



**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.

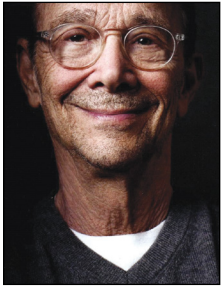
This manual lists resources in the five boroughs; we have also included regions where HSS has offices (New York State, New Jersey, Connecticut, and Florida) as well as national resources.



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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,



**Joel Grey**

Actor, Director, Photographer

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## Credits

*Managing Editor*

Linda Roberts, LCSW

*Research*

Vilma Briones, MA

*Design*

Marcia Ennis

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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](http://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](http://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](http://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](http://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.edu](mailto:Myturn@kbcc.cuny.edu). There is a registration fee.

2001 Oriental Boulevard  
Brooklyn, NY 11235-2398  
718.368.5079 (My Turn Office)  
[kbcc.cuny.edu/myturn](http://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](https://www.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](https://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](https://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](mailto: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](http://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](http://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](http://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](https://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](https://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](https://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](https://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](http://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](mailto:nyspio@otda.ny.gov)

[ny.gov/services/apply-snap#overview](http://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](http://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](http://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](mailto:communityed@hss.edu)

[hss.edu/community-education](http://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](mailto:communityed@hss.edu) to receive program schedules via postal mail. You can also subscribe to email notifications at [hss.edu/registration](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://cenhud.com/about-us/community/services-for-seniors)

### **Helen Keller Services for the Blind (HKS B)**

HKS B 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto:nysheap@otda.ny.gov)

[ny.gov/services/apply-heating-and-cooling-assistance-heap](https://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](https://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](mailto:Seniorepair@metcouncil.org)

[metcouncil.org](https://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](https://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](https://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](https://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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)

[medicarerights.org](http://medicarerights.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](http://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](http://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](mailto: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](http://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](http://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](mailto: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](http://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](mailto:info@queensbotanical.org)  
[queensbotanical.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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)  
[medicarerights.org](http://medicarerights.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](http://eldercare.acl.gov)

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

HHS provides 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](http://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](http://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](http://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](http://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](https://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](https://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](https://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](https://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](https://youragingresourcecenter.org)



## HSS Education Institute

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