - Center for Recovery and Wellness (CRW)**

25-29 Avenue D  
New York, NY 10009  
(646) 395-4405  
[https://edalliance.org/  
community-centers-programs/  
crw/](https://edalliance.org/community-centers-programs/crw/)  
Offers residential and outpatient treatment programs as well as proactive community programming and prevention education.

## **NYC Department of Health - Alcohol & Drug Use**

24/7 Help Hotline:  
(888) 692-9355 (888-NYC-WELL)

<https://www1.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page>  
The NYC Department of Health website contains information about how to prevent an overdose and where you can go if you or someone you know has overdosed.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

5600 Fishers Lane  
Rockville, MD 20857  
General Inquiries: (877) 726-4727 (SAMHSA-7)  
National Suicide Prevention Lifeline (800) 273-8255 (TALK) / TTY: (800) 799-4889  
National Helpline (800) 662-4357 (HELP) TTY: (800) 487-4889  
Disaster Distress Helpline (800) 985-5990 / TTY: (800) 846-8517  
[www.samhsa.gov](http://www.samhsa.gov)  
SAMHSA offers numerous resources and hotlines for those seeking treatment and concerned loved ones.

# Pet Care

Seniors who would like assistance with the care of their pets can reach out to organizations that provide in-home pet care services. Other organizations offer pet therapy programs through which pets provide emotional comfort to individuals in need.

*Please note that some programs may be temporarily suspended and services may be changed to reflect COVID-19 protocols.*

## **Animal Medical Center (AMC)**

510 East 62nd Street  
New York, NY 10065  
(212) 838-8100 main  
(212) 838-7053 appointments  
24/7 emergency room and specialty care for dogs, cats, and exotic pets.

## **ASPCA Animal Hospital, Services, and Advocacy**

424 East 92nd Street  
New York, NY 10128  
(646) 259-4080  
<https://www.aspcanet.org/nyc/aspcanet-animal-hospital-nyc>  
The ASPCA provides a range of services and advocacy for our animals, including their animal hospital. The Animal Hospital provides urgent veterinary care for cats and dogs

whose owners are experiencing financial challenges. Reduced cost services are available to lower income households. Appointment required, no walk-ins. Normal hours are Monday-Saturday from 8:30am-4:00pm. Call before visiting.

## **Pets Are Wonderful Support (PAWS) New York**

134 West 29th Street  
Suite 802

New York, NY 10001  
(212) 203-4760

<http://pawsny.org/>

The mission of PAWS NY is to help New York City's most vulnerable residents remain with their pets by delivering critical programs and services through a community of partners and volunteers. The Housecalls Program is their core program where volunteers make home visits to provide dog walking, litter maintenance, medication administration, provision of food and water, transportation to/from the vet, and grooming for older pet owners who meet their eligibility requirements. Through the Pets Pantry Program, PAWS NY also distributes pet food and supplies on a limited basis to people who are having trouble buying food for their pets.



## **Therapy Dogs International**

(973) 252-9800

Email: [tdi@gti.net](mailto:tdi@gti.net)

<http://www.tdi-dog.org/>

Therapy Dogs International (TDI) provides therapy dog visits to homes, nursing homes, shelters, and hospitals as well as therapy dog support during hospice care.

# Senior Centers

Becoming involved in senior centers can be an excellent way to stay engaged with your peers and community while meeting new people. There are a number of senior community centers in our district that provide a variety of programs, including lectures, classes, financial and legal services, and meals.

*Please note that operating hours and services provided at most senior centers have been severely impacted to prevent the spread of COVID-19. Some are temporarily closed for in-person programming, but some services may be provided by phone and online. Call or email each center for the latest information.*

*Older adults in need of meal delivery service can enroll in New York City's emergency meal program by GetFoodNYC, by calling 311 or visiting [nyc.gov/GetFoodNYC](http://nyc.gov/GetFoodNYC).*

## **The Educational Alliance's Sirovich Senior Center**

331 East 12th Street  
New York, NY 10003  
(212) 228-7836  
[edalliance.org/community-](http://edalliance.org/community-)

centers-programs/sirovich/  
Normally, services include: Free breakfast (8:30am - 10am), lunch (12pm - 1pm), and dinner (5pm - 6pm) for people aged 60 or older. The Center also offers a variety of other services, including arts and cultural educational programs, health and wellness workshops, ballroom dancing, line/jazz dancing, Zumba, computer lab access, an Asian choral group, an Asian dance group, cooking classes, movie matinees, yoga, tai chi, and karaoke.

*During the pandemic, they are offering a variety of online programming including exercise and other enrichment classes.*

*Suspended all food services and classes until further notice. Offer a tech assistance pamphlet. Contact them for more information.*

## **Encore Senior Center**

239 West 49th Street  
New York, NY 10019  
(212) 581-2910  
<http://www.encorenyc.org/programs/>

Normally open from 9am - 4pm, Monday through Friday. The Center offers lectures and discussion groups on various subjects, such as crime prevention, nutrition, legal rights, fire safety, and estate

planning. It also offers a variety of activities, such as yoga, tai chi, salsa movement, painting classes, movies, trips, birthday celebrations, bingo, concerts, and holiday parties. From 9am - 10am, the Center also offers a breakfast cart to seniors for a small fee.

*During the pandemic, The Center is offering a variety of online programming including exercise and other enrichment classes.*

### **Goddard Riverside Senior Centers**

[goddard.org/programs/older-adults/seniorcenter/](http://goddard.org/programs/older-adults/seniorcenter/)

Normally, services provided include breakfast and lunch, social events, benefits advocacy, wellness health and nutrition classes, trips, community partnerships, arts and music workshops, and much more. There are also on-site staff members available to help with housing issues.

*During the pandemic, The Center is offering online events and programming including exercise and other enrichment classes.*

### **Goddard Senior Center Locations:**

Goddard Riverside Senior Center  
593 Columbus Avenue

New York, NY 10024  
(212) 873-6600 x331  
Lincoln Square Senior Center  
250 West 65th Street  
New York, NY 10023  
(212) 874-0860

### **Greenwich House Senior Centers**

122 West 27th Street, 6th Floor  
New York, NY 10001  
(212) 991-0003

General inquiries:

[seniors@greenwichhouse.org](mailto:seniors@greenwichhouse.org)  
<https://www.greenwichhouse.org/senior-services/senior-centers/>

Greenwich House operates several senior centers that provide services for seniors in and around Greenwich Village. The Centers offer meals and a variety of activities, including poetry, health lectures, painting, bingo, exercise classes, movies, sing-a-longs, card playing, and day trips. Staff members also help seniors obtain the services, benefits, entitlements and referrals that they need.

*As of this guide's publication, The Centers have suspended all food services and in-person events until further notice. They have set up a Seniors Online Learning Center with resources, games, exercise classes, enrichment programming,*

concerts, and much more.  
You can access this at [www.  
greenwichhouse.org/senior-  
services/senior-centers/online-  
learning-center/](http://www.greenwichhouse.org/senior-services/senior-centers/online-learning-center/)

### **Greenwich House Senior Center Locations:**

Judith C. White Senior Center  
27 Barrow Street, 4th Floor  
New York, NY 10014-3823  
Phone: (212) 242-4140, Ext. 260

**Senior Center  
at Independence Plaza**  
310 Greenwich Street  
New York, NY 10013  
(212) 267-0499

**Senior Center on the Square**  
20 Washington Square North  
New York, NY 10011  
(212) 777-3555, Ext.106

**Senior Center at Our Lady of  
Pompeii Church**  
25 Carmine Street  
(Enter at 238 Bleecker Street)  
New York, NY 10014  
(212) 989-3620

**Hudson Guild Adult Services**  
119 Ninth Avenue  
New York, NY 10011  
(212) 924-6710  
[www.hudsonguild.org](http://www.hudsonguild.org)  
Normally, Hudson Guild  
Adult Services provides

personal support and social  
services to clients aged 55 or  
older, including intensive and  
walk-in case management for  
both homebound and mobile  
seniors, information and  
referral services, and access to  
additional services for legal,  
financial, health insurance,  
medical, and housing needs.  
*As of this guide's publication, in-  
person services are suspended to  
prevent the spread of COVID-19.  
Virtual services are available: for  
social services, call (973) 922 3489.  
To speak with someone about food  
delivery, call (212) 787 8106. To  
reach the mental health clinic, call  
(212) 760 9822.*

**John Paul II Friendship Center**  
103 7th Street  
New York, NY 10009  
(212) 673-7704  
[https://polishslaviccenter.org/  
m,6779,john-paul-ii-friendship-  
center.html](https://polishslaviccenter.org/m,6779,john-paul-ii-friendship-center.html)

Sponsored by the Polish Slavic  
Center, this senior center is for  
people aged 60 years or older  
and offers a variety of services,  
including lunch, cultural and  
educational activities, music,  
television, games, bingo,  
retirement benefit information,  
computer courses, English  
classes, immigration and legal  
services, and more.

## **Lenox Hill Neighborhood House Senior Center at Saint Peter's Church**

619 Lexington Avenue  
New York, NY 10022  
(212) 308-1959

<https://www.lenoxhill.org/saintpeters>

Normally, this senior center offers lunches, educational, recreational, health and wellness activities, enrichment classes, nutrition education, and more.

*As of this guide's publication, all in-person events have been suspended until further notice. For information on virtual classes, you can visit their website.*

## **Project FIND Senior Centers**

160 West 71st Street, #2F  
New York, NY 10023  
(212) 874-0300

[www.projectfind.org](http://www.projectfind.org)

Project FIND was established by the National Council on Aging and works to provide homeless and low-and-moderate-income seniors with the services they need. They operate supportive housing residences and senior centers with a variety of programming.

Locations in the 27th State Senate District are the Clinton Senior Center, the Coffeehouse Senior Center, and the

Woodstock Senior Center. See below for more information.

## **Clinton Senior Center (Project FIND)**

530 West 55th Street  
New York, NY 10019  
(212) 757-2026

[www.projectfind.org/clinton](http://www.projectfind.org/clinton)

Normally, services offered include: Lunch (Monday - Friday, 12pm - 1pm) and light dinner (Wednesdays), gardening club, library, large dining room, trips, holiday parties, computer classes, strength training, tai chi, belly dancing, ping-pong, Zumba, chorus, line dancing, bingo, senior legal clinic, and aromatherapy.

*During the pandemic, they are offering a variety of online programming including exercise and other enrichment classes.*

## **Coffeehouse Senior Center (Project FIND)**

331 West 42nd Street  
New York, NY 10036  
(646) 545-4621

[www.projectfind.org/coffeehouse](http://www.projectfind.org/coffeehouse)

Normally, services include: Breakfast and lunch are provided Monday through Friday to seniors aged 60 years or older. A take-away bag of canned items is available

for eligible seniors (must meet criteria) four days a week. Dinner is offered every Thursday evening.

*During the pandemic, they are offering a variety of online programming including exercise and other enrichment classes.*

### **Woodstock Senior Center (Project FIND)**

127 West 43rd Street, 2nd Floor  
New York, NY 10036

(212) 575-0693

[www.projectfind.org/woodstock\\_center](http://www.projectfind.org/woodstock_center)

Normally, services include: Breakfast and lunch offered Tuesday through Sunday (8:30am – 10am) to seniors aged 60 years or older. The Center also offers a computer room, Sunday art classes, monthly parties, homeless-in-reach program, shower facilities on weekday mornings, tai chi, exercise classes, and board games.

*During the pandemic, they are offering a variety of online programming including exercise and other enrichment classes.*

### **Eddie Windsor SAGE Center (Midtown)**

305 Seventh Avenue, 15th Floor  
New York, NY 10001

(646) 576-8669

<https://sagenyc.org/nyc/centers/midtown.cfm>

The first LGBT Senior Center when it opened in January 2012. SAGE, or Services & Advocacy for LGBT Elders, is a national organization that offers supportive services and consumer resources for LGBT older adults and their caregivers. Services offered at their Midtown location include: case management; caregiver support; benefits counseling; employment assistance; and arts, fitness and nutritional classes.

*As of this guide's publication, in-person services are suspended to prevent the spread of COVID-19. Virtual programming is available by visiting their website.*

### **Stein Senior Center**

204 East 23rd Street  
New York, NY 10010

(646) 395-8083

[www.steinseniorcenter.org/](http://www.steinseniorcenter.org/)

The Stein Senior Center offers lunch, early stage Alzheimer's support, nutrition talks, crime victims services, blood pressure tests, tax preparation, flu shots, arthritis exercise, opera appreciation, knitting, birthday parties, bridge club, meditation, strength training, play reading, movies, Shakespeare,

Yiddish club, and benefits and entitlements assistance.

*As of this guide's publication, in-person services are suspended to prevent the spread of COVID-19. Please call to learn more about delivery services. For information on virtual classes, visit their website.*

### **VISIONS Senior Center**

135 West 23rd Street

New York, NY 10011

(646) 486-4444, ext. 16

[https://www.visionsvcb.org/  
what-we-do/senior-center/](https://www.visionsvcb.org/what-we-do/senior-center/)

VISIONS is the first senior center designed for adults who are blind or severely visually impaired.

*As of this guide's publication, in-person services are suspended to prevent the spread of COVID-19.*

*For information on virtual classes, call (212) 799 7205 ext. 215.*

### **West Side Inter-Agency Council for the Aging**

241 West 72nd Street

New York, NY 10023

(212) 799-7205

[wsiaca.org](http://wsiaca.org)

Normally, the Council offers networking opportunities, lectures, performances, fine arts instruction, recreational activities, fitness activities, performing arts and musical

workshops, and trips. They also offer social work services.

*As of this guide's publication, in-person programming is suspended to prevent the spread of COVID-19, but they are offering virtual programming and services.*



# Technology

Various organizations and City institutions offer free or reduced-price technology classes year-round. Below is a list of course offerings in our district.

*Please call or email specific organizations for their new protocols and hours of operations to ensure safety during the COVID-19 pandemic.*

## **NYC Department of Parks & Recreation: Computer Resource Centers**

The New York City Department of Parks & Recreation provides basic instruction for seniors and others who have limited experience with computers, as well as instruction on topics like web browsing, Internet security, resume writing, and web design. All classes are free to Parks Department Recreation Center members.

*Please note that Recreation and Computer Resource Centers may be temporarily closed to mitigate the spread of COVID-19. Please call before visiting any center to obtain updated information.*

Locations:

### **Chelsea Recreation Center**

430 West 25th Street  
New York, NY 10001  
(212) 255-3705  
[www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M260/schedule#CRC)

### **East 54th Street Recreation Center**

348 East 54th Street  
New York, NY 10022  
(212) 754-5411  
[www.nycgovparks.org/facilities/recreationcenters/M130/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M130/schedule#CRC)

### **Gertrude Ederle Recreation Center**

232 West 60th Street  
New York, NY 10023  
(212) 397-3159  
[www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M063/schedule#CRC)

### **Tony Dapolito Recreation Center**

1 Clarkson Street  
New York, NY, 10014  
(212) 242-5228  
[www.nycgovparks.org/facilities/recreationcenters/M103/schedule/2015-10-26#CRC](http://www.nycgovparks.org/facilities/recreationcenters/M103/schedule/2015-10-26#CRC)

## **TechOpps**

(212) 360-2791

Email:

techopps.crc@parks.nyc.gov  
<https://www.nycgovparks.org/programs/media/techopps>

TechOpps is a program offered through NYC Parks Media Education Programs, where members can receive computer training in Microsoft Office or Adobe Creative Cloud. Those who apply and are accepted into the program will be expected to devote 12-15 hours per week for 6-8 weeks, in order to prepare for certification as either a Microsoft Office Specialist or Adobe Certified Associate in Visual Communication using Adobe Creative Cloud. Upon completion of this program, each participant will be able to take a certification exam. The Adobe Certification Exams are free to all members. Microsoft Office exams must be purchased in advance of testing.

## **New York Public Library**

(917) ASK-NYPL (275-6975)

The New York Public Library's TechConnect program offers more than 80 technology classes at libraries throughout the Bronx, Manhattan, and Staten Island – all absolutely free.

*\*Offering online TechConnect programs - more info at <https://www.nypl.org/tech-connect>*

## **Older Adults Technology Services (OATS)**

168 7th Street, Suite 3A

Brooklyn, NY 11215

(718) 360-1707

[www.oats.org](http://www.oats.org)

OATS, operated by the NYC Parks & Recreation Department, provides free computer training to older adults in communities across New York City.

## **OATS Senior Planet Exploration Center**

127 West 25th Street

New York, NY 10001

(718) 360-1707 and

(646) 590-0615

<https://seniorplanet.org/>

OATS provides computer and technology resources and training (classes at both the introductory and advanced levels) for older adults, and operates an intergenerational program with high school students to use technology to promote cross-generational connections.

*\*Offering online programs and COVID-specific resources*

## **SeniorTechNYC at the JCC**

334 Amsterdam Avenue

New York, NY 10023

(646) 505-4390

<https://mmjccm.org/senior-tech>

The Jewish Community Center holds technology classes for seniors, including courses in how to use tablets, cell phones and computers (both PC and Apple). Registration for courses is available through the website or by calling the number above.

# Transportation

Many senior centers provide free or reduced-price transportation programs for their members. Contact your local senior center for more information (or refer to any of the senior centers mentioned in this guide).

*Please take care when taking public transportation during the pandemic and note that some in-person services may be closed temporarily.*

## **AAR (Access-A-Ride) NYC Transit Customer Services**

2 Broadway, 11th Floor  
New York, NY 10004  
(877) 337-2017  
<https://new.mta.info/accessibility/paratransit>  
AAR provides transportation for people with disabilities and seniors throughout NYC and nearby Nassau and Westchester counties.

## **EasyPay MetroCard**

The Customer Service Center:  
3 Stone Street  
New York, NY 10004  
5-1-1 or (877) 323-7433  
<https://new.mta.info/fares/easypay>  
The EasyPay MetroCard is linked to your credit or debit

card and refills automatically as you use it so you don't have to wait in lines. Apply online or call for an application or additional information.

## **New York Foundation for Senior Citizens (NYFSC): Project C.A.R.T.**

11 Park Place, 14th Floor  
New York, NY 10007  
(212) 956-0855  
<http://www.nyfsc.org/support-services/free-transportation/>  
Project C.A.R.T. provides free transportation van services for senior citizens aged 60 or over who have difficulty using public transportation. Vans are wheelchair accessible. C.A.R.T.'s five vans take seniors to and from medical appointments and hospitals, activities at senior centers, and entitlement appointments. The vans operate Monday through Friday from 9am to 3:45pm; the vans are not available during lunch hours of 12pm to 1pm.

## **Parking Permits for People with Disabilities (NYC DOT)**

28-11 Queens Plaza North, 8th Floor  
Long Island City, NY 11101  
(718) 433-3100  
If you are a New York City resident with a disability that

impairs your mobility, you can apply for a City or State Parking Permit for People with Disabilities. This permit allows drivers to park in any space labeled by the International Symbol of Access in the U.S. and Canada. To apply for a permit, visit: <http://www.nyc.gov/html/dot/html/motorist/pppinfo.shtml#nycpermit>

### **Reduced-Fare MetroCards for customers 65+**

The Customer Service Center:  
3 Stone Street  
New York, NY 10004  
5-1-1 or (212) 638-7622  
<https://new.mta.info/fares/reduced-fare>

The MTA offers reduced-fare MetroCards at a fare of \$1.35 for customers aged 65 or older and for those with disabilities of any age.

### **Fair Fares NYC**

311

[nyc.gov/fairfares](http://nyc.gov/fairfares)

With the Fair Fares NYC discount, eligible New Yorkers can receive a 50% discount on either subway and eligible bus fares, or Access-A-Ride. Pay-Per-Ride, 7-Day (Weekly) and 30-Day (Monthly) Unlimited ride options are all available for those using the Fair Fares

MetroCard on subways and eligible buses. Access-A-Ride customers do not use a Fair Fares NYC MetroCard; their discount is applied automatically to their Access-A-Ride trips once their Fair Fares and Access-A-Ride accounts are linked. Check your eligibility on their website or by calling.

# Veterans

For free assistance in accessing your veterans' benefits, contact your State, county, or local veterans' benefits counselor at (888) VETS-NYS (838-7697) or (718) 447-8787. You can also visit [veterans.ny.gov](https://veterans.ny.gov) for more information about services available to veterans.

*Please note that offices may be temporarily closed and services may be temporarily provided online due to the COVID-19 pandemic.*

## Crisis Management:

### **National Suicide Prevention Hotline**

1-800-273-8255

### **Help for Alcoholism, Drug Abuse, Problem Gambling**

1-877-8-HOPENY

### **Veterans Crisis Line**

1-800-273-8255, press 1

### **City University of New York (CUNY) Veterans Affairs**

555 West 57th Street

14th Floor, Suite 1401

New York, NY 10019

646-664-8800

Email: [veterans@cuny.edu](mailto:veterans@cuny.edu)

<https://www.cuny.edu/about/>

[university-resources/veterans-affairs/](https://www.cuny.edu/about/university-resources/veterans-affairs/)

The CUNY Office of Veterans Affairs is dedicated to fostering a sense of community and to developing a channel of communication among veteran and reservist students, and with faculty, staff, and administration.

### **Harlem Veteran Center - Mental Health Center for Combat Veterans**

2279 Third Avenue (between East 123rd & 124th Streets)  
New York, NY 10035  
(646) 273-8139

### **Manhattan Veterans Center**

32 Broadway, 2nd Floor, Suite 200 (between Morris St. and Exchange Place)  
New York, NY 10004  
(212) 951-6866

### **NYC Veterans Alliance**

118 W 22nd Street

New York, NY 10011

(929) 265-4549

[https://www.](https://www.nycveteransalliance.org/)

[nycveteransalliance.org/](https://www.nycveteransalliance.org/)

The NYC Veterans Alliance is a nonpartisan, grassroots coalition dedicated to connecting NYC veterans to organizations, advocating for improved policies that affect veterans

and their families, informing the NYC veterans community and the public about policies and news affecting them, and empowering veterans to speak up and take action.

### **NYS Division of Veterans' Services**

245 West Houston Street (VA Regional Office)

New York, NY 10010

[www.veterans.ny.gov](http://www.veterans.ny.gov)

The Division works closely with federal, State, municipal, and private agencies to garner resources and knowledge to help veterans and their families with economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption needs.

### **VA Medical Center - Manhattan New York Harbor Healthcare System**

423 East 23rd Street (between 1st Avenue & Asser Levy Place)

New York, NY 10010

(212) 686-7500

### **Robin Hood Foundation: Veterans Initiative**

826 Broadway, 9th Floor

New York, New York 10003

(212) 227-6601

<https://www.robinhood.org/>

[programs/special-initiatives/veterans-initiative/index.html](https://www.robinhood.org/programs/special-initiatives/veterans-initiative/index.html)

The Robin Hood Foundation (RHF) invests in programs and initiatives that support and benefit veterans. RHF provides access to services (education, employment, mental health, housing, legal services, etc.) for vets and their families.

### **SAGEVets**

305 Seventh Avenue

15th Floor

New York, NY 10001

(212) 741-2247 x255

[www.sageusa.org/nyc/sagevets/index.cfm](http://www.sageusa.org/nyc/sagevets/index.cfm)

SAGEVets is a partnership between SAGE (Services & Advocacy for LGBT Elders) and the Veterans Justice/LGBT Projects of Legal Services NYC to help LGBT older adults who are military service veterans improve their access to VA benefits and their overall health and wellness. SAGEVets serves LGBT veterans over the age of 50 who reside in New York State. In addition to general assistance, SAGEVets will provide guidance to veterans impacted by the military's policies regarding LGBT people.



**United War Veterans Council,  
Inc.**

245 W Houston Street, #208  
New York, NY 10014  
(212) 693-1476  
uwvc.org

The mission of the United War Veterans Council is to mobilize our communities to honor and support America's veterans. UWVC hopes to unite veterans groups, community organizations, City, State and federal agencies, local businesses, and the general public behind efforts to care for veterans of all eras.

**United Service Organizations  
(USO) of Metropolitan New  
York**

USO Center Times Square  
625 Eighth Avenue (between  
West 40th & West 41st streets)  
New York, NY 10018  
(212) 695-6160  
www.usonyc.org

A nonprofit, congressionally chartered, private organization, the USO, with hundreds of locations around the world, lifts the spirits of America's troops and their families. *Please note that operations may be suspended at this location due to COVID-19. Please call or visit their website to check the latest information.*

**Veterans' Health Care Benefits  
(CHAMPVA)**

(800) 733-8387  
[www.va.gov/communitycare/  
programs/dependents/  
champva/](http://www.va.gov/communitycare/programs/dependents/champva/)  
CHAMPVA is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

**Yoga for Vets NYC**

[www.yogaforvets.org](http://www.yogaforvets.org)  
Find free yoga classes for veterans in the area.

**Veterans Yoga Project**

P.O. Box 6472  
Alameda, CA 94501 USA  
[https://www.  
veteransyogaproject.org/  
info@veteransyogaproject.org](https://www.veteransyogaproject.org/)  
Find free yoga and meditation classes in person and online. Often taught by veterans for veterans. Visit website or contact them directly for schedule. *Due to COVID-19, class schedules may be impacted. Please contact them directly to learn more.*

# COVID-19 Resources

A non-exhaustive list of important phone numbers, governmental agencies, testing sites, advocacy and action groups, and online cultural activities all working to keep seniors safe during the coronavirus (COVID-19) pandemic.

***IMPORTANT NOTE:** Although we have attempted to provide resources related to COVID-19 that will be useful and timely during this difficult time, information is changing rapidly. For the latest status on operations and services, please contact organizations directly.*

## *Important COVID-19 Numbers & Hotlines*

**For EMERGENCIES**  
911

**General NYC Inquiries**  
311

**Get NYC COVID-19  
Text Alerts**  
Text “COVID” to 692-692

**NYS COVID-19 Hotline**  
888-364-3065

**NYC Emergency Food Hotline**  
311

**NYS Emotional Support  
Hotline**  
844-863-9314

**NYC Mental Health Hotline**  
888-NYC-WELL (692-9355)  
or text “WELL” to 65173

**NYS Division of Consumer  
Protection Price Gouging  
Hotline**  
800-697-1220

**New York State Court System  
Coronavirus Hotline (24/7)**  
833-503-0447  
*For information about your juror service  
or a court case*

**Community Health  
Advocates Insurance Helpline**  
888-614-5400

**NYC Department  
for the Aging Connect Hotline**  
212-244-6469 or 311

**NYC Health & Hospitals**  
844-NYC-4NYC (692-4692)

**NYC Test & Trace Hotline**  
212-COVID-19 (268-4319)

**NYS Attorney General’s  
Information & Complaint  
Helpline**  
800-771-7755

**Senior Planet Tech Support  
Hotline**  
920-666-1959

**SAGE National LGBT  
Elder Hotline**  
877-360-5428

**NYS Department of Financial  
Services Consumer Hotline**  
800-342-3736  
*To report issues with your insurance  
company*

**Small Business Administration  
(SBA) New York District Office**  
212-264-2454

## *Staying Healthy*

**AccessNYC - COVID-19**  
3-1-1  
<https://access.nyc.gov/coronavirus-covid-19-updates/>  
AccessNYC provides daily updates on City Agency Services, including employment, food, housing, healthcare, school, immigration, and mental health. Provides resources for COVID-19 testing, updates, and benefit eligibility.

**Centers for Disease Control and Prevention (CDC)**  
The CDC provides guidance for older adults about the risks COVID-19 poses and recommended precautions for daily life.  
*CDC COVID-19 Guidance for the Aging*  
<https://www.cdc.gov/aging/covid19-guidance.html>  
*CDC Coronavirus (COVID-19)*

*Symptoms and Emergency  
Warning Signs:*  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

**Food and Drug Administration  
COVID-19 Guidelines:**  
Food and Drug Administration  
10903 New Hampshire Ave.  
Silver Spring, MD 20993-0002  
1-888-INFO-FDA  
(1-888-463-6332)

*COVID-19 Frequently Asked  
Questions*  
<https://www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/covid-19-frequently-asked-questions>  
Provides general information about COVID-19, vaccines, medicines, tests, food products, and animal, pets, and animal drug products.

*Guide on Personal Protective  
Equipment*  
<https://www.fda.gov/medical-devices/personal-protective-equipment-infection-control/n95-respirators-surgical-masks-and-face-masks>  
As COVID-19 is transmitted through airborne particles, wearing a mask is the best way to protect yourself and others. This guide explains when N95 respirators are appropriate, acceptable cloth coverings, and different surgical masks.

**New York State  
Department of Health**  
Riverview Center  
150 Broadway, Suite 355  
Albany, NY 12204  
New York State COVID-19  
Hotline: 1-888-364-3065  
The Department of Health  
provides daily COVID-19  
updates, including travel  
guidelines, health insurance  
information, and guides for  
protecting public health.  
[https://coronavirus.health.  
ny.gov/home](https://coronavirus.health.ny.gov/home)

**Medicare**  
(800) MEDICARE (633-4227)  
This number provides general  
Medicare information,  
information on ordering  
Medicare booklets, and  
information about health plans.  
See website below for specific  
information about Medicare  
telehealth coverage during  
the pandemic. [https://www.  
medicare.gov/coverage/  
telehealth](https://www.medicare.gov/coverage/telehealth)

**The National Council on Aging  
- My Medicare Matters**  
(571) 527-3900  
[support@mymedicarematters.  
org](mailto:support@mymedicarematters.org)  
My Medicare Matters is an  
online tool that simplifies the  
process of choosing a Medicare  
plan. It details plan options,  
costs to expect, personal

enrollment advice, and next  
steps describing how to get the  
most out of your Medicare plan.  
[https://www.  
mymedicarematters.org/](https://www.mymedicarematters.org/)

**A Complete Guide to Health  
Insurance Coverage for Older  
New Yorkers**  
[https://www1.nyc.gov/  
assets/dfta/downloads/  
pdf/publications/  
HIICAPGuideEng2020.pdf](https://www1.nyc.gov/assets/dfta/downloads/pdf/publications/HIICAPGuideEng2020.pdf)  
Developed by the NYC  
Department for the Aging's  
Health Insurance, Information,  
Counseling and Assistance  
Program (HIICAP) to help older  
New Yorkers better understand  
the health care coverage options  
currently available in New  
York City. Information dated  
February 2020.

**Stuck at Home Guide: Shop  
Safely for Groceries**  
[seniorplanet.org/shop-safely-  
for-groceries](https://seniorplanet.org/shop-safely-for-groceries)  
Senior Planet provides a list  
of grocery stores that provide  
hours specifically for older folks  
to shop in a safer environment.  
There are also tips for grocery  
deliveries using InstaCart,  
FreshDirect, Amazon Cart, and  
Invisible Hands.

**Get Food NYC**  
Free Meal Delivery  
311 or [nyc.gov/getfoodnyc](https://nyc.gov/getfoodnyc)

## ***COVID-19 Testing***

To find a testing site, visit  
<https://coronavirus.health.ny.gov/find-test-site-near-you>.

### **Mount Sinai Beth Israel**

10 Nathan D. Perlman Place  
7th Floor, New York, NY 10003  
(212) 256-7000  
<https://www.mountsinai.org/locations/beth-israel>

### **GoHealth Urgent Care Center - Greenwich Village**

41 E 8th St, New York, NY 10003  
(212) 897-1991  
<https://www.gohealthuc.com/nyc/manhattan/greenwich-village>

### **New York Doctors Urgent Care**

65 West 13th Street  
New York, NY 10011  
(212) 414-2800  
<https://www.newyorkdoctorsurgentcare.com/>

### **CityMD Urgent Care West 14th**

14 W 14th St.  
New York, NY 10011  
(212) 390-0558  
<https://www.citymd.com/urgent-care-locations/ny/manhattan/west-14th/006>

### **Mount Sinai-Union Square**

10 Union Square East,  
New York, NY 10003  
(212) 844-6000

<https://www.mountsinai.org/locations/union-square>

### **GoHealth Urgent Care Center - Chelsea**

225 W 23rd St.  
New York, NY 10011  
(212) 897-1994  
<https://www.gohealthuc.com/nyc/manhattan/chelsea>

### **City MD West 23rd Urgent Care**

37 West 23rd St.  
New York, NY 10010  
(646) 596-9267  
<https://www.citymd.com/urgent-care-locations/ny/manhattan/west-23rd/004>

### **MedRite Urgent Care Midtown West**

330 West 42nd St.  
New York, NY 10036  
(212) 695-4444  
<https://medriteurgentcare.com/midtown-west-clinic/>

### **City MD West 42nd Urgent Care**

345 W 42nd St.  
New York, NY 10036  
(646) 518-0159  
<https://www.citymd.com/urgent-care-locations/ny/manhattan/west-42nd/035>

## **Government Resources**

Call 3-1-1  
to access any City agency.

## **NYC COVID-19 Citywide Information Portal**

<https://www1.nyc.gov/site/coronavirus/index.page>

This online portal gives information on the different COVID-19 zones in NYC, methods of getting tested, and other resources such as food, employment, health insurance, and businesses assistance. It also provides daily updates of information about the number of people in the City testing positive and other data points.

## **New York City Department for the Aging - COVID-19**

2 Lafayette Street, 7th Floor  
New York, NY 10007

Call 3-1-1 or (212) AGING-NY (244-6469) or (800)342-9871

[www.nyc.gov/aging](http://www.nyc.gov/aging)

The DFTA website provides a COVID-19 specific page with resources for food services, housing support, transportation, mental health, health insurance, and legal help.

<https://www1.nyc.gov/site/dfta/services/covid-19-resources.page>.

## **NYC Mayor's Office for People with Disabilities**

100 Gold Street, 2nd Floor  
New York, NY 10038

(212) 788-2830

TTY: (212) 788-2838

[www.nyc.gov/mopd](http://www.nyc.gov/mopd)

The following online information has been gathered specifically to inform people with disabilities on the resources available to the population during NYC's response to the COVID-19 outbreak.

<https://www1.nyc.gov/site/mopd/resources/covid-19-resources-for-people-with-disabilities.page>

## **NYC Mayor's Office of Veterans' Affairs**

Call 3-1-1

(212) 416-5250

Mission: VetCheck

COVID-19 program in which volunteer veterans make supportive check-in calls to peers in their community. The calls provide vital information including where to get free meals, COVID-19 testing locations, and how to access online mental health support. Request a check-in call for you or a veteran you know or volunteer to make calls to fellow veterans at this website: <https://thrivenyc.cityofnewyork.us/mission-vetcheck>

## **NY State of Health**

<https://nystateofhealth.ny.gov>

Help Line: (855) 355-5777

TTY (Text telephone):

(800) 662-1220

NY State of Health is an



organized marketplace designed to help people shop for and enroll in health coverage, in addition to recommending financial assistance.

Applications can be completed in-person, online, or over the phone.

### **New York State Department of Motor Vehicles (DMV)**

Local DMV:

366 West 31st Street

New York, NY 10001

(212) 645-5550

<https://dmv.ny.gov/>

The NYS DMV issues driver's licenses, permits and New York State non-driver ID cards. You can also get information about insurance and driver safety, and registering to vote as of this guide's printing. *DMV services are available by reservation or drop off/mail services.*

### **New York State Department of Labor (DOL)**

75 Varick Street

New York, NY 10013

Individual UI Claim Assistance:

(888) 209-8124

General Assistance:

888-469-7365

<https://dol.ny.gov/>

### **New York State Department of Financial Services**

<https://www.dfs.ny.gov>

NYC Main Office:

1 State Street

New York, NY 10004-1511

(800) 342-3736

The New York State Department of Financial Services supervises and regulates activities of banking and other financial institutions like health insurance companies in New York State.

*COVID-19 Financial Resources:*

[https://www.dfs.ny.gov/consumers/coronavirus/health\\_insurance\\_faqs](https://www.dfs.ny.gov/consumers/coronavirus/health_insurance_faqs)

### **NYS Office of the State Comptroller**

59 Maiden Lane

New York, NY 10038

NYC Office: (212) 383-1600

Albany Office: (518) 474-4044

Email: [contactus@osc.state.ny.us](mailto:contactus@osc.state.ny.us)

[www.ny.gov/agencies/office-state-comptroller](http://www.ny.gov/agencies/office-state-comptroller)

The Comptroller's COVID-19 Financial Survival Toolkit for New Yorkers details information and contacts regarding health, employment issues, assistance for small businesses, personal finance information, avoiding scams, and specific assistance for seniors, people with disabilities, veterans, and active military personnel.

<https://www.osc.state.ny.us/covid-19/financial-toolkit>

### **U.S. Department of Health and Human Services: Administration for Community Living (ACL)**



330 C St SW  
Washington, D.C. 20201  
(202) 401-4634  
COVID-19 resource list for seniors. These include staying connected at home, taking care of mental health, and protecting yourself from COVID-19.  
<https://acl.gov/COVID-19#NetworksAnchor>

*Kinship Families Guide:*  
The ACL has also published a Covid-19/Emergency Preparedness Resource Guide for Kinship Families and Grandfamilies (in which children are raised by extended family members such as grandparents).  
<https://acl.gov/sites/default/files/common/AoA-Tips%20for%20Kinship-Grandfamily%20Caregivers.pdf>

## **Groups with COVID-19 Resources**

In this section, you will find a list of community organizations that are committed to advocating for the needs of older adults and provide resources during the COVID-19 pandemic.

### **Alzheimer's Foundation of America**

322 Eighth Avenue, Fl. 7  
New York, NY 10001  
(866) 232-8484  
[www.alzfdn.org](http://www.alzfdn.org)  
The Alzheimer's Foundation of America has compiled a list of resources and guides for navigating COVID-19 with a family member who has dementia, as well as general resources for the elderly and their caregivers.  
<https://alzfdn.org/coronavirus/>

**American Association of Retired Persons (AARP)**  
750 Third Avenue, 31st Floor  
New York, NY 10017  
(866) 227-7442  
<https://www.aarp.org/coronavirus/>  
AARP provides COVID-19 updates related to stimulus payments, staying healthy, caring for loved ones, life at home, and travel advice. This information is also available in Spanish.

**Center for Independence of the Disabled, NY (CIDNY)**  
841 Broadway  
Suite 301  
New York, NY 10003  
(212) 674-2300  
<https://www.cidny.org/coronavirus/>  
The CIDNY COVID-19 Resource page addresses advice for

people at increased risk of COVID-19, with information about how the disease is spread, testing locations, information about Access-A-Ride, grocery shopping and SNAP benefits, and rent payment.

### **Metropolitan Council on Jewish Poverty**

77 Water Street, 26th Floor  
New York, NY 10005

Phone: (212) 453-9500

<https://www.metcouncil.org/coronavirus>

The MetCouncil Coronavirus Resource Center Provides a list of resources related to unemployment insurance, housing help, school resources, internet assistance, childcare, and retirement, among others. You can also schedule a call with crisis counselors by visting: <https://www.metcouncil.org/covid-19-crisis-call-center-booking>

### **ThriveNYC**

(888) 692-9355

or (888) NYC-WELL

ThriveNYC is a City initiative to end the stigma associated with mental health and help people find treatment options. They offer a confidential and free phone service to connect you to a counselor if you are in crisis. ThriveNYC offers Mental Health First Aid (MHFA) training as well.

### **LiveOnNY**

49 W 45th Street

New York, NY 10036

(212) 398-6565

<https://www.liveon-ny.org/covid-19>

LiveOnNY is a City organization dedicated to directly serving older New Yorkers through advocacy, policy, and program development. They have a specialized COVID-19 page with general resources, resources for older adults, healthcare, food services and tips for avoiding scams and fraud.

### **NY Connects**

1-800-342-9871 or (212) 962-2720  
(Manhattan)

NY Connects is a free resource that gives older New Yorkers, people with disabilities, and their caregivers information and help accessing services that keep them independent and part of their communities. The Manhattan Borough site is located at the New York Foundation for Senior Citizens.

### **SAGEConnect**

(212) 741-2247

<https://www.sageusa.org/sageconnect/>

SAGEConnect is a program to match volunteer callers with LGBT elders for casual, friendly

conversations. Matches connect once per week for a period of six weeks over phone or video call.

**Alliance for the Aging Research/National Foundation for Infectious Diseases**

1700 K Street NW  
Suite 740

Washington, D.C. 20006

<https://www.agingresearch.org>

The Alliance for Aging Research is a nonprofit research and advocacy organization. It has posted a COVID-19 Information page with common questions and answers about COVID-19 for older adults and people with chronic health conditions. The Alliance also has tips about staying safe at home and a guide to making a homemade mask. <https://www.agingresearch.org/covid/>

**Invisible Hands**

<https://invisiblehandsdeliver.org/>  
(732) 639-1579

Invisible Hands is a community-based non-profit organization that delivers necessities such as groceries and prescriptions to vulnerable populations in New York.

**National Resource Center on LGBT Aging**

National Resource Center on LGBT Aging

c/o SAGE

305 Seventh Avenue

6th Floor

New York, NY 10001

(212) 741-2247

<https://www.lgbtagingcenter.org/resources/resource.cfm?r=991>

Offers a list of COVID-19 resources from aging service providers, geared towards LGBT elders.

**The New Jewish Home**

(800) 544-0304

[wecare@jewishhome.org](mailto:wecare@jewishhome.org)

<https://jewishhome.org>

The New Jewish Home is a nonprofit healthcare system meant to enhance the purpose and well-being of older New Yorkers through innovative health services. Their COVID-19 Resource page details self-care practice, official healthcare resources, medical facilities, housing and hunger resources, and other methods of accessing and using technology. <https://jewishhome.org/covid-19-resources/>

**DOROT Tech Instructional Guides**

171 West 85th Street

New York, NY 10024

(212) 769-2850

[www.dorotusa.org](http://www.dorotusa.org)

These guides contain step-by-step instructions for using smartphones, computers, Zoom video conferences, and more.  
<https://www.dorotusa.org/tech-made-easy-seniors-new-instructional-guides>

## *NYC Online Cultural Resources*

Enjoy what makes this City great while staying healthy and practicing social distancing. These resources are all free and accessible from the comfort of your home:

### **The Metropolitan Museum** (212) 535-7710

<https://www.metmuseum.org/art/online-features>

The Met has a number of online resources and digitized collections for all to enjoy free of charge. One of the highlights is a 360 degree immersive tour of some of The Met's most iconic spaces.

### **The Metropolitan Opera** (212)-362-6000

[MetropolitanOpera@metopera.org](mailto:MetropolitanOpera@metopera.org)

<https://www.metopera.org>

While upcoming performances have been temporarily canceled, opera aficionados can now enjoy world class live performances

from the Metropolitan Opera at home.

### **Baryshnikov Arts Center**

626-731-3200

[info@bacnyc.org](mailto:info@bacnyc.org)

<https://bacnyc.org/explore/video>

You can watch performance excerpts, artist profiles, and learn more about the wonderful work being made at the Baryshnikov Arts Center.

### **The Irish Arts Center**

(212) 757-3318

[info@irishartscenter.org](mailto:info@irishartscenter.org)

<https://irishartscenter.org/videos>

If you wish to continue enjoying the many wonderful performances at the Irish Arts Center, their website has a video collection of musical performances, theatre, dance, lectures, and more.

### **Whitney Museum of American Art**

(212) 570-3600

[info@whitney.org](mailto:info@whitney.org)

<https://whitney.org/collection/works>

Peruse the Whitney's online digitized collection and learn more about the works through educational videos, interviews, and more.

## **Lincoln Center**

(212) 875-5456

<http://lincolncenter.org/lincoln-center-at-home>

<https://www.youtube.com/user/LincolnCenterVideos/featured>

While Lincoln Center has had to cancel upcoming performances, they have a vibrant YouTube channel full of hours of HD and beautifully shot performances that can be accessed at your convenience. They will be highlighting some of this content on social media platforms.

## **New York Public Library**

917-275-6975

<https://www.nypl.org>

<https://www.nypl.org/get-help/contact-us/email>

The library system has expanded an already impressive digital collection to help you make it through this time at home. If you're tired of TV, you can access hundreds of thousands of free e-books and audiobooks, digitized historical archives, remote access to tools like Ancestry.com and much more!

## **Dia Art Foundation**

845-440-0100

<https://www.diaart.org/media/watch-listen>

[info@diaart.org](mailto:info@diaart.org)

A library of lectures and artist talks are available on their website.

## **Museum of the City of New York**

(212) 534-1672

[info@mcny.org](mailto:info@mcny.org)

<https://www.mcny.org>

Learn more about the greatest city in the world, take some time to go through all of the digitized collections the museum has made available online and read the stories of the people and places that make this City so great.

## **The Frick Collection**

(212) 288-0700

[info@frick.org](mailto:info@frick.org)

[https://www.frick.org/visit/virtual\\_tour](https://www.frick.org/visit/virtual_tour)

Enjoy a digital stroll through the Frick Collection during the closures. They also have plentiful video programming available, including lectures and educational videos.

## **Museum of Modern Art**

(212) 708-9400

[membership@moma.org](mailto:membership@moma.org)

<https://www.moma.org/audio/>

Listen to artists, curators, and others speak about the Museum's collection and special exhibitions. MOMA also has a number of learning tools available online, including free courses, for those feeling studious.

## **The New Victory Theater**

646-223-3000

[info@newvictory.org](mailto:info@newvictory.org)

<https://newvictory.org/virtual-events/>

The theater created a weekly Arts Break program to provide an opportunity for you and your family to have fun and discover new skills from the comfort of your own home.

## **American Museum of Natural History**

(212) 769-5100

<https://www.amnh.org/explore>

Visit the museum virtually, attend a guided hall tour, or explore the rest of the website to learn about the iconic T. Rex and more.











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**Brad Hoylman**  
District 27

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Contact me with questions, concerns, or suggestions.

