

HSS



Aging with Dignity

A resource manual for
senior health and wellness

HSS Education Institute

“You are never too old to set another goal or to dream a new dream.” – C.S. Lewis

As one ages, wisdom from life experience can be used to empower and strengthen oneself. It is an opportunity to look at our lives and cull our experiences to be the best we can be.

We believe healthy aging is about strengthening people's connections to one another, improving health, increasing physical activity, and providing resources and programs to better protect people as they grow older. Research has shown that most older adults have expressed their desire for respect and inclusion in a society where “everything is about youth.”

We have prepared this manual in which you will find information to support you as you strive to be your best self and live a full life. Free and low-cost resources have been provided to help you make informed decisions about your healthcare and your quality of life. This is not an exhaustive list; rather, a place to get you started and connected to helpful resources. Note that, unless otherwise expressly indicated as “HSS,” all resources are provided by third parties which are not controlled by Hospital for Special Surgery. Please reach out to the contact information provided for the specific third party should you have any questions about the program they have to offer.

This manual lists resources in the five boroughs; we have also included regions where HSS has offices (New York State, New Jersey, Connecticut, and Florida) as well as national resources.



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A Message

Connecting You With All New York Has to Offer



Joel Grey

Age is a frame of mind. Whether you've recently retired, are finding yourself with more time on your hands, or just feel ready to try something you've always wanted to, it's a good time to ask yourself some questions. How do you want to handle this latest chapter of your life? Research has shown that connecting with other people, being physically active, and finding purpose in each day are vital ways to age well.

My career on the stage started when I was nine at the Cleveland Playhouse and it has been a wonderful ride. Over the years I have worked in theatre, film, television. And at the age of 86 I was asked to direct a production of *Fiddler on the Roof in Yiddish*. That is a language that I didn't fluently speak. But a voice deep inside me told me it was something I should do. I was fortunate enough to put together a superb, supportive team and a wonderful cast. And it turned out to be a great success.

You have a team, too, at Hospital for Special Surgery (HSS). The HSS Greenberg Academy for Successful Aging has prepared this excellent manual to provide you with a wide array of resources. Learn how older adults in the New York metropolitan area can:

- Find out about free admission to certain museums, concert halls, and other cultural venues and events
- Eat healthier through nutritional education and, if you qualify, free meals delivered to your home
- Improve physical fitness through wellness and activity classes geared toward older adults
- Relax and enjoy fresh air in beautiful gardens in local neighborhoods
- And more!

What's best is that all of these services are available for free or at a low cost. Take a look at what is available to you and you too can be "directing" this next chapter of your life. In the theatre, we say, "Break a leg," but maybe that's not appropriate here. Let's just say "Enjoy every minute!"

Yours warmly,

A handwritten signature in black ink that reads "Joel Grey".

Joel Grey

Actor, Director, Photographer

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Continuing & Professional Education

Learning new skills or new subjects is a great way to keep your mind sharp

Baruch College

New York State residents ages 60+ can audit introductory liberal arts courses, tuition-free. This does not include English comp, math, business or science courses. Fill out the online application for non-degree purposes only. There is a registration fee.

151 East 25th Street, Room 720

New York, NY
646.312.1179

baruch.cuny.edu

Fordham University

School of Professional and Continuing Studies College at 60

Adults 60+ can take classes to audit or pursue a college degree. A 50% discount is offered on tuition for the degree program for people who receive Social Security benefits.

113 West 60th Street, Room 301

New York, NY 10023
212.636.6372

fordham.edu/info/30571/college_at_60

Hunter College Senior Citizen Auditors

New York State residents 60+ can audit undergraduate courses tuition-free. Fill out the application online for non-degree and readmission. Visit the Senior Citizens Student Association in the North Building, on the Commons Level, Room 117 for assistance with filling out the application. There is a registration fee.

695 Park Avenue
New York, NY 10065
212.772.4000

hunter.cuny.edu/admissions/undergraduateadmissions/senior-learners

John Jay College of Criminal Justice

New York State residents ages 60+ who have completed high school may audit undergraduate courses for free. Download and complete the non-degree application and supporting documents and send to the Office of Admissions. There is a registration fee.

524 West 59th Street
New York, NY 10019
212.237.8000

jjay.cuny.edu

Kingsborough Community College Campus My Turn

Adults 60+ can attend classes as non-matriculating students, tuition-free. Call the office or request an application through email at Myturn@kbcc.cuny. There is a registration fee.

2001 Oriental Boulevard
Brooklyn, NY 11235-2398
718.368.5079 (My Turn Office)
kbcc.cuny.edu/myturn

Continuing & Professional Education, continued

Queens College Senior Citizen's Program

New York State residents ages 60+ who have completed high school may audit classes on a non-credit, tuition-free basis. Complete the Senior Citizen Auditor application, available at the Office of Admissions, or the Admissions Inquiry form. There is a registration fee.

65-30 Kissena Boulevard
Queens, NY 11367-1597
718.997.5000

[qc.cuny.edu/Academics/
SpecialPrograms/SeniorCitizenProg/
Pages/default.aspx](http://qc.cuny.edu/Academics/SpecialPrograms/SeniorCitizenProg/Pages/default.aspx)

Application form:
[https://www.qc.cuny.edu/admissions/
undergraduate/nondegree/Documents/
Adm_SeniorCitizenAppForm_Writeable
PDF_SP19.pdf](https://www.qc.cuny.edu/admissions/undergraduate/nondegree/Documents/Adm_SeniorCitizenAppForm_WriteablePDF_SP19.pdf)

Computer Training

Acquire skills that help you connect in the digital world confidently and safely

Jamaica Service Program for Older Adults (JSPOA) Senior Computer Training

JSPOA provides computer training to older adults with no previous computer experience, through peer-to-peer or one-to-one instruction.

92-47 165th Street
Jamaica, NY 11433
718.657.6500

New York Public Library (NYPL)

NYPL offers a wide range of classes and workshops in all five boroughs to help older adults learn new computer skills such as basic computing, internet basics and Microsoft Office. All classes are free unless otherwise noted.

*This is the main branch.
Find the closest location to you.*

Mid-Manhattan Library (at 42nd Street)
476 Fifth Avenue
New York, NY 10018
212. 340.0863
nypl.org/events/classes/calendar

Senior Planet Center in Manhattan

Senior Planet offers free classes, workshops, and social and cultural events for people ages 60+ to learn and use technology, from logging onto zoom to building a website. There are computer stations, communal project worktables, video chat nooks, and “living room” areas furnished with couches and gaming systems. Sign on to be a member at the location or online.

127 West 25th Street
New York, NY
646.590.0615
888.713.3495 (tech support hotline)
[seniorplanet.org/locations/
new-york-city/chelsea-center](http://seniorplanet.org/locations/new-york-city/chelsea-center)

Employment/Income

Bring your value, competence and experience to the workforce

Jamaica Service Program for Older Adults (JSPOA)

JSPOA trains low-income older adults who want to enter or re-enter the workforce. Applicants must be unemployed, 55 years of age or older and have limited income.

92-47 165th Street
Jamaica, NY 11433
718.657.6500 x1764
Email: jspoa@jspoa.org

NYC Department for the Aging Senior Employment

The Department for the Aging's Senior Employment Services (SESU) prepares and places adults 55+ who live in the five boroughs in jobs like data processing, administrative work, customer service, security services, airport services and home care. Trainees meet regularly with career counselors to discuss their goals, progress, and concerns.

2 Lafayette Street
New York, NY
212.602.6958 or
311 (Senior Employment Services)
www1.nyc.gov/site/dfta/services/senior-employment.page

Entertainment & Culture

Enjoy the stimulating benefits that entertainment and culture can bring

Marlene Meyerson JCC Manhattan 60+ Social Events Creative Arts Program

The JCC offers performing and culinary arts, discussion groups and educational learning to the 60+ community. Programs are available at member and non-member prices; limited scholarships are available.

334 Amsterdam Avenue (at 76th Street)
New York, NY 10023
646.505.4444
jccmanhattan.org/adults/50s-and-60

Museums and Cultural Institutions

New York City residents can sign up for IDNYC—a government-issued identification card that enables residents to access City services and grant admission to City buildings. Additional benefits include free one-year memberships at 40 of the city's museums, zoos, concert halls, as well as discounts on movie tickets, sporting events, prescriptions drugs and more.

www1.nyc.gov/site/idnyc/benefits/museums-and-cultural-institutions.page

Entertainment & Culture, continued

New York City Department of Cultural Affairs Creative Aging NYC-Arts Cultural Guide for Seniors

This online guide provides details on cultural events in the five boroughs that includes museums, dance and theater companies and performing arts venues. Tickets and membership discounts and assistance are available for visitors with hearing, mobility and vision disabilities. Includes a list of organizations that are free or on a pay-what-you-wish admission.

nyc-arts.org/collections/162/nyc-arts-cultural-guide-for-seniors-manhattan

Healthy Behaviors

Maintain and enable well-being as you age

FOOD AND NUTRITIONAL NEEDS

City Meals on Wheels

Meals on Wheels delivers free meals to one's home or to gathering places, such as senior centers and community facilities for those wishing to venture out. To find the closest program, search by your zip code.

212.687.1234

mealsonwheelsamerica.org

God's Love We Deliver

God's Love delivers free meals for people who are living with chronic illness and are unable to cook for themselves. Nutritional counseling services are available.

166 Avenue of the Americas
New York, NY 10013
212.294.8100
glwd.org

NYS Department of Health Commodity Supplemental Food Program (CSFP)

CSFP, available in New York City and Long Island, offers people ages 60+ free, nutritious food, guidance in preparing nutritious meals and referrals to healthcare and social services. Contact one of the CSFP local agencies listed below for an application:

Bronx County:
New York Common Pantry
Address: 423-438 East 138th Street
Bronx, NY 10454
917.982.2564

Kings County:
Address: Kings County Hospital Center
840 Alabama Avenue
Brooklyn, NY 11207
718.498.9208

New York County:
Food Bank for New York City
212.566.7855

Queens County:
Kings County Hospital Center
91-29 143rd Street
Jamaica, NY 11435
718.523.2220

health.ny.gov/prevention/nutrition/csfp

NYC Health Nutrition Tips Online

NYC Health's website provides guidelines and educational information about nutritional health.

www1.nyc.gov/site/doh/health/health-topics/eating-well.page

Supplemental Nutrition Assistance Program (SNAP)

SNAP issues electronic benefits that can be used like cash to purchase food for low-income and/or disabled senior citizens. Benefits are based on gross income and family size. Call or apply online.

800.342.3009
Email: nyspio@otda.ny.gov
ny.gov/services/apply-snap#overview

FITNESS

Asphalt Green Senior Fitness

Asphalt Green offers a variety of programs and group fitness classes designed for older adults as well as a discounted rate membership for ages 62+.

Upper East Side:
555 East 90th Street, New York, NY 10128

Battery Park City:
212 North End Avenue, New York, NY 10282

212.369.8890 x2081
asphaltgreen.org/ues

Health Advocates for Older People, Inc.

Health Advocates provides support such as falls and accident prevention at home, wellness classes like arthritis exercise, chair yoga, reiki, and activities focusing on education and social activity like ballroom dancing and photography. Classes are free of charge.

155 East 44th Street, 6th Floor
New York, NY 10017
212.980.1700
hafop.org

HSS Community Education & Outreach

HSS offers a variety of free and low-cost programs aimed at the interests and needs of people ages 55+. Programs include lectures on health conditions like osteoporosis, joint pain and issues around sleep, workshops on how to find credible health information online, support groups, and exercise classes like chair exercise, balance, yoga, pilates, and T'ai Chi that focus on building strength and fitness, improving balance, posture, and overall wellness.

535 East 70th Street
New York, NY 10021
212.774.7041
Email: communityed@hss.edu
hss.edu/community-education

Get on our mailing lists for updates on wellness resources and events!

Contact us at **212.774.7622** or communityed@hss.edu to receive program schedules via postal mail. You can also subscribe to email notifications at hss.edu/registration.

Healthy Behaviors, continued

Lenox Hill Neighborhood House Older Adult Services

Lenox Hill Neighborhood House provides a range of essential services, educational classes, health and wellness opportunities, recreational activities, select meals and community events to older New Yorkers. In addition to fitness classes, the Senior Center at Saint Peter's Church offers access to arts and culture, jazz and theater programming. There is a low fee annual membership.

Lenox Hill House
343 East 70th Street
New York, NY 10021
212.218.0319

St. Peter's Church
619 Lexington Avenue
New York, NY 10022
Phone: 212.308.1959

lenoxhill.org/olderadultservices

Marlene Meyerson JCC Manhattan 60+ Fitness

JCC offers programs for ages 60+ including fitness, wellness and support, as well as exercise classes like gentle yoga, circuit training, chair yoga, joint movement and Zumba. Membership plans and financial aid available.

334 Amsterdam Avenue at 76th Street
New York, NY 10023
646.505.4444
jccmanhattan.org/adults/50s-and-60

New York City Parks Resources for Seniors

NYC Parks offers a variety of programs for older adults across the five boroughs from sports to nature walks and dancing, to laps in the pool, fitness and outdoor adventure. There is a low fee annual membership.

212.639.9675
nycgovparks.org/seniors

92Y's Himan Brown Senior Program

The Himan Brown Senior Program offers a variety of classes for adults ages 60+ including fitness, bridge and chess instruction, art, music, literature, writing, technology and dance. Members pay an annual fee; scholarship assistance is available.

1395 Lexington Avenue
New York, NY 10128
212.415.5500
212.415.5699 (scholarship services)
92y.org/himan-brown

YMCA Senior Fitness Classes

YMCA offers low cost classes to older adults including low intensity workouts for people with arthritis or other joint challenges, cardio conditioning, stretching, water aerobics and Zumba. For more information, contact your local YMCA. Scholarships are available for membership and programs.

212.630.9600
ymcanyc.org/programs/health-fitness/group-fitness-classes

SUBSTANCE ABUSE

Odyssey House

Odyssey House assists older adults ages 55+ to overcome drug and alcohol misuse, provides services for physical and mental health, and homelessness. It offers an individualized residential or outpatient treatment program. The program works with public and private insurances, as well as NYC social services agencies. Payment assistance is available. Call to speak confidentially to an admission specialist.

866.888.7880

odysseyhousenyc.org

The Bridge

Substance Abuse Outpatient Treatment

The Bridge provides non-intensive and intensive outpatient treatment and rehabilitation programs to persons with chemical misuse or dependence issues. The programs include some light meals, and a Metro Card for those with Medicaid. Medicare and Medicaid Managed Care plans accepted.

248 West 108th Street

New York, NY 10025

212.663.3000 x1372 (information about accepted plans)

thebridgeny.org/outpatient-services/center-for-wellness-and-change#services

TOBACCO USE

NYC Health + Hospitals

Quit Smoking

NYC Health + Hospitals offer a personalized plan to stop smoking including treatments for nicotine replacement therapy (NRT) and counseling services. Smoking cessation programs are offered in Manhattan, Bronx, Brooklyn, and Queens to all New Yorkers, regardless of ability to pay.

646.614.3035

nychealthandhospitals.org/services/quitting-smoking/

SEXUAL ACTIVITY

NIH National Institute on Aging Sexuality in Later Life Online Resources

This online resource offers information on common issues older adults may face regarding sexual activity, and answers questions such as: What are normal changes? What causes sexual problems? Am I too old to worry about safe sex? Can emotions play a part? What can I do?

nia.nih.gov/health/sexuality-later-life

Sage Advocacy & Services for LGBTQ+ Elders

Sage offers resources to learn more about aging in the LGBTQ+ community at the National Resource Center. Find a community for LGBTQ+ elders in five New York City senior centers in the Bronx, Brooklyn, Harlem, Midtown, and Staten Island.

305 7th Avenue, 15th Floor

New York, NY 10001 (Headquarters)

212.741.2247

sageusa.org/what-we-do/nyc-services-centers

Health Fairs

Basic preventive medical information and screenings

New York for Seniors

Seniors and caregivers can subscribe to the HealthyNYC.com newsletter to receive updates about healthcare information for New Yorkers and the scheduling information of health fairs around the city.

68 Jay Street
Brooklyn, NY 11201
877.255.7017
nyforseniors.com

Healthcare Resources

Community-based support and services

MEDICAL CARE: HOME VISITS FOR HOMEBOUND ADULTS

Lenox Hill Hospital House Calls Program

Physicians, nurses and social workers provide medical care for homebound adults ages 65+ who live between Wall Street and 120th Street. Services include radiology, lab work, an after-hours on-call number and community paramedic response to prevent unnecessary hospitalizations. Call to ask about eligibility, coverage details and if the program accepts your Medicare plan.

100 East 77th Street, Fl 6
New York, NY 10075
212.434.3015

Mount Sinai Visiting Doctors Program (MSVD)

MSVD provides patient-centered and compassionate care to homebound elderly adults who live in Manhattan. A team of geriatricians, internists, nurses, nurse practitioners, and social workers, work together to improve the quality of life of the homebound person and their caregivers.

1428 Madison Avenue
New York, NY 10029
212.241.4141 (Visiting Doctors' Program)
mountsinai.org/care/primary-care/upper-east-side/visiting-doctors

NewYork-Presbyterian EGL House Call Program

The EGL House Call Program provides medical and psychosocial care for homebound older adults. The program primarily serves residents of Manhattan between 50th Street and 96th Street. Call to find out about eligibility, and if the program accepts your Medicare plan.

212.746.5779
geriatrics-palliative.weill.cornell.edu/patient-family-care/house-call-program

MEDICAL CARE: OUTPATIENT Center on Aging

The Center on Aging provides comprehensive care to older adults. An interdisciplinary team of physicians, nurse practitioners, a social worker and chaplain work towards meeting the physical, emotional and spiritual needs of the patient and family. Medicaid and Managed Care Plans are also accepted. Call directly—no referral necessary.

Division of Geriatrics and Palliative Medicine
NewYork-Presbyterian Hospital
Weill Cornell Medicine
525 East 68th Street
New York, NY 10065
212.746.1677
weillcornell.org/agingctr

Institute for Family Health

The Institute comprises of community health care centers in Manhattan, Bronx and mid-Hudson Valley that provide primary care, behavioral health, dental and social services. Medicaid and most insurance plans are accepted. Find the center near you.

Manhattan: 212.423.4400

Bronx: 718.583.2700

Mid-Hudson Valley: 845.338.6918

institute.org/health-care

DENTAL CARE (FREE OR LOW COST)

NYC Health + Hospitals

Dental Care

NYC Health + Hospitals offer dental care and emergency dental services to all New Yorkers in the five boroughs regardless of one's ability to pay. Procedures include diagnostic x-rays, bridges, fillings, extractions, gum treatment, implants, crowns, and oral surgery. Find a hospital near your area.

844.692.4692

nychealthandhospitals.org/services/dental-care

NewYork-Presbyterian/ Weill Cornell Dental Clinic

The dental clinics provide general dentistry and advanced surgical restorative and reconstructive services, including preventive and cosmetic procedures, implant dentistry, root canal and periodontics. Accepts Medicaid. Individuals may qualify for scaled fees based on income.

525 East 68th Street

Baker 21, 21st Floor

New York, NY 10065

212.746.5175

weillcornell.org/services/dentistry-oral-and-maxillofacial-surgery

*NewYork-Presbyterian Queens
Dental and Oral Medicine Center
174-11 Horace Harding Expressway
Fresh Meadows, NY 11365
718.670.1060
nyp.org/queens/dental-and-oral-medicine/center-for-dental-and-oral-medicine*

HEARING & VISION LOSS

Central Hudson (Gas and Electricity)

Central Hudson works with people ages 62+ or who are visually impaired or disabled. Services include assistance with energy bills.

845.452.2700 or 800.527.2714
(press "0" to reach customer service representative)

cenhud.com/about-us/community/services-for-seniors

Helen Keller Services for the Blind (HKSB)

HKSB provides community rehabilitation services, senior day centers, day treatment programs, social services, an adaptive low-vision clinic, and audiological services to the New York City/Long Island area, Brooklyn, Nassau and Suffolk County. Services are free for those who meet the eligibility requirements and participate in a NYS Commission for the Blind rehabilitation program.

180 Livingston Street

Brooklyn, NY 11201

718.522.2122

helenkeller.org/hks/services-seniors

Healthcare Resources, continued

HEARING & VISION LOSS

Lighthouse Guild

Lighthouse Guild offers services for people who have vision loss, including: primary care, diabetes care and endocrinology, optometry, occupational therapy, physical therapy and podiatry. The Adult Day Health Care (ADHC) program also offers opportunities for social activities in New York City, Albany, Buffalo and Niagara Falls. Medicaid and Medicare accepted.

250 West 64th Street

New York, NY 10023

800.284.4422

212.769.6113 (appointments for health services)

lighthouseguild.org

SUNY College of Optometry University Eye Center

SUNY offers services such as comprehensive eye exams, contact lenses, head trauma treatment, low vision conditions, and vision therapy. The center accepts most health insurance plans, including Medicare and NYS Medicaid network of participating insurance plans.

33 West 42nd Street

New York, NY 10036

212.938.4001

universityeyecenter.org

MENTAL HEALTH SERVICES

BronxCare Health System

Psychiatry

BronxCare's Department of Psychiatry offers inpatient and outpatient care for mental health and chemical dependence for adults. It offers individual, group therapy and medication therapy. Participates with health plans. Financial assistance is available.

1650 Grand Concourse

Bronx, NY 10456

718.590.1800

bronxcare.org/our-services/psychiatry

JASA

Mental Health Services

JASA offers treatment options for people experiencing mental health issues including individual and group treatment, pharmacological therapy and in-home counseling. Call directly—no referral necessary. Insurance will be billed.

One Fordham Plaza, Suite 908

Bronx, NY 10458

718.365.4044

JASA also runs free mental health support groups and social activities for people ages 55+ in the Bronx and Brooklyn.

Bronx Friendship House

2705 Schley Avenue

Bronx, NY 10465

718.863.8833

Brooklyn Friendship House

202 Graham Avenue

Brooklyn, NY 11206

718.922.5079

jasa.org/services/mental-health

Service Program For Older People (SPOP)

SPOP offers people ages 55+ mental health and supportive services, advocacy, education, individual bereavement support and bereavement support groups in New York City. Services are free.

302 West 91st Street
New York, NY 10024
212.787.7120
spop.org

The Jewish Board of Family and Children's Services (JBFCs) Mental Health Clinics

JBFCs provides counseling and mental health services to address issues such as trauma, depression, attention deficit disorder (ADD), domestic violence, anxiety, and isolation. There are 14 mental health clinics spread throughout the five boroughs of New York City. Medicaid is accepted and JBFCs offers a sliding scale fee for the uninsured.

135 West 50th Street
New York, NY 10020
212.582.9100
888.523.2769 (toll-free)
jewishboard.org/about-us/programs-services/mental-health-clinics

Household Needs

Maintaining independence through maintaining your home

Bronxworks Minor Repair Program

BronxWorks technicians come to seniors' homes in the Bronx and make minor home repairs such as putting up window shades, replacing smoke alarm batteries, changing light bulbs and installing shelves. The technicians also perform security checks of locks, window gates, carbon monoxide detectors, and other safety features to make sure seniors stay safe within their homes.

200 West Tremont Avenue
Bronx, NY 10453
718.299.0300
bronxworks.org/minor-repair-program

ConEdison Gas Leak

To report a gas leak, call below. If you smell gas, leave the area immediately and call ConEdison for assistance. Do not light matches, do not start your car, or use any electronic appliances that could spark and start a fire. (This includes telephones, ovens, household appliances, and even flashlights.)

911 or 800.752.6633 (to report a leak)
coned.com/en/safety/energy-safety/gas-safety/gas-leak-faq

Household Needs, continued

Heating and Cooling Assistance (HEAP)

HEAP helps low income New Yorkers pay the cost of heating and cooling one's home. Benefits are available from early to mid-November and continue into the winter. Apply online, in person or in writing/by mail depending on whether you are a New York City or non-New York City resident.

800.342.3009

Email: nysheap@otda.ny.gov

ny.gov/services/apply-heating-and-cooling-assistance-heap

HealthinAging.org

Home Safety Tips for Older Adults

This website provides tips on maintaining a safe environment at home and avoiding common accidents involving older adults. Printed information includes tips on keeping emergency numbers handy, how to prevent falls, safety-proofing your home, protecting against fire and preventing poisoning.

40 Fulton Street, 18th Floor

New York, NY 10038

212.308.1414

healthinaging.org/tools-and-tips/home-safety-tips-older-adults

Metropolitan Council for Jewish Poverty Senior Repair

Met Council offers NYC residents ages 60+ free home repairs, including installing and repairing equipment. Call or email for a form to apply for financial need.

212.453.9542

Email: Seniorepair@metcouncil.org

metcouncil.org

New York State Restore Program

Restore Program provides financial resources to assist older adult homeowners with the cost of addressing emergency repairs and code violations that pose a threat to one's health or safety, or, affect liveability of a home. The online application specifies criteria for eligibility.

866.275.3427

hcr.ny.gov/restore-program

Rent Freeze for Seniors

Senior Citizen Rent Increase Exemption (SCRIE)

SCRIE helps eligible people ages 62+ stay in affordable housing with a rent freeze. If rent goes up, the City pays the landlord the difference between the current rent and the future rent. Use the Eligibility Tool to see if you qualify.

212.639.9675

www1.nyc.gov/site/rentfreeze/index.page

Legal Services

Know your rights and seek assistance when needed

City Bar Justice Center

Elderlaw Project

The Elderlaw Project of the City Bar Justice Center provides low-income seniors ages 60+ with free legal services for simple wills, healthcare proxies and living wills, powers of attorney and appointments of agents to control disposition of remains.

42 West 44th Street

New York, NY 10036

212.382.6658

citybarjusticecenter.org/projects/elderlaw-project

Legal Services New York City provides two programs:

Legal Service New York City (LSNYC) Elder Law

Elder Law offers legal services and representation to low income New Yorkers in the five boroughs. Services include protecting access to affordable housing, eviction prevention services and assistance with access to appropriate levels of Medicaid funded and long-term care.

917.661.4500 (Legal Assistance Hotline in any language)
legalservicesnyc.org

Legal Service New York City (LSNYC) Veteran Justice Project (VJP)

VJP provides comprehensive civil legal services to low-income military veterans, service members and their families. It connects veterans with social and mental health services in the City and protects them from homelessness, resolves barriers to employment and helps with reintegration into civilian life.

347.592.2409
legalservicesnyc.org

NYC Department for the Aging Legal Help

Legal Help services are free for people ages 60+ in the 5 boroughs and includes assistance with public benefits, long-term care, consumer and landlord-tenant issues. Online assistance is available through the search tool below, under "Find Legal Help" or through "Aging Connect."

212.244.6469 (Aging Connect)
www1.nyc.gov/site/dfta/services/legal-help.page

US Senate Special Committee on Aging Fraud Hotline

This committee's investigators assist in areas of fraud concerning retirement savings, identity theft, phone scams, Medicare, Social Security, and a variety of other consumer issues important to older adults. Call or complete the form to report fraud and abuse within government programs. Free.

855.303.9470 (Fraud Hotline)
aging.senate.gov/fraud-hotline

Medicare

Equip yourself with information on eligibility and benefits

Benefits.gov Social Security Medicare Program

This service provides information on eligibility and how to apply for Medicare and Social Security Medicare Programs. Call or complete the eligibility screening questionnaire online, and a list of eligible benefits will be provided.

800.772.1213
TTY: 800.325.0778
benefits.gov/benefit/4394

Benefits Check Up

National Council on Aging (NCOA)

NCOA offers services like BenefitsCheckUp, which is a free online tool that connects older adults with limited income with benefits such as Medicare Rx Extra Help. Medicare has a program that helps pay for prescription medicine. Apply through the online application below.

benefitscheckup.org/medicare-rx-extra-help-application-intro-page

Medicare, continued

Lenox Hill Neighborhood House Geriatric Care Management

Lenox Hill provides comprehensive care management services to homebound older adults on the East Side of Manhattan and Roosevelt Island. Services include Senior Citizen Rent Increase Exemption (SCRIE); Elderly Pharmaceutical Insurance Program (EPIC) and Medicare supplemental programs.

331 East 70 Street, New York, NY 10021
212.218.0506
lenoxhill.org/geriatriccare

Medicare Rights Center (MRC)

MRC provides Medicare information and assistance within the United States and assists with questions about health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives. This service is free.

800.333.4114 (National Helpline)
medicarights.org

Neighborhood Associations

Get involved and have a say

NYC Mayor's Community Affairs Unit

Community boards work and meet on issues like information about land use, traffic safety, liquor licenses and park cleanup programs in your neighborhood. Call or use the link to find the local board and its meetings to join.

212.669.8300
www1.nyc.gov/site/cau/community-boards/about-community-boards.page

New York State Assembly

Every region has an Assembly member whose office has resources and ways to communicate issues. Call or use the link to find a local Assembly member by searching by last name or district.

518.455.4218
nyassembly.gov/mem

Public Gardens

Enjoy the serenity of nature

6BC Botanical Garden

The garden provides a quiet, peaceful space in which the community can enjoy nature by themselves or with families and friends.

624 East 6th Street (between Avenues B & C)
New York, NY 10009
Email: contact@6bcgarden.org

Bronx Botanical Garden

The New York Botanical Garden is a living museum, an educational institution, and a plant research and conservation organization. Discount admission tickets for people ages 65+.

2900 Southern Boulevard
Bronx, NY 10458-5126
718.817.8700
nybg.org/visit

Bruce's Garden

This garden, consisting of different types of trees and plantings, includes a path, benches, a gazebo, and ornamental flowers.

11 Park Terrace East
New York, NY 10034
BrucesGarden.net

Church of St. Luke in the Fields

The Church of St. Luke in the Fields is located in the West Village in Manhattan. It has private gardens with large spaces for walks, lawns, and a collection of different types of plantings.

487 Hudson Street
New York, NY 10014
Email: info@stlukeinthefields.org

Greenacre Park

This public space in midtown Manhattan will allow you to relax and enjoy a peaceful lunch.

217 East 51st Street
New York, NY 10022
212.649.5895
greenacrepark.org/about

Queens Botanical Garden

The 39-acre garden features many different plantings, an arboretum and an art gallery. It also offers summer concerts and environmental education programs. Discount admission tickets for people ages 62+.

43-50 Main Street
Flushing, NY 11355
718.886.3800
Email: info@queensbotanical.org
queensbotanical.org

Safety

Be aware of available help and take action

Elder Abuse & Crime

NYC Elder Abuse Center (NYCEAC)

Elder Abuse Helpline for Concerned Persons

NYCEAC offers services to family members, friends or neighbors impacted by elder abuse for victims in the five boroughs. Services include supportive counseling, guidance to help plan next steps, information and education, and assistance for neglect and exploitation, including free referrals.

212.746.6905

nyceac.org/helpline-for-concerned-persons

Jewish Association Serving the Aging (JASA) Legal Services provides 2 programs:

Legal Services for Elder Justice (LSEJ)

JASA's LSEJ provides free legal services for adults ages 60+, who live in Queens. Services include assistance with issues pertaining to eviction, housing rights, foreclosure, property fraud, Social Security, SSI, Medicare and Medicaid eligibility.

212.273.5272

jasa.org/services/legal

Legal/Social Work Elder Abuse Program (LEAP)

JASA's LEAP offers attorneys and social workers to identify, eliminate, and prevent abuse.

212.273.5359

jasa.org/services/legal

Safety, continued

NYC Department for the Aging (DFTA) Elder Abuse & Crime

DFTA's agencies connect victims of elder abuse and crime with clinicians who provide treatment at a safe meeting place in the community or at home.

[www1.nyc.gov/site/dfta/services/
elder-abuse-crime.page](http://www1.nyc.gov/site/dfta/services/elder-abuse-crime.page)

DFTA partners with a community-based program in each borough:

Bronx

Neighborhood Self Help by Older Persons, Inc.

Neighborhood SHOPP VIP Program
953 Southern Boulevard, Suite 203
Bronx, NY 10459
718. 542.0006

Brooklyn

The NYC Department for the Aging Elderly Crime Victims Resource Center
2 Lafayette Street, NY, NY, 10007
212. 442.3103

Manhattan

Carter Burden Center for the Aging, Inc.
415 East 73rd Street
New York, NY 10021
212. 879.7400 ext.463

Queens

Jewish Association for Services for the Aged (JASA)
97-77 Queens Boulevard, Suite 600
Rego Park, NY 11374
212.273.5272

Staten Island

Community Agency for Senior Citizens, Inc.
56 Bay Street
Staten Island, NY 10301
718. 981.6226

Senior Centers

Promoting health and providing a community

Department for the Aging

DFTA has senior centers for people ages 60+ in every borough. Activities and services vary according to the center, and can include meals, art and exercise classes, nutrition and technology workshops, benefits screening, recreational trips and holiday celebrations. Mental health and language services are available.

Call or go online to find a local center near you.

212.244.6469

[www1.nyc.gov/site/dfta/services/senior-
centers.page](http://www1.nyc.gov/site/dfta/services/senior-centers.page)

Support for Homebound Older Adults

Maintaining independence and staying well

Doctors on Call

Doctors on Call provides non-urgent medical care for homebound older adults in Brooklyn, Bronx, Queens, Staten Island, Manhattan, Long Island, and Lower Westchester.

Languages include Spanish, French, Yiddish, and Russian. Call to find out about eligibility and if the program accepts your insurance.

6010 Bay Parkway, 9th Floor
Brooklyn, NY 11204
718.238.2100
doctorsoncallnyc.com

DOROT

Dorot offers programs to people ages 60+ in Manhattan who are homebound or have difficulty leaving home without support. Services include exercise classes and educational programs. Dorot also assists with travel to and from appointments, visiting grave sites of loved ones and attending cultural events.

171 West 85 Street
New York, NY 10024
212.769.2850
dorotusa.org/our-programs

NYC Department for the Aging (DFTA) In-Home Services

The DFTA works with case-management agencies to provide in-home care for people ages 60+ for home-delivery meals, personal grooming, housekeeping (Medicaid recipients are ineligible for this service) and counseling.

212.244.6469

[www1.nyc.gov/site/dfta/services/
in-home-services.page](http://www1.nyc.gov/site/dfta/services/in-home-services.page)

Selfhelp

Selfhelp promotes independent living through a wide range of community-based services to seniors and other vulnerable New Yorkers. Programs include assistance to Holocaust survivors, housing services, Senior Centers and respite for caregivers, court-appointed guardianship programs, and home health care. Selfhelp also operates the NY Connects program for the Queens area.

520 Eighth Avenue
New York, NY 10018
212.971.7600
selfhelp.net

Visiting Neighbors

Visiting Neighbors assists people 60+ in New York City who do not have family or friends nearby. Services include assisting people to and from appointments or the grocery store. There is no fee.

3 Washington Square Village
Suite 1F
New York, NY 10012
212.260.6200
visitingneighbors.org

Transportation

Accessible transport to support your independence and well-being

MTA Access-A-Ride (AAR) Paratransit Service

AAR provides services to individuals who are proven to have needs that match the American with Disabilities Act (ADA) requirements. Call to find out how to qualify for the service and follow the process steps provided in the website.

877.337.2017 (call center)
new.mta.info/accessibility/paratransit

New York Foundation for Senior Citizens Community Arranged Resident Transportation Program (C.A.R.T.) Project

C.A.R.T. van services provides free specialized transportation for the frail elderly in Manhattan. Vans take customers to and from medical appointments and hospitals and planned activities at senior centers. C.A.R.T. also delivers meals to homebound seniors living in mid-Manhattan.

490 Second Avenue
New York, NY 10016
212.956.0855
[nyfsc.org/support-services/
free-transportation](http://nyfsc.org/support-services/free-transportation)

NYC Department for the Aging Transportation

DFTA provides services to people ages 60+ who lack access to transportation or cannot use public transportation. Many senior centers also provide group transportation for recreational and cultural outings for their members. Call Aging Connect to find services.

212.244.6469 (Aging Connect)
[www1.nyc.gov/site/dfta/services/
transportation.page](http://www1.nyc.gov/site/dfta/services/transportation.page)

New York City Transit MTA Reduced-Fare Metro Card (RFM)

RFM provides people ages 65+ reduced fare metrocards. Download and complete the application for Senior Citizens and mail it to MTA New York City Transit or bring the application in person to a MetroCard Bus or Van, or a walk-in MetroCard Customer Service Center.

718.330.1234
web.mta.info/nyct/fare/rfapply.htm

Volunteer Opportunities

Increase your civic engagement

NYC Department for the Aging (DFTA) Volunteer

DFTA's volunteer program offers opportunities for people ages 65+ to make a difference. Call or browse the volunteer opportunities with DFTA and fill out the DFTA Volunteer Interest Form.

212.244.6469

www1.nyc.gov/site/dfta/services/volunteer.page

Office for the Aging The Retired Senior Volunteer Program (RSVP)

RSVP recruits, trains, and places people ages 55+ in a host of community-based human service agencies. Service opportunities include areas such as health promotion, assistance to vulnerable older adults through home visits, escorts to appointments and home-delivered meals. Volunteers may receive a reimbursement for certain out-of-pocket costs, such as transportation.

2 Empire State Plaza

Albany, NY 12223

844.697.6321

aging.ny.gov/programs/employment-and-volunteering

HSS Virtual Care

Access the expert specialized care of HSS, the No. 1 hospital in the U.S. for orthopedics, from the comfort and privacy of home. HSS Virtual Care allows you to see an HSS surgeon, physician or other clinician using your smartphone, tablet or computer. Learn more at hss.edu/virtual.

USA Resources

Check out these national resources

Medicare Rights Center (MRC)

MRC provides Medicare information and assistance within the United States. MRC also assists with questions about health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives. This service is free.

800.333.4114 (National Helpline)

medicarights.org

U.S. Administration on Aging (AOA) Eldercare Locator

AOA provides local referrals to give support to consumers across the spectrum of issues affecting older adults. Call or enter your zip code or city/state to find help in your community.

1.800.677.1116

eldercare.acl.gov

U.S. Department of Health and Human Services (HHS)

HHS proves a Resource Directory in the United States that supports older adults and their caregivers by providing resources in one's local community. Call or go online to be connected to local services.

200 Independence Avenue, S.W.

Washington, D.C. 2021

1.877.696.6775

hhs.gov/aging/index.html

U.S. Senate Special Committee on Aging Fraud Hotline

This committee investigates fraud concerning retirement savings, identity theft, phone scams, Medicare, Social Security, and a variety of other consumer issues important to seniors and the elderly. Call or fill out the online form to report fraud and abuse within government programs.

1.855.303.9470 (Fraud Hotline)

aging.senate.gov/fraud-hotline

REGIONAL RESOURCES

NY Connects

NY Connects provides a Resource Directory for older individuals and individuals with disabilities of all ages to find resources in one's area. Call or go online to find local resources.

New York State Office for the Aging

2 Empire State Plaza

Albany, New York 12223

1.800.342.9871

nyconnects.ny.gov

New York State Westchester County Department of Senior Programs and Services

Westchester County offers a wide range of programs and services for seniors throughout the year, as ongoing or annual events. Programs include Health For Life, which helps you manage your chronic health conditions, nutrition, Medicare and more.

148 Martine Avenue

White Plains, NY 10601

914.995.2000

seniorcitizens.westchestergov.com

NY State Commission for the Blind (NYSCB)

NYSCB's mission is to enhance employability of people who are legally blind and to maximize independence. For more information or to find a local district call or email the district office closest to you.

1.866.871.3000

ocfs.ny.gov/main/cb

Westchester Library System Westchester Seniors Out Speaking (WSOS)

The WSOS program helps people ages 60+ and those caring for older adults by providing information on Medicare health plans, prescription drug coverage and other types of government programs.

914.231.3260

wikis.westchesterlibraries.org/sbic

State of New Jersey Department Of Human Services Division of Aging Services

The division offers services and supports compiled by New Jersey's Department of Human Services including adult day health services, falls prevention classes, health education, stress reduction programs for family caregivers and adult protective services. Find your county to access resources in your area.

PO Box 715

Trenton, NJ 08625-0715

1.800.792.8820 (Medicare counseling and general aging services questions)

1.877.222.3737 (Access to aging services in your county)

nj.gov/humanservices/doas/home

State of Connecticut Department of Aging and Disability Services

The Department offers programs to maximize opportunities for the independence and well-being of older adults and people with disabilities in Connecticut. Services include employment, training, education, independent living, accessibility and advocacy.

55 Farmington Avenue, 12th floor

Hartford, CT 06105

860.424.5055

800.537.2549 (toll-free)

portal.ct.gov/AgingandDisability/Content-Pages/Main

State of Florida Your Aging & Disability Resource Center Area of Agency on Aging

This agency serves older adults, adults with disabilities, and their caregivers in Indian River, Martin, Okeechobee, Palm Beach and St. Lucie counties. It lists a network of information and services that includes information on Medicare, crimes against older adults, fraud and scams, nutritional counseling, transportation, and home delivery meals.

1.866.684.5885 (Helpline)

youragingresourcecenter.org



HSS Education Institute

535 East 70th Street New York, NY 10021



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contact us at 212.606.1057 or
communityed@hss.edu.



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