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OLDER ADULT RESOURCE GUIDE



OLDER ADULT RESOURCE GUIDE

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ADVOCACY ORGANIZATIONS



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■ American Association for Retired Persons (AARP) New York

Call: (866) 277-7442

Location: 780 3rd Avenue, 5th floor, New York, NY 10017

Email: nyaarp@aarp.org

- AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.
- Become an AARP New York Volunteer:
local.aarp.org/news/become-an-aarp-new-york-volunteer-ny-2025-02-24.html

■ Alzheimer's Foundation of America

Call: (866) 232-8484

Location: 322 Eighth Avenue, New York, NY 10001

- The Alzheimer's Foundation of America (AFA) 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.
- www.alzfdn.org

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■ New York Foundation for Senior Citizens (NYFSC)

Call: (212) 962-7559

Location: 11 Park Place, 14th Floor, New York, NY 10007-2801

Email: nyfscinc@aol.com

- NYFSC offers free and low-cost programs to help older New Yorkers (60+) live safely and independently in their homes and communities. Services are available throughout New York City and focus on health, housing, transportation, and companionship.
- NYFSC programs include home attendant services, help for family caregivers, home repair services, home sharing services, affordable housing, free transportation, and more.
- www.nyfsc.org

■ CIDNY, New York State Long Term Care Ombudsman Program

Call: (212) 812-2901

Location: 841 Broadway, Suite 301, New York, NY 10003

- The mission of this organization is to improve the quality of life for seniors and those with disabilities requiring long-term care. CIDNY's Ombudsmen work with residents in nursing homes, assisted living facilities, and family-type homes to advocate for their rights and needs.
- www.cidny.org

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■ Community Service Society (CSS)

Call: (212) 254-8900

Location: 633 Third Avenue, 10th Floor, New York, NY 10017

- 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 health care access, affordable housing, economic security, imprisonment and reentry, and workforce equality.
- The CSSNY: 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.
- www.cssny.org

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■ Greater New York Health Care Facilities Association (GNYHCFA)

Call: (212) 643-2828

Location: 519 Eighth Avenue, 16th Floor, New York, NY 10018

- GNYHCFA is a non-profit trade association serving the long-term care needs of individuals living 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.
- GNYHCFA provides members with the advice, advocacy and information needed to provide quality care to all residents. We work with relevant stakeholders in the governmental, labor, legal and regulatory arenas to promote new and innovative approaches to achieving quality in the skilled nursing care setting.
- www.gnyhcfa.org

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■ DOROT

Call: (212) 769-2850

Location: 171 W 85th Street, New York, NY 10024

Email: programs@dorotusa.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. These programs allow participants to be involved with the community through various accessible means, such as at home, in person at the Upper West Side or Westchester offices, by Zoom, by phone, or out in the community.
- Programs include weekly phone calls or visits from volunteers, holiday package deliveries, and group activities like art, writing, and more, free of charge.
- Those living in DOROT's service area (Manhattan from 59th to 125th Streets on the West Side, and from 14th to 96th Streets on the East Side, or in Westchester County) can build a new relationship through monthly or weekly visits with a DOROT volunteer or take part in other in-home programs.
- www.dorotusa.org/our-programs
- Program Calendar: www.dorotusa.org/calendar

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■ LiveOn NY - Benefits Outreach and Assistance Program

Call: (212) 398-5045

Email: Benefits@liveon-ny.org

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

■ LiveOn NY

Call: (212) 398-6565

Location: 49 W 45th Street, 7th Floor, New York, NY 10036

- LiveOn centers on making sure that New York is a great place to age through targeted advocacy, data-driven policy, direct assistance and innovative programs. As a membership organization, they represent more than 100 non-profits from small single-site centers to large multi-service organizations serving older adults throughout New York State.

- www.liveon-ny.org/

GOVERNMENT SERVICES & BENEFITS



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■ SNAP (Supplemental Nutrition Assistance Program)

Call: (718) 557-1399

**Location: (HRA Benefits Access Center Lower Manhattan):
109 E 16th Street, New York, NY 10003**

- The Supplemental Nutrition Assistance Program (formerly known as “food stamps”) provides food assistance for nearly 1.8 million low-income New Yorkers including families, people who are aging and people with disabilities. The program helps families and individuals supplement the cost of their diet with nutritious foods.
- All Cash Assistance and SNAP applicants that have been approved for benefits will receive an EBT card in the mail.
- www.nyc.gov/site/hra/help/snap-benefits-food-program.page

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■ Disabled Rent Increase Exemption (DRIE) - NYC Rent Freeze Program

Call: 311 (ask for DRIE specialists)

Call: (929) 252-7242 to get one-on-one help with applying for DRIE from an NYC Public Engagement Unit Specialist.

TTY: (212) 639-9675

Email: visit www.nyc.gov/site/finance/about/contact-by-email/contact-exemptions-inquiries.page

- DRIE offers tenants who qualify to have their rent frozen at their current level and be exempt from future rent increases. Tenants must have a total annual income of \$50,000 or less, spend more than 1/3 of their monthly household income on rent, and receive Federal Supplemental Security Income, Federal Social Security Disability Insurance, U.S. Department of Veterans Affairs disability pension or compensation, or disability-related Medicaid. See full eligibility criteria online or by calling.
- access.nyc.gov/programs/disability-rent-increase-exemption-drie/#how-it-works

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■ Disabled Homeowner Exemption (DHE)

Call: 311

Email: visit www.nyc.gov/site/finance/about/contact-by-email/contact-exemptions-inquiries.page

- DHE provides property tax exemptions to disabled owners of one-, two-, and three-family houses, condominiums, or cooperative apartments. At least one homeowner must have a documented mental or physical disability and the combined income of all owners cannot be more than a certain amount, which is adjusted frequently. Additional eligibility criteria are available online or by calling.
- All Cash Assistance and SNAP applicants that have been approved for benefits will receive an EBT card in the mail.
- www.nyc.gov/site/finance/property/landlords-dhe.page

■ Elderly Pharmaceutical Insurance Coverage (EPIC)

Call: 1-800-332-3742 (TTY 1-800-290-9138)

Email: nysdohepic@primetherapeutics.com

- EPIC is a New York State assistance program that helps seniors pay for their prescription drugs.
- www.health.ny.gov/health_care/epic/

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■ NYC Department for the Aging - Services

Call: 311

Email: visit www.nyc.gov/site/finance/about/contact-by-email/contact-exemptions-inquiries.page

- Aging Connect is the New York City Department for the Aging's information and referral contact center for older adults and their families. This includes older adult centers, services, programs, activities, and more.

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

■ NYC Department for the Aging - Caregiving Program:

- www.nyc.gov/site/dfta/services/caregiving.page

■ New York State Office of Aging - Health Insurance Information Counseling and Assistance Program (HIICAP)

Call: 1-800-701-0501 (hotline)

- Trained HIICAP counselors across the state are available to answer New Yorkers' questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance.
- aging.ny.gov/health-insurance-information-counseling-and-assistance-program-hiicap

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■ Lifeline Phone Program - Assurance Wireless

Call: 1-888-321-5880

Email: visit www.nyc.gov/site/finance/about/contact-by-email/contact-exemptions-inquiries.page

- Lifeline is a federal program that provides monthly free or discounted phone services for people who qualify. Assurance Wireless provides eligible low-income individuals with a free phone, free monthly data, unlimited texting, and free monthly minutes.
- www.assurancewireless.com/lifeline-services/states/new-york-lifeline-free-government-phone-service

■ SafeLink Wireless

Call: 1-800-723-3546

- Provides income-eligible New Yorkers with access to prepaid no-contract wireless phones for Lifeline eligible consumers.
- www.safelinkwireless.com/en/#!/newHome

■ Benefits Checkup

Call: 1-800-794-6559

- Created by the National Council on Aging, this website helps people learn about all of the benefits for which they qualify. You can learn more about local and national programs that can help with medical costs, prescriptions, food costs and more.
- www.benefitscheckup.org

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■ STAR (New York State School Tax Relief)

Call: 311

- The STAR program provides relief on school district taxes for New York State homeowners age 65 and over with qualifying incomes.
- www.tax.ny.gov/star/

■ NYC Department of Health - Alcohol & Drug Use

Call: 24/7 Help Hotline: 9-8-8

- The NYC Department of Health website contains information about how to prevent an overdose and where you can go if you or someone you know has overdosed.
- www.nyc.gov/site/doh/health/health-topics/alcohol-and-drug-use.page

■ NYS Department of Veterans' Services

Make an Appointment: (888) 838-7697

Veterans Crisis Line: 988, then Press 1

Location: 245 West Houston Street, New York, NY 10010

- The Division of Veterans' Services works closely with federal, State, municipal, and private agencies to garner resources and knowledge to help veterans and their families with economic, employment, rehabilitation, medical treatment, home health care, education, and tax exemption needs.
- www.veterans.ny.gov

SENIOR CENTERS & PROGRAMS



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■ Carter Burden Network

Call: (212) 879-7400

Location: 415 East 73rd Street, New York, NY 10021

- The Carter Burden Network offers a variety of programs and services benefiting older New Yorkers. Older adults participate in programs and attend centers offering vital resources that support independence and provide opportunities to form connections. The centers serve as vital resource hubs for meal services and programming. Open to anyone age 60 and over, regardless of where they live.
- www.carterburdennetwork.org/

■ Carter Burden Luncheon Club & Older Adult Program

Call: (212) 203-3541

Location: 351 East 74th Street (between 1st & 2nd Aves.), New York, NY 10021

- 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.
- www.carterburdennetwork.org/cblc

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■ Carter Burden Roosevelt Island Older Adult Program

Call: (212) 980-1888

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

- The Roosevelt Island Older Adult Program provides a variety of socialization, recreation and education programs, including: weekday congregate luncheon meals; exercise, dance and yoga classes; computer training; health and wellness activities; arts programs; holiday parties; and other activities.
- Case assistance is offered to members/participants who need help in applying for government benefit programs, addressing landlord/ tenant disputes, or accessing medical care. The program also delivers weekday meals to homebound individuals on Roosevelt Island.
- www.carterburdennetwork.org/risc

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■ Carter Burden Social Service Unit

Call: (212) 879-7400 x310

Location: 445 East 85th Street (between 1st & York Aves.), New York, NY 10028

- The Carter Burden Social Service Unit provides comprehensive services to both ambulatory and homebound individuals who reside on the Upper East Side of Manhattan. The programs include assistance with benefits and entitlements, advocacy, and end-of-life planning.
- Referrals are made to supportive services, including home care services, home-delivered meals and socialization opportunities that enable the older individual to remain in their home safely and maintain a high quality-of-life.
- Catchment area is from 57th to 96th Street, Fifth Avenue to the East River. Walk-Ins and Appointments welcome.
- www.carterburdennetwork.org/socialserviceunit

■ Stanley Isaacs Senior Center

Call: (212) 360-7620

Location: 415 E 93rd Street, New York, NY 10128

- Stanley Isaacs Senior Center serves more than 2,000 seniors, including residents of Isaacs/Holmes and Taft/Johnson public housing and of the local Naturally Occurring Retirement Community (NORC).
- Through Meals on Wheels and congregate meals, educational and recreational activities, case management, and health and wellness management, Stanley Isaacs Senior Center helps older neighbors, including those who are homebound, to age in place with dignity.
- www.isaacscenter.org/senior-services/

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■ Center @ Lenox Hill Neighborhood House

Call: (212) 218-0319

Location: 343 E 70th Street, New York, NY 10021

- 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.
- Hours: Monday-Friday, 8AM-6PM; Saturday-Sunday, 8AM-3PM
- Membership Applications in English, Chinese, and Spanish.
- lenoxhill.org/center-lenox-hill-neighborhood-house/

■ Uptown Interagency Council for the Aging

Location: 241 West 72nd Street, New York, NY 10023

- The Council for the Aging offers networking opportunities, lectures, performances, fine arts instruction, recreational activities, fitness activities, performing arts and musical workshops, and trips. They also offer social work services.
- uicny.org/

HEALTHCARE



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■ Search and Care

Call: (212) 289-5300

Location: 207 E 94th Street, New York, NY 10128

Email: SandC@searchandcare.org

- 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.
- www.searchandcare.org/

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■ Health Advocates for Older People

Call: (212) 980-1700

Location: 420 Lexington Avenue, Suite 300, New York, NY 10170

Email: info@hafop.org

- Health Advocates for Older People promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being and greater social interaction for older adults 60 years of age and older. \
- Services include 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.
- www.hafop.org/
- Complete and submit the form to become a member of Health Advocates for Older People:
www.hafop.org/join-healthy-aging-program

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■ Concerned Home Managers for the Elderly, Inc.

Call: (212) 514-7147

Location: 11 Broadway, Suite 1031, New York, New York 10004

- Concerned Home Managers for the Elderly (COHME) provides home health aide, nursing and social work case management services to older adults and their family members.
- Their staff have particular expertise in caring for individuals with Alzheimer's disease and other dementias.
- Serving all five boroughs.
- It is a nonprofit agency but does not accept Medicaid or Medicare.

■ Mount Sinai Hospital Geriatric Psychiatry Clinic

Call: (212) 241-5947

- Offers evaluation and treatment for persons over the age of 60 with various mood, anxiety, and psychotic disorders, as well as dementia and their caregivers. The clinic specializes in memory disorders, behavioral disturbances that result from memory disorders, depression, chronic mental illness, individual and family counseling, group therapy for caregivers and bereavement issues.
- Specialty programming includes the Memory Disorders Evaluation and Treatment Program, the Caregivers Program and the Alzheimer's Disease Assistance Center.
- www.mountsinai.org/care/psychiatry/services/geriatric

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■ Medical Marijuana

Call: (212) 514-7147

Location: 11 Broadway, Suite 1031, New York, New York 10004

- Medical marijuana has been credited with a host of therapeutic uses in recent years. This is especially true for older adults suffering from cancer, Alzheimer's, certain kinds of pain, and more. It is always essential that you speak with your doctor about whether the medical use of marijuana is appropriate for your condition.

CONTINUING EDUCATION



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■ Hunter College Senior Citizen Auditors

- New York State residents over 60 years of age can audit undergraduate courses at Hunter College tuition-free on a space-available basis. You must file the application online.
- hunter.cuny.edu/students/admissions/undergraduate/apply/senior-citizen-auditors/

■ Center for Learning and Living

Call: (212) 644-3320

- Affiliated with Marymount Manhattan College, the Center for Learning and Living is a non-profit learning organization offering a wide range of courses for adults age 55+. Some classes are offered online, and others are in person.
- Lifelong learning classes with top-level speakers & interactive sessions.
- www.clandl.org

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■ CUNY Lifelong Peer Learning Program

Call: (212) 817-2474

Email: lp2@gc.cuny.edu

- The Lifelong Peer Learning Program (LP2) is based on a model of adult continuing education known as peer learning. Members share the responsibility for designing, teaching, and participating in weekly noncredit online or in-person study groups that resemble liberal arts college courses. Learning in LP2 is both an intellectual and social experience, where common interests provide a foundation for new friendships.
- Current members are semi-retired or retired professionals who pursue serious, peer-led inquiry through our lifelong learning program. The program encourages individuals to challenge themselves by taking part in study groups as well as assuming academic and administrative leadership roles as study group coordinators and committee members.
- www.gc.cuny.edu/lifelong-peer-learning-program

■ NYU SPS Academy of Lifelong Learning

Call: (212) 998-7289

Email: sps.all@nyu.edu

- The Academy of Lifelong Learning (ALL at the New York University School of Professional Studies provides a wide range of courses with special discounts for individuals over the age of 65. ALL fosters critical thinking, personal enrichment, social connections, and the acquisition of new skills and perspectives. For help with registration or course selection, email sps.all@nyu.edu with questions about general areas of interest in the humanities and global affairs.
- www.sps.nyu.edu/join/continuing-education/academy-of-lifelong-learning.html

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■ Pace University - Pace's Active Retirement Community (PARC)

Call: (212) 817-2474

Email: lp2@gc.cuny.edu

- Designed for individuals aged 55 and older, Pace's Active Retirement Community (PARC) offers affordable programs on Pace University's lower Manhattan campus. This program is part of Pace's Center for Wellbeing and provides an opportunity for you to engage with other members of the Pace community through dynamic and interactive events that focus on the Center for Wellbeing's eight dimensions of wellness: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual.
- PARC Membership Privileges Include: access to all of Pace's Center for Wellbeing events, access to Pace University Downtown Campus facilities, including the Library, Gym, and Computer Lab, opportunities to connect with Pace faculty, staff, and students.
- www.pace.edu/program/senior-programs-parc

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■ Columbia University Lifelong Learners Auditing Program

Call: (212) 998-7289

Email: sps.all@nyu.edu

- Individuals 65 years of age or older who are interested in auditing courses may enroll at a discount as Lifelong Learners.
- Additional requirements: Have not recently attended high school; are not currently enrolled in a college or university..
- www.sps.columbia.edu/academics/auditing-programs

SOCIAL SERVICES & RESOURCES



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■ Citymeals on Wheels

Call: (212) 687-1234

Location: 355 Lexington Avenue, New York, NY 10017

Email: info@citymeals.org

- Eligibility for getting meals: Must be 60 years of age or older. Must be unable to prepare nutritious meals or have no one to do so for you. Must be physically or mentally incapacitated and in need of some assistance. Must be able to live safely at home if services are provided to you. Even if you receive homecare or Medicaid, you are still eligible to get meals if the homecare worker cannot prepare a meal to fit your dietary or religious restrictions, or if he or she is designated to assist only with other tasks.
- www.citymeals.org/get-meals

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■ Food Help NYC

- [Visit *finder.nyc.gov/foodhelp/*](https://finder.nyc.gov/foodhelp/)
- If you are in need of groceries and able to leave home, visit FoodHelp NYC for a list of food pantries and community kitchens across the five boroughs.

Locations near the 76th Assembly District

■ Temple Shaaray Tefila

Soup Kitchen

250 E 79th Street, New York, New York, 10075

■ St. James Church - Community Kitchen (Sk)

Soup Kitchen

865 Madison Avenue, New York, NY, 10021, USA

(212) 774-4200

■ St. John's Bread & Life Food Pantry

Food pantry & soup kitchen

795 Lexington Avenue, New York, New York, 10065

(718) 574-0058

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■ Elderlaw Answers

- Elderlaw Answers is a website that provides up-to-date information about crucial legal issues facing older adults. You can tap into a network of qualified elder law attorneys across the nation and get preliminary answers to your legal questions.
- www.elderlawanswers.com

■ Manhattan District Attorney's Victim Resources

Call: (212) 335-9000

Location (main office): One Hogan Place, New York, NY 10013

- Provides a full range of services and resources for crime victims and their families.
- manhattanda.org/victim-resources/

■ The Legal Aid Society

Call: (212) 577-3300

- Provides free legal representation to low-income New Yorkers on issues including criminal trials, parole revocation and appeals, juvenile justice and child protection cases, and civil issues such as housing and immigration.
- legalaidsnyc.org/

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■ Housing Court Answers

Call: (212) 962-4795

- Housing Court Answers staffs a hotline that assists you with: Housing Court and Housing Court procedures; Landlord & Tenant rules and regulations; enforcement of housing code violations; referrals for free legal help; referrals to community organizations that help with housing problems.
- www.housingcourtanswers.org/

■ Met Council on Jewish Poverty

Call: (212) 453-9539

Location: 1 State Street Plaza, 24th Floor, New York, NY 10004

Email: Info@metcouncil.org

- Met Council provides comprehensive social services to aid, sustain, and empower low-income New Yorkers.
- It provides assistance and support to New Yorkers through affordable housing for older adults, emergency crisis services, a kosher food pantry, family violence services, benefits assistance, and a Holocaust Survivor program.
- metcouncil.org/senior-services/

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■ MTA Reduced-Fare OMNY

Call the OMNY Call Center at 1-877-789-6669

- Visit a Customer Service Center in select subway stations any time, 24/7, or at 3 Stone St in Lower Manhattan
- Meet our Mobile Sales team in your neighborhood:
www.mta.info/fares-tolls/subway-bus/mobile-sales

■ New York Public Library

Call: (917) 275-6975

- The New York Public Library's TechConnect program offers more than 80 technology classes at libraries throughout NYC, all completely free.
- www.nypl.org/tech-connect

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■ Uptown Interagency Council for the Aging

Location: 241 West 72nd Street, New York, NY 10023

- The Council for the Aging offers networking opportunities, lectures, performances, fine arts instruction, recreational activities, fitness activities, performing arts and musical workshops, and trips. They also offer social work services.
- uicny.org/

■ Helen Bloom LINC Program at the National Council of Jewish Women

Call: (646) 884-9471

Email: Imaun@ncjwny.org

- The Lunch, Interaction, Nurturing & Companionship (LINC) program is designed to provide individuals with memory impairment and their caregivers with recreational programming. LINC sessions include art, music, movement and pet therapy.
- www.ncjwny.org/programs

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■ ASPCA Animal Hospital, Services, and Advocacy

Call: (844) 692-7722

Location: 424 East 92nd Street, New York, NY 10128

- The ASPCA provides a range of services and advocacy for our animals, including their animal hospital. The Animal Hospital provides urgent veterinary care for cats and dogs whose owners are experiencing financial challenges. Reduced- cost services are available to lower-income households.
- Appointment required, no walk- ins.
- www.aspca.org/nyc/aspca-animal-hospital-nyc

■ Animal Medical Center (AMC)

Call: (212) 838-8100

Location: 510 East 62nd Street, New York, NY 10065

- AMC offers a 24/7 emergency room and specialty care for dogs, cats, and exotic pets.

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■ 19th Police Precinct

Location: 153 East 67th Street, New York, NY, 10065

Precinct: (212) 452-0600

Community Affairs: (212) 452-0613

Crime Prevention: (212) 452-0630

Domestic Violence Officer: (212) 452-0663

Youth Coordination Officer: (212) 452-0661

Auxiliary Coordinator: (212) 452-0655

Detective Squad: (212) 452-0635

- Community Council meetings typically take place on the first Tuesday of each month at 7:00 PM on the 3rd Floor of the precinct stationhouse.

EMPLOYMENT & VOLUNTEER OPPORTUNITIES



OLDER ADULT RESOURCE GUIDE

■ NYC Department for the Aging - Older Adult Workforce Programs

Call: Aging Connect at (212) 244-6469 for employment services

- The Department for the Aging's Older Adult Workforce Programs have supported New Yorkers who are unemployed or underemployed, find new opportunities where they can utilize their skills and knowledge. Programs include:
- Older Adult Employment Program: provides training and assistance to older New Yorkers in securing a variety of employment opportunities through training and internships.
- Silver Corps: an AmeriCorps program that provides older adults with volunteer assignments at a partner organization, training, and/or credentialing to help secure employment.
- Silver Stars: an opportunity for retired New York City older adults to work part-time at a city agency to help fill their needs and continue contributing to the well-being of their communities. Silver Star municipal employees can continue to collect their pensions.
- Foster Grandparent Program: gives older adults the opportunity to give back to their communities by supporting youth through tutoring and providing emotional support.
- www.nyc.gov/site/dfta/services/volunteer.page

OLDER ADULT RESOURCE GUIDE

■ NYC Department for the Aging - Volunteer Program

Call: (212) 244-6469

- Sign up on the volunteer portal at <https://agingvolunteers.cityofnewyork.us/user/login/>
- The Department for the Aging, in partnership with NYC Service, has a Volunteer Program that recruits, trains, engages, and hosts individuals who are interested in learning about Aging services.
- The NYC Aging Volunteer Program has a host of community partners across the city looking for individuals who want to give back to their communities. From pantries to resource fairs, volunteers are matched with opportunities that are fun, meaningful, and engaging.
- The Volunteer Program includes Health Insurance Information, Counseling, and Assistance Program (HIICAP), Health Promotion, Friendly Programs, and Foster Grandparent Program. There are also opportunities to volunteer for NYC Aging special initiatives
- www.nyc.gov/site/dfta/services/volunteer.page

OLDER ADULT RESOURCE GUIDE

■ AmeriCorps Seniors RSVP Program

Call: 1-800-942-2677

- The AmeriCorps Seniors RSVP program pairs thousands of Americans aged 55 and older with organizations making change in communities across the country. AmeriCorps Seniors volunteers who serve in our RSVP program choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. You can find an opportunity with any of the thousands of organizations we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers report better health and longevity having served their community.
- To serve in AmeriCorps Seniors programs you must be 55 years and older.
- www.americorps.gov/serve/american-seniors/american-seniors-rsvp
- AmeriCorps Seniors RSVP in NYC:
www.cssny.org/programs/entry/american-seniors-retired-and-senior-volunteer-program-rsvp

OLDER ADULT RESOURCE GUIDE

■ Mobilization for Justice

Call: (212) 417-3700

Location: 100 William Street, 6th Floor, New York, NY 10038

- Mobilization for Justice provides opportunities for retired attorneys to use their skills and volunteer in our core practice areas. Retirees choose the amount of time they wish to work and the kind of work they want to do. Interested retirees should fill out and submit a volunteer inquiry form.
- www.mobilizationforjustice.org/get-involved/encore-program-for-retired-attorneys/

FINANCIAL & TAX ASSISTANCE



OLDER ADULT RESOURCE GUIDE

■ Center for NYC Neighborhoods

Call: Dial 311 and ask for the Center for NYC Neighborhoods or call directly at (646) 786-0888

Location: 60 Broad Street, Suite 2503, New York, NY 10004

- The Center for NYC Neighborhoods promotes and protects affordable homeownership by providing help to homeowners in the following areas: foreclosure, mortgage, coastal communities, scam prevention, and rehabs and retrofits.
- www.mobilizationforjustice.org/get-involved/encore-program-for-retired-attorneys/

OLDER ADULT RESOURCE GUIDE

■ Search and Care - Money Matters Program

Call: (212) 289-5300

Location: 207 East 94th Street (Mezzanine), New York, NY 10128

Email: SandC@searchandcare.org

- Search and Care is respected in the social service community for developing an innovative, home-based, financial management program, Money Matters—now fully integrated in our care management team. The Program Coordinator, Bilingual Financial Social Worker, and four Financial Navigators (former bankers/finance professionals) help economically at-risk clients: Organize documents and bank statements; help with paying bills on time; offer assistance with creating monthly budgeting; identify and eliminate unnecessary expenses, and maximize income; advise about debt control, reduction, and/or consolidation; advocate with creditors, collection agencies, and banks; educate clients about avoiding financial risks, elder exploitation, and more.
- For more information, please contact: Tianna Anderson, Money Matters & Stipendiary Coordinator.
- www.searchandcare.org/money-matters/

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■ Annual Credit Report

- Under U.S. federal law, you can get a free copy of your credit report every 12 months from each of the following credit reporting companies: Equifax, Experian, and TransUnion. You can request a free credit report at the link above.
- www.annualcreditreport.com/index.action

■ Security Freeze

- Office of the New York State Attorney General

Call: 1-800-771-7755

- New Yorkers who are concerned that they are at risk of having their identities stolen or have become victims of identity theft can block a thief's access to their lines of credit by placing a security "freeze" on their credit report.
- With a security freeze activated, if an identity thief attempts to apply for credit or a loan in a consumer's name, the creditor or lender would not gain access to the consumer's credit file and consequently would not approve the new application. However, with a security freeze in place, a consumer may not be able to secure instant credit, insurance coverage or other benefits. The consumer will have to allow time for the credit reporting agency to temporarily lift or remove the freeze and "thaw" the record for an authorized user.
- ag.ny.gov/security-freeze

OLDER ADULT RESOURCE GUIDE

■ 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.
- Your financial counselor will work with you to: Manage your money, check your credit, set up a spending plan, open a safe and affordable bank account, contact your lenders about debt, develop a strategy to reduce your debt or lower payments, and access emergency government resources.
- Book an appointment online for an in-person or phone financial counseling session.
- access.nyc.gov/programs/nyc-financial-empowerment-centers/#how-it-works

OLDER ADULT RESOURCE GUIDE

■ NYC Free Tax Prep

Call: 311 and say “financial counseling”

- You qualify for free tax filing with NYC Free Tax Prep if your family earned \$93,000 or less or if you’re a single filer who earned \$65,000 or less in 2024. IRS-certified VITA/TCE volunteer preparers are available to help you file.
- Find a virtual tax prep option or visit a NYC Free Tax Prep location for free in-person or drop-off service.
- www.nyc.gov/site/dca/consumers/file-your-taxes.page

■ New Economy Project

Call: (212) 680-5100

Location: 121 West 27th Street, Suite 804, New York, NY 10001

- The New Economy Project offers resources to protect New Yorkers from predatory financial tactics, including information about community development credit unions and individual rights regarding payday loans, debt collection, creditor lawsuits, immigrants’ financial rights, and credit reports.
- www.neweconomynyc.org/



Chair of the NYS Assembly Aging Committee
Rebecca A. Seawright

Your Community Office is Here to Help!

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

1485 York Avenue (78/79 Streets)
New York, NY 10075

212-288-4607

SeawrightR@NYAssembly.gov

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@SeawrightforNY