MANHATTAN BOROUGH PRESIDENT SCOTT M. STRINGER’S

LIVING FULLY: RESOURCES FOR AGING WELL IN THE CITY

2013
Dear Friend:

I am pleased to present my 2013 guide for Manhattan seniors. For seniors and caregivers, navigating the range of services available in New York City can be a daunting task. This guide is intended to help seniors, their families and their caregivers better understand the resources that are available to them. You will find information on housing, long term care, food programs, benefits and entitlements, consumer protection and much more.

New York is a wonderful city for older adults. By the year 2030, 20 percent of our city’s population will be over the age of 60, the fourth largest senior population in the United States. It is critical that seniors are able to age with the comforts of community and the assurance of supportive services. This guide is just one of many steps my office is taking to ensure this happens.

This guide is available through my office and can also be accessed on my website at www.mbpo.org/seniorguide. I would like to thank EmblemHealth for the generous support that made this guide possible.

Sincerely,

Scott M. Stringer
Manhattan Borough President
Manhattan Borough President Scott M. Stringer thanks the following individuals for vetting the information included in this guide and providing guidance and feedback.

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The Manhattan Borough President’s Senior Advisory Group

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Seniors in New York may qualify for a range of benefit programs. It is important to understand the benefits available to seniors and how to determine eligibility. Using an online program like Benefits Quickcheck or ACCESS NYC can help you determine your eligibility. Many local social service agencies will provide individual assistance and benefits pre-screening.

**Social Security**

Almost everyone who has worked in their lifetime is eligible for Social Security. When you work and pay Social Security taxes, you earn credits toward Social Security benefits. The number of credits you need to get retirement benefits depends on when you were born.

**Full Retirement Age**

If you were born from 1943 to 1960, the age at which full retirement benefits are payable increases gradually to age 67. People born prior to 1943 are already eligible for full retirement benefits. The following chart lists the full retirement age by year of birth.

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

**Early Retirement**

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

**Benefits For Family Members**

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

- Spouses age 62 or older.
- Spouses younger than 62 if they are taking care of a child who is younger than age 16 or disabled.
- Former spouses age 62 or older, if currently unmarried and were married to the retiree for at least 10 years.
- Children up to age 18, or 19 if they are full-time students who have not yet graduated.
- Disabled children, even if they are age 18 or older.
Supplemental Security Income (SSI)

Supplemental Security Income provides monthly cash benefits to people with low income and limited resources who are age 65 or older, or blind or have a disability.

Allowable Assets
For a person to receive SSI, their assets must be worth no more than $2,000 for an individual or $3,000 for a couple. However, not all assets are counted towards these limits. The following assets are typically excluded:

- A home where a person lives.
- Household goods or personal effects.
- One car.
- Life insurance policies of $1,500 or less per person.
- Burial plots or spaces for a person and immediate family.
- Burial funds of up to $1,500 per person if specifically set aside for burial. This amount will be reduced by the amount of any life insurance policy.
- Property needed for a person's self-support.
- Things that a person who is blind or disabled needs for an approved plan to achieve self-support.
- Any retroactive SSI payments or retroactive Social Security payments are not counted as resources for nine months after they are received.
- Crime victims’ compensation payments for nine months after they are received.
- Grants, scholarships, fellowships and gifts for education expenses for nine months after the month they are received.
- State and local government relocation assistance for nine months after it is received.
- All federal tax refunds and advanced tax credits are excluded for 12 months following the month they are received.

Income Limits
SSI divides income into two categories: earned and unearned. Earned income includes wages, net earnings from self-employment and certain royalties. Unearned income includes Social Security benefits, workers’ or veteran’s compensation, pensions, support and maintenance in kind, annuities and other income not earned.
2012 Income Limits
Individual whose income is only from wages - $1,481/month*
Individual whose income is not from wages - $718/month*
Couple whose income is only from wages - $2,181/month*
Couple whose income is not only from wages - $1,068/month*

*The following income is generally exempt from these limits:
  • $20 a month of earned or unearned income
  • $65 a month of earned income plus one-half of earned income over $65
  • If there is no unearned income, $85 a month of earned income plus one-half of the rest

For more information: Call the Social Security Administration toll-free hotline at (800) 772-1213 or for TTY service call (800) 325-0778. Both lines are staffed by customer service representatives on weekdays from 7:00 am to 7:00 pm.

Visit your local Social Security Office. The Manhattan locations are:

  237 West 48th Street – between Seventh and Eighth Avenue
  650 East 12th Street – between Avenue C and Avenue B
  26 Federal Plaza – between Chambers and Worth Street
  32 Mercer Street – at Grand Street
  755 Second Avenue – between East 40th and East 41st Street
  55 West 125th Street – between Madison and Fifth Avenue
  345 East 102nd Street – between First and Second Avenue
  4292 Broadway – at West 183rd Street

Get information online at: www.ssa.gov

Veterans Benefits

Veterans benefits include pensions for low-income and disabled veterans, health care, vocational training, rehabilitation, education, home loans, disability compensation, life insurance, burial, tax exemptions and other benefits. Medical benefits include care in VA hospitals, nursing homes and outpatient services. Dependents and survivors may also be eligible for certain benefits.

Apply to
U.S. Department of Veterans Affairs
NY Regional Office
245 West Houston Street
New York, NY 10004
Phone: (800) 827-1000
For more information and additional services:

**Harlem Veterans Center**
This center primarily offers readjustment counseling but can also make referrals to medical, educational, housing and employment services. Walk-ins are welcome.

2279 Third Avenue  
Located between East 123rd and 124th Street  
New York, NY 10035  
Phone: (646) 273-8139

**Manhattan Veteran Center**
Manhattan Veteran Center provides comprehensive mental health counseling for veterans. Call to make an appointment.

32 Broadway  
Located between Morris Street and Exchange Alley  
New York, NY 10004  
Phone: (212) 742-9591

**NYC Mayor’s Office of Veterans’ Affairs (MOVA)**
MOVA works with veterans and their families to ensure they receive the benefits to which they are entitled to. MOVA will liaise with federal, state, city and non-profit agencies on a veteran’s behalf.

346 Broadway (visitors entrance is located at 108 Leonard Street)  
Located between Catherine Lane and Leonard Street  
New York, NY 10013  
Call 311 or (212) 442-4171  

**NYS Division of Veterans Affairs—Manhattan Center**
The Manhattan Center offers comprehensive healthcare to honorably discharged veterans.

423 East 23rd Street  
Located between First Avenue and Asser Levy Place  
New York, NY 10010  
Phone: (212) 686-7500
USO of Metropolitan New York
USO service centers offer a “home away from home” for military personnel and their families. The service center offers computer and internet access, visitor information, refreshments, changing facilities for children and an entertainment area for children and families. Walk-ins are welcome.

625 Eighth Avenue
Located between West 40th and West 41st Street
New York, NY 10018
Phone: (212) 695-6160
www.usonyc.org

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

For more information, contact the Human Resource Administration Infoline at (718) 557-1399 or visit an HRA Job Center.

The Senior Works Center located at 109 East 16th Street between Irving Place and Union Square East in Manhattan primarily serves public assistance recipients who are over 60 years of age. Phone: (212) 835-8445 or (212) 835-7691.

*If you are homebound please call the HRA Infoline to arrange services.

Food Stamps
Food stamps are allowances issued on a monthly basis that are used in place of cash to purchase food items at participating stores and supermarkets.

Eligibility
You may qualify if you meet certain income requirements, work part-time, are unemployed, are elderly, are disabled and live on low income, or if you receive Public Assistance, SSI or other assistance payments.

Note: Eligibility is determined only after completing a full Food Stamp budget form using all applicable income deductions. Different income deductions apply in specific situations such as having no cooking facility, living in a shelter, or only one spouse applying.
To apply:
Call 311 or the HRA Infoline: (877) 472-8411 and request an application be sent to you in the mail. Applications can be downloaded from: www.nyc.gov/html/hra/html/directory/food.shtml.

You can pick up an application in person or request assistance at one of the following centers:

**East End Center**
2322 Third Avenue
Located between East 126th and East 127th Street
New York, NY 10035
Phone: (212) 860-5159 or (212) 860-5147

**St. Nicholas Center**
132 West 125th Street
Located between Lenox and Seventh Avenue
New York, NY 10027
Phone: (212) 666-1434 or (212) 666-8788

**Washington Heights Center**
4055 Tenth Avenue
Located between West 216th and West 218th Street
New York, NY 10034
Phone: (212) 569-9829 or (212) 569-9835

**Waverly Center**
12 West 14th Street
Located between Fifth and Sixth Avenue
New York, NY 10011
Phone: (212) 352-2519 or (212) 352-2524

*Did You Know? Many NYC Farmer’s Markets accept Food Stamps.

**NYC Farmers Markets**
Phone: (212) 788-7476
www.grownyc.org/ourmarkets
I. FINANCIAL BENEFITS

Benefit Information Programs

QuickCheck
Benefit QuickCheck is a free service that identifies Federal, State and City benefit programs that you may be eligible for and provides information on how to apply, including applications that you can print. Visit: https://a069-webapps12.nyc.gov/dftaqcf/Benefits_Check.cfm?slang=1033.

Benefits Checkup
Benefits Checkup is a website that helps identify what benefits you may qualify for. Visit: www.benefitscheckup.org.

Access NYC
Access NYC is another website that provides information about City, State and Federal benefit programs and helps you determine if you are eligible. Visit: www.nyc.gov/accessnyc.

For more information about any of these benefit programs, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
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With the costs of healthcare rising, it is essential that seniors understand their benefits and the options available to them. Below you will find a list of healthcare benefits, services and programs designed for seniors.

**Medicare**

Medicare is a Federal insurance program that guarantees access to health insurance for those age 65 and over and eligible to collect Social Security or those who are current U.S. residents and either a U.S. citizen or a permanent U.S. resident having lived in the country for five continuous years before they apply for Medicare.

Disabled people under 65 may be eligible after receiving Social Security disability for two years. Additionally, individuals with end stage renal disease (ESRD) are eligible for Medicare assuming they have met certain criteria. Individuals with amyotrophic lateral sclerosis (ALS) commonly known as Lou Gehrig’s Disease are also eligible for Medicare. There are no limits on assets or income for Medicare beneficiaries.

Note: To avoid delays or higher premiums, enroll during the three months prior to your 65th birthday.

*Medicare Part A*: Hospital insurance that covers inpatient hospital care, inpatient skilled nursing facility, home health care and hospice care.

*Medicare Part B*: Medical insurance that covers doctor services, outpatient hospital services, durable medical equipment, and other medical services and supplies.

*Medicare Part D*: Medicare prescription drug coverage that can help to lower prescription drug costs.

*Medicare Advantage*: Sometimes referred to as Part C, Medicare benefits are provided through private health insurance companies approved by Medicare that includes Part A, Part B and other coverage.

To learn more: Call (800) MEDICARE (800-633-4227) or visit: www.medicare.gov.

**Medicare Savings Programs**

Medicare Savings Programs help pay Medicare premiums and sometimes pay coinsurance and deductibles. Each program has different eligibility limits and types of income such as Social Security, pensions, employment income or cash assistance may be counted differently. There are no asset limits.
II. HEALTH AND WELLNESS

1. **Qualified Medicare Beneficiaries (QMB)**
Those covered by Part A and Part B may be able to have the State of New York cover the monthly premium ($99.90) in addition to deductibles and coinsurance. You must be 65 or older or disabled receiving Medicare after being on Social Security Disability for two years. Income limits are $951 for one person and $1,281 for a couple per month. These amounts include a standard $20 income disregard. There is no asset limit.

2. **Specified Low-Income Medicare Beneficiaries (SLIMB)**
Those covered by Part A and Part B may be able to have the State of New York pay the Medicare Part B medical premium ($99.90). You must be 65 or older or disabled receiving Medicare after being on Social Security Disability for two years. There is no asset limit. Income limits are $1,137 for one person and $1,533 for a couple per month. These amounts include a standard $20 income disregard.

3. **Qualified Individual 1 (QI-1)**
Those covered by Part A and Part B may be able to have Medicaid pay the Medicare Part B medical premium ($99.90). You must be 65 or older or disabled receiving Medicare after being on Social Security Disability for two years. There is no asset limit. Income limits are $1,277 for one person and $1,723 for a couple per month. These amounts include a $20 income disregard.

Call the Human Resources Administration at (718) 557-1399 for more information or visit your local Medicaid office.

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

For application assistance you may contact:
Medicare Right Center
520 Eighth Avenue, North Wing, 3rd Floor
New York, NY 10018
Hotline: (800) 333-4114
Phone: (212) 869-3850
www.medicarerights.org
II. HEALTH AND WELLNESS

Medicaid

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

Eligibility

• There are no age restrictions.
• Persons receiving SSI or Public Assistance are automatically eligible.
• Persons 65 or older, disabled or blind are eligible as follows: asset limit of $14,250 for an individual, $20,850 for a couple plus a $1,500 burial fund per person. Income limit of $792 net monthly for one person and $1,159 for a couple. These amounts include a standard $20 income disregard.

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

Nursing Home Transfer of Income and Assets
If one spouse is institutionalized, the community-based spouse may keep $2,841 monthly (after health insurance premiums) of the couple’s combined income without incurring any financial obligation to the Medicaid program. Even if the income does exceed the $2,841 per month, the community-based spouse may do a “spousal refusal” and may keep resources of $113,640.

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

Bellevue Hospital Medicaid Office
462 First Avenue “G” Link, Ground Floor
Located between East 26th and East 28th Street
Phone: (212) 679-7424

Chinatown Medicaid Office
115 Chrystie Street, 5th Floor
Located between Grand and Broome Street
Phone: (212) 334-6114
II. HEALTH AND WELLNESS

Metropolitan Hospital Medicaid Office
1901 First Avenue, 1st Floor - Room 1D-27
Located between East 97th and East 99th Street
Phone: (212) 423-7006

Manhattanville Medicaid Office
520-530 West 135th Street, 1st Floor
Located between Broadway and Amsterdam Avenue
Phone: (212) 939-0207/0208

Note: Those who have both Medicare and Medicaid may call the Human Resources Administration for more information regarding the Medicaid program at (888) 692-6116 or visit: www.health.state.ny.us/health_care/medicaid/.

Elderly Pharmaceutical Insurance Coverage (EPIC)

EPIC is a New York State program that helps seniors pay for their prescription drugs. In 2012, enrollees must have Medicare Part D. EPIC provides monthly Part D premium assistance for some and co-payment assistance to all members in the Part D coverage gap or “donut hole”. The coverage gap starts when your total drug costs—including what you and your plan have paid for drugs—reaches a certain amount since the start of the calendar year. In 2012, this amount is generally $2,930.

To join EPIC, a senior must:
• Be a New York State resident age 65 or older.
• Have an annual income below $35,000 if single or $50,000 if married.
• Be enrolled in a Medicare Part D plan (no exceptions).
• Not be receiving full Medicaid benefits.

For more information: Call EPIC at (800) 332-3742
Application forms are available at: www.health.ny.gov/health_care/epic/application_contact.htm.

Big Apple RX

Big Apple RX is a prescription discount card that’s accepted at over 2,000 city pharmacies. It’s free to residents of New York City regardless of age, income level or health insurance status. You can print a prescription discount card by visiting www.bigapplerx.com

For information: Call Big Apple RX at (800) 697-6974
II. HEALTH AND WELLNESS

Dental Services

There are several free or low-cost dental care services available to seniors in NYC. Some of these include:

**Mount Sinai Hospital Dental Clinic**
1468 Madison Avenue
Annenberg Building, 2nd Floor
Located between East 99th and East 101st Street
New York, NY 10029
Phone: (212) 241-7681
Accepts Medicaid and Family Health Plus. Sliding scale fees are available to those who qualify based on income.

**New York Presbyterian Hospital Dental Clinic**
525 East 68th Street, 21st Floor
Located between FDR Drive and York Avenue
New York, NY 10021
Phone: (212) 746-5190
Accepts Medicaid and Family Health Plus. Sliding scale fees are available to those who qualify based on income.

**New York University David Kriser Dental Center**
345 East 24th Street
Located between First and Second Avenue
New York, NY 10010
Phone: (212) 998-9800
Medicaid accepted. Reduced fees are available for uninsured individuals.

Vision and Hearing Impairments

**Lighthouse International**
Lighthouse International helps individuals with vision loss. Services include a low vision center, mental health and social services, career services, orientation and mobility training, assistive technology training, rehabilitation services, occupational therapy, diabetes centers and a geriatric center.

**The Sol and Lillian Goldman Building**
111 East 59th Street
Located between Park and Lexington Avenue
New York, NY 10022
Phone: (212) 821-9200 or (800) 829-0500
www.lighthouse.org
II. HEALTH AND WELLNESS

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

500 Greenwich Street, 3rd Floor
Located between Spring and Canal Street
New York, NY 10013
Phone: (888) 245-8333 Ext. 144
www.visionsvcb.org

VISIONS at Selis Manor is an adapted learning environment and meeting place for blind youth, adults and seniors. Programs include support groups, computer training, adapted activities, and volunteer and social work services for people who are blind.

135 West 23rd Street
Located between Sixth and Seventh Avenue
New York, NY 10011
Phone: (646) 486-4444 Ext. 11

Jewish Guild for the Blind
The Jewish Guild for the Blind is a not-for-profit, non-sectarian agency that serves persons of all ages who are visually impaired, blind and multi-disabled. The Guild offers a broad range of programs that include medical, vision, low vision, psychiatric and rehabilitative services, managed long-term care, residential services, day health programs, schools and educational training programs for independent living.

15 West 65th Street
Located between Central Park West and Columbus Avenue
New York, NY 10023
Phone: (212) 769-6200 or (800) 284-4422
www.jgb.org
Center for Independence of the Disabled, New York (CIDNY)
CIDNY’s offices in Manhattan and Queens provide benefits counseling, direct services, housing assistance, transition services for youth with disabilities, employment-related assistance, healthcare access, peer support groups, information and referrals, and recreational activities. All CIDNY services are free.

841 Broadway, Suite 301
Located between East 13th and East 14th Street
New York, NY 10003
Phone: (212) 674-2300
TTY: (212) 674-5619
www.cidny.org

Harlem Independent Living Center
The Harlem Independent Living Center (HILC) is a not-for-profit organization committed to working with the disabled population in the community by offering the following services:

• Application Assistance (benefits, food stamps, housing)
• Assistive Device Training
• Benefit Advisement
• Deafness Services
• Equipment Maintenance and Repair
• Independent Living Skills Training
• Information and Referral
• Peer Counseling/Support Groups
• Service Referrals
• Vocational/Educational Opportunities
• Re-entry Outreach Program (ROP)

289 St. Nicholas Avenue, Suite 21, Lower Level
Located between West 124th and West 125th Street
New York, NY 10027
Phone: (212) 222-7122
Fax: (212) 222-7199
II. HEALTH AND WELLNESS

Mental Health Resources

There are several free or low-cost mental health services available to seniors in NYC. Some of these include:

**Geriatric Mental Health Alliance**
The Geriatric Mental Health Alliance provides depression screening, advocacy and referrals.

50 Broadway, 19th Floor
Located between Exchange Place and Beaver Street
New York, New York 10004
Phone: (212) 614-5753
www.mha-nyc.org

**Mount Sinai Hospital Geriatric Psychiatry Clinic**
Mt. Sinai provides a variety of services for seniors over the age of 65 who receive care from Mount Sinai Hospital. Services include mental health screenings, medication management, case management, group therapy, social work and home placement.

1468 Madison Avenue
Located between East 99th and East 101st Street
New York, NY 10029
Phone: (212) 241-9382
www.mountsinai.on.ca/care/psych/patient-programs/geriatric-psychiatry

**SPOP: New York Service Program For Older People**
SPOP provides counseling for adults age 55 and over at their clinic, located at 302 West 91st Street, and at designated senior service sites throughout Manhattan. SPOP will also provide counseling in an older adult’s home if he or she is unable to travel due to physical or emotional problems.

302 West 91st Street
Located between Riverside Drive and West End Avenue
New York, NY 10024
Phone: (212) 787-7120
www.spop.org
II. HEALTH AND WELLNESS

Food Programs

All seniors who are struggling with the cost of food should find out whether they are eligible for Food Stamps. Please refer to the Financial Benefits section of this guide for more information. In addition, the following programs can help individuals that need food delivered to their homes.

Citymeals-on-Wheels
Citymeals is a non-profit organization that delivers meals to homebound elderly New Yorkers on weekend, holidays and in times of emergency. To qualify for home-delivered meals, a person must be at least 60 years old and have a chronic physical or mental disability preventing them from shopping for or preparing meals for themselves.

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

God’s Love We Deliver (GLWD)
GLWD is a non-profit organization that provides meals to people living with HIV/AIDS, cancer and other serious illnesses. GLWD also provides illness-specific nutrition education and counseling to their clients, families, care providers and other service organizations. All services are provided free of charge without regard to income. The Client Services Department can be contacted at (212) 294-8102.

Food Bank
Food Bank for New York City is a hunger-relief organization that distributes food to community-based programs throughout the city. The Food Bank helps provides 400,000 free meals a day for New Yorkers in need. To find a soup kitchen, food pantry or senior center near you, call 311 or visit: http://foodbanknyc.org/news/find-help.

For more information about any of these programs or services, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
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Senior Citizen Rent Increase Exemption (SCRIE)
Veterans’ Tax Exemption
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Housing Resources for People with Disabilities

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

**Mitchell-Lama Housing**

The Mitchell-Lama program provides subsidized rental and cooperative apartments for middle income New Yorkers. A small portion of this housing stock was developed for and is occupied exclusively by the elderly, but there are no age limitations on applying to any Mitchell-Lama development.

**Services**
This type of housing does not generally provide supportive services, but limited services such as transportation, social services, and leisure activities are available in some developments.

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

The Mitchell-Lama housing program is overseen by either New York State Homes Community Renewal or the New York City Department of Housing Preservation and Development.

Each development requires a separate application and you can apply to more than one development at a time. To apply, send a letter to the management company of the development/s you are interested in.


**Public Housing**

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

**Eligibility**

Maximum gross annual income limits for NYCHA public housing as of 2011 are $45,850 for a one-person household and $52,400 for a two-person household. These limits are subject to change on a yearly basis.

**To request an application you may:**

1. Call the Customer Contact Center at (718) 707-7771 and request that an application be mailed to you.

2. Use the online application request form:  

3. Pick up an application at any of the three NYCHA Customer Service Centers from 8:00 am - 5:00 pm Mondays through Fridays.

   - **478 East Fordham Road (1 Fordham Plaza), 2nd Floor**
     Located at Washington Avenue  
     Bronx, NY 10458  
     Phone: (718) 707-7771

   - **787 Atlantic Avenue, 2nd Floor**
     Located between Clermont and Vanderbilt Avenue  
     Brooklyn, NY 11238  
     Phone: (718) 707-7771

   - **90-27 Sutphin Boulevard, 4th Floor**
     Located between Jamaica and 90th Avenue  
     Jamaica, NY 11435  
     Phone: (718) 707-7771

**Completed applications should be mailed to:**

New York City Housing Authority  
P.O. Box 19205  
Long Island City, NY 11101-9998
Home Sharing

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

New York Foundation for Senior Citizens
Home Sharing Program
11 Park Place
Phone: (212) 962-7559
http://www.nyfsc.org/services/home_sharing.html

Housing Benefits

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

  HEAP provides a one-time per year grant to help low-income homeowners and renters pay fuel and utility cost. Only HEAP-eligible households paying directly for heat may apply for help with fuel, repair or heat-related equipment or temporary relocation. HEAP also provides an emergency benefit for people facing heat related energy emergencies.

  **Benefit Amounts**
  
  HEAP is available to households that pay directly for heat and households where heat is included in rent. Benefit amounts range from $1 - $450 depending on the living situation.

  *For more information:*
  
  Call 311 or the HEAP information line at (800) 692-0557.

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

  STAR provides an exemption from the school portion of property taxes for certain owner-occupied primary residences.
III. SENIOR HOUSING

Enhanced STAR Exemption

Seniors (age 65 and older) with yearly incomes of $79,050 or less may be eligible for the Enhanced Star exemption. For qualifying senior citizens, the Enhanced STAR program helps seniors save hundreds of dollars on property taxes each year.

You can print an Exemption Application for Owners from the Department of Finance website at www.nyc.gov/STAR or call 311 to request an application be sent by mail.

For more information: Call 311, visit: www.orps.state.ny.us/star/index.cfm or write to: NYC Department of Finance STAR Exemptions P.O. Box 3120 Church Street Station New York, NY 10008-3120

Residential Emergency Services to Offer Home Repair to the Elderly (RESTORE)

The RESTORE program is available to low-income seniors who own their own homes and need financial assistance for emergency home repairs. To be eligible for assistance, homeowners must be 60 years or older and have a household income that does not exceed 80 percent of the area median income.

For more information: Call (212) 480-7616 or visit www.dhcr.state.ny.us/Programs/Restore

Home Repair and Safety Audit Program

This program offers free minor home maintenance and repair services for low and moderate income homeowners ages 60 and over in all five boroughs. Services include minor carpentry, plumbing, masonry, electrical, gutter-cleaning, caulking and weather-stripping as well as free home safety checks to help senior citizen homeowners identify and correct safety hazards in their homes.

New York Foundation for Senior Citizens
11 Park Place, 14th Floor
New York, NY 10007
Phone: (212) 962-7655
www.nyfsc.org
III. SENIOR HOUSING

- **Senior Citizen Homeowners Exemption (SCHE)**

SCHE provides savings of 5 – 50 percent to qualified property owners of 1 – 3 unit dwellings, condominiums or cooperative apartments. Homeowners who apply and receive SCHE are automatically enrolled in Enhanced STAR.

**Eligibility**

- Applicant must have held title to the property for at least 12 consecutive months.
- The property must be the applicant’s legal residence.
- The property must be used exclusively for residential purposes.
- Applicant must be age 65 or older. If spouses are co-owners, one of them must be 65 or older. If other persons are co-owners, all must be 65 and older.
- No asset limits.
- Income limit of $37,400 for the last calendar year.

*To apply:* Call 311 or download the form on the DOF website www.nyc.gov/dof.

**Applications can be sent to:**
NYC Department of Finance
Senior Citizens Homeowners Exemption Unit
P.O. Box 3120
Church Street Station
New York, NY 10008-3120

- **Senior Citizen Rent Increase Exemption (SCRIE)**

SCRIE exempts rent-controlled/stabilized, Mitchell-Lama and hotel tenants from certain rent increases and covers increases for renewal leases, Maximum Base Rent increases, fuel, landlord hardship, and major capital improvements. SCRIE does not cover increases for direct services or new equipment.

**Eligibility**

- Be 62 years of age or older.
- Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR), i.e. rent controlled or rent stabilized apartments or hotel stabilized.
- Have an annual household income of $29,000 or less. For applications received in 2012, income eligibility is established by the applicant’s income from calendar year 2011.
- Pay more than one-third of the household’s aggregate disposable income in rent.
III. SENIOR HOUSING

To apply:
Request an application in writing from:
NYC Department of Finance
SCRIE Program
59 Maiden Lane, 22nd Floor
New York, NY 10038


To view your application and benefit status online:

- **Veterans’ Tax Exemption**

  The Veterans’ Tax Exemption is a partial property tax exemption for property owners who served in the U.S. armed forces in WWI & II, Korea, Vietnam or the Gulf War.

  For more information:

- **Weatherization Referral and Packaging Program (WRAP)**

  WRAP is a federally funded service administered by DFTA to provide low-income elderly with free home energy services designed to lower energy bills. Income limit: $2,146 for one person and $2,806 for a couple. Individuals must reside in 1 – 4 unit dwellings.

  For more information: Call 311 or visit: www.nyconnects.org/services/housing/wrap.shtml.

**Housing Resources for People with Disabilities**

- **Disabled Homeowner’s Exemption (DHE)**
  DHE is a tax exemption granted to owners of 1, 2 and 3-family houses, condominiums, or cooperative apartments who meet disability status, income and residency requirements. Note: Property owners cannot have both DHE and SCHE (the Senior Citizen Homeowner Exemption).

  For more information:
Disabled Rent Increase Exemption (DRIE)
The Disability Rent Increase Exemption (DRIE) program offers eligible tenants an exemption from rent increases. The owner of the building receives a credit against their real estate taxes. Applicants must meet all of the eligibility requirements.

For more information:
Call 311 or visit: www.nyc.gov/html/dof/html/property/property_tax_reduc_drie.shtml

Housing Resources and Service Providers

JASA Housing
247 West 37th Street
New York, NY 10018
Phone: (212) 273-5272 or (212) 273-5200
www.jasa.org/housing

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

Met Council on Jewish Poverty
80 Maiden Lane, 21st Floor
New York, NY 10038
Phone: (212) 453-9519 or (212) 453-9500
www.metcouncil.org

West Side Federation for Senior and Supportive Housing
2345 Broadway
New York, NY 10024
Phone: (212) 721-6032
Fax: (212) 721-6043
www.wsfssh.org

Project Find
160 West 71st Street, Ste. 2F
New York, NY 10023
Phone: (212) 874-0300
Fax: (212) 724-4261
www.projectfind.org
Chinese American Planning Council  
150 Elizabeth Street  
New York, NY 10012  
Phone: (212) 941-0920  
http://cpc-nyc.org/housing.htm

Goddard Riverside  
593 Columbus Avenue  
New York, NY 10024  
Phone: (212) 873-6600  
www.goddard.org

West Harlem Group Assistance  
1652 Amsterdam Avenue  
New York, NY 10031  
Phone: (212) 281-5552  
www.whgainc.org

Common Ground  
505 Eighth Avenue, 5th Floor  
New York, NY 10018  
Phone: (212) 389-9300  
www.commonground.org

For more information about senior housing, contact Manhattan Borough President Scott M. Stringer's Office at (212) 669-8300 or bp@manhattanbp.org.
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Assisted Living

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

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

Adult Homes

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

Adult homes do not provide nursing or medical care, but a number of these facilities contract with physicians who visit residents when necessary. Some are affiliated with home care agencies that will allow individuals to receive home care. Many adult homes also provide services to younger, mentally ill or disabled adults. Accommodations may be private or shared. Individuals must be either ambulatory or able to transfer from a bed to a chair, alert (unless the home has a dementia section) and able to care for themselves if incontinent.

Adult Homes are licensed by the NYS Department of Health. Operators may be proprietary, public or non-profit.

Enriched Housing Program

Enriched Housing, much like an Adult Home, provides long-term residential care and supportive services for seniors. The program provides daily meals, assistance, shopping, housekeeping and personal care to enable residents to continue living as independently as possible within the community. Enriched housing is located in community-integrated settings as opposed to Adult Homes, which are dedicated facilities for seniors.
IV. LONG TERM CARE

- **Assisted Living Program (ALP)**

ALP – an option found in some adult homes and enriched housing programs – is for individuals who are medically eligible for nursing home placement but who can be safely treated in less medically intensive settings. ALPs provide long-term residential care, room, board, housekeeping, personal care, supervision, and provide or arrange for home health services to. Medicaid will pay for the health care portion of the costs for those eligible for Medicaid. The housing portion is paid for by SSI for those eligible and by private pay for those who are not. This is the only assisted living option that Medicaid will pay for. ALPs also accept private pay.

- **Assisted Living Residence (ALR)**

An ALR is a licensed Adult Home or Enriched Housing facility that has received additional licensure in order to call itself “assisted living” and provide assisted living services. Many are private pay. ALRs fall into three categories: Basic, Enhanced and Special Needs.

  - **Basic:** A basic assisted living residence is required to provide or arrange for housing, 24 hour on-site monitoring, and personal care services and/or home care services (either directly or indirectly), in a home-like setting to five or more adult residents. Basic ALRs may hold one or both of the “enhanced” and “special needs” certifications (see below).

  - **Enhanced Assisted Living Residence (EALR):** A basic ALR which has received certification by the Department of Health to provide aging-in-place services for a set number of residents who wish to remain in the residence as they grow older and require additional care.

  - **Special Needs Assisted Living Residence (SNALR):** A basic ALR which has received certification by the Department of Health to serve a set number of persons with dementia.
The following is a list of options in Assisted Living in Manhattan.

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Fax Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alma Rangel Gardens</td>
<td>55 West 137th Street</td>
<td>(917) 507-1108</td>
<td>(917) 507-1560</td>
</tr>
<tr>
<td>Atria 86th Street</td>
<td>333 West 86th Street</td>
<td>(212) 712-0200</td>
<td>(212) 712-0690</td>
</tr>
<tr>
<td>Carnegie East House</td>
<td>1844 Second Avenue</td>
<td>(212) 410-0033</td>
<td>(212) 410-5180</td>
</tr>
<tr>
<td>Frederic Fleming Residence</td>
<td>443-445 West 22nd Street</td>
<td>(212) 242-5277</td>
<td>(212) 675-8619</td>
</tr>
<tr>
<td>Brown Gardens</td>
<td>225 East 93rd Street</td>
<td>(212) 369-5523</td>
<td>(212) 410-4462</td>
</tr>
<tr>
<td>1850 Second Avenue</td>
<td>1850 Second Avenue</td>
<td>(212) 831-7613</td>
<td>(212) 348-7451</td>
</tr>
<tr>
<td>Ridge Street Gardens</td>
<td>80-92 Ridge Street</td>
<td>(212) 598-4148</td>
<td>(212) 598-4092</td>
</tr>
<tr>
<td>Clinton Gardens</td>
<td>404-412 West 54th Street</td>
<td>(212) 489-9339</td>
<td>(212) 489-9332</td>
</tr>
<tr>
<td>The 80th Street Residence - Licensed</td>
<td>430 East 80th Street</td>
<td>(212) 717-8888</td>
<td>(212) 585-3544</td>
</tr>
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</tr>
</tbody>
</table>
IV. LONG TERM CARE

VillageCare at 46 and Ten
Enhance Residence Program/
Assisted Living Program
510 West 46th Street
New York, NY 10036
Phone: (212) 977-4600
Fax: (212) 977-4848

West 74th Street Home
Adult Home
300 Amsterdam Avenue
New York, NY 10023
Phone: (212) 595-8983
Fax: (212) 595-0369

Additional Resources:

Long Term Care Community Coalition
242 West 30th Street, Suite 306
New York, NY 10001
Tel: (212) 385-0355
Fax: (212) 239-2801
www.ltccc.org

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

West Side Federation For
Senior and Supportive Housing
Adult Home
109 West 129th Street
New York, NY 10027
Phone: (212) 348-8513
Fax: (212) 860-4568

New York State Department of Health
Adult Care Facilities
Metropolitan Area Regional Office
90 Church Street, 15th Floor
New York, NY 10007
Phone: (212) 417-4440
Fax: (212) 417-5808
IV. LONG TERM CARE

**Adult Day Programs**

Adult day programs offer socialization and/or medical services in a non-residential facility setting. Medical adult day care offers services such as nursing, therapies, nutrition assessment, rehabilitation, referrals for outpatient health, and dental services along with socialization. Social adult day care does not provide medical services. It provides supervision, socialization and personal care. Those who attend adult day programs may be elderly, blind, suffering memory loss, mentally ill or developmentally disabled.

Manhattan programs include:

Amsterdam Nursing Home – Medical  
1060 Amsterdam Avenue  
New York, NY 10025  
Phone: (212) 316-7735  
www.amsterdamcares.org

ARC Adult Day Center – Social  
4111 Broadway  
New York, NY 10033  
Phone: (212) 781-5700  
Fax: (212) 781-5701  
www.arcseniors.com

C.V. Starr Adult Day Services – Social  
445 East 85th Street  
New York, NY 10028  
Phone: (212) 249-0500  
www.carterburden.org

Lenox Hill Neighborhood House CARE Program – Social  
343 East 70th Street  
New York, NY 10021  
Phone: (212) 744-5022  
www.lenoxhill.org

ElderServe at the Y – Social  
54 Nagle Avenue  
New York, NY 10040  
Phone: (212) 942-4188
IV. LONG TERM CARE

Guild Care Adult Day Health Center – Medical
15 West 65th Street
New York, NY 10023
Phone: (212) 769-7847
Fax: (212) 769-4213
www.jgb.org/programs_guildcare.asp

Hamilton Madison House Adult Day Program – Social
100 Gold Street
New York, NY 10038
Phone: (212) 788-1537
Fax: (212) 788-5549
http://www.hmhonline.org/SocialAdultDayFactSheet.htm

Jewish Home Lifecare Adult Day Programs – Social & Medical
120 West 106th Street
New York, NY 10025
Phone: (212) 870-5090
www.jewishhomelifecare.org

Riverstone Senior Life Services - Open Door & Memory Center – Social
99 Fort Washington Avenue
New York, NY 10032
Phone: (212) 927-5600
Fax: (212) 927-5612
www.riverstonenyc.org/

Service Program for Older People (SPOP) – Medical
302 West 91st Street
New York, NY 10025
Phone: (212) 787-7120
www.spop.org

Village Care Adult Day Health Center – Social & Medical
644 Greenwich Street
New York, NY 10014
Phone: (212) 337-5870
Fax: (212) 337-5899
http://www.villagecare.org/senior/adult_day_health
Nursing Homes

Nursing homes provide services for people who need 24-hour nursing care and supervision outside of a hospital.

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

In order to get an idea of a home, it’s important to observe and ask questions. Visit on different days and at different times. Taste the food. Talk to other families who have loved ones there.

**Nursing Homes in Manhattan include:**

- **Amsterdam Nursing Home**
  1060 Amsterdam Avenue
  New York, NY 10025
  Phone: (212) 316-7700
  [www.amsterdamcares.org](http://www.amsterdamcares.org)

- **DeWitt Nursing Home**
  211 East 79th Street
  New York, NY 10075
  Phone: (212) 671-6000
  [www.dewittnh.com](http://www.dewittnh.com)

- **Coler-Goldwater Hospital**
  1 Main Street
  Roosevelt Island
  New York, NY 10044
  Phone: (212) 848-6000

- **Fort Tryon Center for Rehabilitation and Nursing**
  801 West 190th Street
  New York, NY 10040
  Phone: (212) 543-6400
IV. LONG TERM CARE

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

Isabella Geriatric Center
515 Audubon Avenue
New York, NY 10040
Phone: (212) 342-9200
www.isabella.org

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

Kateri Residence
150 Riverside Drive
New York, NY 10024
Phone: (646) 505-3500
www.archcare.org/kateri-residence.html

Mary Manning Walsh Home
1339 York Avenue
New York, NY 10021
Phone: (212) 628-2800
www.archcare.org/mary-manning-walsh.html

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

New Gouverneur Hospital SNF
227 Madison Street
New York, NY 10002
Phone: (212) 238-7872

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

Terence Cardinal Cooke Health Care Center
1249 Fifth Avenue
New York, NY 10029
Phone: (212) 360-1000
http://www.archcare.org/
terence-cardinal-cooke.html

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

Home Care allows seniors to receive personalized health care and/or non-medical care at home. The care can be administered by licensed health care providers or non-licensed providers depending on the need.

Home Care services allow seniors to receive individualized attention while maintaining their independence and living at home. These services can range from a few hours a week to 24-hour care.

Home Health Care typically includes skilled care services such as physical and occupational therapy, post-surgery care and help with routine daily activities. Home Care aides can also assist with household tasks such as grocery shopping, meal preparation, transportation, errands, housekeeping and laundry.

Certified Home Health Care Agencies (CHHAs)

Certified Home Health Agencies (CHHAs) are overseen by the New York State Department of Health (NYS DOH). CHHAs provide a range of services and supports. The agencies can help individuals determine which services will best fit their medical, personal and home care needs.

Medicare, Medicaid, some health insurance providers, and private payment may be used to obtain reimbursements for costs of services provided by Home Health Care Agencies.

To find home health care services, speak with your physician or hospital discharge staff, or visit http://homecare.nyhealth.gov.

Long Term Care Resources

The following agencies provide a range of long term care services. Some appear in the Adult Day Programs and Nursing Home sections above. They are included again below as resources for a range of long term care options and as an access point to case management services.
IV. LONG TERM CARE

Concerned Home Managers for the Elderly, Inc. (COHME)
COHME provides home health care, nursing and case management services to seniors.

11 Broadway, Suite 400
New York, NY 10004
Phone: (212) 514-7147
www.cohme.org

Jewish Home Lifecare (JHL)
JHL offers long term care, adult day care, home health care, health services, and social and community services throughout the New York area.

120 West 106th Street
New York, NY 10025
Admissions: (212) 870-4715
Adult Day Program, Alzheimer’s & Memory Care Day Program and Social Day Program: (212) 870-5090
www.jewishhomelifecare.org

Selfhelp
Selfhelp provides home care, case management services, home health aides, senior housing, legal resources, an Alzheimer’s resource program, senior activity centers and community guardians.

520 Eighth Avenue
New York, NY 10018
Phone: (212) 971-7600
www.selfhelp.net

Isabella Geriatric Center
Isabella Geriatric Center provides a wide range of services for seniors, both off-site and in their on-site nursing home facility. Services include rehabilitation, adult day care, respite care and meals-on-wheels.

515 Audubon Avenue
New York, NY 10040
Phone: (212) 342-9200
www.isabella.org
IV. LONG TERM CARE

New York Foundation for Senior Citizens (NYFSC)
NYFSC coordinates home care, home delivered meals and other services, including assistance with benefits and entitlements, for physically and mentally frail residents of Manhattan's Community Districts 1, 2, 3, 5 and 6. Case Managers meet with individuals to determine their eligibility for services and then arrange and monitor the delivery of services.

11 Park Place, 11th Floor
New York, NY 10007
Phone: (212) 962-7817
www.nyfsc.org

Lenox Hill Neighborhood House
Lenox Hill Neighborhood House offers case management, transportation services, and a social adult day program as well as senior centers for older adults living on the East Side of Manhattan and on Roosevelt Island.

331 East 70th Street
New York, NY 10021
Phone: (212) 744-5022
www.lenoxhill.org

For more information about long term care options, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
Care giving can be an overwhelming experience for many. Luckily, Manhattan has many resources to help caregivers find the support they need.

**Alzheimer’s and Caregiver Resource Center – DFTA**
DFTA provides individual counseling, support groups, referrals to community services, education and training, entitlements information, assistance with the nursing home placement process and information on housing alternatives.

2 Lafayette Street
New York, NY 10007
Call 311, send an email to caregivers@aging.nyc.gov, or visit http://www.nyc.gov/html/dfta/html/caregiver/alzheimer.shtml.
Available Monday through Friday, 9:00 am – 5:00 pm

**Alzheimer’s Association – NYC Chapter**
The Alzheimer’s Association of NYC provides information, assistance and support to patients, caregivers and professionals. A wide range of services are offered for caregivers including care consultation, caregiver support groups, a 24-hour helpline and in-home hospice services. Care consultation provides a personalized service for individuals and families who are facing the decisions and challenges associated with the disease. Caregiver support groups provide a caring place for group members to discuss the challenges of caregiving and find emotional support.

360 Lexington Avenue, 4th Floor
New York, NY 10017
Phone: (646) 744-2900
Helpline: (800) 272-3900
www.alznyc.org

**Care for the Family Caregiver – EmblemHealth**
EmblemHealth’s Care for the Family Caregiver initiative provides print and web-based resources and presentations for family caregivers. Their website includes practical information, tools and support to help family caregivers self-identify and locate resources to help, such as Care for the Family Caregiver: A Place to Start - a comprehensive guide to support family caregivers that is available in English and Spanish. Visit http://www.emblemhealth.com/careforthefamilycaregiver/ to download a copy of the guide and find other resources. You can also call (646) 447-7651 or (646) 447-6285 for more information.

Face-to-face caregiver support services will also be available starting Fall 2012 at EmblemHealth Neighborhood Care located at 215 West 125th Street in Manhattan. To learn more, visit www.EmblemHealth.com/EHNC.
V. RESOURCES FOR CAREGIVERS

Friends in Deed
Friends in Deed provides supportive programs and services to people diagnosed with life-threatening illnesses, to their family, friends and caregivers, and to anyone dealing with grief and bereavement. Facilitated “Big Group” meetings are offered six times a week. It’s recommended that first-time attendees come to the Tuesday night group from 7:00 - 8:30 pm. There is also a group targeted at caregivers that’s offered every Tuesday from 12:00 - 1:00 pm. The caregiver group focuses on taking care of oneself while caring for others. However, all groups are open to anyone. A limited number of one-on-one services are also offered based on need and availability. All services are free of charge. Please note: All groups start on time and no one is admitted after the group starts.

594 Broadway, Ste. 706
New York, NY 10012
Phone: (212) 925-2009
www.friendsindeed.org

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

Hamilton-Madison House Caregiver Services
Bilingual Chinese/Korean-English speaking geriatric specialists provide individual assessment, information and referral, benefit and entitlement assistance, caregiver training, support groups, counseling, respite care, supplemental services, shopping assistance and home visits. HMH serves Chinese and Korean communities citywide.

HMH Caregiver Services Manhattan
100 Gold Street, 4th Floor
New York, NY 10038
Phone: (212) 788-1688
Available 9:00 am – 5:00 pm

Health Outreach Caregivers Service – Weill Cornell Medical Center
This service offers support for individuals caring for seniors over 60. This includes information on related services, evaluation of care options, counseling and stress reduction.

525 East 68th Street
New York, NY 10065
Phone: (212) 746-4351
www.nypgeriatrics.org
Respite Care Program – NY Foundation for Senior Citizens
This program provides affordable ($7.25 per hour), short-term home care by certified home attendants for frail elderly who live alone or whose caregivers require relief from their care giving responsibilities. Respite Care also assists seniors who require temporary help following hospitalization. Services include personal care, meal preparation, shopping, escorting, light housekeeping and laundry. Applicants must be 60 years of age or older, New York City residents and require assistance with activities of daily living. Phone: (212) 962-7559 or visit www.nyfsc.org for more information.

SAGECAP (SAGE Caring and Preparing)
SAGECAP provides a number of services to lesbian, gay, bisexual, and transgender (LGBT) caregivers and care recipients throughout New York including individual counseling, a caregivers support group, benefits and entitlement assistance, recommendations for safe and LGBT-affirming long-term care options and identifying appropriate home-based care services.

305 Seventh Avenue
New York, NY 10001
Phone: (212) 741-2247
www.sageusa.org

Share the Care™
Share The Care is a cost-effective, community-based caregiving model that empowers ordinary people with the information, guidance and tools they need to organize and maintain a “caregiving family” to help someone they know with a health, medical or aging issue. Share The Care prevents caregiver burnout by turning offers of “What can I do to help?” into powerful action.

ShareTheCaregiving, Inc.
c/o The National Center for Civic Innovation
121 Avenue of the Americas, 6th Floor
New York, NY 10013
Phone: (212) 991-9688
www.sharethecare.org

Visiting Nurse Services of New York
The largest non-for-profit home health care organization in the country provides post-hospital care, rehabilitation therapies, long term home health care, AIDS programs and hospice care. Phone: (800) 675-0391 or visit www.vnsny.org for more information.

For more information about resources for caregivers, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
VI. ELDER ABUSE

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Elder abuse can take many forms. If you are a victim of abuse or suspect that someone you know may be a victim, please seek help!

**Elder Abuse Facts**

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

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

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

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

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

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

**Elder Abuse Laws**

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

Adult Protective Services (APS)
APS is a state-mandated case management program that arranges for services and support for physically and/or mentally impaired adults who are at risk of harm.

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

Manhattan North Borough Office: (212) 971-2727
Manhattan South Borough Office: (212) 279-5794

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

Elderly Crime Victims Resource Center – DFTA
Elderly crime victims, including victims of elder abuse, and those with suspicions of elder abuse can call the Elderly Crime Victims Resource Center for consultation and referrals. Services include crisis intervention, safety planning, case management, counseling and legal services. For help, please call (212) 442-3103.

Jewish Association for Services for the Aged (JASA)
JASA attorneys and social workers help people 60-plus who are victims of elder abuse including psychological, emotional, verbal, financial and physical abuse. Services include individual and family counseling, entitlements and benefits advice, orders of protection, legal and medical services, home safety items, support groups, emergency shelters and safety planning.

Pearce Help Center
132 West 31st Street
New York, NY 10001
Phone: (212) 273-5272
VI. ELDER ABUSE

**Manhattan District Attorney’s Elder Abuse Unit**
The Elder Abuse Unit of the New York County District Attorney’s Office investigates and prosecutes crimes involving victims aged 60 and older. Services include investigation and prosecution of crimes against the elderly; assistance in obtaining an order of protection and emergency housing; consultation in order to determine whether a criminal investigation and prosecution is warranted; social service referrals to agencies that provide a variety of services to seniors; and review by the Narcotics Eviction Program for possible evictions of drug dealers from a senior’s residential or commercial premises.

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

**New York State Office of Victim Services**
This office provides reimbursement for crime-related expenses to crime victims, administers the federal Victims of Crime Act (VOCA) across the state, advocates for victim’s rights legislation and provides training for professionals.

Toll Free Number: (800) 247-8035  
Sorenson Videophone: (877) 215-5251  
Available Monday through Friday, 9:00 am - 5:00 pm

**Nursing Home and Adult Care Abuse**
Federal and state regulations require the reporting of alleged violations of abuse, mistreatment and neglect immediately to the facility administrator and to the Department of Health.

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

**NYC Domestic Violence Hotline**
This hotline provides up-to-date service information and assistance in over 150 languages. Call (800) 621-4673.
One Stop Support Program (OSSP) – One Stop Senior Services
The One Stop Support Program promotes abuse prevention, provides education and counseling, and aims to help seniors ultimately end abusive relationships. OSSP caseworkers visit clients in their homes to provide counseling.

747 Amsterdam Ave, 3rd Floor
New York, NY 10025
Phone: (212) 864-7900

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

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

Do Not Call Registry
The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Call (888) 382-1222 or visit www.donotcall.gov to learn more.

Department of Consumer Affairs (DCA)
DCA regulates many industries under the Consumer Protection Law. Each year, DCA receives thousands of consumer complaints. DCA works to resolve conflicts through mediation, but when mediation doesn’t work, an administrative judge can hear the case. If necessary, DCA will pursue litigation in State Court.

Department of Consumer Affairs
42 Broadway
New York, NY 10004

Medicaid Fraud Control Unit (OAG)
The New York State Attorney General’s Medicaid Fraud Control Unit is dedicated exclusively to the investigation and prosecution of Health Care Crime in New York State. Call (212) 417-5397 or (800) 771-7755.
Credit Bureaus/Freeze List
New Yorkers who believe they are the victims of identity theft can place a security freeze on their credit files. To activate the freeze, consumers must contact each of the three individual credit-reporting agencies listed below via certified mail or overnight mail with a name, address, date of birth, Social Security number and proof of current address.

Equifax Security Freeze
P.O. Box 740256
Atlanta, GA 30348
Phone: (888) 202-4025
https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp

Experian Security Freeze
P.O. Box 9554
Atlanta, GA 30347
Phone: (866) 580-6066
www.experian.com/freeze

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

Free Credit Reports
Requesting your credit report yearly is a good practice in preventing identity theft. All three credit bureaus (Experian, Equifax and TransUnion) are required to provide you with a copy of your credit report once a year. If you are the victim of identity theft, you are entitled to a second report from each agency.

Phone: (877) 322-8228
www.annualcreditreport.com

For additional informational and resources, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
Advocacy Organizations

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

AARP
AARP is a nonprofit, nonpartisan membership organization that helps people 50 years of age and older improve the quality of their lives through information, advocacy and service.

780 Third Avenue, 33rd Floor
New York, NY 10017
Phone: (866) 227-7442
Fax: (212) 644-6390
www.aarp.org/states/ny

Joint Public Affairs Committee for Older Adults (JPAC) – JASA
JPAC is a grassroots senior advocacy group that emphasizes leadership and civic involvement. JPAC provides training seminars, access to local and state officials, newsletters and public conferences.

Pearce Help Center
132 West 31st Street
New York, NY 10001
Phone: (212) 273-5262
www.jasa.org/services/advocacy

New York Gray Panthers
Gray Panthers is a national organization committed to social justice including the expansion of health care programs and fighting discrimination.

244 Madison Avenue, Suite 396
New York, NY 10016
(212) 799-7572
www.graypanthersnyc.org
New York State Alliance for Retired Americans (NYSARA)
NYSARA strives to provide a strong voice for senior citizens and encourages seniors to act with unity on legislative and policy issues of importance to retirees and their families.

800 Troy Schenectady Road
Latham, NY 12110
Phone: (518) 783-6231
Fax: (518) 213-6414
www.nysara.org

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

Volunteering

TimeBanksNYC
TimeBanksNYC is a citywide network for people to share their skills and support one another. For every hour that a TimeBank member provides a service or shares a skill with another member, a time credit is earned in exchange. This time credit can then be redeemed for a service from someone else. TBNYC is administered by the NYC Department for Aging in partnership with the Aging in New York Fund.

Contact the Manhattan Borough Coordinator at Manhattan@TimeBanksNYC.org or call 311 for more information.

Community Connections TimeBank – Visiting Nurse Service of NY
VNSNY’s Community Connections TimeBank is the largest time bank in the city, and in addition to one-on-one time exchanges, members can participate in a wide variety of classes, groups and workshops led by other members. In Manhattan, current participating neighborhoods include Washington Heights, Inwood, the Lower East Side, Chinatown and Battery Park City.

Call (212) 609-7811 or email timebank@vnsny.org.

Ombudsman Program – New York Foundation for Senior Citizens
The Ombudsman Program offers volunteer opportunities for individuals age 21 and older who want to help protect the rights of New York City’s nursing, adult-home and assisted living residents. Volunteers visit long-term care facilities, establish relationships with their residents, listen to their concerns and negotiate with facility staff to resolve residents’
issues and enhance their quality of life. Free training is provided and volunteers must commit to a minimum of four hours per week for one year.

Call (212) 962-2720 or visit www.nyfsc.org

**Retired Senior Volunteer Program (RSVP) – Community Service Society**

RSVP provides volunteer opportunities for older adults in nonprofit settings. RSVP engages 6,500 older adult volunteers at 500 nonprofits throughout New York City. Volunteers enhance the services that nonprofit organizations provide to their clients.

Community Service Society  
105 East 22nd Street  
New York, NY 10010  
Phone: (212) 254-8900  
www.cssny.org/services/rsvp

**Senior Companion Program – Henry Street Settlement**

The Senior Companion Program allows healthy older adults to volunteer their time to help homebound or isolated seniors live independently. Services include friendly visiting, shopping assistance, escort to a doctor’s appointment or other activities, light errands, help with obtaining services such as Access-A-Ride and meals on wheels, and basic companionship.

To volunteer you must be at least 55 years old, able to use mass transit, and able to volunteer 15 hours or more per week. Volunteers receive transportation reimbursement, participate in training sessions and may qualify for a tax-free stipend.

Visit http://www.henrystreet.org/programs/senior-services/senior-companion-program.html or call (212) 477-0455.

**New York Cares**

New York Cares meets community needs by mobilizing New Yorkers in volunteer service.

214 West 29th Street, 5th Floor  
New York, NY 10001  
Phone: (212) 228-5000  
www.newyorkcares.org
**Employment Services**

Whether looking to branch out into a new career, increase income or grow a hobby into a vocation, NYC offers many resources for senior employment.

**ReServe**
ReServe is a nonprofit organization that matches professionals age 55 and older (ReServists) with nonprofit organizations, public institutions and government agencies that need their expertise. ReServists provide direct services, administrative support and capacity-building expertise in schools, social service agencies, cultural institutions and public agencies. ReServists receive a stipend that is paid by the employer.

1440 Broadway, Suite 1601  
New York, NY 10018  
Phone: (212) 710-9220  
www.reserveinc.org

**Senior Community Service Employment Program**
SCSEP helps to place low-income seniors in subsidized, part-time paid employment within community agencies.

Phone: (212) 442-1355  
www.doleta.gov/seniors

**Senior Employment Services (SES) - Department for the Aging**
SES provides workshops focusing on job search techniques, computer training, job preparation, and offers job placement assistance for NYC residents 55 years and over.

NYC Department for the Aging  
Senior Employment Services  
220 Church Street, Room 132  
New York, NY 10007  
Phone: (212) 442-1353 or (212) 442-1355

**Continuing Education**
It’s never too late to learn something new! Continuing education is a fantastic way to enhance your knowledge, grow personally or professionally and meet new people.
City University of New York – CUNY
CUNY allows seniors to audit courses, when space is available, at both their two year and four year colleges. There is an administrative fee which varies by the year, for both college programs.

Contact the admissions office of any CUNY school of interest for more information.

Baruch College
Phone: (646) 312-1000
www.baruch.cuny.edu

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

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

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

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

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

Borough of Manhattan Community College
Phone: (212) 220-8000
www.bmcc.cuny.edu/j2ee/index.jsp

CUNY Graduate School of Journalism
Phone: (646) 758-7700
www.journalism.cuny.edu
The Institute for Retired Professionals (IRP) – The New School
The IRP provides a stimulating and supportive environment for peer learning to people of all backgrounds. The IRP encourages students to challenge themselves by taking part in study and by assuming academic and administrative leadership roles. The IRP is open to retired or semi-retired people who want to participate actively in cooperative learning and instruction.

66 West 12th Street, Room 502
New York, NY 10011
Phone: (212) 229-5682
www.newschool.edu/irp

QUEST: A Community for Lifelong Learning – City College of NY
QUEST offers a comprehensive curriculum of about 40 peer-led courses spanning subjects including literature, science, politics, current affairs, philosophy and the arts. Members range in age from their sixties to their nineties and people of all backgrounds are welcome to teach and to learn.

25 Broadway, 7th Floor
New York, NY 10004
Phone: (212) 925-6625, Ext. 229
www.questonline.org

Computer Training

Carter Burden Center for the Aging
The Carter Burden computer lab offers one-on-one half hour tutoring sessions daily Monday through Friday, between 11:00 am and 3:00 pm.

1484 First Avenue
Located between East 77th and East 78th Street
New York, NY 10075
Phone: (212) 879-7400
www.burdencenter.org
**Lenox Hill Neighborhood House**
LHNH offers a 9-week foundational course called “Computer Basics for Seniors.”

331 East 70th Street  
Located between First and Second Avenue  
New York, NY 10021  
Phone: (212) 744-5022, Ext. 1305  
http://www.lenoxhill.org/content/who-we-help/adult-education.html

**Older Adults Technology Services (OATS)**
OATS trains and supports older adults in using technology to improve their quality of life and enhance their social and civic engagement. Call (718) 502-9203 or visit www.oats.org for more information.

For more information, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
VIII. TRANSPORTATION

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A far-reaching public transportation system makes aging in Manhattan a whole lot easier. Be sure to take advantage of the discounts and programs available to senior riders.

**Reduced-Fare MetroCard**

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

**By Mail:**
- Download an application online: [http://www.mta.info/nyct/fare/rfindex.htm](http://www.mta.info/nyct/fare/rfindex.htm).
- Enclose a 2” x 2 1/2” photograph.
- Enclose a photocopy of acceptable proof of age: Driver’s License, Medicare Card or Birth Certificate (one must have a photograph of you), or proof of a qualifying disability.

Mail to: MTA New York City Transit
Attn: Reduced Fare Program
130 Livingston Street
Brooklyn, NY 11201-9625

**In Person:**
- If you are 65 years of age or older, you can bring your application to a MetroCard bus or van, or the walk-in MetroCard Customer Service Center located at 3 Stone Street in Manhattan.
- Bring two valid IDs: Driver’s License, Medicare Card, or Birth Certificate, one of which must have a photograph of you.
- Free photography services available.
- Notary not necessary.

**EasyPay MetroCard**

The EasyPay MetroCard allows seniors to pay for rides automatically with a credit or debit card. You can apply online at [http://www.mta.info/metrocard/EasyPayXpress.htm](http://www.mta.info/metrocard/EasyPayXpress.htm) or call 877-323-RIDE (877-323-7433) for assistance between 9:00 am and 5:00 pm on weekdays, except holidays, and 9:00 am and 2:00 pm on Saturdays.
Access-A-Ride

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

To Apply
Applicants must call (877) 337-2017 and follow the menu instructions to speak with eligibility staff Monday through Friday between 9:00 am and 5:00 pm. After calling, you will receive an application and letter for your appointment at an assessment center. Within three weeks of your visit to an assessment center, you will receive a decision about your eligibility.

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

Additional Information
• Be prepared to wait up to 30 minutes after your scheduled pick up time. AAR vehicles arriving during this time are considered on time. You may call Transit Control at (877) 337-2017 to check on your vehicle’s location or estimated time of arrival.
• Subscription service is offered to any customer who travels from the same location to the same destination at the same time of day for each trip, at least one day a week. These trips are prescheduled.
• NYC Transit will record each customer no-show or late cancellation as a missed trip and may suspend a customer with excessive missed trips.
• There are designated AAR pick-up bus stops at busy locations where customers and carriers have missed each other. These locations have AAR identification signs. You must have a reservation for a pick up or drop off at these locations.

For Customer Assistance
Call: MTA New York City Transit Customer Assistance line at (718) 330-1234 between 6:00 am and 10:00 pm, seven days a week.

Write: MTA New York City Transit
Paratransit Division, Customer Relations
130 Livingston Street
Brooklyn, NY 11201
New York Foundation for Senior Citizens Transportation Project - (CART)

CART (Community Arranged Resident Transportation) provides free van service five days a week to and from doctor appointments and planned events. This service is only available in Manhattan. Call (212) 956-0855 or visit http://www.nyfsc.org/services/freetrans.html for more information.

For more information about transportation, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
IX. COMMUNITY BOARDS

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IX. COMMUNITY BOARDS

Community Boards are charged with representing community interests on issues of development and planning, land use, zoning and City service delivery such as sanitation and street maintenance. Community Boards often address issues pertinent to seniors such as park access, sidewalk conditions, traffic safety and senior service delivery. Some community boards have dedicated aging committees.

There are 12 community boards in Manhattan.

**Manhattan Community Board 1**
49-51 Chambers Street, Room 715
Located between Elk Street and Broadway
New York, NY 10007
Phone: (212) 442-5050
www.nyc.gov/html/mancb1
CB 1 meets on the fourth Tuesday of each month at 6:00 pm. Location varies.

**Manhattan Community Board 2**
3 Washington Square Village, Suite 1A
Located between LaGuardia Place and Mercer Street
New York, NY 10012
Phone: (212) 979-2272
www.nyc.gov/html/mancb2
CB 2 meets on the second to last Thursday of each month at 6:00 pm. Location varies.

**Manhattan Community Board 3**
59 East 4th Street
Located between Second Avenue and Bowery
New York, NY 10003
Phone: (212) 533-5300
www.nyc.gov/html/mancb3
CB 3 meets on the fourth Tuesday of every month at 6:00 pm. Location varies.

**Manhattan Community Board 4**
330 West 42nd Street, 26th Floor
Located between Eighth and Ninth Avenue
New York, NY 10036
Phone: (212) 736-4536
www.nyc.gov/html/mancb4
CB 4 meets on the first Wednesday of every month at 6:30 pm. Location varies.
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**Manhattan Community Board 5**
450 Seventh Avenue, Suite 2109
Located between West 34th and West 35th Street
New York, NY 10123
Phone: (212) 465-0907
www.cb5.org
CB 5 meets on the second Thursday of each month at 6:00 pm. Location varies.

**Manhattan Community Board 6**
866 United Nations Plaza, Suite 308
Located at East 42nd Street
New York, NY 10017
Phone: (212) 319-3750
www.nyc.gov/html/mancb6
CB 6 meets on the second Wednesday of each month at 7:00 pm at the NYU Medical Center, 550 First Avenue at East 32nd Street.

**Manhattan Community Board 7**
250 West 87th Street, 2nd Floor
Located between Broadway and West End Avenue
New York, NY 10024
Phone: (212) 362-4008
www.nyc.gov/html/mancb7
CB 7 meets on the first Tuesday of each month at 6:30 pm. Location varies.

**Manhattan Community Board 8**
505 Park Avenue, Suite 620
Located between East 59th and East 60th Street
New York, NY 10022
Phone: (212) 758-4340
www.cb8m.com
CB 8 meets on the third Wednesday of each month at 6:30 pm. Location varies.

**Manhattan Community Board 9**
16-18 Old Broadway
Located between Dr. Martin Luther King Jr. Blvd and West 136th Street
New York, NY 10027
Phone: (212) 864-6200
www.nyc.gov/html/mancb9
CB 9 meets on the third Thursday of every month at 6:30 pm. Location varies.
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Manhattan Community Board 10
215 West 125th Street, 4th Floor
Located between Frederick Douglass Boulevard and Seventh Avenue
New York, NY 10027
Phone: (212) 749-3105
www.nyc.gov/html/mancb10
CB 10 meets on the first Wednesday of every month at 6:00 pm at 163 125th Street, 2nd Floor. Check website for any changes.

Manhattan Community Board 11
1664 Park Avenue, Ground Floor
Located between East 117th and East 118th Street
New York, NY 10035
Phone: (212) 831-8929
www.cb11m.org
CB 11 meets on the third Tuesday of every month at 6:30 pm. Location varies.

Manhattan Community Board 12
711 West 168th Street, Ground Floor
Located at Fort Washington Avenue
New York, NY 10032
Phone: (212) 568-8500
www.nyc.gov/html/mancb12
CB 12 meets on the fourth Tuesday of every month at 7:00 pm. Location varies.

For more information contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

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Senior centers and case management agencies provide a wide range of services to NYC seniors. Senior centers typically offer social, nutritional and cultural programs while case management agencies help seniors access benefits and services. Some senior centers serve as an access point to case management services in addition to providing other programming.

**Senior Centers**

Whether you are interested in a computer class, grabbing a hot lunch with friends or attending a cultural event, Manhattan boasts dozens of senior centers to choose from. The following centers are divided by community board:

**Community Board 1**

- Independence Plaza
  - 310 Greenwich Street
  - Located between Chambers and Harrison St
  - New York, NY 10014
  - Phone: (212) 267-0499
  - Open: Monday - Friday, 9:00 am – 5:00 pm
  - Lunch: 12:30 pm

- City Hall Senior Center
  - 100 Gold Street, LL
  - Located between Spruce and Frankfort St
  - New York, NY 10038
  - Phone: (212) 788-5580
  - Open: Monday – Friday, 9:00 am – 5:00 pm
  - Breakfast: 9:00 am
  - Lunch: 11:30 am

**Community Board 2**

- Senior Center on the Square
  - 20 Washington Square North
  - Located between Fifth Ave and MacDougal St
  - New York, NY 10011
  - Phone: (212) 777-3555
  - Open: Monday – Friday, 9:00 am – 5:00 pm
  - Lunch: 12:15 pm & 1:15 pm

- Judith C. White Senior Center
  - 27 Barrow Street
  - Located btwn W 4th St and 7th Ave South
  - New York, NY 10014
  - Phone (212) 242-4140, Ext. 260
  - Open: Monday – Friday, 9:00 am – 5:00 pm
  - Breakfast: 9:00 am
  - Lunch: 12:00 pm

- CPC Project Open Door
  - 168 Grand Street
  - Located between Centre and Baxter St
  - New York, NY 10013
  - Phone: (212) 431-9026
  - Open: Monday – Friday, 9:00 am – 5:00 pm
  - Lunch: 11:30 am

- Mott Street Senior Center
  - 180 Mott Street
  - Located between Broome and Kenmare St
  - New York, NY 10012
  - Phone: (212) 966-5460
  - Open: Monday – Friday, 8:00 am – 4:00 pm
  - Breakfast: 8:30 am
  - Lunch: 12:00 pm
Community Board 2 (cont.)

Our Lady of Pompeii Senior Center
25 Carmine Street
Located between Bedford and Bleecker St
New York, NY 10014
Phone: (212) 989-3620

Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:30 pm

Community Board 3

BRC Senior Nutrition Program
30 Delancey Street
Located between Chrystie and Bowery St
New York, NY 10002
Phone: (212) 533-2020

Open: Monday – Friday, 8:00 am – 3:30 pm
Lunch: 12:00 pm

Whittaker Center
197 East Broadway
Located between Jefferson and Clinton St
New York, NY 10002
Phone: (212) 780-2300

Open: Monday – Friday, 9:00 am – 2:30 pm
Lunch: 11:30 am (Kosher)

Good Companions Senior Center
334 Madison Street
Located between Gouverneur and Jackson St
New York, NY 10002
Phone: (212) 349-2770

Open: Monday – Friday, 9:00 am – 6:00 pm
Lunch: 12:00 pm
Dinner: 4:00 pm

Grand Coalition of Seniors Senior Center
80 Pitt Street
Located between Rivington and Stanton St
New York, NY 10002
Phone: (212) 674-1740

Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:00 pm

LaGuardia Senior Center
280 Cherry Street
Located between Rutgers and Jefferson St
New York, NY 10002
Phone: (212) 732-3656

Open: Monday – Friday, 8:30am – 4:30pm
Breakfast: 8:30 am
Lunch: 12:00 pm

NY Chinatown Senior Center
70 Mulberry Street
Located between Bayard and Canal St
New York, NY 10013
Phone: (212) 233-8930

Open: 9:00 am – 5:00 pm
Lunch: 11:30 am
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

■ Community Board 3 (cont.)

Sirovich Senior Center  
331 East 12th Street  
Located between First and Second Avenue  
New York, NY 10003  
Phone: (212) 228-7836  
Open: Monday – Friday, 8:00 am – 4:00 pm

Smith Houses Senior Center  
50 Madison Street  
Located at Oliver Street  
New York, NY 10002  
Phone: (212) 349-3724  
Open: Monday – Friday, 9:00 am – 5:00 pm  
Lunch: 12:00 pm

University Settlement  
189 Allen Street  
Located between Stanton and East Houston St  
New York, NY 10002  
Phone: (212) 473-8217  
Open: Monday – Friday, 8:00 am – 5:00 pm  
Breakfast: 8:30 am  
Lunch: 12:00 pm

■ Community Board 4

Hudson Guild Senior Services  
119 Ninth Avenue  
Located between West 17th and West 18th St  
New York, NY 10011  
Phone: (212) 924-6710  
Open: Monday – Friday, 9:00 am – 5:00 pm  
Breakfast: 8:45 am  
Lunch: 11:45 am

Coffeehouse Senior Center - Project Find  
551 Ninth Avenue  
Located between W 40th and W 41st St  
New York, NY 10018  
Phone: (212) 947-5466  
Open: Monday – Friday, 9:00 am - 5:00 pm  
Lunch: 12:00 pm

Clinton Senior Center - Project Find  
530 West 55th Street  
Located between Tenth and Eleventh Ave  
New York, NY 10019  
Phone: (212) 757-2026  
Open: Monday – Friday, 9:00 am – 5:00 pm  
Lunch: 12:00 pm

Living Fully: Resources for Aging Well in the City
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

Community Board 5

Encore Luncheon Club  
239 West 49th Street  
Located between Broadway and 8th Ave  
New York, NY 10019  
Phone: (212) 581-2910  
Open: Monday – Friday, 8:30 am – 4:30 pm  
Lunch: 12:00 pm

Senior Action in a Gay Environment (SAGE)  
305 Seventh Avenue, 15th Floor  
Located between W 27th and W 28th St  
New York, NY 10001  
Phone: (212) 741-2247

Woodstock Senior Center - Project Find  
127 West 43rd Street  
Located between Sixth and Seventh Ave  
New York, NY 10036  
Phone: (212) 575-0693  
Open: Monday – Friday, 9:00 am – 5:00 pm  
Lunch: 12:00 pm

Community Board 6

Community Lounge Senior Center  
155 East 22nd Street  
Located between Third and Lexington Ave  
New York, NY 10016  
Phone: (212) 777-8333  
Open: Monday – Friday, 8:00 am – 4:00 pm  
Lunch: 12:00 pm

Stein Senior Center  
340 East 24th Street, 2nd Floor  
Located between First and Second Avenue  
New York, NY 10010  
Phone: (646) 395-8083  
Open: Monday – Friday, 8:00 am – 4:00 pm  
Lunch: 12:00 pm

Lenox Hill Senior Center  
at Saint Peter’s Church  
619 Lexington Avenue  
Located between E 53rd and E 54th St  
New York, NY 10022  
Phone: (212) 308-1959  
Open: Monday – Friday, 9:00 am – 5:00 pm  
Lunch: 12:00 pm
<table>
<thead>
<tr>
<th>Community Board 7</th>
<th>JASA West Side Senior Center Club 76</th>
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<tbody>
<tr>
<td>Association of Black Social Workers Senior Center</td>
<td>120 West 76th Street</td>
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<tr>
<td>221 West 107th Street</td>
<td>Located btwn Columbus and Amsterdam Ave</td>
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<tr>
<td>Located btwn Amsterdam Ave and Broadway</td>
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<tr>
<td>New York, NY 10025</td>
<td>Phone: (212) 712-0170</td>
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<tr>
<td>Phone: (212) 749-8400</td>
<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 1:00 pm (Kosher)</td>
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<td>Open: Monday – Friday, 9:00 am – 4:00 pm Lunch: 12:00 pm</td>
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<tr>
<th>Goddarid Riverside Senior Center</th>
<th>Hamilton Senior Center - Project Find</th>
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<tbody>
<tr>
<td>593 Columbus Avenue</td>
<td>141 West 73rd Street</td>
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<tr>
<td>Located between W 88th and W 89th St</td>
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<tr>
<td>New York, NY 10024</td>
<td>New York, NY 10023</td>
</tr>
<tr>
<td>Phone: (212) 873-6600</td>
<td>Phone: (212) 787-7710</td>
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<tr>
<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 12:00 pm</td>
<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 12:00 pm</td>
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<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 12:00 pm</td>
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<tr>
<th>Hargrave Senior Center - Project Find</th>
<th>Manhattan Valley Senior Center</th>
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<tbody>
<tr>
<td>111 West 71st Street</td>
<td>135 West 106th Street</td>
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<tr>
<td>Located between Broadway and Columbus Ave</td>
<td>Located btwn Columbus and Amsterdam Ave</td>
</tr>
<tr>
<td>New York, NY 10023</td>
<td>New York, NY 10025</td>
</tr>
<tr>
<td>Phone: (212) 580-0888</td>
<td>Phone: (212) 749-7015</td>
</tr>
<tr>
<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 12:00 pm</td>
<td>Open: Monday – Friday, 8:30 – 4:00 pm Lunch: 12:00 pm</td>
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<tr>
<td>Open: Monday – Friday, 9:00 am – 5:00 pm Lunch: 12:00 pm</td>
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</tbody>
</table>
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

Community Board 8

Carter Burden Center for the Aging
1484 First Avenue
Located between East 77th and East 78th St
New York, NY 10075
Phone: (212) 879-7400
Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:00 pm

Lenox Hill Senior Center
343 East 70th Street
Located between First and Second Avenue
New York, NY 10021
Phone: (212) 744-5905
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Roosevelt Island Senior Center
546 Main Street
New York, NY 10044
Phone: (212) 980-1888
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Community Board 9

Hamilton Grange Senior Center
420 West 145th Street
Located btwn St Nicholas and Convent Ave
New York, NY 10031
Phone: (212) 862-4181
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Manhattanville -Riverside Senior Center
3333 Broadway, Tower E, Basement
Located at West 135th Street
New York, NY 10031
Phone: (212) 862-5562
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Jackie Robinson Center
1301 Amsterdam Avenue
Located between West 123rd and La Salle St
New York, NY 10027
Phone: (212) 666-4910
Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 11:30 am

Wilson M Morris Senior Center
459 West 152nd Street
Located btwn St Nicholas and Amsterdam Ave
New York, NY 10031
Phone: (212) 234-4661
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

Community Board 10

A. Philip Randolph Senior Center
108 West 146th Street
Located between Lenox and Seventh Ave
New York, NY 10039
Phone: (212) 283-7904
Open: Monday – Friday, 9:00 am – 5:00 pm
Breakfast: 8:30 am
Lunch: 12:00 pm

Kennedy Senior Center
34 West 134th Street
Located between Fifth and Lenox Avenue
New York, NY 10037
Phone: (212) 926-4871
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Canaan Senior Service Center
10 Lenox Avenue
Located at Central Park North
New York, NY 10026
Phone: (212) 876-2638
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Presbyterian Senior Project
151 West 128th Street
Located between Lenox and Seventh Ave
New York, NY 10027
Phone: (212) 222-3132
Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:00 pm

Central Harlem Senior Center
120 West 140th Street
Located between Lenox and Seventh Ave
New York, NY 10030
Phone: (212) 926-4465
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Saint Nicholas Senior Center
146 Saint Nicholas Avenue
Located between W 117th and W 118th St
New York, NY 10026
Phone: (212) 665-3279
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 1:00 pm

Citizens Care Senior Center
1428 Fifth Avenue
Located between E 116th and E 117th St
New York, NY 10035
Phone: (212) 410-0333
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:15 pm
## X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

### Community Board 11

<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Address</th>
<th>Phone</th>
<th>Open Hours</th>
<th>Lunch</th>
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</thead>
<tbody>
<tr>
<td>Carver Senior Center</td>
<td>55 East 102nd Street</td>
<td>(212) 289-2708</td>
<td>Monday – Friday, 8:00 am – 5:00 pm</td>
<td>11:30 am</td>
</tr>
<tr>
<td>Corsi House Senior Center</td>
<td>307 East 116th Street</td>
<td>(212) 828-6756</td>
<td>Monday – Friday, 8:00 am – 4:00 pm</td>
<td>Breakfast: 8:30 am</td>
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<tr>
<td>East Harlem Council Nutrition Program</td>
<td>150 East 121st Street</td>
<td>(212) 722-2205</td>
<td>Monday – Friday, 9:00 am – 5:00 pm</td>
<td>Lunch: 12:00 pm</td>
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<tr>
<td>East Harlem Coalition Senior Center</td>
<td>2205 First Avenue</td>
<td>(212) 828-6096</td>
<td>Monday – Friday, 7:30 am – 4:00 pm</td>
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<tr>
<td>Gaylord White Senior Center</td>
<td>2029 Second Avenue</td>
<td>(212) 828-6055</td>
<td>Monday – Friday, 9:00 am – 5:00 pm</td>
<td>Lunch: 12:00 pm</td>
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<tr>
<td>Leonard Covello Senior Center</td>
<td>312 East 109th Street</td>
<td>(212) 423-9665</td>
<td>Monday – Friday, 9:00 am – 5:00 pm</td>
<td>Breakfast: 8:30 am</td>
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<tr>
<td>Lincoln Senior Center</td>
<td>60 East 135th Street</td>
<td>(212) 234-0005</td>
<td>Monday – Friday, 9:00 am – 5:00 pm</td>
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</tbody>
</table>
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

Community Board 11 (cont.)

Pelham Fitz Senior Center
18 Mt. Morris Park West
Located between W 120th and W 124th St
New York, NY 10027
Phone: (212) 860-1380
Open: Monday – Friday, 8:00 am – 3:00 pm
Lunch: 12:00 pm

UBA Beatrice Lewis Senior Center
2322 Third Avenue
Located between E 126th and E 127th St
New York, NY 10035
Phone: (212) 289-9155
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Schomburg Senior Center
1309 Fifth Avenue
Located between E 110th and E 111th St
New York, NY 10029
Phone: (212) 369-9390
Open: Monday – Friday, 9:00 am – 2:00 pm
Lunch: 12:00 pm

Washington Lexington Senior Center
1775 Third Avenue
Located between East 98th and East 99th St
New York, NY 10029
Phone: (212) 828-6115
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Community Board 12

Agudath Moriah Senior Center
90 Bennett Avenue
Located between W 184th and W 186th St
New York, NY 10033
Phone: (212) 923-5715
Open: Monday – Friday, 9:00 am – 4:30 pm
Lunch: 12:00 pm (Kosher)

Cothoa Luncheon Club Senior Center
2005 Amsterdam Avenue
Located between W 159th and W 160th St
New York, NY 10032
Phone: (212) 781-6580
Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 1:00 pm

ARC Fort Washington Senior Center
4111 Broadway
Located between W 173rd and W 174th St
New York, NY 10033
Phone: (212) 781-5700
Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Dyckman Senior Center
3754 10th Avenue
Located between Academy and W 202nd St
New York, NY 10034
Phone: (212) 569-7790
Open: Monday – Friday, 8:30 am – 4:30 pm
Breakfast: 9:00 am
Lunch: 12:00 pm
X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES

Community Board 12 (cont.)

Fort Washington Houses Senior Center
99 Fort Washington Avenue
Located between W 163rd and W 165th St
New York, NY 10032
(212) 927-5600

Open: Monday – Friday, 8:30am – 4:00pm
Lunch: 12:00 pm

Star Senior Citizens Center
650 West 187th Street
Located at Wadsworth Ave
New York, NY 10033
Phone: (212) 781-8331

Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:00 pm

M. McLeod Bethune Senior Center
1970 Amsterdam Avenue
Located between W 156th and W 157th St
New York, NY 10032
Phone: (212) 928-6086

Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

YM-YWHA of Washington Heights-Inwood Senior Center
54 Nagle Avenue
Located between Broadway and Ellwood St
New York, NY 10040
Phone: (212) 569-6200

Open: Monday – Friday, 9:00 am – 5:00 pm
Lunch: 12:00 pm

Rain Inwood Senior Center
84 Vermilyea Avenue
Located between Academy and W 204th St
New York, NY 10034
Phone: (212) 567-3200

Open: Monday – Friday, 8:00 am – 4:00 pm
Lunch: 12:00 pm

Office of the Manhattan Borough President Scott M. Stringer
Case Management Agencies

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

There are a large number of agencies in Manhattan that provide case management services. The following list only includes case management agencies that are currently funded by the NYC Department for the Aging.

New York Foundation for Senior Citizens
11 Park Place, 11th Floor
New York, NY 10007
Phone: (212) 962-7817
Community Districts: 1, 2, 3, 5 & 6

Selfhelp Project Pilot
136 West 91st Street
New York, NY 10024
Phone: (212) 787-8106
Community Districts: 4 & 7

East Side Case Management Consortium – a consortium of agencies serving Community Districts 8 & 11 under the leadership of Lenox Hill Neighborhood House.

Lenox Hill Neighborhood House - lead agency
331 East 70th Street
New York, NY 10021
Phone: (212) 744-5022 x 1203

Carter Burden Center for the Aging
1484 First Avenue
New York, NY 10071
Phone: (212) 879-9864

Search and Care
1844 Second Avenue
New York, NY 10128
Phone: (212) 289-5300

Upper Manhattan Partnership for Senior Independence – a consortium of agencies serving Community Districts 9, 10 & 12 under the leadership of Isabella Geriatric Center.

Isabella Geriatric Center - lead agency
5073 Broadway
New York NY 10034
(212) 342-9735

ARC XVI Fort Washington
411 Broadway
New York, NY 10033
Phone: (212) 781-5700

Abyssinian Development Corporation
4 West 125th Street
New York, NY 10027
Phone: (212) 442-6599

Central Harlem Senior Citizens Coalition
120 West 140th Street
New York, NY 10030
Phone: (212) 926-4465
**X. SENIOR CENTERS & CASE MANAGEMENT AGENCIES**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Charles A. Walberg Multi-Service Organization</td>
<td>163 West 125th Street</td>
<td>(212) 222-2552</td>
</tr>
<tr>
<td></td>
<td>New York, NY 10027</td>
<td></td>
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<tr>
<td></td>
<td>Phone: (212) 222-2552</td>
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<tr>
<td>Riverstone Senior Services</td>
<td>99 Fort Washington Avenue</td>
<td>(212) 927-5600</td>
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<td>New York, NY 10032</td>
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<td></td>
<td>Phone: (212) 927-5600</td>
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<tr>
<td>STAR Washington Heights Community Services</td>
<td>650 West 187th Street</td>
<td>(212) 781-8331</td>
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<tr>
<td></td>
<td>New York, NY 10040</td>
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<tr>
<td></td>
<td>Phone: (212) 781-8331</td>
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<tr>
<td>YM &amp; YWHA of Washington Heights &amp; Inwood</td>
<td>54 Nagle Avenue</td>
<td>(212) 569-6200</td>
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For more information, contact Manhattan Borough President Scott M. Stringer’s Office at (212) 669-8300 or bp@manhattanbp.org.