



Assembly Member

REBECCA A. SEAWRIGHT

Chair of the Aging Committee

A Special Report for Older Adults

Winter 2025



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Dear Friends and Neighbors,

As **Chair of the New York State Assembly Committee on Aging**, I remain deeply committed to ensuring that older adults and their families have access to trusted information, quality care, and essential resources.

This **Special Report for Older Adults** includes contact information for local and statewide resources—organizations that can help you navigate Medicare, manage healthcare decisions, and access vital benefits, housing, nutrition, and legal assistance. You'll also find information about financial empowerment services, education opportunities, and community programs designed to keep older adults safe, healthy, and connected.

Your community office is here to help with applications to City and State programs, such as the Rent Freeze (SCRIE/DRIE), Reduced-Fare OMNY, and property tax exemptions for seniors and people with disabilities. We also offer a no-cost notary public, housing legal clinic, and assistance with benefits and entitlements.

Please don't hesitate to contact us if we can be of service to you or your loved ones. Together, we can ensure that every senior in our community enjoys security, dignity, and peace of mind.

Sincerely,

Rebecca A. Seawright



Volunteer Notary Public Barbara Mandel and Assembly Member Rebecca Seawright.

Chair Seawright Held Aging Hearing to Protect Older New Yorkers from Financial Exploitation

At a New York City hearing of the Assembly Committee on Aging, Chair Rebecca Seawright spotlighted the alarming rise in financial exploitation targeting older adults. According to the New York State Department of Financial



Services, last year alone, older New Yorkers suffered more than \$257 million in losses, a 27% increase from 2023. "More than 4,300 New Yorkers aged 60 and older lost over \$203 million in 2023 — averaging \$47,000 per person," Assembly Member Seawright noted. "That is \$557,000 lost every day, placing New York fourth highest in the nation."

Lawmakers warned that scams — including fake charities, caretaker fraud, romance scams, and impersonation schemes — are becoming more sophisticated, especially with the use of artificial intelligence. Despite thousands of reported cases, experts estimate only 1 in 44 incidents is ever reported.

A key initiative discussed at the hearing is a new statewide partnership with SilverShield, launching in 2026. This tool will allow older adults to quickly verify suspicious phone calls, texts, or emails by sending the information for real-time guidance on whether it may be a scam and what steps to take next. The program aims to empower seniors to protect themselves before financial loss occurs.

As New York continues to face increasing complaints and evolving threats, Assembly Member Seawright emphasized the need for strong prevention, education, and resources to safeguard older adults and their life savings.

Help Navigating Medicare Enrollment and Health Coverage

Trusted, nonprofit organizations are available to provide free, unbiased guidance to help you make confident and informed healthcare decisions:

■ Medicare Rights Center

Provides expert counseling on Medicare benefits, billing issues, and appeals.

National Helpline: 800-333-4114

info@medicarerights.org

medicarerights.org

■ Community Health Advocates (CHA)

Offers assistance with health insurance enrollment, resolving coverage problems, and accessing care.

888-614-5400

(Monday–Friday, 9 AM–4 PM)

cha@cssny.org

communityhealthadvocates.org

■ HIICAP

(Health Insurance Information, Counseling & Assistance Program)

Provides free, unbiased counseling on Medicare, Medigap, and other health insurance options.

Helpline: 800-701-0501

<https://aging.ny.gov/health-insurance-information-counseling-and-assistance-programs>

■ LiveOn NY

Guides and supports older adults navigating Medicare and other healthcare choices.

212-398-6565 ■ liveon-ny.org

Local Older Adults Programs

■ New York Foundation for Senior Citizens (NYFSC)

Programs include home attendant services, help for family caregivers, home repair services, home sharing services, affordable housing, free transportation, and more. **212-962-7559** ■ www.nyfsc.org

■ Carter Burden Luncheon Club & Older Adult Program

The Carter Burden Luncheon Club and Older Adult Program (CBLC) is located on the Upper East Side of Manhattan and provides socialization, recreation, education, congregate luncheon meals, activities, day trips, computer training and holiday parties. Case assistance is offered to members/participants who need help in applying for government benefit programs, addressing landlord/tenant disputes, or accessing medical care. This location is open for in-person programming and congregate dining from 9am - 4pm, Monday to Friday. 351 East 74th Street (between 1st & 2nd Aves.), New York, NY 10021

212-203-3541 ■ www.carterburdennetwork.org/cblc

■ Carter Burden Roosevelt Island Older Adult Program

546 Main Street, Roosevelt Island, New York, NY 10044

212-980-1888 ■ www.carterburdennetwork.org/risc

■ Carter Burden Social Service Unit

Catchment area is from 57th to 96th Street, Fifth Avenue to the East River. Walk-Ins and Appointments welcome.
445 East 85th Street (between 1st & York Aves.)
New York, NY 10028

212-879-7400 x310

www.carterburdennetwork.org/socialserviceunit

■ Center @ Lenox Hill Neighborhood House

The Center offers members at least 20 daily activities. Current offerings include fitness classes, including swimming in the Neighborhood House pool; language classes; arts, crafts and cultural classes; games; computer classes and additional technology offerings; and several classes taught in Chinese for our Chinese-language speaking community. Membership is free of charge to adults aged 60 and over.

343 E 70th Street, New York, NY 10021

212-218-0319

lenoxhill.org/center-lenox-hill-neighborhood-house

■ Search and Care

Provides support and companionship to older adults who need assistance managing life's daily activities or accessing essential services. Services are limited to qualified older adults who live between East 86th and 138th Streets from Fifth Avenue to the East River.

212-289-5300

www.searchandcare.org

■ Health Advocates for Older People

Home Safety and Fall Prevention, Health and Wellness, Socialization, and Intergenerational Technology Help. For upcoming activities with dates and times, please view the most recent monthly calendar.

212-980-1700

www.hafop.org

Advocacy Organizations

■ Aging Connect

New York City Department for the Aging's information and referral contact center for older adults and their families.

212-AGING-NYC (212-244-6469)

www.nyc.gov/site/dfta/services/find-help.page

■ American Association for Retired Persons (AARP) New York

Nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

866-654-5572 ■ www.AARP.org

■ Alzheimer's Foundation of America

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

866-232-8484 ■ www.alzfdn.org

■ CIDNY, New York State Long Term Care Ombudsman Program

Ombudsmen work with residents in nursing homes, assisted living facilities, and family-type homes to advocate for their rights and needs.

212-812-2901 ■ www.cidny.org

■ Community Service Society (CSS)

Works on issues including health care access, affordable housing, economic security, imprisonment and reentry, and workforce equality. Retired and Senior Volunteer

Program (RSVP) provides volunteer opportunities for those 55 and above to serve the needs of the community and bolster nonprofit agencies.

212-254-8900 ■ www.cssny.org

■ DOROT

Offers older adults (60+) one-to-one and group programs that explore a wide variety of interests to build relationships with peers and people of all ages. Programs include weekly phone calls or visits from volunteers, holiday package deliveries, and group activities like art, writing, and more, free of charge.

212-769-2850 ■ www.dorotusa.org/our-programs

■ LiveOn NY

Benefits Outreach and Assistance Program- Assists older adults, their families and caregiver to apply for SNAP, HEAP, Energy Affordability Program, Rent Freeze SCRIE/DRIE, Property Tax Exemptions, Medicare Savings Program, Medicaid, EPIC, Lifeline, Emergency Assistance.

212-398-5045 ■ www.liveon-ny.org/benefits-outreach

■ The NYS Department of Veterans' Services

Connects veterans and their families with resources for **employment, education, medical care, rehabilitation, home health services, tax exemptions, and more.**

For assistance or to make an appointment, call **888-838-7697**. Veterans in crisis can call **988, then press 1**. Visit their office at 245 West Houston Street, New York, NY 10010 or online at www.veterans.ny.gov.

Spotlight on Programs for Older Adults

MTA Reduced-Fare OMNY

New York City seniors (65+) and people with qualifying disabilities can save on subway and bus rides with Reduced-Fare OMNY. Simply tap your OMNY card to pay half the standard fare on all MTA buses and subways. To apply, visit the MTA website or call the Reduced Fare Hotline to see if you qualify and get your card.

1-877-789-6669

mta.info/fares-tolls/subway-bus/reduced-fare/omny

OMNY Mobile Sales Bus

The MTA’s OMNY Mobile Sales Buses travel across the city to help riders manage their OMNY cards. On-site, you can:

- Apply for a **Reduced-Fare OMNY Card** (seniors and people with disabilities)
- Register or replace your OMNY card
- Get help linking your card to a digital wallet or credit/debit card
- Learn how to use OMNY for fast, contactless subway and bus rides

Find the next OMNY Mobile Sales Bus stop at omny.info or call 511.

SCHEDULE

LOCATION	DAY	TIME
Lenox Hill at 68 St. & First Ave. (Near Memorial Sloan Kettering)	1st & 3rd Tuesday	10 a.m. – 12 p.m.
Upper East Side at 79 St & York Ave. (On York between 78 St. & 79 St.)	1st & 3rd Wednesday	10 a.m. – 12 p.m.
Lenox Hill at 72 St. & York Ave. (In front of Manning Nursing Home)	1st & 3rd Wednesday	1 p.m. – 3 p.m.
Carnegie Hill at 92nd St. Y	1st Thursday	10 a.m. – 12 p.m.
Yorkville at 86 St. & Lexington Ave.	2nd & 4th Tuesday	10 a.m. – 12 p.m.
Lenox Hill at 68 St. & Lexington Ave.	2nd & 4th Tuesday	1 p.m. – 3 p.m.

New York City Rent Freeze Program for seniors and people with disabilities (SCRIE/DRIE)

The NYC Rent Freeze Program helps eligible seniors (age 62 or older) and people with disabilities who live in rent-regulated apartments by freezing their rent at either the legal rent amount or approximately one-third of their monthly household income —whichever is greater.

call 311 ▪ www.nyc.gov/rentfreeze

New York City Property Tax Exemptions: SCHE & DHE

The Senior Citizen Homeowners’ Exemption (SCHE) and Disabled Homeowners’ Exemption (DHE) are New York City property tax relief programs that help eligible seniors and people with disabilities reduce the amount they pay in property taxes.

Both programs provide a reduction in the assessed value of the property—up to 50% off—which lowers the overall property tax bill.

To qualify, applicants must:

- Own and occupy their home as their primary residence (1–3 family home, condo, or co-op unit)
- Have a combined annual income of \$58,399 or less (as of 2025)
- Meet age or disability criteria depending on the program
- Once approved, homeowners must renew every two years to maintain the exemption.

Learn more and apply online at www.nyc.gov/site/finance/property/landlords-sche.page

▪ The **STAR Program (School Tax Relief)** provides valuable savings on school district property taxes for New York State homeowners. Eligible seniors **age 65 and older** with qualifying incomes can receive the **Enhanced STAR exemption or credit**, reducing the amount they pay in school taxes each year. To learn more or apply, visit www.tax.ny.gov/star or call **518- 457-2036**

Elderly Pharmaceutical Insurance Coverage (EPIC)

New York State initiative for income-eligible seniors aged 65 and older, designed to help reduce the cost of prescription drugs. To qualify, you must be a New York State resident, age 65 or older, enrolled in or eligible for a Medicare Part D prescription drug plan, and not receiving full Medicaid benefits. EPIC helps by providing secondary coverage after your Medicare Part D plan deductible is met, and it also covers some prescription drugs not included in Part D.

800-332-3742

www.health.ny.gov/health_care/epic/

▪ The **Lifeline Program** is a federal benefit that helps make phone and internet service more affordable for income-eligible households. Qualified applicants can receive up to **\$9.25 per month** off their phone, internet, or bundled plan (up to **\$34.25** on Tribal lands). One discount is allowed per household.

800-234-9473

www.lifelinesupport.org

Citymeals on Wheels

Delivering meals to homebound elderly New Yorkers. **212-687-1234**

www.citymeals.org/get-meals

Food Help NYC

If you need groceries, visit FoodHelp NYC for a list of food pantries and community kitchens across the five boroughs.

<https://finder.nyc.gov/foodhelp/>

The Home Energy Assistance Program (HEAP)

helps eligible New Yorkers cover the cost of heating their homes. You may also qualify for emergency benefits if you’re at risk of running out of fuel or having your utilities shut off. Applications are now open for the 2025 season.

800-342-3009

otda.ny.gov/programs/heap

Continuing Education

- **Hunter College**
Senior Citizen Auditors
www.hunter.cuny.edu/students/admissions/undergraduate/apply/senior-citizen-auditors/
- **CUNY Lifelong**
Peer Learning Program
www.gc.cuny.edu/lifelong-peer-learning-program
- **NYU SPS Academy of Lifelong Learning**
www.sps.nyu.edu/join/continuing-education
- **Pace’s Active Retirement Community (PARC)**
212-817-2474
www.pace.edu/program/senior-programs-parc
- **Columbia University Lifelong Learners Auditing Program**
212-998-7289
www.sps.columbia.edu/academics/auditing-programs

Legal Resources

- **New York Legal Assistance Group (NYLAG)**
Their Advance Planning team helps New Yorkers (including seniors) draft documents such as health care proxies, living wills, powers of attorney, and more.
212-613-6514
lifeplanning@nylag.org
- **City Bar Justice Center’s Elderlaw Project**
Offers free legal services for life planning to low-income seniors, including help with simple wills, healthcare proxies, living wills, and powers of attorney.
212-382-6658
- **VOLS Senior Law Project**
Empowers older New Yorkers (60+) by providing incapacity and end-of-life planning, so they can age in place with dignity and without fear of homelessness.
347-521-5704
seniorlaw@volsprobono.org
- **NYC Financial Empowerment Centers**
Call: **311** and say “financial counseling”
NYC Financial Empowerment Centers provide free, one-on-one professional financial counseling and coaching to help you reach your goals.

Community Office of Assembly Member Rebecca Seawright
1485 York Avenue, New York, NY 10075



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No-Cost Notary Public
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Help with State agencies, benefits, and entitlements
Apply for City and State programs like the City’s rent freeze program (SCRIE/DRIE)

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212-288-4607

SeawrightR@NYAssembly.gov

Follow us on:     **@SeawrightforNY**



Our office hosted a Thanksgiving Meal Giveaway, in partnership with CityMeals – just one example of how our office works to support and uplift our 76th District community.