



New York State Assemblywoman

**Nily Rozic**

Assembly District 25

# Senior Resource Guide







OFFICE OF  
**NEW YORK STATE  
ASSEMBLYWOMAN  
NILY ROZIC**  
25<sup>TH</sup> DISTRICT

Dear Neighbor,

I am pleased to present my guide for seniors, a collection of resources and information. There are a range of services available for seniors, their families and caregivers. Enclosed you will find information on senior centers, health organizations, social services and more.

My office is committed to ensuring seniors are able to age in their communities with the services they need. This guide is a useful starting point and one of many steps my office is taking to ensure this happens.

As always, I encourage you to contact me with any questions or concerns at 718-820-0241 or [rozicn@nyassembly.gov](mailto:rozicn@nyassembly.gov).

I look forward to seeing you soon!

Sincerely,

A handwritten signature in black ink that reads "Nily Rozic".

Nily Rozic

**DISTRICT OFFICE**


159-16 Union Turnpike, Flushing, New York 11366 • 718-820-0241 • FAX: 718-820-0414

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**EMAIL**

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*This guide has been made as accurate as possible at the time of printing. Please be advised that organizations, programs, and contact information are subject to change. Please feel free to contact my office at if you find information in this guide that has changed, or if there are additional resources that should be included in the next edition.*

**District Office**

*159-16 Union Turnpike, Flushing, NY 11366  
718-820-0241*

**E-mail**

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## TABLE OF CONTENTS

<b>(1)</b>	IMPORTANT NUMBERS.....	6
<b>(2)</b>	GOVERNMENT AGENCIES.....	7
<b>(3)</b>	ADVOCACY AND ACTION GROUPS.....	10
<b>(4)</b>	BENEFITS.....	14
<b>(5)</b>	CAREGIVER SUPPORT.....	17
<b>(6)</b>	COMMUNITY BOARDS.....	19
<b>(7)</b>	CONSUMER PROTECTION.....	19
<b>(8)</b>	DISABILITY.....	21
<b>(9)</b>	EDUCATION AND CULTURAL RESOURCES.....	22
<b>(10)</b>	EMERGENCY PREPAREDNESS.....	27
<b>(11)</b>	EMPLOYMENT & VOLUNTEER OPPORTUNITIES.....	28
<b>(12)</b>	FINANCIAL PLANNING.....	29
<b>(13)</b>	HOSPITALS & HEALTH CARE.....	31
<b>(14)</b>	HOUSING.....	40
<b>(15)</b>	LEGAL ASSISTANCE.....	46
<b>(16)</b>	LIBRARIES.....	51
<b>(17)</b>	NUTRITION AND WELLNESS.....	52
<b>(18)</b>	RECREATION AND FITNESS.....	56
<b>(19)</b>	SENIOR AND COMMUNITY CENTERS.....	59
<b>(20)</b>	TRANSPORTATION.....	65
<b>(21)</b>	VETERANS.....	67
<b>(22)</b>	ADDITIONAL SENIOR RESOURCES.....	69

## IMPORTANT NUMBERS

### IMPORTANT NUMBERS

**Police, Fire or Ambulance: 911**

**Emergency Shelter: 311**

#### ■ Senior Services

**Elderly Pharmaceutical  
Insurance Coverage (EPIC)**

800-332-3742

**Medicare**

800-633-4227

**Medicaid**

800-505-5678

**NYS Office for the Aging**

800-342-9871

**NYC Department of Aging**

311

**Senior Citizen Housing Assistance**

311

**Poison Control Center**

212-764-7667

**Adult Care and Assisted Living**

866-893-6772

**Home Care/Hospice Hotline**

800-628-5972

**Nursing Home Abuse Hotline**

888-201-4563

**Adult Protection Services (APS)**

718-883-8254 (Queens Office)

#### ■ Utilities

**Con Edison Gas and  
Electric Emergency**

212-683-8830

**National Grid Gas Emergency/  
Customer Support**

718-643-4050

**Public Service Commission Emergency**

800-342-3355

**NYS Utilities, Phone, and Cable Billing  
Complaint Line**

800-342-3377

#### ■ Police Precincts

**107th Precinct**

71-01 Parsons Boulevard

Flushing, NY 11365

718-969-5100

*[www.nyc.gov/html/nypd/html/precincts/  
precinct\\_107.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_107.shtml)*

**109th Precinct**

57-05 Union Street

Flushing, NY 11354

718-321-2250

*[www.nyc.gov/html/nypd/html/precincts/  
precinct\\_109.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_109.shtml)*

## IMPORTANT NUMBERS

### **111th Precinct**

45-06 215th Street  
Bayside, NY 11361  
718-279-5200

[www.nyc.gov/html/nypd/html/precincts/precinct\\_111.shtml](http://www.nyc.gov/html/nypd/html/precincts/precinct_111.shtml)

### ■ **Firehouses**

#### **Engine 315/Ladder 125**

159-06 Union Turnpike  
Flushing, NY 11366

#### **Engine 299/Ladder 152**

61-20 Utopia Parkway  
Flushing, NY 11365

#### **Engine 311/Ladder 158**

145-50 Springfield Boulevard  
Flushing, NY 11365

#### **Engine 326/Ladder 160/Battalion 53**

64-04 Springfield Boulevard  
Flushing, NY 11365

## GOVERNMENT AGENCIES

### **GOVERNMENT AGENCIES**

*Register to vote in-person at the Board of Elections, by mail or online.*

#### **Queens Board of Elections**

118-35 Queens Boulevard  
Forest Hills, NY 11375  
718-730-6730

Open: 9 a.m. to 5 p.m.

Download form:

[www.vote.nyc.ny.us/downloads/pdf/forms/boe/voterreg/voterregenglish.pdf](http://www.vote.nyc.ny.us/downloads/pdf/forms/boe/voterreg/voterregenglish.pdf)

And mail to:

Board of Elections  
32 Broadway, 7 Floor  
New York, NY 10004-1609

Online:

*Must have valid New York State I.D.*  
[www.voterreg.dmv.ny.gov/MotorVoter/](http://www.voterreg.dmv.ny.gov/MotorVoter/)

To find your local polling site, please visit:  
[www.nyc.pollsitelocator.com/search](http://www.nyc.pollsitelocator.com/search)

## GOVERNMENT AGENCIES

### Elected Officials

#### *Federal Representatives*

##### ■ US Senate

###### **Charles E. Schumer**

780 Third Avenue, Suite 2301  
New York, NY 10017  
212-486-4430  
[www.schumer.senate.gov](http://www.schumer.senate.gov)

###### **Kirsten Gillibrand**

780 Third Avenue, Suite 2601  
New York, New York 10017  
212-688-6262  
[www.gillibrand.senate.gov](http://www.gillibrand.senate.gov)

##### ■ US House of Representatives

###### **Thomas Suozzi – 3rd District**

*Queens District Office*  
250-02 Northern Boulevard  
Little Neck, NY 11362  
718-631-0400  
[www.suozzi.house.gov](http://www.suozzi.house.gov)

###### **Grace Meng – 6th District**

*Northeast Queens District Office*  
40-13 159th Street, Suite B  
Flushing, NY 11358  
718-358-6364  
[www.meng.house.gov](http://www.meng.house.gov)

#### *State Representatives*

##### ■ NYS Governor

###### **Andrew Cuomo**

NYS Capitol Building  
Albany, NY 12224  
518-474-8390  
[www.governor.ny.gov](http://www.governor.ny.gov)

##### ■ NYS Attorney General

###### **Eric Schneiderman**

NYS Capitol Building  
Albany, NY 12224  
800-771-7755  
[www.ag.ny.gov](http://www.ag.ny.gov)

##### ■ NYS Comptroller

###### **Thomas DiNapoli**

110 State Street  
Albany, NY 12236  
518-474-4044  
[www.osc.state.ny.us](http://www.osc.state.ny.us)

##### ■ NYS Senators

###### **Joseph P. Addabbo – 15th District**

*Main District Office*  
59-53 102nd Street  
Howard Beach, NY 11414  
718-738-1111  
<https://www.nysenate.gov/senators/joseph-p-addabbo-jr>



## GOVERNMENT AGENCIES

### **Tony Avella – 11th District**

*District Office*

38-50 Bell Boulevard, Suite C

Bayside, NY 11361

718-357-3094

[www.nysenate.gov/senators/tony-avella](http://www.nysenate.gov/senators/tony-avella)

### **Leroy Comrie – 14th District**

*District Office*

113-43 Farmers Boulevard

St. Albans, NY 11412

718-765-6395

[www.nysenate.gov/senators/leroy-comrie](http://www.nysenate.gov/senators/leroy-comrie)

### **Toby Ann Stavisky – 16th District**

*District Office*

142-29 37th Avenue, Suite 1

Flushing, NY 11354

718-445-0004

[www.nysenate.gov/senators/toby-ann-stavisky](http://www.nysenate.gov/senators/toby-ann-stavisky)

### **City Representatives**

#### ■ **NYC Mayor**

##### **Bill de Blasio**

City Hall, New York, NY 10007

311 or 212-504-4115

#### ■ **NYC Comptroller**

##### **Scott M. Stringer**

One Centre Street

New York, NY 10007

212-669-3916

#### ■ **NYC Public Advocate**

##### **Letitia James**

One Centre Street, New York, NY 10007

212-669-7200

#### ■ **NYC Council**

##### **Barry Grodenchik – 23rd District**

73-03 Bell Boulevard

Oakland Gardens, NY 11364

718-468-0137

[www.council.nyc.gov/d23/html/members/home.shtml](http://www.council.nyc.gov/d23/html/members/home.shtml)

##### **Peter Koo – 20th District**

135-27 38 Avenue, Suite 388

Flushing, NY 11354

718-888-8747

[www.council.nyc.gov/d20/html/members/home.shtml](http://www.council.nyc.gov/d20/html/members/home.shtml)

##### **Rory I. Lancman – 24th District**

78-40 164th Street

Hillcrest, NY 11366

718-217-4969

[www.council.nyc.gov/d24/html/members/home.shtml](http://www.council.nyc.gov/d24/html/members/home.shtml)

##### **Paul A. Vallone – 19th District**

42-40 Bell Boulevard, Suite 301

Bayside, New York 11361

718-619-8611

[www.council.nyc.gov/d19/html/members/home/shtml](http://www.council.nyc.gov/d19/html/members/home/shtml)

## ADVOCACY AND ACTION GROUPS

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#### **AARP**

780 Third Avenue, 33rd Floor  
New York, NY 10017  
866-227-7442  
[www.aarp.org](http://www.aarp.org)

*National organization that offers Medicare supplemental health insurance, along with other insurance, discounts on prescription drugs and other goods, advocacy services, and other information for people age 50 and over.*

#### **The American Geriatrics Society (AGS)**

40 Fulton Street, 18th Floor  
New York, NY 10017  
212-308-1414  
[www.americangeriatrics.org](http://www.americangeriatrics.org)

*AGS is a not-for-profit dedicated to improving the health, independence and quality of life of older people.*

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

105 East 22nd Street  
New York, NY 10010  
212-254-8900

*CSS seeks to fight poverty in New York both through advocacy efforts and by offering programs and services to low-income New Yorkers. CSS works on issues including: access to health*

*care, affordable housing, disconnected youth, economic security, imprisonment and reentry, and workforce equality.*

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

519 8th Avenue 16th Floor  
New York, NY 10018  
212-643-2828  
[www.gnyhcfa.org](http://www.gnyhcfa.org)

*GNYHCFA is a non-profit trade association serving the needs of the long-term care community in the greater New York metropolitan area and beyond. GNYHCFA offers resources centered on safety, education, legal services, long-term care, Medicaid, labor relations, and more.*

#### **Medicare Rights Center**

520 8th Avenue, North Wing, 3rd Floor  
New York, NY 10018  
Hotline: 800-333-4114  
212-869-3850  
[www.medicarerights.org](http://www.medicarerights.org)

*The Medicare Rights Center is a national, nonprofit consumer service organization that works with people on Medicare to help them understand their rights and benefits and ensure that they have access to quality healthcare.*

## ADVOCACY AND ACTION GROUPS

### **Metropolitan Council on Housing**

339 Lafayette Street #301  
New York, NY 10012  
212-979-0611

Available Monday, Wednesday,  
and Friday 1:30 p.m. to 5 p.m.

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

*Metropolitan Council is a membership-based tenants' advocacy organization that preserves and expands affordable housing and rent regulation.*

### **Queens Jewish Community Council (QJCC)**

119-45 Union Turnpike  
Forest Hills, NY 11375  
718-544-9033

*QJCC serves as a non-political, non-partisan body for communication and action for the residents and organizations of Queens, providing social services to those in need.*

### **New York State Tenants and Neighbors Coalition**

236 W 27th Street #400  
New York, NY 10001  
212-608-4320

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

*New York State Tenants & Neighbors Coalition preserves at-risk affordable housing and strengthens tenant rights in gentrifying neighborhoods throughout New York.*

### **New York Statewide Senior Action Council – New York City Chapter**

For more information on event dates and locations, call:  
646-918-6101

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

*Advocates for the legislative inclusion of seniors and for full representation among service programs to ensure and promote the well-being of the aging. Also helps seniors understand Medicare Part D and hospital patients' rights. Provides advice on medical plans and offers resource information and intervention services.*

## ADVOCACY AND ACTION GROUPS

### **The New York Academy of Medicine Age Friendly Program (NYAM)**

1216 Fifth Avenue at 103rd Street  
New York, NY 10029  
212-822-7254

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

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

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

305 Seventh Avenue, 15th floor  
New York, NY 10001  
212-741-2247

[www.sageusa.org/index.cfm](http://www.sageusa.org/index.cfm)

*Services and Advocacy for LGBT Elders is dedicated to improving the lives of LGBT older adults. SAGE offers supportive services and consumer resources for older adults and their caregivers, advocates for public policy changes that address the needs of older people, and provides training for aging providers and LGBT organizations.*

### **New York City Gray Panthers**

244 Madison Avenue, Suite 396  
New York, NY 10016  
917-535-0457

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

*A national organization committed to social justice including the expansion of health care programs, the creation of suitable housing, fighting discrimination, and promoting peace.*

### **Queens Community House**

108-25 62nd Drive  
Forest Hills, NY 11375  
718-592-5757

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

*QCH does advocacy work and engages in policy discussions at the city, state, and federal level about topics that directly affect the Queens community.*

### **Immigration Advocacy Services, Inc.**

36-16 Astoria Boulevard South  
Astoria, NY 11103  
718-956-8218

718-956-6800 (Alternative)

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

Open Monday to Thursday  
9 a.m. to 4:30 p.m., Friday 9 a.m. to 1 p.m.

*A not-for-profit immigration legal services provider organization*

## ADVOCACY AND ACTION GROUPS

*that deals with Immigration law. Specializes in family based Immigration law and applications such as adjustment of status (I-485), Alien Relative Petition(I-130), naturalization (N-400), green card replacement (I-90) and many more.*

### **JASA Institute for Senior Action (IFSA) Workshop**

212-273-5200

[www.jasa.org/advocacy/index.html#WBeGAiOrLIW](http://www.jasa.org/advocacy/index.html#WBeGAiOrLIW)

*JASA IFSA is a comprehensive education, leadership, and advocacy training program that teaches older adults how to become engaged in civic affairs and social action. Check website for updated seminar locations and dates.*

### **Center for Independence of the Disabled, New York (CIDNY)**

80-02 Kew Gardens Road, Suite 107  
Kew Gardens, NY 11415

646-442-1520

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

*Aims to ensure that people with disabilities have the tools they need to live independently, provide for their financial needs, and enjoy equal opportunity. Advises public officials*

*on ways to make public services work better, monitors public and private initiatives that serve people with disabilities, and offers constructive solutions to problems we see.*

### **Asian Americans for Equality**

35-34 Union Street

Flushing, NY 11354

917-285-2732

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

*AAFE is an organization dedicated to improving and supporting the Asian American and the greater community. It provides Mandarin and Cantonese language assistance for those in need.*

### **MinKwon Center for Community Action**

136-19 41st Avenue, 3rd Floor

Flushing, NY 11355

718-460-5600

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

*The center places a special emphasis on meeting the needs of our marginalized community members who have less access to resources, including the youth, the elderly, recent immigrants, low-income residents, and limited English proficient residents.*

## BENEFITS

### BENEFITS

#### ■ Screenings

##### **ACCESS NYC**

311

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

*ACCESS NYC is a free electronic information and screening tool that allows people of all ages to identify and screen their eligibility for over 30 city, state, and federal benefits programs.*

##### **Benefits Checkup**

571-527-3900

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

*Benefits Checkup is a free service from the National Council on Aging. Benefits Checkup asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. Apply for many of the programs online or print an application form.*

##### **Benefits.gov**

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

*The online site's core function is the eligibility prescreening questionnaire or "Benefit Finder." The questionnaire includes criteria for more than 1,000 Federally-funded benefit and assistance*

*programs. Each program description provides citizens with the next steps to apply for any benefit program of interest.*

##### **Community Service Society Public Benefits and Housing Information Line**

212-614-5552

[www.cssny.org/programs/entry/center-for-benefits-and-services](http://www.cssny.org/programs/entry/center-for-benefits-and-services)

*A team of benefit and housing counselors provide information and resources on public benefit and housing programs to individuals and families seeking assistance.*

##### **JASA Queens Office**

97-77 Queens Boulevard, Suite 600

Rego Park, NY 11374

212-273-5272

[www.jasa.org/community/benefits-and-entitlements-assistance#.WBD5qy0rLIU](http://www.jasa.org/community/benefits-and-entitlements-assistance#.WBD5qy0rLIU)

*JASA social workers conduct individualized, comprehensive assessments to identify needs, determine an individual's eligibility for specific programs, as well as assist in securing benefits and entitlements under programs, including: Food stamps, Medicaid, Medicare, Supplemental Security Income (SSI) and Senior Citizen Rent Increase Exemption (SCRIE).*

## BENEFITS

### ■ Public Assistance Helpline

**311**

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

*If in economic need and eligible, apply to a cash assistance program and receive temporary cash assistance for up to 60 months.*

### ■ Social Security

#### **U.S. Social Security Administration**

800-772-1213

*[www.ssa.gov](http://www.ssa.gov)*

*If you require a new Social Security Card, you need to update your personal information, or your employer requests that you visit a Social Security Office.*

#### **Queens Social Security Office**

155-10 Jamaica Avenue, 2nd Floor

Jamaica, NY 11432

800-772-1213

Open Monday to Friday 7 a.m. to 4 p.m.

### **Supplemental Security Income (SSI)**

800-772-1213

*[www.ssa.gov/disabilityssi/ssi.html](http://www.ssa.gov/disabilityssi/ssi.html)*

*A monthly payment for people with low income to supplement social security.*

### **Senior Medicare Patrol (SMP) Programs**

212-639-9675

*[www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm](http://www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm)*

*These programs assist Medicare and Medicaid beneficiaries in order to prevent healthcare fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills and identify inappropriate charging for services.*

## BENEFITS

### ■ Prescription Discounts

#### **AARP Prescription Discount Program**

877-422-7718

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

*This program was created by AARP to provide exclusive discounts on FDA-approved prescription medications and specialty drugs.*

#### **BigAppleRx**

311

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

*A free discount card accepted at many pharmacies in New York City; cannot be used in conjunction with other discounts/insurance but can be used for medications not covered.*

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

800-332-3742

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

*EPIC is a free New York State program that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To*

*join EPIC, one must be a NYS resident age 65 or over, have an annual income less than \$75,000 (single) or \$100,000 (married), be enrolled or eligible to be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid Benefit. Pharmacies must be EPIC participants.*

#### **Extra Help Paying for Medicare Prescription Drug Plans**

800-772-1213

[www.ssa.gov/medicare/prescriptionhelp/](http://www.ssa.gov/medicare/prescriptionhelp/)

*Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.*

#### **FreeDrugCard.US**

[www.freedrugcard.us](http://www.freedrugcard.us)

*This is not an insurance plan. It is a prescription drug program that works like a drug coupon, offering discounts on prescription drug costs. The card is free.*



## CAREGIVER SUPPORT

### CAREGIVER SUPPORT

#### **NYS Caregiving & Respite Coalition**

585-244-8400

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

*Provides information, research and support to caregivers.*

#### **The Eldercare Locator**

800-677-1116

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

*This public service developed by the U.S. Administration on Aging connects seniors and their families to local services.*

#### **NYC Caregiver**

2 Lafayette Street

New York, NY 10007

Dial 311

[www.nyc.gov/html/caregiver](http://www.nyc.gov/html/caregiver)

*NYC Caregiver provides resources to find local caregiver support services and can help answer many questions in regard to caring for physically frail to cognitively impaired adults age 60 and older or to grandparents caring for children 18 or younger.*

#### **Partners in Caring at SAGE**

305 Seventh Avenue

New York, NY 10001

212-741-2247

*The Partners in Caring program at SAGE provides various services to families and caregivers of the elderly. Some services include: counseling, outreach, public information, support groups, training, individual respite and many others. Please contact the office for a complete list of all services offered and the requirements.*

#### **Caregivers Action Network**

202-454-3970

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

*Provides educational materials and guides for family caregivers, including resources and information on workshops and tips for caregiving.*

## CAREGIVER SUPPORT

### **Services Now for Adult Persons (SNAP) Caregiver Services**

80-45 Winchester Boulevard  
Building #4, CBU #29  
Queens Village, NY 11427  
718-527-5380  
[www.snapqueens.org/  
servicesprograms/caregivers-services/](http://www.snapqueens.org/servicesprograms/caregivers-services/)

*SNAP is committed to the well-being of the caregiver and to providing a variety of services within a warm and supportive environment, at home, in the community and by tele-conference. Our services include: individual counseling, support groups, educational workshops, case assistance, and help with money and work.*

### **■ Alzheimer's Adult Day Care Programs**

#### **Catholic Charities Neighborhood Services Social Adult Day Alzheimer's Program**

157-16 65th Avenue  
Flushing, NY 11367  
718-358-3541  
[www.ccbq.org/what-we-do/older-adult-services/ccns-social-adult-day-alzheimers-program](http://www.ccbq.org/what-we-do/older-adult-services/ccns-social-adult-day-alzheimers-program)

*The program serves cognitively impaired individuals aged 60 and older who can benefit from a congregate*

*day care program. This program is designed to offer mental and physical stimulation to the participants and respite for their caregiver. The program provides supportive individual and group counseling for families and friends who are providing support for their loved ones.*

### **Selfhelp Alzheimer's Resource Program (SHARP)**

208-11 26th Avenue  
Bayside, NY 11360  
718-631-1886  
[sharp.selfhelp.net](http://sharp.selfhelp.net)

*SHARP provides adult day care and social activities for individuals with Alzheimer's disease, dementia and other memory impairments. They also offer individual and family counseling for those faced with the challenges of Alzheimer's and other memory impairments. Caregiver support groups provide companionship and enable the sharing of ideas.*

## COMMUNITY BOARDS

### COMMUNITY BOARDS

#### **Queens Community Board 7**

133-32 41st Road, Suite 3B  
Flushing, NY 11355  
718-359-2800  
[www.nyc.gov/html/qnscb7/](http://www.nyc.gov/html/qnscb7/)

#### **Queens Community Board 8**

197-15 Hillside Avenue  
Hollis, NY 11423  
718-264-7895  
[www.nyc.gov/html/qnscb8/](http://www.nyc.gov/html/qnscb8/)

#### **Queens Community Board 11**

46-21 Little Neck Parkway  
Little Neck, NY 11362  
718-225-1054  
[www.nyc.gov/html/qnscb11/](http://www.nyc.gov/html/qnscb11/)

## CONSUMER PROTECTION

### CONSUMER PROTECTION

#### **Do Not Call Registry**

888-382-1222  
(Consumer Assistance Hotline)  
[www.donotcall.gov](http://www.donotcall.gov)

*National registry that allows consumers to block most telemarketing calls to home or mobile phones. Register by phone or online.*

#### **Senior Information Line**

800-503-9000  
[www.dos.ny.gov/consumerprotection](http://www.dos.ny.gov/consumerprotection)

*NY State Division of Consumer Protection protects, educates and represents consumers and settles disputes between consumers and businesses. They offer services and information related to consumer alerts and recalls, identity theft and privacy, Do Not Call registries, product safety and utilities. The New York State Department of State in partnership with the Harry & Jeannette Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale, the State Office for the Aging, AARP and the Free Community Papers of New York (FCPNY) host a monthly toll-free “Senior Consumer Information Line” which allows Seniors statewide to access free information they can use to stay safe, maximize their independence and improve their everyday lives.*

## CONSUMER PROTECTION

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

42 Broadway, 9th Floor  
New York, NY 10004  
311

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

*The New York City Department of Consumer Affairs (DCA) empowers consumers and businesses to ensure a fair and vibrant marketplace. Complaint forms and educational materials are available on their website.*

### **Attorney General Consumer Frauds and Protection Bureau**

120 Broadway, 3rd Floor  
New York, NY 10271  
800-771-7755

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

*The Bureau of Consumer Frauds and Protection prosecutes businesses and individuals engaged in fraudulent, misleading, deceptive or illegal trade practices. In addition to litigating, the Bureau mediates thousands of complaints each year from individual consumers.*

### **NYS Division of Consumer Protection**

800-697-1220  
(Consumer Assistance Hotline)  
800-503-9000

(Senior Information Line)

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

*Advocates for and works to empower New York consumers through education and direct assistance. The agency hosts a monthly toll-free “Senior Consumer Information Line” which allows seniors statewide to access free information they can use to stay safe, maximize their independence and improve their everyday lives. Spanish spoken.*

## DISABILITY

### DISABILITY

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

100 Gold Street, 2nd Floor  
New York, NY 10038  
311

711

(Relay Service for Deaf/Hard of Hearing)

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

*The Mayor's Office for People with Disabilities works to ensure that New Yorkers with disabilities can lead happy, healthy and productive lives.*

#### **NYS Office for People with Developmental Disabilities**

80-45 Winchester Boulevard  
Hillside Complex, Bldg. 12  
Queens Village, NY 11427  
866-946-9733

*The NYS Office of OPWDD provides services such as group home placement, advocacy, respite care, financial planning, estate planning, education, day treatment, children's services, and discharge planning.*

#### **Center for Independence of the Disabled (CIDNY) – Queens**

80-02 Kew Gardens Road, Suite 107  
Kew Gardens, NY 11415  
646-442-1520  
[www.cidny.org](http://www.cidny.org)

*CIDNY's goal is to ensure full integration, independence and equal opportunity for all people with disabilities by removing barriers to the social, economic, cultural, and civic life of the community.*

#### **Selfhelp Safety Net**

419 Church Avenue  
Brooklyn, NY 11218  
718-633-1300  
[www.selfhelp.net/community-based-programs.php](http://www.selfhelp.net/community-based-programs.php)

*As part of UJA-Federation of New York's Safety Net Initiative, Selfhelp provides intensive case management to low-income older or disabled adults who may be homebound or frail. Case management includes assessing an individual's needs, creating a case plan, and coordinating and monitoring services and programs to address those needs, as well as less intensive services such as benefits assistance.*

## DISABILITY

### **Queens Centers for Progress**

81-15 164th Street  
Jamaica, NY 11432  
718-380-3000

*Queens Centers for Progress provides a range of supports in those areas affected by the disabling conditions, so that patients can be as independent and integrated into the life of their community as possible. Services include education, therapy, job training and placement, day programs, advocacy, service coordination, housing, and many other support services to help people with developmental disabilities lead fuller lives.*

## EDUCATION AND CULTURAL RESOURCES

### **EDUCATION AND CULTURAL RESOURCES**

#### **NYC-ARTS Cultural Guide for Seniors**

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

*The cultural guides for seniors provide details on New York City cultural groups' programs for senior citizens and groups, ticket and membership discounts, and assistance available for visitors with disabilities. The cultural groups include museums, dance and theater companies, libraries, performing arts venues, zoos and more.*

#### ■ **Performing Arts**

##### **Kupferberg Center for the Arts**

65-30 Kissena Boulevard  
Flushing, NY 11367-1597  
718-793-8080

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

*The Center houses three performance spaces including the LeFrak Concert Hall, the Colden Auditorium and the Goldstein Theater. Also housed on the Queens College Campus is the Godwin-Ternbach Museum, home to the most comprehensive art collection in Queens, and the Queens College Art Center, which is a separate contemporary art gallery. Discounts for events are available to seniors.*

## EDUCATION AND CULTURAL RESOURCES

### **Queens Symphony Orchestra (QSO)**

65-30 Kissena Boulevard  
Flushing, NY 11367  
718-570-0909

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

*QSO is the borough's only professional orchestra and the oldest and largest professional arts organization in Queens. QSO presents 10-20 concerts throughout the year, serving 30,000 residents, including 8,000 youth. Events are free of charge, but please call to find out event locations and times.*

### **Flushing Town Hall**

137-35 Northern Boulevard  
Flushing, NY 11354  
718-463-7700, ext. 222

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

*The Hall brings audiences together via high-quality arts exposure and experiences through programs in Jazz, classical and world music, theater, dance and spoken word, family and education programs, senior programs, exhibitions and free community events. Offers free or discounted programs for seniors.*

### **Queens Theatre**

14 United Nations Avenue S  
Corona, NY 11368  
718-760-0064

[queenstheatre.org/content/about-us](http://queenstheatre.org/content/about-us)

*Senior discounts and free shuttle bus services from Mets-Willeys Point Station are available for events.*

### ■ **Museums**

#### **Bayside Historical Society (BHS)**

208 Totten Avenue-Fort Totten  
Bayside NY 11359  
718-352-1548

<http://www.baysidehistorical.org/index.html>

*BHS was started with the mission to collect, preserve, and disseminate information in regard to the history of Bayside and its neighboring communities.*

## EDUCATION AND CULTURAL RESOURCES

### **Queens Museum**

New York City Building  
Flushing Meadows Corona Park  
Queens, NY 11368  
718-592-9700  
[www.queensmuseum.org](http://www.queensmuseum.org)

*Queens Museum presents artistic and educational programs and exhibitions that directly relate to the contemporary urban life of its constituents, while maintaining the highest standards of professional, intellectual, and ethical responsibility. Current admission for seniors is \$4.*

### **Queens Historical Society**

Weeping Beech Park  
143-35 37th Avenue  
Flushing, NY 11354  
718-939-0647  
[www.queenshistoricalsociety.org](http://www.queenshistoricalsociety.org)

*The Queens Historical Society researches, records, and showcases issues that have had a profound impact on the history of Queens. As a repository of collections on the history of Queens and Long Island, the Society documents, preserves, and presents rich and diverse aspects of the history of the Borough of Queens for the education and enlightenment of its more than two million people.*

### **Louis Armstrong House Museum**

34-56 107 Street  
Corona, Queens, NY 11368  
718-478-8274  
[www.louisarmstronghouse.org](http://www.louisarmstronghouse.org)

*A National Historic Landmark and a New York City landmark, this historic house museum collects, arranges, preserves, catalogs, and makes available to the public materials relating to the life and career of Louis Armstrong. Seniors (65 and older) tickets cost \$7.*

### **Queens County Farm Museum**

73-50 Little Neck Parkway  
Floral Park, NY 11004-1129  
718-347-3276  
[www.queensfarm.org](http://www.queensfarm.org)

*The Queens County Farm Museum dates back to 1697 and occupies New York City's largest remaining tract of undisturbed farmland. The farm encompasses a 47-acre parcel that is the longest continuously farmed site in New York State. The site includes historic farm buildings, a greenhouse complex, livestock, farm vehicles and implements, planting fields, an orchard, and an herb garden. General admission is free, except during public events.*



## EDUCATION AND CULTURAL RESOURCES

### ■ Continuing Education

#### **Age-Friendly NYC College Link**

1216 5th Avenue  
New York, NY 10029  
212-822-7251

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

*A searchable database, Age-Friendly College provides information about educational opportunities for older adults at local colleges and universities.*

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

##### ***CUNY Senior Colleges (4 year):***

*When space is available, people over 60 can audit courses tuition-free at any of the four-year CUNY colleges. Students do not take tests or receive academic credit.*

##### ***CUNY Community Colleges:***

*Courses are tuition-free at community colleges when space is available. Students may participate fully in classes: doing homework, taking tests, and receiving grades and academic credit.*

#### **Queens College**

65-30 Kissena Boulevard  
Flushing, NY 11367  
718-997-5000  
[www.qc.cuny.edu/about](http://www.qc.cuny.edu/about)

*Residents 60 years of age or older who have completed high school may attend Queens College as auditors. Senior Citizen auditors pay \$80 per semester and can enroll on a non-credit, space-available basis by completing the Senior Citizen Auditor Application, available at the Office of Admissions, or by completing the Admissions Inquiry Form.*

#### **Queensborough Community College**

222-05 56th Avenue  
Bayside, NY 11364  
718-631-6262  
[www.qcc.cuny.edu](http://www.qcc.cuny.edu)

*If you're a senior citizen (60 years of age and older) you can register for one or more classes at Queensborough as a non-degree student. A fee of \$65 (USD) is charged each semester. This fee covers the cost of the application and the courses you want to take. Proof of age is requested at the time of application. Seniors are usually invited to register shortly before the start of the semester. A registration date will be mailed when the College receives your application.*

## EDUCATION AND CULTURAL RESOURCES

### **Kupferberg Holocaust Center**

222-05 56th Avenue  
Bayside, NY 11364  
718-281-5770

<http://khc.qcc.cuny.edu/>

*The Kupferberg Holocaust Center (KHC), established in 1983, is an educational resource for Queensborough Community College, the City University of New York, the broader New York City and Long Island communities, and the global community. The KHC uses the lessons of the Holocaust and other mass atrocities to teach and empower citizens to become agents of positive social change in their lives and in their communities. Through its student and community programs and two galleries for original exhibits, library, and archives, the KHC serves approximately 20,000 visitors each year.*

### ■ **Computer Training**

#### **Queens Library**

<http://www.queenslibrary.org/services/computers-wifi/computer-classes>

*Various branches have several types of computer classes. Please call or check the information page of your local branch to learn more.*

### **Jamaica YMCA**

89-25 Parsons Boulevard  
Jamaica, NY 11432  
718-739-6600

[register.ymcanyc.org/programs/TU](http://register.ymcanyc.org/programs/TU)

*Introductory and more advanced classes offered. Please call to inquire and register ahead of time.*

### **Flushing YMCA**

138-46 Northern Boulevard  
Flushing, NY 11354  
718-551-9350

<https://www.ymcanyc.org/flushing>

*Introductory and more advanced classes offered. Please call to inquire and register ahead of time.*

### **YWCA of Queens**

42-07 Parsons Boulevard  
Flushing, NY 11355  
718-353-4553

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

*Dedicated to their mission of eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all, the YWCA serves over 5,000 families annually offering integral services to encourage educational, economic and personal well-being.*

## EMERGENCY PREPAREDNESS

### EMERGENCY PREPAREDNESS

#### **Aware Prepare**

[www.dhes.ny.gov/aware-prepare](http://www.dhes.ny.gov/aware-prepare)

*A collective effort of NYS Agencies and other regional organizations, this website provides a variety of resources to help individuals and their families prepare in the event of an environmental disaster.*

#### **Disaster Preparedness for Seniors Guide**

[www.redcross.org/prepare/location/home-family/seniors](http://www.redcross.org/prepare/location/home-family/seniors)

*Developed by the American Red Cross, this guide helps seniors develop a plan of action in the event of a house fire, power outage, hurricane, or attack on the community.*

#### **Federal Emergency Management Agency (FEMA) Hotline**

800-621-3362

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

*Features tips on how to prepare for an emergency and how to apply for assistance after an emergency.*

#### **Ready New York Guide**

311

[www1.nyc.gov/site/em/ready/guides-resources.page](http://www1.nyc.gov/site/em/ready/guides-resources.page)

*This guide was collaboratively developed by DFTA and the Office of Emergency Management (OEM). It addresses issues specific to seniors and people with disabilities in the event of an emergency. The guide is available in English, Russian, Spanish and Chinese. You can call 311 for the guide on audiotape.*

## EMPLOYMENT AND VOLUNTEER SERVICES

### EMPLOYMENT AND VOLUNTEER SERVICES

#### **Employment Program**

2 Lafayette Street, 6th Floor  
New York, NY 10007  
311

[www.aging.ny.gov/NYSOFA/Services/](http://www.aging.ny.gov/NYSOFA/Services/)

*The Senior Community Service Employment Program (SCSEP) helps job seekers improve their skills, obtain training, and find a job. The goal of the program is for participants to gain the skills they need to find and sustain employment in the workforce. Must be 55 or over and meet certain income requirements.*

#### **New York Cares**

212-228-5000  
[www.nycares.org](http://www.nycares.org)

*Choose from activities that address education, environmental issues, poverty, and more. Make an impact by joining a volunteer network, and select from hundreds of opportunities each month.*

#### **Department for the Aging Foster Grandparent Program**

311

<http://www.nyc.gov/html/dfta/html/volunteering/foster.shtml>

*Requirements are 20 hours per week. Benefits are a modest stipend. Settings include hospitals, day care programs, Head Start, elementary schools and after-school programs.*

#### **AARP Foundation Senior Community Service Employment Program (SCSEP)**

212-442-1369

[www.aging.ny.gov/employment](http://www.aging.ny.gov/employment)

#### **DFTA Volunteer Resource Center**

212-602-4464

## EMPLOYMENT AND VOLUNTEER SERVICES

### **NYC Department for the Aging: Senior Employment Services (SES)**

220 Church Street, Room 324  
(Entrance at 40 Worth Street)  
New York, NY 10013  
311

[www.nyc.gov/html/dfta/html/  
volunteering/job\\_training\\_and\\_  
placement.shtml](http://www.nyc.gov/html/dfta/html/volunteering/job_training_and_placement.shtml)

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

### **NYC Service**

253 Broadway, 8th Floor  
New York, NY 10007

*Interview:*

100 Gold Street, 2nd Floor  
New York, NY 10038  
212-788-7550  
[www.nyc.gov/service](http://www.nyc.gov/service)

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

## FINANCIAL PLANNING AND RESOURCES

### **FINANCIAL PLANNING AND RESOURCES**

### **AARP Tax Counseling for the Elderly (TCE)**

888-687-2277

[www.aarp.org/money/taxes/aarp\\_  
taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/)

*The IRS-sponsored TCE Program provides free tax help to people aged 60 and older. As part of the program, AARP offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. Trained and certified AARP Tax-Aide volunteer counselors help people of low- to middle-income with special attention to those people age 60 and older.*

## FINANCIAL PLANNING AND RESOURCES

### **Human Resources Administration Emergency Assistance for Adults (EAA)**

718-557-1399

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

*New York City residents may apply for a one-time emergency grant, also called a “One Shot,” when an unforeseen circumstance prevents the applicant from meeting an expense. An applicant must meet eligibility guidelines and is subject to investigative review of the application. Emergency grant applicants may obtain rental assistance in cases of impending evictions, assistance with home energy and utility bills, disaster assistance including moving expenses, and the purchase of personal items for health and safety.*

### **NYC Financial Empowerment Centers**

311

[www.nyc.gov/site/dca/consumers/get-free-financial-counseling.page](http://www.nyc.gov/site/dca/consumers/get-free-financial-counseling.page)

*In cooperation with a number of non-profit organizations, New York City operates free Financial Empowerment Centers in each borough. The centers provide free one-on-one financial counseling by professional counselors in person or by phone in English and Spanish. It is best to make an appointment ahead of time by calling 311.*

### ■ **Centers in Queens include**

#### **Catholic Charities Home Base**

161-10 Jamaica Avenue, 5th Floor  
Jamaica, NY 11432

Open Monday to Friday 9 a.m. to 7 p.m.

#### **Make the Road New York**

92-10 Roosevelt Avenue  
Jackson Heights, NY 11372

Open Monday, Wednesday and Friday  
10 a.m. to 6 p.m.

*Spanish Spoken*

#### **Neighborhood Housing Services of Northern Queens**

60-20 Woodside Avenue, 2nd Floor  
(Above Astoria Federal Savings)  
Woodside, NY 11377

Open Monday and Wednesday  
9 a.m. to 6 p.m.

*Spanish Spoken*

#### **Urban Upbound**

38-85 13th Street  
Long Island City, NY 11101

Open Monday to Friday 9 a.m. to 6 p.m.  
*Spanish and Bengali Spoken*

## HOSPITALS AND HEALTH CARE

### HOSPITALS & HEALTH CARE

#### **Health Care Proxy**

800-342-9871

[www.health.ny.gov/professionals/patients/health\\_care\\_proxy/](http://www.health.ny.gov/professionals/patients/health_care_proxy/)

*Individuals who are unable to make health care decisions can designate a Health Care Proxy to make health care decisions on their behalf.*

#### **Health Insurance Information Counseling and Assistance Program (HIICAP)**

212-602-4180

[www.nyc.gov/html/dfta/html/benefits/health.shtml](http://www.nyc.gov/html/dfta/html/benefits/health.shtml)

*The NYC HIICAP is New York's source for free, current and impartial information about health care coverage. Through a helpline and volunteer counselors, HIICAP provides information on all aspects of health insurance including Medicare, prescription drug information, long-term care insurance, Medicaid for people with Medicare, and more.*

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

866-881-2809

(Public Health Duty Officer Helpline)

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

*Learn more about services and programs. Also find healthcare data, facilities, regulations and current events.*

#### **New York State Health Insurance Resource Center Long-Term Care**

[www.health.ny.gov/facilities/long\\_term\\_care/](http://www.health.ny.gov/facilities/long_term_care/)

*Center provides information on long-term care and insurance policies for New York State.*

#### ■ **Health Insurance Programs**

##### **Medicare**

800-633-4273

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

*Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.*

## HOSPITALS AND HEALTH CARE

### **Medicaid**

#### *Queens Office*

45-12 32nd Place, 1st Floor  
Long Island City, NY 11101  
718-752-4540

Open Monday to Friday 9 a.m. to 5 p.m.

*Medicaid is a state-run health insurance program that is primarily available to people with limited incomes or resources but it is also available to those who meet other requirements.*

*To find out whether you qualify for Medicaid visit ACCESS NY at [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc) or call the NYC Human Resources Administration at 718-557-1399.*

#### *Elmhurst Hospital Medicaid Office*

7901 Broadway #D17  
Elmhurst, NY 11373  
718-334-2565

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

855-355-5777

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

*NY State of Health is a marketplace where individuals can shop for and enroll in affordable health insurance plans. These plans are for people who do not currently receive Medicare and who don't have insurance through their employers.*

### **New York State Partnerships for Long-Term Care**

866-950-7526

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

*The New York State Partnership for Long-Term Care combines private long term care insurance with Medicaid to help people prepare financially for possible nursing home care, home care or other long-term care services as specified under the policy. It allows New Yorkers to protect assets while remaining eligible for Medicaid Extended Coverage if their long term care needs exceed the period covered by their private partnership insurance policy.*

### ■ **Health**

#### **BigAppleRx**

888-454-5602

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

*A free discount card accepted at many pharmacies in New York City; cannot be used in conjunction with other discounts/insurance but can be used for medications not covered.*



## HOSPITALS AND HEALTH CARE

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

800-332-3742

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

*EPIC is a free New York State program that helps income-eligible seniors aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC also provides supplementary drug coverage for Part D covered drugs purchased while in the Medicare Part D coverage gap. To join EPIC, one must be a NYS resident age 65 or over, have an annual income less than \$75,000 (single) or \$100,000 (married), be enrolled or eligible to be enrolled in a Medicare Part D plan, and must not be receiving the full Medicaid Benefit. Pharmacies must be EPIC participants.*

### **Medicare**

800-633-4273

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

*Medicare is a federal health insurance program that covers all seniors over the age of 65 for basic hospital and medical expenses. Medicare can also be supplemented by additional public and private plans, like the prescription drug coverage Medicare Part D supplement plan, depending on individual needs and qualifications.*

### **Medicare Prescription Drug Plans**

[www.ssa.gov/medicare/prescriptionhelp/](http://www.ssa.gov/medicare/prescriptionhelp/)

*Extra Help pays for the costs of Medicare prescription drug plans. You are eligible for Extra Help if your resources and income are below a certain level.*

## HOSPITALS AND HEALTH CARE

### **Senior Medicare Patrol (SMP) Programs**

212-639-9675

[www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm](http://www.aging.ny.gov/NYSOFA/Programs/EconSecurity/SMP.cfm)

*These programs assist Medicare and Medicaid beneficiaries in order to prevent healthcare fraud by teaching beneficiaries how to best protect their personal identity, report errors on health care bills and identify inappropriate charging for service.*

### ■ **Hospitals**

Phone Numbers provided for hospitals are for general information. If you have an emergency, please dial 911.

#### **New York/Presbyterian-Queens**

56-45 Main Street  
Flushing, NY 11355  
718-670-2000  
[www.nyhq.org](http://www.nyhq.org)

#### **Queens Hospital Center**

82-68 164th Street  
Jamaica, NY 11432  
718-883-3000  
[www.nychealthandhospitals.org/queens](http://www.nychealthandhospitals.org/queens)

### **Flushing Hospital Medical Center**

4500 Parsons Boulevard  
Flushing, NY 11355  
718-670-5000  
[www.flushinghospital.org](http://www.flushinghospital.org)

### **Veteran Administration New York Harbor Healthcare System- Queens**

179-00 Linden Boulevard  
Jamaica, NY 11425  
718-526-1000  
[www.nyharbor.va.gov/locations/st\\_albans\\_community\\_living\\_center.asp](http://www.nyharbor.va.gov/locations/st_albans_community_living_center.asp)

### **Complaints Related to New York Hospitals**

NYS Department of Health  
Centralized Hospital Intake Program  
800-804-5447

*To issue a complaint about a hospital or a diagnostic and treatment center, call the toll-free number above, or file a complaint in writing by mailing the address above.*

## HOSPITALS AND HEALTH CARE

### ■ Community Health Clinics

#### **Metro Community Health Center Queens**

51-40 59th Street  
Woodside, NY 11377  
718-639-2931  
[www.mchcnyc.org](http://www.mchcnyc.org)

*Enables access to and provides high quality, well-coordinated, primary and specialty medical, dental, behavioral, rehabilitation, and ancillary health services. Focus is on patients who are underserved, with a special commitment to the needs of people with disabilities. Metro Community Health Center is committed to doing their best to provide culturally-competent services regardless of a patient's ability to pay.*

#### **Community Healthcare Network**

*Various Locations:*

#### **Queens Health Center**

97-04 Sutphin Boulevard  
Jamaica, NY 11435  
718-657-7088  
[www.chnynyc.org/our-locations/queens-health-center](http://www.chnynyc.org/our-locations/queens-health-center)  
*Languages Spoken: English, Spanish*

#### **Family Health Center**

90-04 161st Street, 5th Floor  
Jamaica, NY 11432  
718-523-2123  
[www.chnynyc.org/our-locations/family-health-center](http://www.chnynyc.org/our-locations/family-health-center)  
*Languages spoken: English, Spanish, French, Creole, Cantonese*

#### **Charles B. Wang Community Health Center**

*Various Locations:*

#### **CBWCHC Queens Location 1**

136-26 37th Avenue  
Flushing, NY 11354  
718-886-1200 (Adult Medicine)  
718-886-1222 (Pediatrics)  
718-886-1287 (OB/GYN)  
212-941-2213 (Mental Health)  
718-886-1212 (Social Work)

## HOSPITALS AND HEALTH CARE

### **CBWCHC Queens Location 2**

137-43 45th Avenue  
Flushing, NY 11355  
929-362-3006

*Practices include: Internal Medicine, Pediatrics, GYN, mental health services, health education services, and social work services.*

[www.cbwchc.org/index.asp](http://www.cbwchc.org/index.asp)

*A nonprofit that ensures that all members of the community—regardless of ability to pay—are provided with quality, comprehensive and culturally effective primary healthcare.*

*Staff is fluent in many languages, including Mandarin, Cantonese, Taishanese, Shanghainese, Fujianese, Vietnamese, and Korean.*

### ■ **Home Care Options**

#### **Expanded In-Home Services for the Elderly Program (EISEP)**

[www.health.ny.gov/health\\_care/medicaid/program/longterm/expand.htm](http://www.health.ny.gov/health_care/medicaid/program/longterm/expand.htm)

*EISEP assists older New Yorkers who need help with daily activities and who want to remain at home but are not eligible for Medicaid. Case managers help elders and their families decide what help is needed and arrange for services that may include non-medical in home services,*

*non-institutional respite services for caregivers, ancillary services and other services available in the community. EISEP supports and supplements care provided by families and friends. Participants whose incomes are above 150% of poverty share in the cost of the services, according to a sliding scale.*

#### **Home Care Service Program (HCSP)**

311

[www1.nyc.gov/nyc-resources/service/1834/home-care-services](http://www1.nyc.gov/nyc-resources/service/1834/home-care-services)

*HCSP offers access to Medicaid funded long-term care programs designed to help eligible elderly or disabled individuals remain safely at home, rather than in a nursing home or other institution. In some cases, HCSP will assess medical needs and determine the appropriate care required. Eligibility for Medicaid funded home care programs varies among programs but all programs require that the applicant be Medicaid eligible.*

## HOSPITALS AND HEALTH CARE

### **Signature Care Queens**

136-40 39 Avenue, Suite 506  
Flushing, NY 11354  
718-435-2444  
[www.signaturecareny.com](http://www.signaturecareny.com)

*Signature Care is a New York State Licensed Home Healthcare Agency that provides comprehensive homecare services in the New York Metropolitan Area. Signature Care offers home care services daily, weekly, twenty-four hours a day or as needed.*

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

75-20 Astoria Boulevard  
East Elmhurst, NY 11370

*Queens specific:*  
866-867-8632

*General inquiries:*  
800-675-0391  
[www.vnsny.org](http://www.vnsny.org)

*This home healthcare service provides members of the community support using both care and technology to maximize effectiveness. VNSNY matches patients with the care they need while being sure to account for any financial concerns. Both Medicare and Medicaid are accepted and services run 24/7.*

### **Home Instead Senior Care**

67-12 Yellowstone Boulevard, Suite A6  
Forest Hills, NY 11375  
718-521-4216  
[www.homeinstead.com/765](http://www.homeinstead.com/765)

*Home Instead Senior Care is a multinational network of franchises specializing in non-medical in-home care for the elder in support of aging in place.*

### **First-Care of New York, Inc. – Queens**

91-31 Queens Boulevard, Suite 409  
Elmhurst, NY 11373  
718-478-1454  
[www.1st-care.org/queens.asp](http://www.1st-care.org/queens.asp)

*First Care Of New York is a family-owned and operated home care agency licensed by the New York State Department of Health. They are also members of the “Home Care Association of America,” with the primary objective to understand a client's needs in order to serve them with the best affordable and optimum home care services.*

## HOSPITALS AND HEALTH CARE

### **Caring People – Queens**

118-35 Queens Boulevard, Suite 1530  
Forest Hills, NY 11375  
718-425-4600  
[www.caringpeopleinc.com](http://www.caringpeopleinc.com)

*Services range from offering basic intermittent companionship to 24-hour skilled care. Licensed and certified Registered Nurses (RN), Licensed Practical Nurses (LPN) and a team of Alzheimer's and Dementia care professionals can ensure an individual remains in the comfort and familiarity of their home. Caring People also offers care management and transitional care services for those managing the care of an individual or someone returning home from a recent hospitalization.*

### ■ **Mental Health Services**

**311**

#### **Samuel Field Y Community Advisory Program for the Elderly**

212-00 23rd Avenue  
Bayside, NY 11360  
718-225-6750 ext. 250  
[www.sfy.org/community-mental-health-services/](http://www.sfy.org/community-mental-health-services/)

*An outpatient mental health clinic for Queens residents aged 60 and over and their families. Individual,*

*group and family therapy, psychiatric evaluations and medication monitoring for both clinic and homebound elderly are available to help cope with psychiatric, emotional and adjustment issues. Children of the elderly and family members of Alzheimer's patients may attend family treatment and evening support groups.*

### **Pride of Judea Community Services**

243-02 Northern Boulevard  
Queens, NY 11362  
718-423-6200  
[www.jewishboard.org/listing/pride-of-judea-community-services/](http://www.jewishboard.org/listing/pride-of-judea-community-services/)

*This is a licensed community-based mental health clinic located in Eastern Queens. It provides services to children, adolescents, and adults who are struggling with a wide range of emotional and social problems. Services are provided in an attractive, comfortable, and confidential environment.*

## HOSPITALS AND HEALTH CARE

### **Creedmoor Psychiatric Center**

79-25 Winchester Boulevard  
Queens Village, NY 11427-2199  
718-464-7500

[www.omh.ny.gov/omhweb/facilities/crpc/](http://www.omh.ny.gov/omhweb/facilities/crpc/)

*Creedmoor provides a continuum of inpatient, outpatient and related psychiatric services with inpatient hospitalization at the main campus and five outpatient sites in Queens.*

### **Catholic Charities of Brooklyn and Queens Geriatric Initiative Program for Depression and Alcohol Abuse**

157-16 65th Avenue  
Flushing, NY 11367  
718-358-3541

[www.ccbq.org/what-we-do/older-adult-services/geriatric-initiative-depression-alcohol-abuse-screening-assistance](http://www.ccbq.org/what-we-do/older-adult-services/geriatric-initiative-depression-alcohol-abuse-screening-assistance)

*This program provides awareness of depression, substance abuse as well as screening and referrals for senior citizens in the boroughs of Brooklyn and Queens. The program provides counseling and linkage to mental health services, healthcare, senior centers, and when appropriate, assistance with other entitlements. These activities create opportunities to assist the*

*elderly population with intervention, assessments, screenings and referrals for mental health as well as other concrete services and entitlements.*

### **NYC WELL**

888-692-9355

*Spanish: Extension 3*

*Chinese: Extension 4*

*Help is available at NYC Well, a free, confidential hotline, available 24/7.*

### **The Korean Community Services of Metropolitan New York, Inc. (KCS) Mental Health Clinic**

4216 162nd St #2  
Queens, NY 11358  
718-366-9540

[www.kcsny.org/en/mhc/](http://www.kcsny.org/en/mhc/)

*KCS Mental Health Clinic is the first state-licensed Mental Health Clinic in New York City operated by a Korean nonprofit organization. We provide culturally sensitive services in a warm, welcoming environment in both Korean and English.*

## HOUSING

### **New York City Housing Authority**

212-306-3000 (General)

718-707-7771 (Customer Center)

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

*NYCHA increases opportunities for low- and moderate-income New Yorkers by providing safe, affordable housing and facilitating access to social and community services.*

### ■ **Nursing/Rehabilitation Homes**

*A complete list of state nursing/rehabilitation homes can be found at: [www.profiles.health.ny.gov](http://www.profiles.health.ny.gov)*

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

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

*All nursing homes in New York are regulated by the NY State Department of Health. The agency's website provides comprehensive information on nursing homes including rankings, regulations, and inspection reports, as well as information about patients' rights and nursing home alternatives.*

### **Margaret Tietz Nursing & Rehabilitation Center**

164-11 Chapin Parkway

Jamaica Hills, NY 11432

718-298-7800

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

*Since opening their doors in 1971, the Margaret Tietz Center has embodied the spirit and foresight of our founders by delivering quality programs and services in an environment steeped with home-like qualities. With 140 private and 30 semi-private rooms, our residents are cared for around-the-clock by an experienced, compassionate staff of over 380 dedicated employees.*

### **Meadow Park Rehabilitation & Health Center**

78-10 164th Street

Fresh Meadows, New York 11366

718-591-8300

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

*Meadow Park's Rehabilitation Department uses state of the art equipment and skilled therapy staff to offer an array of services which include Psychiatry, Occupational Therapy, Physical Therapy, Speech Therapy, Respiratory Therapy, Prosthetic and Orthotic Services.*



## HOUSING

### **Ozanam Hall of Queens Nursing Home, Inc.**

42-41 201st Street  
Bayside, New York 11361  
718-423-2000 or  
718-971-2600  
[www.ozanamhall.org](http://www.ozanamhall.org)

*Ozanam Hall provides both Short-Term Rehabilitation and Skilled Geriatric Care for 432 Residents.*

### **Dry Harbor Nursing Home & Rehabilitation Center**

61-35 Dry Harbor Road  
Middle Village, NY 11379  
718-565-4200 or  
718-565-4217  
[www.dryharbor.com](http://www.dryharbor.com)

*Dry Harbor Nursing Home and Rehabilitation Center provides outstanding, comprehensive care to both short term rehab patients and long-term residents.*

### **Waterview Nursing & Rehabilitation Center**

119-15 27th Avenue  
Flushing, NY 11354  
718-461-5000  
[www.waterviewnursingandrehab.com](http://www.waterviewnursingandrehab.com)

*Waterview Nursing & Rehabilitation provides quality nursing care and rehabilitation services provided to its residents. Our experienced health care services team offers comprehensive programs that are customized to serve the needs of each resident.*

### **Chapin Home for the Aging**

165-01 Chapin Parkway  
Jamaica, NY 11432  
718-739-2523  
[www.chapinhome.org](http://www.chapinhome.org)

*Chapin Home's provides the aging men and women who have come to live here a true home, where they may find the serenity and security that have always been envisioned as essential and appropriate to the latter part of life.*

### **Veterans' Home at St. Albans**

178-50 Linden Boulevard  
Jamaica, NY 11437  
718-990-0300  
718-481-6994  
[www.nysvets.org/homes/stalbans](http://www.nysvets.org/homes/stalbans)

*A healthcare facility owned and operated by the NYS Department of Health for Veterans' and their dependents. It is a 250-bed facility and has been serving the Veterans' and their dependents of the New York City region.*

### ■ Independent and Assisted Living

#### **Silvercrest Center for Nursing and Rehabilitation**

144-45 87th Avenue  
Briarwood, NY 11435  
718-480-4000  
[www.silvercrest.org](http://www.silvercrest.org)

*The U.S. Department of Housing and Urban Development (HUD) supports public housing for eligible elderly candidates. Silvercrest Senior Housing is approved to provide services for up to 100 elderly constituents.*

#### **New York Armenian Home**

137-31 45th Avenue  
Flushing, NY 11355  
718-461-1504  
[www.newyorkarmenianhome.org/Activities.html](http://www.newyorkarmenianhome.org/Activities.html)

*The New York Armenian Home, a non-profit residential facility equipped to house up to 79 residents, including temporary stays. Our diversified staff, which is multilingual (speaking in Armenian, English, Russian, Arabic, Bulgarian, Spanish and Turkish), is trained to assist and care for our residents, treating them as individuals who are entitled to their autonomy.*

#### **B'nai B'rith Queens**

138-49 Elder Avenue  
Flushing, NY 11355  
718-358-1166  
[www.liveatbbqueens.com](http://www.liveatbbqueens.com)

*B'nai B'rith Queens is a twelve story building, featuring 190 one-bedroom apartment homes. The center services individuals 62 years of age and older, or individuals that are 18 years and older and mobility impaired. Their full-time service coordinator assists residents with social services, and in addition, a resident council organizes community events and activities. Full time translators (Russian/Asian) are also available for those who have a need.*

#### **Selfhelp Low-Income Housing**

*For housing applications:*  
718-886-1412

*For other inquiries:*  
718-762-6803  
[www.selfhelp.net/community-based-programs.php](http://www.selfhelp.net/community-based-programs.php)

*Selfhelp's buildings offer seniors the opportunity to lead independent lives in affordable and appropriate apartments, with access to on-site services if and when needed, including health and wellness, social work, skilled nursing and home care.*

### ■ Property Tax and Utilities Assistance

#### Senior Citizens Homeowners' Exemption (SCHE)

311

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

*SCHE provides a tax reduction for property owners who own and live in a co-op, condominium or a one, two or three family home. Applicants must be at least 65 years of age or older and meet income eligibility requirements. Contact the Assemblywoman's office for the most up to date figures.*

#### Disabled Homeowners' Exemption (DHE)

311

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

*DHE provides a tax reduction for property owners who own and live in a co-op, condominium or a one, two or three family home. To be eligible, applicants must be persons with disabilities, or have a member of their household be a person with a disability, and meet income eligibility requirements. You cannot receive both DHE and SCHE. If your property qualifies for both, only SCHE will be granted.*

#### Real Property Tax Credit

[www.tax.ny.gov/pit/credits/real\\_property\\_tax\\_credit.htm](http://www.tax.ny.gov/pit/credits/real_property_tax_credit.htm)

*The Real Property Tax Credit provides relief to low-income senior residents of New York State. Contact the New York State Department of Taxation and Finance for more details.*

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

212-480-6700

[www.nyshcr.org/programs/restore](http://www.nyshcr.org/programs/restore)

*The RESTORE Program is available to low-income seniors who need financial assistance for emergency home repairs. The maximum grant is \$5,000 and is only available to those who have lived in their homes for at least three years. The program is administered through RESTORE qualified agencies in your service area.*

## HOUSING

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

311

[www.tax.ny.gov/pit/property/star](http://www.tax.ny.gov/pit/property/star)

*New York State residents who are homeowners qualify for the Basic School Tax Relief (STAR) program regardless of age if their annual adjusted gross income is \$500,000 or less and the property is their primary residence. Residents 65 and older who qualify for Basic STAR and have an annual household income of less than \$84,050 are eligible for the Enhanced STAR program.*

### ■ **Rent Assistance**

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

311

[www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie](http://www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie)

*SCRIE offers eligible tenants an exemption from rent increases.*

*The owner of the building receives a credit against their real estate taxes from the City of New York. Applicants must meet ALL of the eligibility requirements. For SCRIE eligibility, applicants must:*

- *Be 62 years of age or older;*
- *Rent an apartment that is regulated by the Division of Housing and Community Renewal (DHCR) (i.e. rent controlled or rent stabilized apartments or hotel stabilized);*
- *Have an annual household income of \$50,000 or less;*
- *Pay more than one-third of the household's aggregate disposable income for rent.*

#### **Disabled Rent Increase Exemption (DRIE)**

66 John Street, 3rd Floor

New York, NY 10038

311

[www1.nyc.gov/nyc-resources/service/1522/disability-rent-increase-exemption-drie-program](http://www1.nyc.gov/nyc-resources/service/1522/disability-rent-increase-exemption-drie-program)

*The DRIE program freezes the rents of disabled people living in rent regulated apartments or Mitchell Lama buildings. Households that are eligible include those receiving Supplemental Security Income, Social Security Disability Income, a disability pension from the US Department of Veteran Affairs, or disability related Medicaid if the applicant has received Supplemental Security Income or Social Security Disability Income in the past.*

## HOUSING

### **DRIE (cont.)**

*Applicants also must be in a household that in the previous calendar year had a combined income of \$50,000 or less.*

### ■ **Fuel and Utility Costs:**

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

800-692-0957 (General)

212-331-3150 (Heat Line)

*New York City Program:*

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

*New York State Program:*

*[www.otda.ny.gov/programs/heap](http://www.otda.ny.gov/programs/heap)*

*HEAP is a federally funded program that assists eligible households with grants to pay regular and emergency energy heating costs. HEAP eligibility is determined by whether the household income is below the current New York State income guidelines that correspond to the household size and the household energy costs. HEAP may be able to offer a benefit even if heat and utilities are included in the rent or the applicant lives in subsidized housing and pays directly for heating costs.*

#### **Heating Equipment Repair or Replacement**

800-342-3009

*The Heating Equipment Repair and Replacement Component of the Home Energy Assistance Program is available to help eligible low-income homeowners repair or replace furnaces, boilers and other direct heating components necessary to keep their home's primary heating source functional. Benefit amounts are based on the actual cost incurred to replace or repair the furnace, boiler and/or other essential heating equipment.*

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

311

*[www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm](http://www.aging.ny.gov/NYSOFA/programs/econsecurity/WRAP.cfm)*

*Provides low-income elderly people (60+) with free weatherization services to lower their energy bills and increase the comfort of their homes. Services include insulation, replacement of doors and windows and repairs to furnaces and roofs. No limits on assets; monthly income limit for one person is \$1,963 and for couples \$2,567. Must receive HEAP benefits to be eligible.*

## LEGAL ASSISTANCE

### LEGAL ASSISTANCE

#### **Legal Aid Access to Benefits Helpline**

888-663-6880

Tuesday, Wednesday and Thursday:  
9:30 a.m. to 12:30 p.m. (Employment,  
Health, Government Benefits &  
Education Law)

844-955-3425

Friday 9:30 a.m. to 12:30 p.m.  
(Immigration)

*The Legal Aid Society's toll-free Access to Benefits Helpline is a 'one-stop' resource for New Yorkers in need of legal assistance to obtain government benefits and assistance with their employment and education issues. This includes unemployment insurance benefits, Medicaid, public assistance, employment issues and immigration matters.*

#### **Legal and Social Services**

*NYC Domestic Violence Hotline:*

800-621-4673

*Suicide Prevention Hotline:*

212-673-3000

*NYC Housing Authority*

*Customer Contact:*

718-707-7771

*IRS Tax Assistance:*

800-829-1040

#### **Queens Clerk**

Borough Hall Building  
120-55 Queens Boulevard  
Ground Floor, Room G-100  
Kew Gardens, NY 11424  
[www.cityclerk.nyc.gov](http://www.cityclerk.nyc.gov)

#### **NYC Department of Health**

Bureau of Vital Records  
125 Worth Street  
New York, NY 10013  
212-639-9675  
[www.nyc.gov/vitalrecords](http://www.nyc.gov/vitalrecords)

#### **NY Law Help**

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

*Provides low and moderate-income individuals with free and low-cost legal information and assistance.*

#### **New York City Bar: ElderLaw Program**

42 West 44th Street  
New York, NY 10036  
212-382-6658

[www.nycbar.org/citybarjusticecenter](http://www.nycbar.org/citybarjusticecenter)

*The Elderlaw Project of the City Bar Justice Center, with the help of volunteer attorneys, provides low-income seniors with free legal services for life planning, specifically with: Simple Wills, Healthcare proxies and Living Wills, Powers of Attorney, Appointment of Agent to Control Disposition of Remains.*

## LEGAL ASSISTANCE

### **New York Legal Assistance: Evelyn Frank Legal Resources**

7 Hanover Square, 18th Floor  
New York, NY 10004  
212-613-7310

[www.nylag.org/units/evelyn-frank-legal-resources](http://www.nylag.org/units/evelyn-frank-legal-resources)

*EFLRP provides legal services to hundreds of elderly clients each year, helping them navigate the complex systems that provide access to health care and home care.*

### **Queens Legal Services**

89-00 Sutphin Boulevard  
Jamaica, NY 11435  
347-592-2200 (Office)  
917-661-4500 (Legal Assistance Hotline)  
[www.legalservicesnyc.org/our-program/queens](http://www.legalservicesnyc.org/our-program/queens)  
Open Monday to Thursday  
10 a.m. to 3 p.m.

*Queens Legal Services provides high-quality civil legal services, social work support and advocacy to low-income communities in Queens.*

### **The Legal-Aid Society Civil and Criminal Practice Queens Office**

120-46 Queens Boulevard  
Kew Gardens, NY 11415  
718-286-2450

[www.legal-aid.org](http://www.legal-aid.org)

*This not-for-profit legal office deals with family law, housing, and government benefits cases for low-income New Yorkers. It also operates the Predatory Lending Project, which focuses on Mortgage foreclosure, Deed theft, and fraud related to property ownership.*

### **Queens Volunteer Lawyers Project, Inc.**

90-35 148th Street  
Jamaica, NY 11435  
718-739-4100  
[www.qcba.org/pro-bono/](http://www.qcba.org/pro-bono/)  
Open Monday to Friday  
10 a.m. to 4 p.m.

*Not-for-profit legal assistance program that is dedicated to providing attorneys, on a pro bono basis, to residents of Queens County who cannot afford to retain a private lawyer to resolve their civil legal problems, such as foreclosures, bankruptcy, consumer problems, and the drafting of wills.*

## LEGAL ASSISTANCE

### **JASA Queens Legal Services**

97-77 Queens Boulevard, Suite 600  
Rego Park, NY 11374  
212-273-5272

[www.jasa.org/community/legal-assistance#.WBEIESOrLIU](http://www.jasa.org/community/legal-assistance#.WBEIESOrLIU)

*JASA provides free legal services for adults, age 60+, who live in Queens. It can assist with: eviction prevention and housing rights, foreclosure prevention and real property fraud, Social Security, SSI, Medicare and Medicaid eligibility, and other assistance programs; and, free estate planning.*

### **HANAC Legal Immigrant Services**

23-16 30th Avenue  
Astoria, NY 11102  
347-774-8501

[www.hanac.org/immigration.php](http://www.hanac.org/immigration.php)  
Open Monday to Thursday  
5 p.m. to 8 p.m.

*The program offers immigrants residing in New York City a range of services including legal assistance, immigration application assistance, translation services, and workshops to assist immigrants in adjusting to and succeeding in their lives as new arrivals to America.*

### **New York Legal Assistance Group**

7 Hanover Square, 18th Floor  
New York, NY 10004  
212-613-5000

[www.nylag.org/get-help](http://www.nylag.org/get-help)

*NYLAG provides free civil legal services to low-income New Yorkers who cannot afford attorneys. Their services include direct representation, case consultation, advocacy, community education, training, financial counseling, and impact litigation.*

### **JASA Queens LEAP Project**

97-77 Queens Boulevard, Suite 600  
Rego Park, NY 11374  
212-273-5272

[www.jasa.org/community/legal-assistance#.WBEIESOrLIU](http://www.jasa.org/community/legal-assistance#.WBEIESOrLIU)

*Offers specially trained attorneys and social workers to identify, eliminate, and prevent elder abuse.*



## LEGAL ASSISTANCE

### **Queens District Attorney's Office Elder Abuse Project**

125-01 Queens Boulevard  
Kew Gardens, NY 11415  
718-286-6562

[www.queensda.org/elderabuseproject.html](http://www.queensda.org/elderabuseproject.html)

*Works with Queens seniors (60+) who have been the victims of abuse, neglect or criminal activity - physical, financial or sexual - and help them get the support and services necessary to restore their safety, health and quality of life.*

### **New York City Department For The Aging - Elderly Crime Victims Resource Center**

2 Lafayette Street  
New York, NY 10007  
311

[www.nyc.gov/html/dfta/html/services/crime-victims.shtml](http://www.nyc.gov/html/dfta/html/services/crime-victims.shtml)

*Services include: crisis intervention, emergency assistance, case assistance, counseling and advocacy.*

### **New York City Family Justice Center, Queens**

126-02 82nd Avenue  
Kew Gardens, NY 11415  
718-575-4500

[www1.nyc.gov/site/ocdv/programs/family-justice-centers.page](http://www1.nyc.gov/site/ocdv/programs/family-justice-centers.page)

Open Monday to Friday 9 a.m. to 5 p.m.

*FJC provides comprehensive civil legal, counseling and supportive services for survivors of domestic violence, elder abuse and sex trafficking. It is a safe, caring environment that provides one-stop services and support. Key City agencies, community, social and civil legal services providers, and District Attorney's Offices are located on-site at the FJCs to make it easier for survivors to get help. Services are free and confidential. All are welcome regardless of language, income or immigration status.*

*Spoken translation services are available at every Center. No appointment necessary.*

## LEGAL ASSISTANCE

### **Housing Court Answers**

111 Centre Street, 2nd Floor  
Clerk's Office-Room 225  
New York, NY 10013  
212-962-4795  
[www.cwtfhc.org](http://www.cwtfhc.org)

*Housing Court Answers provides Information Tables in the city's Housing courts and we staff a hotline for callers with information about housing law, rent arrears assistance, and homeless prevention guidance. Housing Court Answers provides telephone assistance from 9 a.m. to 5 p.m., Tuesday through Thursday.*

### **Mobilization for Justice**

299 Broadway, 4th Floor  
New York, NY 10007  
212-417-3700  
[www.mobilizationforjustice.org](http://www.mobilizationforjustice.org)

*MFY provides free legal assistance to New Yorkers on a variety of civil legal issues, including issues related to senior citizens.*

### **Urban Justice Center**

40 Rector Street, 9th Floor  
New York, NY 10006  
646-602-5600  
[www.urbanjustice.org](http://www.urbanjustice.org)

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

## LIBRARIES

### LIBRARIES

*The Queens Library serves 2.3 million people and circulates among the highest numbers of books and other library materials in the country. The mission of the Queens Library is to provide quality services, resources, and lifelong learning opportunities through books and a variety of other formats to meet the informational, educational, cultural, and recreational needs and interests of its diverse and changing population.*

### ■ Local Locations

#### **Bayside**

214-20 Northern Boulevard  
Bayside, NY 11361  
718-229-1834

#### **Fresh Meadows**

193-20 Horace Harding Expressway  
Flushing, NY 11365  
718-454-7272

#### **Hillcrest**

187-05 Union Turnpike  
Flushing, NY 11366  
718-454-2786

#### **Queensboro Hill**

60-5 Main Street  
Flushing, NY 11355  
718-359-8332

#### **Flushing**

41-17 Main Street  
Flushing, NY 11355  
718-661-1200

## NUTRITION AND WELLNESS

### NUTRITION AND WELLNESS

#### ■ Food Access and Assistance

##### **Commodity Supplemental Food Program (CSFP)**

718-498-9208

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

*The New York State Department of Health's Commodity Supplemental Food Program (CSFP) offers free, nutritious foods to seniors 60 years of age and older. Additionally, senior families enrolled in CSFP can receive benefits to purchase fresh fruits and vegetables at farmers' markets through the Senior Farmers' Market Nutrition Program.*

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

SNAP Jamaica Center

165-08 88th Avenue

Jamaica, NY 11432

Direct Line: 718-722-8013

General SNAP Inquiries: 311

Open Monday to Friday 9 a.m. to 6 p.m.,

Saturday 9 a.m. to 5 p.m.

[www1.nyc.gov/site/hra/help/snap-benefits-food-program.page](http://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page)

*Formerly known as the Food Stamp Program, SNAP provides food support to low-income New Yorkers including working families, the elderly and the disabled to increase their ability to purchase food. To receive SNAP benefits, a household must qualify under eligibility rules set by the federal government. To see if you're eligible, visit [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc).*

##### **NYC Home-Delivered Meals for Seniors**

311

*New York City delivers nutritionally balanced meals to the homes of seniors age 60 and older who are unable to attend a group meal program or prepare their own meals.*

## NUTRITION AND WELLNESS

### **JASA Meals and Nutrition**

212-273-5272

[www.jasa.org/community/meals](http://www.jasa.org/community/meals)

*Program provides home-delivered and kosher meals.*

### **Northeast Queens Home-Delivered Meals Program**

168-01B Hillside Avenue

Jamaica, NY 11432

718-357-4903

[www.ccbq.org/what-we-do/older-adult-services/northeast-queens-home-delivered-meals-program](http://www.ccbq.org/what-we-do/older-adult-services/northeast-queens-home-delivered-meals-program)

Monday to Friday 8 a.m. to 4 p.m.,  
Saturday 8:30 a.m. to 1:30 p.m.

*Program provides home-delivered meals to clients in the Northeast Queens community to improve quality of life for seniors. The program is for adults 60 years of age and older in Community Districts 8, 11, and 13. Call the numbers above for more information.*

### **City Meals-On-Wheels**

212-687-1234

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

*This privately funded organization provides home-delivered meals to anyone who is: 60 years of age or older; physically and/or mentally incapacitated and in need of some assistance; unable to prepare nutritious meals or has no friends or family to do so; or is receiving only limited Medicaid services (recipients of Medicaid home and personal care services are currently ineligible for home delivered meals). To request meals-on wheels service, please call the case management agency listed below that is closest to your home:*

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

39 Broadway, 10th Floor

New York, NY 10006

212-566-7855

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

*Food Bank for NYC procures and distributes food to a network of more than 1,000 community-based member programs citywide, helping to provide 400,000 free meals a day for New Yorkers in need. Their website includes a food program locator that shows food pantries, soup kitchens, and senior centers throughout the city that serve meals.*

## NUTRITION AND WELLNESS

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

212-294-8102

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

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

### **Hunger-Free NYC**

50 Broad Street, Suite 1520

New York, NY 10004

212-825-0028

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

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

### **Chazaq & Met Council Food Pantry**

Yeshiva Ohel Simcha

141-41 72nd Ave

Flushing, NY 11367

718-285-9132

Distributions are every Tuesday from 1 to 3 p.m.

### **Commodity Supplemental Food Program (CSFP)**

718-498-9208

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

*The New York State Department of Health's Commodity Supplemental Food Program (CSFP) offers free, nutritious foods to seniors 60 years of age and older. Additionally, senior families enrolled in CSFP can receive benefits to purchase fresh fruits and vegetables at farmers' markets through the Senior Farmers' Market Nutrition Program.*

### **South Asian Council for Social Services (SACSS)**

Food Pantry

143-06 45th Avenue

Flushing, NY 11355

718-321-7929

[sacss@sacssny.org](mailto:sacss@sacssny.org)

*On Fridays from 11 a.m. to 4 p.m. community members can confidentially collect food. There is easy access for elderly and people with limited mobility. South Asian foods are provided to clients who have registered for the service.*

## NUTRITION AND WELLNESS

### **Kehilat Sephardim of Ahavat Achim Food Pantry**

150-62 78th Road  
Kew Gardens Hills, NY 11367  
718-591-9574  
[www.kehilatsephardim.org](http://www.kehilatsephardim.org)

*Three days a week the Kehilat Sephardim Ahavat Achim Food Pantry serves 1,200 families and distributes 8,000 food packages. They also supply emergency groceries to their residents once every two weeks. Clients fill out a confidential form so that their food is tracked. The pantry is not limited to Kosher only residents.*

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

311  
[www1.nyc.gov/site/hra/help/snap-benefits-food-program.page](http://www1.nyc.gov/site/hra/help/snap-benefits-food-program.page)

*SNAP Offices:*

### **SNAP Jamaica Center**

165-08 88th Avenue  
Jamaica, NY 11432  
718-722-8013  
Open Monday to Friday 9 a.m. to 6 p.m.,  
Saturday 9 a.m. to 5 p.m.

### ■ **FARMER'S MARKETS**

#### **Down to Earth Farmer's Markets**

##### **Cunningham Park**

North East Corner of Park Parking Lot  
Fresh Meadows, NY  
March 28 to November 19:  
Sundays 9 a.m. to 2 p.m.

##### **Queens Botanical Garden**

Sidewalk outside of Garden  
- Dahlia at Main Street  
June 16 to November 17:  
Fridays 8:30 a.m. to 4 p.m.

##### **Pommonok Community Farmer's Market**

67-09 Kissena Blvd.  
Flushing, NY 11351  
July to November:  
Wednesdays, 9 a.m. to 4 p.m.

## RECREATION AND FITNESS

### RECREATION AND FITNESS

#### ■ Parks

##### **Alley Pond Park**

Little Neck Bay, L.I.E., Union Turnpike, between Springfield Boulevard, Douglaston Parkway and Hanford Street, Queens

[www.nycgovparks.org/parks/alley-pond-park](http://www.nycgovparks.org/parks/alley-pond-park)

*Alley Pond Park offers glimpses into New York's geologic past, its colonial history, and its current conservation efforts. The park has numerous unique natural features, like its freshwater and saltwater wetlands, tidal flats, meadows, and forests, which create a diverse ecosystem and support abundant bird life.*

*The park is also home to New York City's first public high ropes adventure course (the largest in the Northeast), part of the Urban Park Rangers' larger Alley Pond Park Adventure program. A low-cost outdoor education and adventure program, Alley Pond Park Adventure teaches participants how to canoe, use a compass, fish, and enjoy a natural setting without leaving NYC*

##### **Cunningham Park**

LIE, 73 Avenue, Union Turnpike, GCP between 193 Street, Francis Lewis Boulevard, Hollis Hills Terrace, and 210 Street, Queens

[www.nycgovparks.org/parks/cunningham-park](http://www.nycgovparks.org/parks/cunningham-park)

*Assembled between 1928 and 1944 and named Cunningham Park in 1934, the space has developed into headquarters for countless athletic leagues, animals, playmates, and barbecue enthusiasts.*

##### **Kissena Park**

Fresh Meadows Lane, Kissena Boulevard, between Oak Avenue, Underhill Avenue, and Booth Memorial Avenue, Queens

[www.nycgovparks.org/parks/kissena-park](http://www.nycgovparks.org/parks/kissena-park)

*The beautiful Kissena Lake, flanked by weeping willows and shady trees, creates an idyllic setting to enjoy a sunny day. Be sure not to miss the historic tree grove. After taking in the beauty of Kissena Park, get active at one of the park's many recreational facilities. Try and beat your best time on the bike at the Kissena Park Velodrome or play a round of golf at the Kissena public course. And of course there are lots of playgrounds, baseball diamonds, and tennis and handball courts for all to use.*



## RECREATION AND FITNESS

### **Queens Botanical Garden**

43-50 Main Street  
Flushing, NY 11355  
718-886-3800

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

*Queens Botanical Garden is an urban oasis where people, plants and cultures are celebrated through inspiring gardens, innovative educational programs and demonstrations of environmental stewardship. Reduced tickets for Seniors (62+).*

### **Queens Walking Clubs**

[www.nyc.gov/html/dfta/downloads/pdf/health/walkingclub\\_qn.pdf](http://www.nyc.gov/html/dfta/downloads/pdf/health/walkingclub_qn.pdf)

*These clubs are active in a variety of senior centers and other facilities throughout New York City that provide services to seniors. Each club walks to achieve a target number of steps, anywhere from 25,000 to 100,000+. Members use pedometers to count their steps. Individual totals contribute to the club's goal.*

### **■ Pools**

#### **Senior Splash Flushing Meadows Corona Park Pool**

131-04 Meridian Road  
Flushing, NY 11368  
718-271-7572

[www.nycgovparks.org/programs/aquatics/senior-swim](http://www.nycgovparks.org/programs/aquatics/senior-swim)

Open Monday, Wednesday and Friday  
10 a.m. to 11 a.m., 12 p.m. to 1 p.m.,  
1 p.m. to 2 p.m.

*Senior Splash offers a stress-free time to socialize, swim, and improve health and fitness by participating in instructor-led water exercise classes, while enjoying the benefits of the water at our indoor pools. To register, please visit the pool during program hours.*

#### **Queens College Aquatic Center**

65-30 Kissena Boulevard  
Flushing, NY 11367  
Fitzgerald Gymnasium  
Room 106D  
718-997-2767

[www.queensknights.com/Aquatics/index](http://www.queensknights.com/Aquatics/index)

*Center offers recreational and adult learning swim programs. Payment to use the aquatic center ranges from 6 months for \$255 and 1 Year for \$360.*

## RECREATION AND FITNESS

### **Shape Up NYC**

*[www.nycgovparks.org/programs/recreation/shape-up-nyc](http://www.nycgovparks.org/programs/recreation/shape-up-nyc)*

*Shape Up NYC is a free, drop-in fitness program with locations across the five boroughs. There is no class registration, simply show up to take fitness classes like aerobics, yoga, Pilates, Zumba, and much more. Our fitness instructors know how to make fitness fun! Shape Up NYC is a free program. You do not need to be a member of a recreation center in order to attend a class, though you must bring a lock for classes held at recreation centers.*

### ■ **Local chapters include:**

#### **CCNS Bayside Senior Center**

221-15 Horace Harding Expressway  
Bayside, NY 11364  
718-225-1144

#### **Selfhelp Benjamin Rosenthal/Prince Street**

45-25 Kissena Boulevard  
Flushing, NY 11355  
718-886-5777  
Contact: Jane Qiu

## SENIOR AND COMMUNITY CENTERS

### SENIOR AND COMMUNITY CENTERS

*Centers support the community and residents through advocacy, volunteer opportunities, programs and services. They often focus on particular topics that affect certain ethnic and religious groups, which is the reason this section is divided as such. These centers provide language translation and interpretation services.*

#### **Selfhelp Senior Centers**

*Selfhelp operates six senior centers in Queens, with two located in the 25th Assembly District and a third close by, that offer housing tenants and seniors living nearby a wide variety of educational and social activities.*

#### **Selfhelp Benjamin Rosenthal-Prince Street Senior Center**

45-25 Kissena Boulevard  
Flushing, NY 11355  
718-886-5777

Open Monday to Saturday  
8:30 a.m. to 4 p.m.

*This multi-purpose social service agency offers the following services: educational and recreational classes, discussion groups, dances, congregate meals, home-delivered meals,*

*telephone reassurance program, case assistance, information and referral, and counseling.*

#### **Selfhelp NORC Fresh Meadows**

67-00 192nd Street  
Fresh Meadows, NY 11365  
718-559-4330

[www.selfhelp.net](http://www.selfhelp.net)

Open Monday to Thursday  
9 a.m. to 5 p.m.

*NORCs are housing complexes with a large proportion of residents over 60. Because many of the tenants wish to remain in their homes and now require essential support to do so, NORC programs managed by Selfhelp, provide senior residents with the supportive services they need to continue living in their own homes. These include: case management, supportive counseling, health screenings, and social, recreational, and educational programs.*

## SENIOR AND COMMUNITY CENTERS

### **Queens Community House**

108-25 62nd Drive  
Queens, NY 11375  
718-592-5757

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

*QCH provides programs, services and job opportunities for Queens residents. Also provides Spanish language interpretation and translation services.*

### **Women for Afghan Women**

158-24 73rd Avenue  
Fresh Meadows, NY 11366  
718-591-2434

[www.womenforafghanwomen.org/nyc-community-center](http://www.womenforafghanwomen.org/nyc-community-center)

*WAW helps Afghan women in Queens by providing education (English classes, driving lessons, citizenship exam practice, tutoring for children), immigration help, domestic violence support, and wellness groups.*

### **Arabic-American Family Support Center**

37-10 30th Street, 2nd Floor  
Queens, NY 11101  
718-937-8000

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

*AAFSC promotes equity for underserved populations while also helping them to address the many complex challenges they face related to language barriers, limited education or resources, and the emotional and cultural difficulties associated with migration and resettlement in an unfamiliar new country. We now serve over 6,000 low-income people each year through seven integrated and comprehensive programs: the Youth Program, Preventive Services Program, Adult Education & Literacy Program, Health Program, Legal Services Program, Disaster Relief Program, and Anti-Violence Program. All of our programs are trauma-informed and are designed to empower immigrant communities while creating an environment of tolerance and peace.*

## SENIOR AND COMMUNITY CENTERS

### **Chinese-American Planning Council, Inc.**

150 Elizabeth Street  
New York, NY 10012  
718-358-8899  
[www.cpc-nyc.org](http://www.cpc-nyc.org)

*CPC's mission is to serve the Chinese-American, immigrant and low-income communities in New York City by providing services, skills and resources towards economic self-sufficiency. Also, provides Cantonese and Mandarin language services.*

### **The Korean Community Services of the Metropolitan New York, Inc. (KCS)**

203-05 32nd Avenue  
Bayside, NY 11362  
718-939-6137  
[www.kcsny.org](http://www.kcsny.org)

*KCS develops and delivers a broad range of programs to meet the various needs of the community. In order to achieve these objectives, KCS provides programs that cover areas of aging, community, workforce development, and public health.*

### **South Asian Council for Social Services (SACSS)**

143-06 45th Avenue  
Flushing, NY 11355  
718-321-7929  
[www.sacssny.org](http://www.sacssny.org)

*SACSS assist individuals and families in the areas of healthcare access and awareness, connect them to various benefits, provide senior support services, promote civic engagement and advocate for social justice. We also provide basic and advanced English and computer classes. All of SACSS' programs are free and are provided by culturally competent staff members who speak Hindi, Bengali, Urdu, Punjabi, Gujarati, Marathi, Nepali, Malayalam, Kannada, Tamil, Telugu, and Spanish.*

## SENIOR AND COMMUNITY CENTERS

### **India Home Inc.**

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

*Various Locations:*

### **Sunnyside Community Services**

43-31 39th Street

Sunnyside, NY 11104

718-784-6173

Open Monday 9 a.m. to 2 p.m.

### **Services Now for Adult Persons**

80-45 Winchester Boulevard

Queens Village, NY 11427

Open Wednesday 9 a.m. to 2 p.m.

### **Desi Senior Center**

85-37 168th Street

Jamaica, NY 11432

718-739-3182

Open Monday, Wednesday and

Thursday 9 a.m. to 2 p.m.

*The mission of India Home is to make a difference in the quality of life of vulnerable South Asian seniors in New York City in a culturally appropriate environment.*

### **Latin American Cultural Center of Queens**

120-55 Queens Boulevard, Room 333

Kew Gardens, NY 11424

718-261-7664

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

*LACCQ's mission is to maintain, promote, and support Hispanic culture, as well as meet the cultural needs of the Latino community of Queens.*

### **Queens Jewish Community Council**

119-45 Union Turnpike

Forest Hills, NY 11375

718-544-9033

[www.qjcc.org/index.html](http://www.qjcc.org/index.html)

*QJCC provides social services to those in need to improve their quality of life regardless of race, creed, age, religion, color, disability, national origin, sex or marital status. Also, protects and advances the interests of Jewish life throughout the Borough of Queens.*

## SENIOR AND COMMUNITY CENTERS

### **Metropolitan Council on Jewish Poverty**

120 Broadway, 7th Floor  
New York, NY 10271-0015  
212-453-9500

[www.metcouncil.org/site/PageServer](http://www.metcouncil.org/site/PageServer)

*The Metropolitan Council fights poverty through comprehensive social services and treats every individual with dignity and respect. Our network of grassroots Jewish Community Councils strengthens families and neighborhoods throughout New York City.*

### **Catholic Charities of Brooklyn and Queens-Bayside Senior Center**

221-15 Horace Harding Expressway  
Bayside, NY 11364  
718-225-1144

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

*CCBQ provides quality social services in Bayside, Queens, and currently offers 160-plus programs and services for approximately 140 older adults from diverse backgrounds daily. A range of activities are offered Monday through Friday, including: catered kosher lunches; social services, educational workshops, healthy aging classes in Tai Chi, chair yoga, meditation and aerobics, line dance and ballroom dance, lifestyle management classes oil painting and crafts classes, humor and politics discussion, beginner's bridge classes as well as a duplicate bridge game, sing-alongs and first run movies.*

## SENIOR AND COMMUNITY CENTERS

### **JASA Holliswood Senior Center**

86-25 Francis Lewis Boulevard  
Jamaica, NY 11427  
718-454-6157

*Services include congregate lunches, day trips, education, information and referral, and recreation. Hot kosher meals are also available. Duplicate bridge is played at this location.*

### **Pomonok Senior Center**

67-09 Kissena Boulevard  
Flushing, NY 11367  
718-591-3377

[www.queenslibrary.org/services/  
community-information/community-  
resources-database/details/1496571](http://www.queenslibrary.org/services/community-information/community-resources-database/details/1496571)

*Center provides recreation and other leisure activities for seniors. Other services include day trips, a breakfast and lunch program, and arts and crafts. Nostalgia class, line dance, aerobics, ballroom dancing, bingo, Tai chi, therapeutic dancing, movies, sing-alongs, and haircuts for a small fee.*

### **Queens Center for Gay Seniors**

37-06 77th Street  
Flushing, NY 11372  
718-533-6459

[www.facebook.com/Queens-Center-for-  
Gay-Seniors-405745952924968/](http://www.facebook.com/Queens-Center-for-Gay-Seniors-405745952924968/)

*The programs help thousands of Queens residents to thrive in school and make healthy life choices, to succeed in educating themselves and become engaged neighbors, to stabilize their housing situations, and to make the most of their senior years. Adhering to a model that combines service provision, organizing, advocacy, and community-building, we strive to make the communities of Queens strong, inclusive, and models of civic life.*



## TRANSPORTATION

### TRANSPORTATION

#### ■ Metropolitan Transportation Authority/ E-ZPass

511

#### ■ Discounts

##### E-ZPass

[www.e-zpassny.com](http://www.e-zpassny.com)

*Apply for an E-ZPass online, at a retail location, or via mail. See website for more details.*

##### EasyPay MetroCard

*The Customer Service Center:*

3Stone Street

New York, NY 10004

511 or 212-638-7622

[www.web.mta.info/metrocard/easypayxpress.htm](http://www.web.mta.info/metrocard/easypayxpress.htm)

*The EasyPay MetroCard is linked to your credit or debit card and refills automatically as you use it so you don't have to wait in lines. Apply online or call for an application or additional information.*

#### Reduced-Fare MetroCards

718-330-1234

[web.mta.info/nyct/fare/rfindex.htm](http://web.mta.info/nyct/fare/rfindex.htm)

*Individuals who are 65 and older or have a disability may apply for a Reduced-Fare MetroCard. Proof of age is needed when applying for a Reduced-Fare MetroCard and can be provided with a birth certificate, Medicare card, social security award letter, driver's license or NY State non-driver's ID.*

#### ■ Travel Assistance

##### SNAP Transportation Program

80-45 Winchester Boulevard

Building #4, CBU #29

Queens Village, NY 11427

718-454-2100 ext. 136

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

[servicesprograms/transportation/](http://servicesprograms/transportation/)

Available: 8 a.m. to 4 p.m., Contact Marci

*The SNAP Transportation Program is available to meet your changing needs to travel safely around eastern Queens. Services include:*

- *Medical Appointments*
- *Food Shopping*
- *SNAP of Eastern Queens Innovative Senior Center*
- *Community Services*
- *Cultural Trips*

### ■ Accessibility

#### **MTA Accessible Transit:**

511

*[web.mta.info/accessibility/transit.htm](http://web.mta.info/accessibility/transit.htm)*

*Guide discusses accessible transit stations for people with unique needs. It describes other services, such as personal assistants, and regulations for service animals.*

#### **Access-A-Ride**

877-337-2017

*[web.mta.info/nyct/paratran/guide.htm](http://web.mta.info/nyct/paratran/guide.htm)*

*Access-a-Ride, for the same price as full public transit fare, provides door-to-door shared van rides 24/7 throughout New York City and nearby Nassau and Westchester counties for seniors and people with disabilities who have difficulty with public transit. For eligibility and reservations call the number above.*

### **Transportation Alternatives**

111 John Street, Suite 260

New York, NY 10038

212-629-8080

*[www.transalt.org/getinvolved/neighborhood/queens](http://www.transalt.org/getinvolved/neighborhood/queens)*

*Follow link in order to see advocacy events in Queens. The Queens Activist Committee chooses local campaigns and fights for changes on-the-ground in their neighborhoods, like bike lanes and new pedestrian plazas*

## VETERANS

### VETERANS

#### Affairs (Benefits)

#### U.S. Department of Veteran

Queens Vet Center

75-10B 91 Avenue

Woodhaven, NY 11421

Toll Free: 800-827-1000

Local: 718-296-2871

Open Monday 7:30 a.m. to 8:30 p.m.,

Tuesday, Wednesday and Friday

7:30 a.m. to 5:45 p.m.,

Thursday 7:30 a.m. to 7:30 p.m.

[\*www.benefits.va.gov/BENEFITS/\*](http://www.benefits.va.gov/BENEFITS/)

[\*Applying.asp\*](http://www.benefits.va.gov/BENEFITS/)

*This web link shows various benefits offered to veterans and how to apply to these programs. These benefits include: pension, housing, education, disability, home loan, life insurance, dependency and indemnity compensation benefits.*

#### New York City Mayor's Office of Veteran Affairs (MOVA)

Queens Satellite Office

Queen Borough Hall

120-55 Queens Boulevard

Kew Gardens, NY 11415

718-286-2868

#### *Main Office*

108 Leonard Street

New York, NY 10013

212-442-4171

[\*www.nyc.gov/veterans\*](http://www.nyc.gov/veterans)

*MOVA advises on issues and initiatives impacting the veteran and military community. MOVA works with the U.S. Department of Veterans Affairs (VA), the New York State Division of Veterans Affairs (NYSDVA), City Agencies, veteran's organizations and other stakeholders to offer services to veterans, their dependents and survivors*

## VETERANS

### **Veterans' Health Care Benefits CHAMPVA**

800-733-8387

*The Civilian Health and Medical Program of the Department of Veterans Affairs is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.*

### **USO of Metropolitan New York**

625 Eight Avenue  
(between West 40th & West 41st Streets)  
New York, NY 10018  
212-695-6160  
[www.usonyc.org](http://www.usonyc.org)

*A nonprofit, congressionally chartered, private organization, the USO relies on the generosity of individuals, organizations and corporations to support its activities. Millions of times each year at hundreds of locations around the world, the USO lifts the spirits of America's troops and their families.*

### **NYC Veterans Alliance**

PO Box 532  
New York, NY 10159

*The NYC Veterans Alliance is a nonpartisan, grassroots coalition dedicated to connecting NYC veterans and organizations, advocating for improved policies that affect veterans and their families, informing the NYC veterans community and the public about policies and news affecting them, and empowering veterans to speak up and take action.*

### **Veterans' Tax Exemption**

311  
[www1.nyc.gov/site/finance/benefits/landlords-veterans.page](http://www1.nyc.gov/site/finance/benefits/landlords-veterans.page)

*The Veterans' Tax Exemption is a partial property tax exemption available to property owners who served in the U.S. armed forces in WWI & II, Korea, Vietnam, or the Gulf War. The spouse or registered domestic partner of a qualified veteran, the unmarried surviving spouse of a qualified veteran, and a Gold Star parent (the parent of a child who died in the line of duty while serving in the U.S. armed forces during one of the periods above) are also eligible for this exemption.*

## VETERANS

### **CUNY Veteran Affairs**

555 West 57th Street  
14th Floor, Suite 1401  
New York, NY 10019  
646-664-8835

*[www.cuny.edu/about/university-resources/veterans-affairs](http://www.cuny.edu/about/university-resources/veterans-affairs)*

*The CUNY office of Veterans Affairs is dedicated to fostering a sense of community and to developing a channel of communication among veteran and reservist students, and with faculty, staff and administration. This website is a virtual one-stop source of information regarding services for veterans, reservists and their dependents and survivors. It is a guide to educational benefits, entitlements, counseling and advocacy resources which will assist veterans in pursuing their academic and civilian careers.*

## ADDITIONAL SENIOR RESOURCES

### **ADDITIONAL SENIOR RESOURCES**

#### **NYC Domestic Violence Hotline**

New York State Office for the  
Prevention of Domestic Violence  
Alfred E. Smith Building  
80 South Swan Street, #1157  
Albany, NY 12210  
800-621-4673

*[www.opdv.state.ny.us/help/dvhotlines.html](http://www.opdv.state.ny.us/help/dvhotlines.html)*

*NYC Domestic Violence Hotline provides up-to-date information and assistance in over 150 languages.*

#### **Safe Horizon**

2 Lafayette Street, 3rd Floor  
New York, NY 10007  
212-577-7700  
Domestic Violence Hotline:  
800-621-4673

*[www.safehorizon.org](http://www.safehorizon.org)*

*Safe Horizon provides support, prevents violence and promotes justice for victims of crime and abuse, their families and communities.*

## ADDITIONAL SENIOR RESOURCES

### **Verizon Lifeline**

PO Box 33075

St. Petersburg, FL 33733-8075

800-417-3849

[www.verizon.com/support/consumer/consumer-education/lifeline](http://www.verizon.com/support/consumer/consumer-education/lifeline)

*Verizon Lifeline is a government assistance program that offers telephone discounts to qualified low-income customers. Customers may qualify if they participate in one of the following programs: the Bureau of Indian Affairs General Assistance, Family Assistance, Home Energy Assistance Program, Medicaid, National School Lunch Program, Safety Net Assistance, Section 8-Federal Public Housing Assistance, SNAP, Supplemental Security Income, Temporary Assistance for Needy Families, Veteran's Disability Pension, Veteran's Surviving Spouse Pension; or if their annual income is at or below 135% of the Federal Poverty Guideline.*

### **IDNYC**

Call 311 for more information and enrollment centers

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

*NYC residents are now able to sign up for IDNYC- a government issued identification card that is available to all City residents age 14 and older. Immigration status does not matter. Applicants must complete an application and submit it at IDNYC Enrollment Center. Applicants are also required to present proof of identity and residency in New York City. The IDNYC card is free for all New Yorkers who apply during the first year of the program- until December 31, 2016. Cards are valid for five years from the date the application is approved. The application process is accessible to people with limited English proficiency and people with disabilities.*





**New York State Assemblywoman**

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