



BRONX SENIOR RESOURCE GUIDE
BRONX BOROUGH PRESIDENT RUBEN DIAZ JR.

2016-2017 Edition



Office of the Bronx Borough President Ruben Diaz Jr.
851 Grand Concourse, Room 301
Bronx, New York 10451

Dear Neighbor:

Senior Citizens are important members of our community. They are people who have contributed positive values into today's society to make it a great place to live, work and raise a family.

Therefore, once I again I am proud to bring you our 2016 "Bronx Senior Citizen Resource Guide," a comprehensive publication that is designed to provide a wide variety of information to both seniors citizens and their service providers.

The "Bronx Senior Citizen Resource Guide" serves as a vital tool to seniors and their families by helping them navigate and take advantage of the many services and programs that The Bronx has to offer. It is my hope that this guide will help make their lives a little easier.

If you have any questions, please contact Larcenia Walton, Director of Senior Services, at 718-590-6248 or you may email her at lwalton@bronxbp.nyc.gov.

Sincerely,

A handwritten signature in black ink that reads "Ruben Diaz Jr." in a cursive style.

Ruben Diaz Jr.
Bronx Borough President



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GENERAL INFORMATION

Office of the Bronx Borough President

Ruben Diaz Jr.

851 Grand Concourse

Suite 301

Bronx, New York 10451

(718) 590-3500

Senior Services Unit

(718) 590-6248

New York City Department for the Aging

(212) 602-4100

Central Information & Referral

2 Lafayette Street – 6th Floor

New York, New York 10007

New York State Office for the Aging

(800) 342-9871

2 Empire State Plaza

Albany, New York 12223-1251

COMMUNITY BOARDS

Community Board #1

3024 Third Avenue

Bronx, NY 10455

D.M. Cedric Loftin

Chairperson: George Rodriguez

(718) 585-7117

E-mail: brxcb1@optonline.net

Neighborhoods: Mott Haven, Port Morris, and Melrose

Community Board #2

1029 E. 163rd St.

Bronx, NY 10459

D.M. vacant

Chairperson: Dr. Ian Amritt

(718) 328-9125

E-mail: rsalamancca@cb.nyc.gov

Neighborhoods: Hunts Point, Longwood, and Morrisania

Community Board #3

1426 Boston Road

Bronx, NY 10456

D.M. John Dudley

Chairperson: Gloria S. Alston

(718) 378-8054

E-mail: brxcb3@optonline.net

Neighborhoods: Crotona Park, Claremont Village, Concourse Village, Woodstock, and Morrisania

Community Board #4

1650 Selwyn Ave

Bronx, NY 10457

D.M. Paul Phips

Chairperson: Kathleen Saunders

(718) 299-0800

E-mail: bx04@cb.nyc.gov

Neighborhoods: Highbridge, Concourse, Mt. Eden, and Concourse Village

Community Board #5

Bronx Community College

University Ave. & W 181st St (McCracken Hall Rm. 12 & 13)

Bronx, NY 10453

D.M. vacant

Chairperson: Dr. Bola Omotosho

(718) 364-2030

E-mail: bx05@cb.nyc.gov

Neighborhoods: Fordham University, Heights, Morris Heights, Bathgate, and Mount Hope

Community Board #6

1932 Arthur Ave. Rm. 709

Bronx, NY 10457

D.M. John Sanchez

Chairperson: Wendy Rodriguez

(718) 579-6990

E-mail: brxcb6@optonline.net

Neighborhoods: Belmont, Bathgate, West Farms, and East Tremont

Community Board #7

229A E. 204th St.

Bronx, NY 10458

D.M. Andrew Sandler

Chairperson: Adaline Walker-Santiago

(718) 933-5650

E-mail: dengelken@cb.nyc.gov

Neighborhoods: Norwood, University Heights, and Jerome Park

Community Board #8

5676 Riverdale Ave, Suite 100

Bronx, NY 10471

D.M. Patricia Manning

Chairperson: Dan Paternacht

(718) 884-3959

E-mail: bx08@cb.nyc.gov

Neighborhoods: Riverdale, Spuyten Duyvil, Van Cortlandt Village, Kingsbridge Heights, Fieldston, and Marble Hill

Community Board #9

1967 Turnbull Ave

Bronx, NY 10473

D.M. William Rivera

Chairperson: Nicholas Himidian

(718) 823-3034

E-mail: bx09@cb.nyc.gov

Neighborhoods: Parkchester, Westchester Square, Unionport, Soundview, Castle Hill, Bruckner, Harding Park, and Clason Point

Community Board #10

3165 E. Tremont Ave

Bronx, NY 10461

D.M. Vacant

Chairperson: Martin Prince

(718) 892-1161

E-mail: bx10@cb.nyc.gov

Neighborhoods: Co-op City, City Island, Spencer Estates, Throgs Neck, Country Club, Zerega, Westchester Square, Pelham Bay Park, Eastchester Bay, Schuylerville, Edgewater, Locust Point, and Silver Beach

Community Board #11

1741 Colden Ave

Bronx, NY 10462

D.M. Jeremy Warneke

Chairperson: Anthony Vitaliano

(718) 892-6262

E-mail: bx11@cb.nyc.gov

Neighborhoods: Morris Park, Pelham Parkway, Pelham Gardens, Allerton Avenue, Bronxdale, Laconia and Van Nest

Community Board #12

Community Town Hall

4101 White Plains Rd

Bronx, NY 10466

D.M. George Torres

Chairperson: William Hall

(718) 881-4455

E-mail: geotorres@cb.nyc.gov

Neighborhoods: Edenwald, Wakefield, Williamsbridge, Woodlawn, Norwood, Fish Bay, Eastchester, Olinville, and Baychester

SENIOR CITIZEN CENTERS

Seniors centers serve persons 60 years-old and over by providing nutritious meals and a wide range of social, recreational, educational, counseling and other support services. For more information please contact:

New York City Department for the Aging

2 Lafayette Street – 6th Floor
New York, New York 10007
(212) 602-4100 or 311

Senior Centers Listed by Community Board

Community Board #1

South Bronx Community
Corporation for Seniors
441 East 155th Street
Bronx, New York 10455
(347) 590-2108

PSS/Andrew Jackson
Senior Center
325 East 156th Street
Bronx, New York 10451
(718) 585-1640

Betances Senior Center
607 Concord Avenue
Bronx, New York 10455
(718) 292-4922

Neighborhood SHOPP
Leon Senior Center
735 East 152nd Street
Bronx, New York 10455
(718) 708-6897

Patterson Senior Center
308 East 145th Street
Bronx, New York 10451
(718) 993-5146

Melrose Mott Haven Senior Center
372 East 152nd Street
Bronx, New York 10455
(718) 665-2280

Millbrook Senior Center
201 St. Ann's Avenue
Bronx, New York 10454
(718) 401-4901

Mitchell Houses Senior Center
188 Lincoln Avenue
Bronx, New York 10454
(718) 665-2168

BronxWorks E. Roberts Moore
Senior Center
515 Jackson Avenue
Bronx, New York 10453
(718) 665-5559

Community Board #2

Housing Options & Geriatric
Association Resources, Inc.
(HOGAR)
787 East 156th Street – 2nd Fl
Bronx, New York 10455
(718) 742-7646

SEBCO Senior Programs
Erma-Cava Building
887 Southern Boulevard
Bronx, New York 10459
(718) 617-3465

Mid Bronx Senior Center
900 Grand Concourse
Bronx, New York 10451
(718) 992-2057

Community Board #3

Davidson Senior Center
950 Union Avenue
Bronx, New York 10459
(718) 328-2810/2811

Arturo Schomberg Senior Center
1315 Franklin Avenue
Bronx, New York 10456
(718) 842-6880

William Hodson Senior Center
1320 Webster Avenue
Bronx, New York 10456
(718) 538-1515

SHOPP Casa Boricua Innovative
Senior Center
910 East 172nd Street
Bronx, New York 10460
(718) 542-0222

Community Board #4

Concourse Village Special Adult
773 Concourse Village East
Bronx, New York 10451
(718) 293-6552

Mid-Bronx Project Homebound-
Case Management (CB 4-6)
900 Grand Concourse
Bronx, New York 10451
(718) 588-8200

Hope of Israel
Senior Citizens Center
1068 Gerard Avenue
Bronx, New York 10452
(718) 665-8400

PSS/Highbridge Senior Center
1181 Nelson Avenue, 2nd Floor
Bronx, New York 10452
(718) 588-3004

Community Board #5

BronxWorks East Concourse
Senior Center
236 East Tremont Avenue
Bronx, New York 10457
(718) 731-6300

BronxWorks Heights
Neighborhood Senior Center
200 West Tremont Avenue
Bronx, New York 10453
(718) 299-0300

BronxWorks Morris Innovative
Senior Center
80 East 181st Street
Bronx, New York 10453
(718) 933-5300

BronxWorks Roberto Clemente
Senior Services Office
River Park Towers
30 Richman Plaza
Bronx, New York 10453
(718) 299-2670

Community Board #6

Aquinas Deacon Juan Santos
HDFC
975 East Tremont Avenue
Bronx, New York 10460
(718) 378-8385

SEBCO/Mount Carmel Center for
Senior Citizens
2405 Southern Boulevard
Bronx, New York 10458
(718) 733-8852

Neighborhood SHOPP
Guess Senior Center
2070 Clinton Avenue
Bronx, New York 10457
(718) 584-2357

Community Board #7

Riverdale Y Senior Center
5625 Arlington Avenue
Bronx, New York 10471
(718) 548-8200 Ext #223

Mosholu Montefiore Senior Center
3450 Dekalb Avenue
Bronx, New York 10467
(718) 798-6601

RAIN Bailey Senior Center
2660 Bailey Avenue
Bronx, New York 10463
(718) 796-2559

Sister Annunciata Bethel
Senior Center
Bedford Park Multi-Service for
Senior Citizens, Inc.
243 East 204th Street
Bronx, New York 10458
(718) 365-3725

RAIN Tolentine Senior Center
2345 University Avenue
Bronx, New York 10468
(718) 933-3305

Riverdale Senior Services
2600 Netherland Avenue
Bronx, New York 10463
(718) 884-5900

Community Board #8

Mosholu Montefiore Senior Center
3450 Dekalb Avenue
Bronx, New York 10467
(718) 798-6601

Riverdale Neighborhood House
5521 Mosholu Avenue
Bronx, New York 10471
(718) 549-8100

Riverdale Senior Center
2600 Netherland Avenue
Bronx, New York 10463
(718) 884-5900

Riverdale Y Senior Center
5625 Arlington Avenue
Bronx, New York 10471
(718) 548-8200

Marble Hill Senior Center
5365 Broadway
Bronx, New York 10463
(718) 562-8551

JASA/Van Cortlandt
Neighborhood Senior Center
3880 Sedgwick Avenue
Bronx, New York 10463
(718) 549-4700

Community Board #9

Bronx River Senior Center
1619 East 174th Street
Bronx, New York 10472
(718) 617-6334

Glebe Senior Center
2125 Glebe Avenue
Bronx, New York 10462
(718) 829-1564

James Monroe Senior Center
1776 Story Avenue
Bronx, New York 10473
(718) 893-3484

Kips Bay Castle Hill Senior Center
625 Castle Hill Avenue
Bronx, New York 10473
(718) 824-8910

JASA/Mechler Hall Senior Center
2158 Watson Avenue
Bronx, New York 10472
(718) 892-1396

RAIN Eastchester Neighborhood
Senior Center
1246 Burke Avenue
Bronx, New York 10469
(718) 882-8513

RAIN Parkchester Neighborhood
Senior Center
1380 Metropolitan Avenue
Bronx, New York 10462
(718) 597-9220

Soundview Senior Center
1674 Seward Avenue
Bronx, New York 10472
(718) 328-1809

Soundview Presbyterian Church
Senior Center
760 Soundview Avenue
Bronx, New York 10473
(718) 842-4100

Community Board #10

PSS/City Island Senior Center
116 City Island Avenue
Bronx, New York 10464
(718) 885-0727

JASA/Co-op City Senior Center
2049 Bartow Avenue
Bronx, New York 10475
(718) 320-2066

JASA/Dreiser Senior Center
177 Dreiser Loop
Bronx, New York 10475
(718) 320-1345

JASA/Einstein Senior Center
135 Einstein Loop
Bronx, New York 10475
(718) 671-5161

HANAC I & R & Recreation
3573 Bruckner Boulevard
Bronx, New York 10461
(718) 646-522-6965

JASA/Throgs Neck Senior Center
2705 Schley Avenue
Bronx, New York 10465
(718) 823-1771

Northeast Bronx
Senior Citizen Center
2968 Bruckner Boulevard
Bronx, New York 10465
(718) 892-6090

RAIN Eastchester Neighborhood
Senior Center
1246 Burke Avenue
Bronx, New York 10469
(718) 882-8513

RAIN Middletown Neighborhood
Senior Center
3035 Middletown Road
Bronx, New York 10461
(718) 822-0486

Community Board #11

Allerton Senior Center
1415 Allerton Avenue
Bronx, New York 10469
(718) 652-0414

Bronx House Senior Center
990 Pelham Parkway South
Bronx, New York 10461
(718) 792-1800

JASA/Sue Ginsburg Senior Center
975 Waring Avenue
Bronx, New York 10469
(718) 881-1758

Morris Park Community
Association
1824 Bronxdale Avenue
Bronx, New York 10462
(718) 823-0596

North East Bronx
Association, Inc.
2325 Vance Street
Bronx, New York 10469
(718) 231-8569

PSS/Parkside Senior Center
644 Adeo Avenue
Bronx, New York 10467
(718) 881-7780

RAIN Boston Road Neighborhood
Senior Center
2424 Boston Road
Bronx, New York 10467
(718) 547-8827

RAIN Eastchester Neighborhood
Senior Center
1246 Burke Avenue
Bronx, New York 10469
(718) 882-8513

San Gennaro Senior Citizen Center
1556 Williamsbridge Road
Bronx, New York 10461
(718) 931-4440

Community Board #12

Emerald Isle Immigration Center
4275 Katonah Avenue
Bronx, New York 10470
(718) 324-3039

JASA/Bay Eden Senior Center
1229 East 229th Street
Bronx, New York 10466
(718) 822-3815

RAIN Boston Secor Neighborhood
Senior Center
3540 Bivona Street
Bronx, New York 10475
(718) 671-8550

RAIN Gun Hill Neighborhood
Senior Center
3377 White Plains Road
Bronx, New York 10467
(718) 881-5589

RAIN Nereid Neighborhood Senior Center
720 Nereid Avenue
Bronx, New York 10466
(718) 994-0132

RAIN Boston East Neighborhood Senior Center
3450 Boston Road
Bronx, New York 10469
(718) 654-9200

BENEFITS FOR SENIORS

SOCIAL SECURITY

Social Security offers you a cash benefit based on your work history and the amount you paid into Social Security. The cash benefit helps you meet your needs due to loss of income as a result of retirement, disability, or death. You and your dependents or surviving spouse can receive the Social Security benefit. The benefit amount you will get depends on the earning records for the person who worked. You can get the Social Security retirement benefits starting as early as age 62.

To get the Social Security disability benefit, you must have become severely disabled while working. You can get this benefit at any age and must have met the work requirements. The number of quarters you will have needed to work depends on your age.

You can apply for Social Security online at: www.socialsecurity.gov and click on “Retirement” or “Disability.” You can also apply in person at your local Social Security office. You can call: 1-800-772-1213.

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI provides a cash benefit to you every month to make sure you have a minimum level of income so that you can pay for basic needs such as: food, clothing, and shelter.

SSI is a monthly payment to people with low-income who are 65 or older or blind or otherwise disabled. Payments supplement Social Security and/or other income. With some exceptions, United States citizenship is required. In addition, you must have limited income and resources. Some resources such as your home, car, and certain portions of life insurance and burial accounts may not be counted when determining whether you meet the program guidelines.

EMERGENCY ASSISTANCE FOR ADULTS (EAA)

Emergency Assistance for Adults (EAA) is a New York State program intended to meet the temporary emergency needs of aged, blind or disabled individuals and couples who have been determined eligible for or are receiving SSI, which if not met would endanger the health, safety or welfare of the SSI individual or couple.

The amount of the grant is determined on a case-by-case basis and is based on the type of emergency. To qualify for an Emergency Assistance to Adults (EAA) grant, a member of household must be eligible for or receiving SSI and meet the criteria of an emergency. Households in NYC can apply for an EAA grant at any local Job Center. An eligibility interview will be conducted and the applicant will need to provide documentation to verify his/her eligibility. Call the Human Resources Administration info line at (718) 557-1399 or 311.

VETERANS BENEFITS

Pensions for low-income and disabled veterans; health care; vocational training; rehabilitation services; education; home loans; disability compensation; life insurance; burial and other benefits are available.

Medical benefits include care in VA hospitals, nursing homes and outpatient services.

Dependents and survivors may also be eligible for certain benefits.

You may contact Veterans Benefits at:

U.S. Department of Veterans Affairs, New York Regional Office
245 West Houston Street
New York, New York 10014
(800) 827-1000

SUPPLEMENTAL NUTRITIONAL ASSISTANCE PROGRAM (SNAP)

SNAP formally, the Food Stamps Program, allow persons with limited incomes to buy food or meals to stay healthy. This program helps you and your family buy food needed for good health. Each month, your state will put money onto a special debit card (called an EBT Card) so that you can buy food from most grocery stores. The amount of money you get on these cards depends on where you live, your household income, and how many people live in your household.

To find out if you are eligible to receive food stamps, visit or call your local office:

Concourse SNAP Center
1375 Jerome Avenue, 2nd Floor
Bronx, New York 10452
(718) 722-8013
(718) 590-7235

Crotona SNAP Center
1910 Monterey Avenue, 5th Floor
Bronx, New York 10457
(718) 722-8013
(718) 901-0201

Hunts Point SNAP Center
845 Barretto Street, B-Level Floor
Bronx, New York 10474
(718) 722-8013
(929) 252-4920 (8:30am-9am only)

SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

The Senior Farmers Market Nutrition Program (SFMNP) gives low-income older adults free coupons that can be exchanged for eligible food at local farmers markets. The program encourages them to consume fresh fruits and vegetables. Coupons are available in July for use through November. For more information and the location of farmers markets call (212) 442-3026.

CITYMEALS-ON-WHEELS

Citymeals on Wheels raises private funds to ensure no homebound elderly New Yorker will ever go a day without food or human company. Last year, their family of contributors helped bring 2 million nutritious meals to more than 18,000 frail aged in every borough of New York City.

Citymeals funds 31 community-based agencies that bring weekend, holiday and emergency meals to homebound elderly New Yorkers who can no longer shop or cook for themselves. In addition, their *Mobile Food Pantry* program delivers weekly bags of grocery staples to the most at-risk elderly and their *Fresh Produce* program enables them to supplement regular meal deliveries with fresh fruit and vegetables from local farmers.

To qualify for home-delivered meals, a person must be at least 60 years-old and have a chronic physical or mental disability preventing them from shopping for food or preparing meals for themselves.

To get meals-on-wheels service, every client must receive an assessment visit by a case manager from their local case management agency.

Go to www.citymeals.org, enter the ZIP code of the homebound person, and the local case management agency in their community will pop up with a phone number for you to call.

BRONX MEALS PROVIDERS

Mid-Bronx Senior Citizens Council
900 Grand Concourse, Bronx, New York 10451
(718) 992-2057

RAIN Senior Options
3450 Boston Road, Bronx, New York 10469
(718) 231-7246

You can also call contact City Meals-on-Wheels by telephone at (212) 687-1234 or by email: getmeals@citymeals.org

SENIOR HEALTH

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE PROGRAM (EPIC)

EPIC is a New York State program that helps seniors pay for their prescription drugs. More than a quarter million EPIC enrollees are saving an average of 90 percent of the cost of their medicines. Most enrollees have Medicare Part D or other drug coverage, and use EPIC to lower their drug costs even more by helping them pay the deductibles and co-payments required by their other drug plan. EPIC also helps members pay for Medicare Part D premiums. For more information call (800) 332-3742.

MEDICARE

Medicare is a health insurance program for:

- People age 65 and over
- People under 65 with certain disabilities
- People of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant)

Since 1965, Medicare insurance has helped millions of Americans pay for the health care services they need. You likely have already paid into the program through Social Security.

For more information call (800) MEDICARE or speak to a Health Insurance Information Counseling and Assistance Program counselor at (212) 602-4180.

Medicare Savings Program

This program is a Medicaid- administered program available to Medicare consumers with limited income. If you qualify, this program will pay your Medicare Part B premium.

If you would like to enroll in the Medicare Savings Program you may request an application by calling the HRA Medicaid Helpline at 888-692-6116 or pick one up at any Community Medicaid Office. You may submit your application in person or by mail.

Applications must be mailed to:
HRA/ Medical Assistance Program
MSP-CREP, 5th Floor
PO Box 24330
Brooklyn, New York 11202-9801

Health Insurance Information, Counseling & Assistance Program (HIICAP)

The NYS HIICAP is New York's source for free, current and impartial information about health care coverage. About 500 trained HIICAP counselors are available to answer Bronx resident's questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap and other health and long term care insurance. Counseling is available through a toll free HIICAP Helpline at (800) 701-0501 or (212) 341-3978. Callers will be prompted to enter their zip code and will then be routed to their local office for the aging to talk with a trained counselor.

You can also find information about HIICAP on the internet at:
<http://www.hiicap.state.ny.us>

MEDICAID

Medicaid is a program for New Yorkers who can't afford to pay for medical care. It pays medical bills for low-income persons including services not covered by Medicare (dental care, home care, institutional care, prescription drugs, eye glasses, and hearing aids).

You may be covered by Medicaid if:

- You have high medical bills.
- You receive Supplemental Security Income (SSI).
- You meet certain financial requirements.

To apply for Medicaid you can:

- Call the NY State of Health, The Official Health Plan Marketplace at (855)355-5777 or
- Call the Medicaid Helpline (800)541-2831 or
- You can apply at the following locations:

Lincoln Hospital

234 E. 149th St. (Basement, Room B-75)
Bronx, NY 10451
Tel: 718-585-7872
Monday – Friday 9:00am to 5:00pm

Morrisania

1225 Gerard Ave. (Basement)
Bronx, NY 10452
Tel: 718-960-2799
Monday – Friday 9:00am to 5:00pm

North Central Bronx Hospital:

3424 Kossuth Ave. (1st Fl. Room 1A 05)
Bronx, NY 10467
Tel: 718-920-1070
Monday – Friday 9:00am to 5:00pm

NEW YORK PRESCRIPTION SAVER CARD

What is NYP\$?

NYP\$ is a free pharmacy discount card that is sponsored by New York State. You can use this card at participating pharmacies to save as much as 60% on generics and 30% on brand name drugs. The savings are provided through the cooperation and support of local pharmacies and drug manufacturers.

To be eligible, each applicant must be:

- a resident of New York State;
- not receiving Medicaid;
- either (a) age 50 up to 65, or (b) determined disabled by the Social Security Administration AND
- have annual income under \$35,000 if single and \$50,000 if married.

Call New York Prescription Saver at (800) 788-6917

GERIATRIC SERVICES

Comprehensive Geriatric Care
3224 Grand Concourse, Room BA
Bronx, New York 10458
(718) 561-0041

Riverdale Internal Medicine & Geriatric Services PC
3533 Riverdale Avenue
Bronx, New York 10463
(718) 884-8181

JASA/Geriatric Mental Health Outreach
One Fordham Plaza, Suite 908
Bronx, New York 10458
(718) 365-4044

ALZHEIMER'S & DEMENTIA

The statistics of Alzheimer's and related Dementia's are staggering, 1 in 3 seniors die with Alzheimer's or another dementia.

Alzheimer's disease is the 6th leading cause of death in the United States, indeed, Alzheimer's is the only cause of death among the top 10 in America that cannot be prevented, cured or even slowed as reported by the Alzheimer's Association. Caregivers are impacted by this and are often forgotten in their plight in the care provided to loved ones.

The New York City Department for the Aging's Alzheimer's and Caregiver Resource Center has experts in dementia and long-term care issues who are available to help you develop a plan of care that can benefit both you and your loved one.

All services provided by the Alzheimer's and Caregiver Resource Center are free of charge and strictly confidential. They include:

- Assessment of Needs
- Individual and Family Counseling
- Referral to Community Services
- Education and Training & Entitlement Information
- Assistance with the Nursing Home Placement Process
- Information on housing alternatives such as Assisted Living Enriched Housing, etc.

The NYC Department for the Aging provides a wide array of programs and services to older New Yorkers who helped build this great city. The Department is the place to turn for answers about government benefits and services, assistance with applications and other special services.

To speak to someone in the DFTA Alzheimer's and Caregiver Resource Center, call 311.

Another wonderful agency that assists with care is the *Regional Aid for Interim Needs, Inc. (R.A.I.N.)*. This agency provides culturally relevant Support Groups in the community that will offer caregivers the opportunity to not only share their own stories, but also, to listen to the stories of other individuals undergoing similar situations and learn more about the disease process.

“While avoiding isolation and probable depression, group participants can learn from others’ experience to then be able to adjust and deal with their own reality. In a comfortable environment, free of judgment and criticism, caregivers will be able to speak up about their personal situation. Information on resources will also be shared with all Caregivers, and help them navigate this complex health environment,” said Dr. Torres, President and CEO of R.A.I.N. TOTAL CARE, Inc.

For more information or if you would like a presentation in your community, please contact:

R.A.I.N. ALZHEIMER’S CAREGIVER LINK PROGRAM
3377 White Plains Road
Bronx, NY 10467
347-346-9676

SERVICES FOR SENIORS WITH LEGAL BLINDNESS & LOW VISION

VISIONS Services for the Blind and Visually Impaired

A nonprofit rehabilitation and social service organization whose purpose is to develop and implement programs to assist people of all ages who are blind or visually impaired to lead independent and active lives in their homes and communities and educate the public to understand the capabilities and needs of people who are blind or visually impaired so that they may be integrated into all aspects of community life.

VISIONS fulfills its purpose by providing:

- Individualized rehabilitation training at home or in the community
- Social services, employment training and job development
- Group and community education and activities

For more information, please contact:

VISIONS/Services for the Blind and Visually Impaired

500 Greenwich Street, 3rd Floor

New York, NY 10013-1354

Phone: (212) 625-1616

Toll Free: (888) 245-8333

Blindline

Blindline provides a toll-free number for access to a New York statewide database of resources and services for people who are blind or visually impaired, their family members, caregivers, and professionals. The call center is available Monday through Friday from 9:00am to 5:00pm by calling 888-625-1616. A fully accessible website (www.blindline.org) with direct access to the database and a customer feedback feature is open to the public.

Guild Institute for the Vision Impaired

Jewish Home and the Jewish Guild for the Blind have partnered to create The Guild Institute for Vision & Aging.

The Guild Institute is a long term skilled nursing residential community dedicated to the care of elders who are blind or vision-impaired located on Jewish Home's award-winning Bronx campus.

Residents are offered the Guild's extensive knowledge and experience providing care and services to people with vision loss, while benefiting from Jewish Home's expertise providing quality residential care to elders, including our nationally acclaimed programs for individuals with Alzheimer's disease and dementia.

Staff people in the community are educated and certified using The Jewish Guild's SightCare program, a leading system of training for those who care for, work with, or interact with visually impaired or blind people.

Additionally, visually impaired clients have access to all the programs and services offered by Jewish Home's Bronx Division:

- Rehabilitation therapies
- In-house hemodialysis center
- Alzheimer's Disease special care community
- The Swallowing Center
- HAPI personal care
- On-site Adult Day Healthcare Program, with an established program for vision-impaired elders
- Senior housing including Kittay House, located on the Bronx Division campus
- Award-winning gardens located on a secure 5-acre campus

The Guild Institute community features the latest amenities of residential nursing care, adapted to better support those with vision impairments. Rooms and hallways have indirect lighting to prevent glare; increased lighting supports vision. Contrasting colors are utilized to differentiate common areas and private spaces. Signage displays are in high-contrast and Braille.

Jewish Home Lifecare - Bronx Campus

100 West Kingsbridge Road

Bronx, New York 10468

(718) 410-1500 or (718) 410-1330 (Bronx Admissions Office)

MENTAL HEALTH SERVICES

Mental and emotional health is often identified with positive characteristics like a sense of contentment, the resilience to bounce back from stress or adversity, and the ability to build and maintain meaningful relationships. Optimism and a sense of humor, along with the conviction that life is worth living, are also thought to be key, while many consider flexibility to be an essential trait. These are all qualities that are too important to take for granted. Just as you commit to building and maintaining your physical health if you want to age well, you need to invest in your mental health. Fortunately, there are many things you can do to promote your mental wellness.

Finding Mental Health Assistance

LifeNet is a free, confidential, multi-lingual mental health and substance abuse information, referral, and crisis hotline available to anyone at any time. Your call will be answered by a trained behavioral health professional. LifeNet is a program of the Mental Health Association of New York City.

For assistance in English, call 1-800-543-3628.

For assistance in Spanish, call 1-800-298-3373.

Saint Barnabas Hospital

The Department of Psychiatry at Saint Barnabas Hospital offers a wide range of clinical services to children, adults and geriatric patients. Many services for our patients are provided by SBH Behavioral Health (SBHBH), our affiliated comprehensive mental health outpatient program. The mission of SBHBH, formerly known as Fordham-Tremont Mental Health Services, is to improve the mental health and the overall quality of life for the diverse residents of the communities we serve. The Adult Outpatient Clinic is located at 2021 Grand Concourse, 8th floor; CRS at 260 E. 188th Street, 4th floor (718)960-3080.

BronxWorks Senior Mental Health Program

A BronxWorks social worker provides group and individual counseling, as well as mental health screenings. Group counseling sessions cover topics like depression, isolation, anxiety, stress release and bereavement.

For more information, please contact:

BronxWorks Heights Neighborhood Senior Center
200 West Tremont Avenue
Bronx, NY 10453
(718) 299-0300/01

BRONX HOSPITALS

Jack D. Weiler Hospital
(Einstein)
1825 Eastchester Road
Bronx, New York 10461
(718) 904-2000

Beth Abraham Health Services
612 Allerton Avenue
Bronx, New York 10467
(718) 519-4000

Bronx Lebanon Hospital Center
1650 Grand Concourse
Bronx, New York 10457
(718) 590-1800

Jacobi Medical Center
1400 Pelham Parkway South
Bronx, New York 10461
(718) 918-5000

Bronx Psychiatric Center
1500 Waters Place
Bronx, New York 10461
(718) 931-0600

Calvary Hospital
1740 Eastchester Road
Bronx, New York 10461
(718) 518-2000

Lincoln Medical Center
234 East 149th Street
Bronx, New York 10451
(718) 579-5000

Montefiore Medical Center
111 East 210th Street
Bronx, New York 10467
(718) 920-4321

North Central Bronx Hospital
3424 Kossuth Avenue
Bronx, New York 10467
(718) 519-5000

Saint Barnabas Hospital
4422 3rd Avenue
Bronx, New York 10457
(718) 960-9000

James J. Peters VA Medical Center
130 West Kingsbridge Road
Bronx, New York 10468
(718) 584-9000

Montefiore Westchester Square
Campus
2475 Saint Raymonds Avenue
Bronx, New York 10461
(718) 430-7300

Complaints about NYS Hospitals and Diagnostic and Treatment Centers

The New York State Department of Health is responsible for checking acute and primary care facilities in New York State for compliance with Article 28 of the Public Health Law. A primary program for fulfilling this responsibility is the complaint review system. State Health Department regulations allow individuals to register complaints about the care and services provided by hospitals and diagnostic and treatment centers.

To initiate a complaint about a hospital or a diagnostic and treatment center, you may call the toll-free number at (800) 804-5447, or you may file a complaint in writing and send it to:

New York State Department of Health
Centralized Hospital Intake Program
Mailstop: CA/DCS
Empire State Plaza
Albany, New York 12237

HOME CARE SERVICES FOR SENIORS

HRA'S HOME CARE PROGRAM

The Human Resources Administration's (HRA) Home Care programs are long-term-care programs designed to help eligible elderly or disabled individuals remain safely at home, rather than in a nursing home. Home Care programs have different eligibility requirements, but they all require that you be eligible for Medicaid.

- *Personal Care* (Medicaid-Funded Home Care): Home Attendant and Housekeeping services for individuals having difficulty with at least one or more activities of daily life. Individuals must be Medicaid eligible and otherwise exempt from Managed Long-Term Care or Managed Care.
- *Managed Long-Term Care Program*: Covers case management, nursing, home health aides, home attendant services, physical therapists for people who are Medicaid eligible, or eligible for both Medicaid and Medicare, and are medically eligible for long term care services.
- *Long Term Home Health Care Program*: Plan of medical, nursing and rehabilitative care provided at home to persons medically eligible for placement in a nursing home. These individuals must have care costs which are less than the nursing home cost in the local county. Individuals can access this program through a hospital discharge planner, HCSP, or a Long Term Home Health Care Provider.

HRA's Office of Special Services oversees the Home Care Services Program. For assistance, please call Infoline at 718-557-1399 or visit your local Home Care CASA Office.

Bronx CASA
890 Garrison Avenue, 3rd Floor
Bronx, New York 10474
(929) 252-4564 or (929) 252-4565

HOME ATTENDANT PROGRAMS

Home Attendant services provide personal care and assistance in the activities of daily living to adults who are aged, disabled or handicapped. These services are provided at the request of a physician. Services are available to recipients of SSI, Medicaid and Public Assistance.

HOMEMAKER SERVICES

Homemaker services provide household management and personal care for aged or handicapped adults in order to prevent their placement in institutions. Homemakers deal with some of the fundamental housekeeping chores (cleaning, marketing, etc.), as well as some personal care and home management. Homemaker services can be provided up to 24 hours a day, seven days a week.

HOUSEKEEPER/CHORE SERVICES

Housekeeping is a part-time service (up to 12 hours per week for adults) generally provided to elderly or handicapped individuals who are medically in need of this service and are unable to perform basic household tasks. Recipients of this service must be able to direct and supervise the housekeeper assigned to them. Adults eligible for the service include those receiving Public Assistance, SSI and Medicaid.

Contact your local Community Alternative Systems Agency II (CASA II) for Home Care Services:

Bronx CASA
890 Garrison Avenue, 3rd Floor
Bronx, New York 10474
(929) 252-4564 or (929) 252-4565
Fax (718) 617-7750

EXPANDED IN-HOME SERVICES FOR THE ELDERLY (EISEP)

EISEP services include non-medical in-home services such as housekeeping, personal care, respite, case management, and related services (such as emergency response systems).

- EISEP services support and supplement informal care provided by clients' families.
- Clients are required to share the cost of services, based on income. These costs are determined by a sliding scale and range from no-cost to full-cost

EISEP assists older people (aged 60 and older) who need help with everyday activities to take care of themselves (such as dressing, bathing, personal care, shopping, and cooking), want to remain at home, and are not eligible for Medicaid.

The EISEP Program receives State and local funding. In addition, EISEP clients are required to cost share according to a sliding scale reflecting their income and the cost of the services they receive

How do I find EISEP services?

EISEP case managers help older people and their families to decide what help is needed and to arrange for those services. Services may include non-medical in-home services, case management, non-institutional respite, ancillary services, and other community services. EISEP supports and supplements the care provided by families and friends.

For more information about the Expanded In-home Service for the Elderly Program (EISEP), contact your local office for the aging:

New York City Department for the Aging
2 Lafayette Street, 7th Floor
New York, NY 10007-1392
Within five boroughs of NYC - 311
Outside of boroughs - (212) 639-9675

BRONX CASE MANAGEMENT AGENCIES

Case management services focuses on planning, arranging and coordinating in-home services to maximize the functional independence, economic and social wellbeing of Bronx homebound older adults. Services provided by case management are:

- Arranging home delivered meals (Kosher and non-Kosher).
- Advocacy to help secure all available community services.
- Assistance with managing health concerns.
- Conducting referrals to help with the demands of daily living, including light housekeeping, cleaning, shopping, laundry, personal care, and other home care services.

Below is a listing of the *Case Management Agencies* that provide service throughout The Bronx:

JASA/Co-op City
135 Einstein Loop
Bronx, New York 10475
(718) 379-0433

Neighborhood SHOPP
Case Management Program
910 East 172nd Street
Bronx, New York 10460
(718) 328-3536

RAIN Multi-Services for Seniors
3377A White Plains Road
Bronx, New York 10467
(347) 346-9676

BRONX NURSING HOMES

Bainbridge Nursing &
Rehabilitation Center
3518 Bainbridge Avenue
Bronx, New York 10467
(718) 655-1991/Fax: (718) 655-3903

Bay Park Center for Nursing & Rehabilitation
801 Co-op City Boulevard
Bronx, New York 10475
(718) 239-6500 /Fax: (718) 379-3790

Beth Abraham Health Services
612 Allerton Avenue
Bronx, New York 10467
(718) 881-3000/ Fax: (718) 519-4062

Bronx Center for
Rehabilitation & Health Care
1010 Underhill Avenue
Bronx, New York 10472
(718) 863-6700/Fax: (718) 863-2787

Bronx Lebanon
Highbridge-Woodycrest Center
936 Woodycrest Avenue
Bronx, New York 10452
(718) 579-8230/Fax: (718) 579-8462

Bronx Lebanon Special Care Center
1265 Fulton Avenue
Bronx, New York 10456
(718) 579-7000/Fax: (718) 579-7025

Bronx Park Rehabilitation &
Nursing Center
3845 Carpenter Avenue
Bronx, New York 10467
(718) 798-1100/ Fax: (718) 515-4252

Casa Promesa Residential
Health Care Facility
308 East 175th Street
Bronx, New York 10457
(718) 960-7617/ Fax: (718) 901-1118

Concourse Rehabilitation &
Nursing Center
1072 Grand Concourse
Bronx, New York 10456
(718) 681-4000 /Fax (718) 681-5165

Daughters of Jacob Health Services
1160 Teller Avenue
Bronx, New York 10456
(718) 293-1500 /Fax: (718) 992-2253

Eastchester Rehabilitation &
Health Care Center
2700 Eastchester Road
Bronx, New York 10469
(718) 231-5550/Fax: (718) 231-5268

East Haven Nursing &
Rehabilitation Center
2323 Eastchester Road
Bronx, New York 10469
(718) 655-2848/Fax: (718) 515-8249

Fieldston Lodge Care Center
666 Kappock Street
Bronx, New York 10463
(718) 549-1203/Fax: (718) 884-3792

Gold Crest Care Center
2316 Bruner Avenue
Bronx, New York 10469
(718) 882-6400/Fax: (718) 652-2461

Grand Manor Nursing &
Rehabilitation Center
700 White Plains Road
Bronx, New York 10473
(718) 518-8892/Fax: (718) 931-5994

Hebrew Home at Riverdale
5901 Palisade Avenue
Bronx, New York 10471
(718) 581-1000/Fax: (718) 549-0721

Hudson Pointe at Riverdale Center for
Nursing and Rehabilitation
3220 Henry Hudson Parkway
Bronx, New York 10463
(718) 514-2000/Fax: (718) 514-2035

Kings Harbor Multicare Center
2000 East Gun Hill Road
Bronx, New York 10469
(718) 320-0400/Fax: (718) 549-9053

Laconia Nursing Home
1050 East 230th Street
Bronx, New York 10466
(718) 654-5875/Fax: (718) 881-0729

Manhattanville Rehabilitation &
Health Care Center
311 West 231st Street
Bronx, New York 10463
(718) 601-8400/Fax: (718) 543-9543

Methodist Home for Nursing &
Rehabilitation
4499 Manhattan College Parkway
Bronx, New York 10471
(718) 548-5100/Fax: (718) 884-0073

Morris Park Nursing Home
1235 Pelham Parkway North
Bronx, New York 10469
(718) 231-4300/Fax: (718) 881-3534

Mosholu Parkway Nursing &
Rehabilitation Center
3356 Perry Avenue
Bronx, New York 10467
(718) 655-3568/Fax: (718) 515-5713

Park Gardens Nursing &
Rehabilitation Center
6585 Broadway
Bronx, New York 10471
(718) 549-2200/Fax: (718) 549-5030

Pelham Parkway Nursing Care &
Rehabilitation Center
2401 Laconia Avenue
Bronx, New York 10469
(718) 798-8600/Fax: (718) 798-5282

Providence Rest Nursing Home
3304 Waterbury Avenue
Bronx, New York 10465
(718) 931-3000/Fax: (718) 863-0185

Regeis Care Center
3200 Baychester Avenue
Bronx, New York 10475
(718) 320-3700/Fax: (718) 671-2554

Riverdale Nursing Home
641 West 230th Street
Bronx, New York 10463
(718) 796-4800/Fax: (718) 796-2956

Saint Barnabas Nursing Home
2175 Quarry Road
Bronx, New York 10457
(718) 960-3917/Fax: (718) 960-3998

Saint Patrick's Home for the
Aged & Infirm
66 Van Cortlandt Park South
Bronx, New York 10463
(718) 519-2800/Fax: (718) 519-2817

Saint Vincent de Paul Skilled Nursing &
Rehabilitation Center
900 Intervale Avenue
Bronx, New York 10459
(718) 589-6965/Fax: (718) 589-0188

Schervier Nursing Care Center
2975 Independence Avenue
Bronx, New York 10463
(718) 548-1700/Fax: (718) 431-0744

Split Rock Rehabilitation & Health Center
3525 Baychester Avenue
Bronx, New York 10466
(718) 798-8900 /Fax: (718) 405-1439

Terrace Healthcare Center
2678 Kingsbridge Terrace
Bronx, New York 10463
(718) 796-5800/Fax: (718) 548-5982

The Citadel Nursing & Rehabilitation
Center at Kingsbridge
3400-26 Cannon Place
Bronx, New York 10463
(718) 796-8100 /Fax: (718) 796-8182

The Plaza
100 West Kingsbridge Road
Bronx, New York 10468
(718) 410-1500/Fax: (718) 410-1366

Throgs Neck Extended Care Facility
707 Throgs Neck Expressway
Bronx, New York 10465
(718) 430-0003/Fax: (718) 792-2765

Rebekah Home Rehabilitation &
Extended Care Center
1072 Havemeyer Avenue
Bronx, New York 10462
(718) 863-6200/Fax: (718) 892-5935

University Nursing Home
2505 Grand Avenue
Bronx, New York 10468
(718) 295-1400/Fax: (718) 584-0175

Wayne Center for Nursing & Rehabilitation
3530 Wayne Avenue
Bronx, New York 10467
(718) 655-1700/Fax: (718) 515-5650

Williamsbridge Manor Nursing Home
1540 Tomlinson Avenue
Bronx, New York 10461
(718) 892-6600/Fax: (718) 931-1061

Workmen's Circle Multicare Center
3155 Grace Avenue
Bronx, New York 10469
(718) 379-8100/ FAX: (718) 379-4018

SOCIAL ADULT DAY SERVICES

ALERT & ALIVE DISCUSSION

Alert & Alive is an informal discussion group led by senior volunteers. Trained and supervised to run their own sessions on a continuous basis, volunteers learn the necessary skills to establish a warm and friendly atmosphere for peer group discussions. The goal is to help members feel comfortable sharing their beliefs, attitudes and concerns about aging. Training also emphasizes the importance of effective communication tools as the basis for a successful program.

To participate in this program you must be a registered member of a participating senior center. Days and times vary upon location, please contact center for discussion group schedule.

Bronx Programs

JASA/Dreiser Senior Center
177 Dreiser Loop
Bronx, New York 10475
(718) 320-1345

RAIN Boston Road Neighborhood Senior Center
2424 Boston Road
Bronx, New York 10467
(718) 547-8827

RAIN Eastchester Neighborhood Senior Center
1246 Burke Avenue
Bronx, New York 10469
(718) 882-8513

RAIN Nereid Neighborhood Senior Center
720 Nereid Avenue
Bronx, New York 10466
(718) 994-0132

BLOOD PRESSURE MONITORING PROGRAM

This program trains senior volunteers to measure the blood pressure of their peers. Once trained, the senior volunteers hold bi-weekly screening and monitoring sessions. Adhering to a special protocol, they keep records and follow-up with anyone whose blood pressure is too high or too low. They encourage program participants with questions about their blood pressure readings to check with their doctor.

To participate in this program you must be a registered member of a participating senior center.

Bronx Programs

JASA/Bartow Senior Center (718) 320-2066

JASA/Bay-Eden Senior Center (718) 882-3815

JASA/Dreiser Senior Center (718) 320-1345

JASA/Einstein Senior Center (718) 671-5161

Hope of Israel Senior Citizens Center (718) 665-8400

Bronx River Senior Center (718) 617-6334

PSS/Parkside Senior Center (718) 881-7780

RAIN Nereid Neighborhood Senior Center (718) 994-0132

Senior Services at Pelham Parkway NORC (718) 652-6363

SHOPP Casa Boricua Innovative Senior Center (718) 542-0222

STAY WELL EXERCISE PROGRAM

The Stay Well exercise program is geared for all seniors, ranging from the fit to those with disabilities. The curriculum includes aerobic exercises as well as routines designed to enhance balance, build muscle strength and aid in the performance of the tasks associated with daily living. Classes end with stress reduction exercises. Classes normally run 40 - 50 minutes and are held once a week. To participate in this program you must be a registered member of a participating senior center.

Bronx Programs

Neighborhood SHOPP Leon Senior Center (718) 708-6897

Bronx Works Morris Innovative Senior Center (718) 933-5300

Bronx House Senior Center (718) 792-1800

SHOPP Casa Boricua Innovative Senior Center (718) 542-0222

Kips Bay Castle Hill Senior Center (718) 824-8910

Riverdale Y Senior Center (718) 548-8200

Hope of Israel Senior Citizens Center (718) 655-8400

James Monroe Senior Center (718) 893-3484

JASA/Dreiser Senior Center (718) 320-1345

JASA/Bartow Senior Center (718) 320-2066

BronxWorks East Concourse Senior Center (718) 731-6300

PSS/Highbridge Senior Center (718) 588-3004

PSS/Parkside Senior Center (718) 881-7780

RAIN Boston East Neighborhood Senior Center (718) 654-9200

RAIN Boston Secor Neighborhood Senior Center (718) 671-8550

RAIN Eastchester Neighborhood Senior Center (718) 882-8513

RAIN Nereid Neighborhood Senior Center (718) 994-0132

Marble Hill Senior Center (718) 562-8551

SEBCO Senior Programs (718) 617-3465

ADULT DAY CARE

Adult Care Programs provide medical assessments, rehabilitation and counseling services. These activities all take place in a friendly, social setting, helping to counteract the isolation and depression suffered by so many elderly coping with disabilities. The criteria for eligibility, fees, and specific areas served vary from program to program.

The following are Social Adult Day Care Programs available in The Bronx:

Riverdale Social Adult Day Service
2600 Netherland Avenue
Bronx, New York 10463
(718) 884-5900

Forever Young Social Adult Day Care
3305 Third Avenue
Bronx, New York 10456
(347) 577-1414

Saint Barnabas
Nursing Home
2175 Quarry Road
Bronx, New York 10457
(718) 960-3917

AHS Caring Communities
502 East 163rd Street
Bronx, New York 10451
(718) 265-0684

Split Rock Rehabilitation
& Healthcare Center
3525 Baychester Avenue
Bronx, New York 10466
(718) 798-8900

Riverdale Y Social Adult Day Program
5625 Arlington Avenue
Bronx, New York 10471
(718) 548-8200 Ext. 226

Bay Park Center
for Nursing & Rehabilitation
801 Co-op City Boulevard
Bronx, New York 10475
(718) 239-6500

Renaissance Adult Day Services
625 East Fordham Road
Bronx, New York 10458
(718) 362-8122

Open Arms Circle Adult Social Day Care
860 East 161st Street
Bronx, New York 10459
(347) 913-4343

Bainbridge Adult Day Care Center
3518 Bainbridge Avenue
Bronx, New York 10467
(718) 655-1991

Hebrew Home at Riverspring Health
5901 Palisade Avenue
Bronx, New York 10471
(718) 581-1000

JASA Bronx Social Adult Day Care
177 Dreiser Loop, Rm 1
Bronx, New York 10475
(718) 320-2066

Jewish Home Life & Adult Day Care
100 West Kingsbridge Road
Bronx, New York 10468
(718) 410-1330

LGBT SERVICES

SAGE-Services and Advocacy for LGBT Elders is a citywide program that offers dozens of activities, programs and services for LGBT seniors. Its brand-new full-time senior center is open every day and serves dinner every evening. In addition to a wide range of social, health, cultural and educational activities, SAGE has a clinical and social services program providing counseling and case management on-site, by telephone and in the home. It also offers friendly visiting and services for caregivers.

SAGE Centers are accessible, inclusive and welcoming gathering places throughout New York City. SAGE Centers offer a number of social activities and programs for LGBT older people. These include cultural programs such as acting, creative writing, and art classes, and programs focused on health and well-being, such as nutrition classes, tai chi, meditation, bilingual discussion groups and more. The following is a select listing of regular programs and services.

- Health and nutrition information sessions
- Exercise and movement classes
- Art creation and appreciation
- Computer classes
- Social events and parties
- Movies and discussion
- Educational and skill-building workshops
- Men's and women's discussion groups
- Cyber cafe
- Case management

The *SAGE Center Bronx* is located inside the Union Community Health Center. It serves LGBT older adults from across the borough and throughout the City with lively social events, daily hot nutritional lunches, a cyber center, health and wellness programs, arts and cultural events, and more! *SAGE Center Bronx* is located at 260 East 188th Street between Valentine and Tiebout Avenue.

For more information contact: #718-960-3354

ELDER ABUSE & CRIME VICTIM SERVICES

THE DEPARTMENT FOR THE AGING

The Department for the Aging directly, and through a network of community-based agencies, sponsors elder abuse prevention activities for older New Yorkers and provides counseling and supportive services to victims of elder abuse in New York City.

As the elderly population increases, elder abuse and other crimes against older persons are also on the increase. It's important that you know how to recognize elder abuse and how to get help if you're being abused or you suspect someone you know is being abused. It's also important to not be a "silent" victim if you're ever robbed, mugged or taken advantage of through a scam or other type of fraud. You should report these crimes so law enforcement can track down the perpetrators. And you should seek support services to help you cope with their psychological impact as well as your safety and financial concerns.

Here are some serious ways older persons can be abused:

Emotional Abuse: causing mental anguish and despair by name calling, or by insulting, ignoring, threatening, isolating, demeaning, and controlling behavior.

Financial Abuse: illegally or unethically exploiting an older person through use of his/her cash, credit cards, funds or other assets without permission or through coerced permission.

Physical Abuse: slapping, bruising, coercing (including sexual coercion), cutting, burning, or forcibly restraining an older person.

Neglect: refusing or failing to carry out caretaking responsibilities (e.g., withholding food, medicine, glasses or dentures); also, abandoning a dependent older person.

Getting Help if You're a Crime Victim

Call 311 and ask to report that you have been the victim of a crime. Identify yourself as being 60 years of age or older. 311 will link you to help with the following:

- Crisis intervention
- Safety planning
- Support services
- Linkages to police services, district attorney offices and legal service providers
- Application for compensation to the New York State Office of Victim Services (NYSOVS)

The New York State Office of Victim Services (OVS) manages compensation and other services for innocent victims of crime.

Getting Help to Stop Elder Abuse

If a senior is in immediate physical danger, call 911. Otherwise, call 311 and ask to report elder abuse. You will be linked to the appropriate agency. You can also get help directly from local community organizations that offer elder abuse services.

SHOPP VIP Elder Abuse &
Crime Victims Assistance Program
953 Southern Boulevard, Suite 203
Bronx, NY 10459
(718) 542-0006

BRONX DISTRICT ATTORNEY'S OFFICE

The Elder Abuse Unit is comprised of senior Assistant District Attorneys who specialize in financial frauds and possess an understanding of the additional challenges which elderly victims encounter. When appropriate, the Assistant District Attorneys will refer the victim to programs which will lend additional support, often utilizing the resources of the Crime Victims Assistance Unit.

The Bronx District Attorney's Office has partnered with the Hebrew Home for the Aged at Riverdale and the Bronx Office of Adult Protective Services to form the Elder Abuse Initiative and Multi-Disciplinary Task Force to serve the law enforcement, social service and senior community. To heighten public awareness and prevention strategies, we provide lectures, attend health and information fairs and disseminate educational materials on elder abuse.

For more information, call (718) 590-2260 or (718) 590-2272.

Bronx District Attorney's Office Elder Abuse Unit
198 East 161 Street, 5th Floor
Bronx, New York 10451
(718) 590-2260

ADULT PROTECTIVE SERVICES

In providing services to impaired adults, it is required for Protective Services for Adults to work with agencies dealing with aging, medical and mental health, legal issues and law enforcement. Services available by Protective Services for Adults include:

- Investigation and assessment of the adult's needs and risk of harm
- Counseling for the victimized adult and their family
- Advocacy and case management services including arranging for medical and mental health assessments, applying for benefits and assuring coordinated delivery services

- Finding alternative living arrangements, including providing emergency room and board for up to 30 days
- Financial management services, including serving as representative payee Homemaker and housekeeper chore services, within specified limits
- Crisis interventions, such as securing access orders, involuntary protective service orders and orders of protection
- Long-term legal interventions, such as pursuing guardianship

For further information on any of these services, please contact your local department of social services and ask for Protective Services for Adults.
Bronx Borough Office: (718) 620-8880

Many resources exist in the community to assist victims of elder abuse.

Crime Victims Support Services of the North Bronx
1138 Neil Avenue
Bronx, New York 10461
(718) 823-4925
Monday- Friday 9 a.m. -5 p.m.

BronxWorks Heights Neighborhood Senior Center
200 W. Tremont Avenue
Bronx, NY 10453
(718) 299-0300 ext.11

Safe Horizons Family Court Program
900 Sheridan Avenue, 6th floor, Room 1-40
Bronx, New York 10451
(718) 590-2371

JASA/Bronx Adult Protective Services
1 Fordham Plaza, Suite 908
Bronx, NY 10458
718.365.8359

LEGAL ASSISTANCE FOR THE ELDERLY

FREE LEGAL SERVICES

Several organizations provide legal services free of charge to senior citizens who are in financial need. They handle cases related to landlord tenant conflicts, consumer and public utility disputes and government benefit programs such as Medicare, Medicaid, SSI, and SNAP benefits.

Legal Aid Society
260 East 161st Street, 8th Floor
Bronx, New York 10459
(718) 991-4600

Legal Services for New York City (LSNY)
329 East 149th Street, 3rd Floor
Bronx, NY 10451
(718) 928-3700

AGE DISCRIMINATION

Age discrimination is sometimes clear, but more often subtle. It can occur in housing and with your credit. If you have a question of whether you are being discriminated against because of age and are 60 years or older, contact:

New York State Division of Human Rights
One Fordham Plaza, 4th Floor
Bronx, New York 10458
(718) 741-8400

BURIAL INFORMATION

HRA'S BURIAL CLAIMS UNIT

The Human Resources Administration (HRA) will provide funding to individuals in need of assistance to meet funeral expenses. These funds are available when an poor resident of New York City dies who may have been in receipt of Supplement Security Income (SSI), Cash Assistance (CA), or leaves no funds to cover his or her burial expenses, and there are no Legally-Responsible Relatives (LRR) able to pay the funeral expenses.

HRA will pay up to \$900 towards burial expenses, but total burial expenses must be no more than \$1,700. The cost of cremation or grave and grave opening charges are excluded, however, the cost of burying the ashes, after cremation is not excludable in calculating the \$1,700 total cost. If the total funeral bill exceeds the amount of \$1,700, HRA will make no payment. Any assets or resources left by the decedent on the date of death will be subtracted from the \$900, if the claim is otherwise determined to be eligible.

The individual who makes the funeral arrangements or his/her representative must file an application within 60 days from the date of death, in person, at our office located at 25 Chapel Street (6th Floor) Brooklyn. That individual should bring in any Documentation to the initial interview and may submit the remainder of documentation needed by US Mail.

Burial Claims Unit
25 Chapel Street - 6th Floor
Brooklyn, NY 11201-1954
(718) 473-8310

VETERANS BURIAL BENEFITS

VA burial allowances are flat-rate monetary benefits that are generally paid at the maximum amount authorized by law for an eligible Veteran's burial and funeral costs. Eligible surviving spouses of record are paid automatically upon notification of a Veteran's death, without the need to submit a claim. VA may grant additional benefits, including the plot or internment allowance and transportation allowance, if it receives a claim for these benefits.

WHO IS ELIGIBLE?

If the burial benefit has not been automatically paid to the surviving spouse, VA will pay the first living person to file a claim of those listed below:

- The Veteran's surviving spouse, **OR**
- The survivor of a legal union between the deceased Veteran and the survivor, **OR**
- The Veteran's children, regardless of age, **OR**
- The Veteran's parents or surviving parent, **OR**
- The executor or administrator of the estate of the deceased Veteran

HOW CAN YOU APPLY?

You can apply by completing VA Form 21P-530 *Application for Burial Benefits*. You should attach a copy of the Veteran's military discharge document (DD Form 214 or equivalent) and a death certificate.

Mail your application to:

New York Regional Benefit Office
245 W. Houston St.
New York, NY 10014
Phone#: 1-800-827-1000

THE RESPONSIBILITY OF THE PUBLIC ADMINISTRATOR

There is a Public Administrator in every county in the City of New York. The Public Administrator of The Bronx County administers the estates of Bronx residents who die without a will and without any heirs willing or able to administer the estates. The Public Administrator's primary duty is to administer estates that would otherwise remain un-administered: to protect the decedent's property from waste, loss or theft; make appropriate burial arrangements when no close relative is available to make the decisions; conduct thorough investigations to discover all assets; liquidate assets at public auction or distribute assets to heirs; pay the decedent's bills and taxes; and to locate persons entitled to inherit from the estate and ensure that the legal distributees receive their inheritance.

The Public Administrator handles estates in several instances, including but not limited to the following:

- When no one else is willing or able to administer the estate
- When there are no known heirs
- When the executor or administrator cannot serve due to illness, death, conviction of a felony, or is otherwise disqualified from serving and no one else is available

To complete this process, the Public Administrator may employ accountants, auctioneers and others to assist with the administration of the estate. An administrator must inventory the property of the decedent, pay taxes, make funeral arrangements, pay the funeral bill and other debts and claims, and sell such of the decedent's property as is necessary to accomplish this end. At times the Public Administrator must defend the estate and bring lawsuits to resolve civil difficulties.

Public Administrator- Bronx County
851 Grand Concourse, Room 336
Bronx, New York 10451
(718) 293-7660

TRANSPORTATION OPTIONS

ACCESS-A-RIDE

What is Access-A-Ride?

Access-a-Ride provides transportation for people with disabilities who are unable to use public bus or subway service for some or all of their trips. It offers shared ride, door-to-door paratransit service. AAR operates 24 hours a day, seven days a week. When you call 877-337-2017 and reserve your trip to a location in Nassau or Westchester counties, the reservationist will inform you if the location is within the three-quarter mile service area. New York City Transit (NYC Transit) administers Access-a-Ride; private carriers under contract to NYC Transit provide service.

Access-A-Ride, New York City Transit, Paratransit Division
130 Livingston Street
Brooklyn, New York 11201
(877) 337-2017
Or (718) 393-4999 if you are calling from an outside region

REDUCED FARE CARD

Individuals 65 and older or with qualifying disability may apply for a Reduced Fare card by mail or in person. Documentation is needed when applying for Reduced Fare MetroCard or Photo Identification MetroCard.

By Mail:

1. Download, read and complete an application.
Select an application: [Senior Citizen](#) or [People with Disabilities](#)
2. Enclose a 2" x 1½ photograph.
3. Enclose a photocopy of acceptable proof of age: Driver's License, Medicare Card or Birth Certificate (one must have a photograph of you), or proof of a qualifying disability and mail to:

**MTA New York City Transit
Att: Reduced Fare Program
130 Livingston Street
Brooklyn, NY 11201-9625**

In Person:

Seniors: If you are 65 years of age or older, you can bring your application to a MetroCard Bus or Van, or our walk-in MetroCard Customer Service Center.

- Bring two valid IDs: Driver's License, Medicare Card, or Birth Certificate, one of which must have a photograph of you.
- Free photography services available
- Notary not necessary

Customers with Qualifying Disabilities: If you have a disability, please follow the instructions above for mailing your application. If you need help completing the application, call Customer Information at 511, which is a voice-recognition system, and say "MTA," then say "**Subway and Buses**" and follow the prompts. If you are deaf or hard of hearing, use your preferred relay service provider or the free **711** relay. You can also visit a MetroCard Bus or Van, or our walk-in MetroCard Customer Service Center. Upon receipt of your completed application, an examiner will review your application and, if necessary, may contact you for additional information.

Where to go:

MetroCard Bus or Van

or

The Customer Service Center

3 Stone Street, in Lower Manhattan

Between Broadway and Broad Street

Hours: Open weekdays, 9 AM to 5 PM, except holidays

Bronx Metro Card Van Schedule

Location	When	Time
Bronx Borough Hall (Grand Concourse & 161 Street)	2nd Wednesday	1:30 PM - 2:30 PM
Co-op City at Bartow Mall (Co-op City Boulevard)	1st & 3rd Thursday	9 AM - 10:30 AM
Co-op City at Dreiser Loop	1st & 3rd Thursday	11 AM - 12:30 PM
Co-op City at Einstein Loop	1st & 3rd Thursday	1 PM - 2:30 PM
East Bronx at 3369 East Tremont Avenue between Bruckner Boulevard & Haskins Street	2nd Friday	1PM - 3PM
Fordham Road & Grand Concourse	2nd & 4th Friday	12 noon - 2 PM
Fordham Plaza – Intersection of Fordham Road, 3rd Avenue & Webster Avenue	2nd & 4th Friday	2:30 PM - 4 PM
Kingsbridge at West 231 Street & Broadway	1st & 3rd Wednesday	2 PM - 3 PM
Parkchester at Metropolitan Oval	2nd Wednesday	11 AM - 12:30 PM
Riverdale at Skyview Shopping Center (Riverdale Avenue between West 256 & West 259 St)	1st & 3rd Wednesday	12 noon - 1 PM
Riverdale at West 235 Street & Johnson Avenue	1st & 3rd Wednesday	9 AM - 11:30 AM
Throgs Neck at St. Frances DeChantal Church (190 Hollywood Avenue)	2nd Wednesday	9 AM - 10 AM
Van Cortlandt Village (3887 Sedgwick Avenue)	2nd & 4th Friday	9:30 AM - 11 AM

Accessible Dispatch

The Accessible Dispatch program gives New York City residents and visitors with disabilities greater access to green and yellow wheelchair accessible taxis. Through Accessible Dispatch, passengers can request an accessible taxi for pick-up anywhere in the five boroughs, including the Bronx. Passengers pay the metered fare, with no extra costs. With Accessible Dispatch, you can access the city like never before!

Book your next trip to go anywhere in the city, from anywhere in the city:

- Call 646-599-9999 or dial 311 (NY Relay: 711)
- Download the app: Accessible Dispatch NYC
- Schedule online at <https://mtm.ridewithzoom.com/#/booking>

For more information, visit www.accessibledispatch.com.

PERMITS FOR PEOPLE WITH DISABILITIES

New York City issues two types of permits for citizens with disabilities - a [New York State Permit](#) and a [New York City Permit](#). There are different eligibility requirements and different uses for these permits.

New York State Permits

You are eligible to be issued a New York State disability parking permit hangtag for the disabled if you are a New York City resident and have a severe, permanent or temporary, qualifying mobility impairment as certified by a New York State-licensed physician or podiatrist. You do not have to be a driver or registered owner of a vehicle to get a permit. Disabled children and legally blind persons are eligible for permits.

According to the New York Vehicle and Traffic Law, Section 404A, to be eligible for the State Permit you must:

- have limited or no use of one or both legs;
- have a neuro-muscular dysfunction which severely limits mobility;
- have another physical or mental disability which makes the use of public transportation difficult; or
- be legally blind.

Your physician must state whether the condition is permanent or temporary in nature and describe how severely and regularly the condition affects your ability to walk.

Using the State Permit

The state permit is a blue plastic hangtag displaying the universal International Symbol of Access for people with disabilities. Hang it from the inside rearview mirror of your vehicle. (Temporary permits are red plastic hangtags.)

The permit is valid everywhere in New York State where there are designated parking spaces for people with disabilities. In New York City, these spaces are all off-street, such as in parking lots for malls, office buildings or college campuses. It is also valid in all other states and Canadian provinces. No copies are allowed. The permit may be used only when the permit-holder is traveling in the vehicle. However, its use never allows you to disobey state or local parking regulations. Any person who has been issued a disability parking permit, who abuses any privilege, benefit, precedence or consideration arising from possession of the permit, may have it revoked.

The State permit is valid until the expiration date printed on the permit.

Applying for the State Permit

Apply for or renew a state permit online at www.nyc.gov/dot

To apply with paper, please print, fill out and sign your section of the application form and have your doctor fill out and sign the certification section. Mail the completed application to the address on the form.

New York City Permits

The New York City permit is a placard that can have several license plates associated with it. The permit holder must move the permit to whichever vehicle he or she is using at the time. No copies are allowed. Both city residents and non-City residents are eligible for a New York City permit.

To be eligible to receive a City Parking Permit for People with Disabilities, the following requirements must be met:

- You must require the use of a private vehicle for transportation.
- You must have a severe, permanent disability that impairs mobility as certified by your personal physician and a New York City physician designated by the Department of Health and Mental Hygiene (DOHMH).

Using the City Permit

The city permit is a rectangular placard. Display it in full view on the driver's side dashboard.

Unlike the state permit, your City permit entitles drivers to park only in New York City.

The City permit allows the driver to park at most curbsides on city streets including in all "No Parking" zones (except those marked as taxi stands); in "No Parking", "No Standing" or "Authorized Vehicles Only" spaces authorized for doctors, press, diplomats and government agencies; at metered parking without paying; in "No Standing, Trucks Loading and Unloading" or "Truck Loading Only" zones except for specified restricted hours.

The City permit cannot be used in any "No Stopping" zones; in any "No Standing" zones other than those listed above; in front of fire hydrants, at bus stops or in crosswalks. Double parking is never permitted.

The City permit is valid until the expiration date printed on the permit. Approximately six weeks before the scheduled expiration date, you will be asked if you wish to renew and to verify that your information of record is still correct. Your permit will be renewed upon request unless your condition requires a medical re-examination.

Applying for the City Permit

When applying, you must provide any supporting medical documentation or reports as specified in the application, a valid copy of your Driver's License or a Non-Driver's Identification card. You must also include copies of all vehicle registrations. They must be current and valid. DOT will not accept any plate number in judgment with the NYC Department of Finance.

When DOT receives your signed application, it will be reviewed for completeness. Incomplete applications will be returned to you with a letter requesting the missing information. Complete applications will be forwarded within ten working days to the Department of Health and Mental Hygiene (DOHMH).

A review of the application and documentation will be performed by DOHMH and if needed, DOHMH staff will contact you to schedule an In-Person Medical Evaluation appointment. If you are unable to make your scheduled appointment, you must call DOHMH to cancel and reschedule no later than 48 hours before your appointment.

If your application is approved by the designated DOHMH Physician, DOT will issue you one permit with specified plates printed on it. If your application is denied, DOT will send you a denial-of-certification letter, which shall include a description of the appeal process.

Apply for or renew a city permit online.

To apply using paper forms, download the application using the link below, print, fill out and sign the application form. Please print or type. Write your name on the application exactly as it appears on your State-issued Driver's License or identification card.

Mail the completed application to the address below.

NYC Department of Transportation
Permits & Customer Service
30-30 Thomson Avenue 2nd floor
Long Island City, NY 11101

To obtain an application visit www.nyc.gov/dot or call 311 or (718) 433-3100

EMPLOYMENT

THE BRONX OVERALL ECONOMIC DEVELOPMENT CORPORATION

The Bronx Overall Economic Development Corporation (BOEDC) serves not only as an economic development consultant for the Office of the Bronx Borough President, but it also seeks to maximize employment opportunities for Bronx residents of all ages.

For more information call (718) 590-6252 or you may visit the office at:

Bronx Overall Economic Development Corporation
851 Grand Concourse, Room 123
Bronx, New York 10451

SENIOR EMPLOYMENT SERVICES

The Department for the Aging's Senior Employment Services (SES) assists New York City residents 55 years of age and older who are seeking work opportunities. SES workshops offer classroom training, job search techniques and part-and full-time job placements. All SES programs offer employment contact and placement assistance for low to moderate income mature adults.

Contact:

NYC Department for the Aging
Senior Employment Services
2 Lafayette Street, 6th Floor
New York, New York 10007
Dial 311 or call (212) 602-6958

WORKFORCE1 CENTERS

If you want to find a new job, re-enter the job market or upgrade your skills, New York City's Workforce1 Career Centers offer workshops and preparation courses on a variety of topics to improve your employment prospects. Plus, the Centers offer access to career advisement, skills and job training, tools that support a comprehensive job search and connection to other free services.

Workforce1 Centers are located throughout the five boroughs. They do not charge for services, and there are no income, citizenship or residency requirements. New York's centers are operated by the Department of Small Business Services in coordination with the New York State Department of Labor and the City University of New York.

Workforce1 Sites:

Bronx Workforce1 Career Center
400 East Fordham Road
Bronx, New York 10458
(718) 960-2458

Bronx Workforce1 Industrial & Transportation Career Center
14 Bruckner Blvd, 3rd Floor (Entrance is located at 90 Lincoln Avenue)
Bronx, New York 10454
(718) 433-2774

Hunts Point Workforce1 Career Center
1029 East 163rd, 3rd Floor
Bronx, New York 10459
(718) 542-6777

THE FOSTER GRANDPARENT PROGRAM

The Foster Grandparent Program is a volunteer program that offers seniors age 60 and older a paid non-taxable stipend to serve as mentors, tutors and caregivers for children and youth with special needs. Foster Grandparents serve 20 hours per week in community-based organizations such as elementary schools, hospitals, day care programs, after-school programs and Head Start programs.

As a Foster Grandparent, you will help your assigned “grandchildren” with developmental and learning tasks, like reading, arithmetic and other school skills. But you will also be doing something even more important. You will be providing the love and care your at-risk “grandchildren” need and often do not get from their families. By encouraging their confidence and sense of self-worth, you will be changing their lives and giving them the chance to grow up to be happy and productive adults.

The Foster Grandparent Program is part of the National Senior Service Corps that offers low-income older Americans across the country opportunities to “give back” to their communities. New York City’s Foster Grandparent Program is managed by the New York City Department for the Aging. In addition to receiving a modest tax-free stipend, Foster Grandparents receive reimbursement for transportation, a daily meal during service, an annual physical examination and accident and liability insurance while on duty.

Foster Grandparent Program
New York City Department for the Aging
2 Lafayette Street
New York, New York 10007
(212) 602-4214 or Dial 311

ADULT EDUCATION PROGRAMS

THE DEPARTMENT OF EDUCATION

Many New York City educational institutions welcome senior citizens in their courses. Whether you graduated from college or never received a high school diploma, there are many opportunities to go back to school.

The Department of Education (DOE) offers a vast selection of courses for adults of all ages, including classes on computer skills, English for Speakers of Other Languages (ESOL), Adult Basic Education (ABE), and the Test Assessing Secondary Completion (TASC) exam which is the high school equivalency test in New York State, formerly known as the GED.

Registration Site:

Bronx Adult Learning Center
3450 East Tremont Avenue, Room 323
Bronx, New York 10465
(718) 863-4057
www.adultednyc.com

NEW YORK CITY DEPARTMENT FOR THE AGING

The Department for the Aging has so many wonderful programs that you can access on-line. *Age-Friendly NYC College Link* is an online database promoting lifelong learning. You can search for continuing education courses, senior discounts, free auditing privileges, job training and certificate programs, GED and ESL courses, performances and lecture series and campus art galleries, museums and gyms. Whether you want to attend classes or just want to know about campus events, Age-Friendly NYC Link has something for everyone. More than 40 local NYC-area schools list their offerings. For more information contact: Age Friendly NYC at (212) 822-7251 or agefriendlynyc@nyam.org

CITY UNIVERSITY OF NEW YORK (CUNY)

The CUNY Adult Literacy (HSE/ESL) Program has been a cornerstone of CUNY's Division of Adult and Continuing Education for more than thirty years. Through the Program, many have learned to speak English, read, write and do math with greater facility, and to prepare for high school credentialing through the High School Equivalency exam.

The Program enrolls nearly 10,000 students a year and is coordinated centrally at the Office of Academic Affairs by a University Director and supported by a staff of professional developers with expertise in Adult Literacy, High School Equivalency (HSE) preparation and English for Speakers of Other Languages (ESOL).

The colleges listed below offer discounts on tuition and/or registration to older adults for a variety of courses. They also offer free ESOL and GED/HSE classes under the Division of Adult and Continuing Education.

Bronx Community College

2155 University Avenue

South Hall, Suite 211

Bronx, New York 10453

(718) 289-5100/ (718) 289-5834 (Continuing Education & Workforce Development)

Hostos Community College

500 Grand Concourse

Bronx, New York 10451

(718) 518-4444

(718) 518-6723 (Adult Learning Center at 560 Exterior Street)

Lehman College

Shuster Hall

250 Bedford Park Boulevard West

Bronx, New York 10468

(718) 960-8706

(718) 960-8807 (Adult Learning Center)

CULTURAL CENTERS & RECREATIONAL PROGRAMS

The Wildlife Conservation Society

Bronx Zoo

2300 Southern Boulevard

Bronx, New York 10460

(718) 220-5100

Seniors Admission Cost - \$28.95

65 and over

www.bronxzoo.com

Bronx Museum of the Arts

1040 Grand Concourse

Bronx, New York 10456

(718) 681-6000

Seniors Admission Cost - FREE

Free on Fridays

www.bronxmuseum.org

The New York Botanical Garden

Bronx River Parkway @ Fordham Road

Bronx, New York 10458

(718) 817-8700

Senior All Garden Pass - \$18-\$22

Senior Grounds Only - \$6

Grounds admission is FREE to everyone all day Wed. and Sat. 9am-10am

www.nybg.org

Bronx Council on the Arts

1738 Hone Avenue

Bronx, New York 10461

(718) 931-9500

Senior Membership - \$25

www.bronxarts.org

Bronx Opera Company

Lovinger Theater at

Lehman College

250 Bedford Park Blvd West

Bronx, New York 10468

(718) 365-4209

Senior Discount -

\$5 off of tickets

www.bronxopera.org

Historical Societies

Bronx Historical Society

3309 Bainbridge Avenue

Bronx, New York 10467

(718) 881-8900

Senior Membership - \$20

Pelham Masonic Historical
Society of City Island

241 City Island Avenue

Bronx, New York 10464

(718) 885-3233

The City Island Historical
Society and Nautical Museum

190 Fordham Street

Bronx, New York 10464

(718) 885-0008

General Membership - \$20

Admission - \$5

(Free to members)

www.cityislandmuseum.org

SENIOR HOUSING PROGRAMS

Adult Care Facilities

Adult Care Facilities (ACFs) offer temporary or long-term housing in combination with a package of services, which may include housekeeping, laundry, congregate meals, socialization and recreational activities, arrangement of medical visits, medication distribution, personal care (e.g. assistance with bathing and dressing), supervision, and/or case management. Services provided differ amongst the residences, depending on the type of Adult Care Facility and the residence itself.

In New York City, the four major types of Adult Care Facilities are Adult Homes, Enriched Housing, Assisted Living Programs (ALPs), and Assisted Living Residences (ALRs). If placement within a facility is considered, a physician can assess an individual's overall health condition and level of functioning, and identify the type of residence that is appropriate for the patient's needs. Following is a brief summary/description of these four ACF models.

Adult Homes

Adult homes provide 24 hours of supervision, three congregate meals a day, and a private or semi-private bedroom. Adult homes may also serve mentally ill adults.

To be admitted a client cannot be chronically bedfast and cannot be incontinent or have unmanageable incontinence. The resident should be able to walk without the assistance of another person or be able to transfer from wheelchair to bed without the assistance of another person. Residents cannot require intermittent or ongoing skilled nursing care that exceeds the level offered by home care service agencies.

Enriched Housing

Enriched Housing programs serve elderly, usually 65 years of age or older, in a community-integrated setting. Enriched Housing programs offer greater independence than adult homes. The basic, private residential unit is an efficiency apartment and each apartment is equipped with a kitchen. The law only mandates part-time supervision and less than three meals a day, but most operators choose to provide 24 hours of supervision and all meals. The program does not serve persons with mental disabilities or behavior that may adversely affect other residents or staff.

Assisted Living Programs (ALPs)

New York State's Assisted Living Program (ALP) provides home health care (e.g. physical, speech, and occupational therapy) and nursing care to residents who are nursing home-eligible. Clients are medically stable, do not require continuous medical attention, and are not chronically chairbound or bedbound. ALPs are less restrictive and less expensive than nursing homes. To operate an assisted living program, a facility must first be certified as an adult home or enriched housing program.

Assisted Living Residences (ALRs)

Assisted Living Residences (ALRs) follow regulations established for adult homes or enriched housing programs, plus an additional set of requirements. Assisted Living Residences (ALRs) are classified as Basic Assisted Living Residences, Enhanced Assisted Living Residences (EALRs), or Special Needs Assisted Living Residences (SNALRs). ALRs provide 24-hour supervision and private quarters consist of a single or half-shared bedroom, or an apartment.

The source of payment for most Adult Care Facilities is from a client's own private funds or through long term care insurance. Medicaid and Medicare

may pay for medical services, and with Assisted Living Programs (ALPs), Medicaid can also pay for personal care, home health care, nursing services, and physical, speech, and occupational therapy.

Further information can be found at the NYS Department of Health's website www.health.ny.gov. To file a complaint against an Adult Care Facility, contact the Department of Health's Division for Long Term Care at 1-866-893-6772 (toll-free).

Home Sharing/Shared Living Residences

Home Sharing or Shared Housing programs match elderly with other elderly, younger adults, or the developmentally disabled into homes owned by an individual or a non-profit agency. The "host," or person offering a home to a home seeker, can also be a renter. Most programs require that matched individuals be healthy and self-sufficient. Shared Housing programs facilitate appropriate matches and provide limited follow-up support, including home visits, mediation, and assistance in obtaining social services. A Shared Living Residence is a residence developed specifically for unrelated individuals to live together. It typically consists of private bedrooms and some common living areas. Roommates usually function as a household, sharing daily chores and expenses.

Contact: *New York Foundation for Senior Citizens - Home Sharing Program* at (212) 962-7559 Ext. 244

Section 202 Supportive Housing for the Elderly Program

The federal Section 202 Supportive Housing for the Elderly program provides housing with supportive services and rental assistance for low income elderly, including elderly with disabilities. Prior to 1991, the program did not include funding for services, so Section 202 projects vary in the services provided, ranging from none to a full complement of support

services, which may include a daily congregate meal, housekeeping, transportation, social services, and other activities that help residents maintain independent living. Most buildings have a number of accessible units for the disabled.

Residents pay 30% of their income for rent, with federal subsidies covering the balance of the unit's fair market price. To be eligible for residency in most Section 202 projects, applicants must have low or moderate income and at least one household member needs to be 62 years of age or older. In general, wait times for available apartments at existing Section 202 buildings are considerably long. Many residences may no longer be accepting applications. For a list of Section 202 buildings please visit Housing Resources at www.nyc.gov/html/dfta

Mitchell-Lama Housing

Overseen by either the New York City Department of Housing Preservation and Development (HPD) or the New York State Division of Housing and Community Renewal (DHCR), Mitchell-Lama developments are subsidized rental or cooperative apartments for middle-income New Yorkers. Although Mitchell-Lama housing in general is open to people of all ages, a small portion of this housing stock was created for and is occupied exclusively by the elderly. This type of housing usually does not offer supportive services, but limited services such as transportation, social services, and leisure activities are available at some sites. Rents and carrying charges vary throughout the Mitchell-Lama buildings, as do income requirements. A complete listing of Mitchell-Lama buildings can be found by visiting the websites of HPD (nyc.gov/hpd) and DHCR (nyshcr.org).

NYCHA Public Housing

Comprising over 300 developments located throughout the five boroughs, NYCHA Public Housing provides subsidized rental apartments to low and moderate income residents, with access to social services as needed. Income guidelines are revised annually. The majority of these buildings are for the general public, that is, most are not specifically reserved for seniors. Fifty-six (56) developments contain at least one building constructed for seniors: forty-two (42) are full senior developments (developments that consist of senior buildings only) and fourteen (14) are partial senior developments (mixed developments that each contain at least one senior and one non-senior building). Although NYCHA policy does not allow application to a particular residence, clients are given the opportunity to indicate on the application form whether they would be interested in living in senior developments as a category of Public Housing.

To view partial senior developments or projects available to people of any age, log on to nyc.gov/nycha. Information on eligibility requirements and other assistance may be obtained by calling NYCHA's Customer Contact Center at 718-707-7771.

Project-Based Section 8 Buildings/the Section 8 Program

Section 8 is a rental assistance program for low-income individuals who contribute approximately 30% of their income towards monthly rent with the balance paid by the United States Department of Housing and Urban Development (HUD). With Tenant-Based Section 8, the recipient selects an apartment in the private market that he/she wants HUD to subsidize. Tenant-Based Section 8 is administered by three agencies in New York City: NYCHA (New York City Housing Authority), HPD (Housing Preservation and Development), and DHCR (Division of Housing and Community Renewal). NYCHA is the largest provider of Section 8, while HPD's program targets other categories of individuals. The Section 8 program at NYCHA has been closed to new applicants since December 2009.

For details and current updates on these two City-managed programs, please call 311.

The New York State Division of Housing and Community Renewal (DHCR) provides Section 8 to low-income individuals or families, homeless persons with a disability, and displaced households. Please address any questions to DHCR's Subsidy Services Bureau at 212-480-6672.

In Project-Based Section 8 developments, a percentage of the rental units are subsidized by HUD. Tenants living in these subsidized apartments must meet the same income standards set for Tenant-Based Section 8 and, likewise, are only responsible for approximately 30% of income for rent. The tenant receives the monthly Section 8 benefit by virtue of the fact that the apartment itself carries the subsidy.

Income limits for the Section 8 program are updated and published every year. Access figures for the current year by logging on to www.huduser.org or contacting HUD at 212-264-8000.

A full listing of Project-Based Section 8 buildings located throughout the United States for persons any age can be found on HUD's website www.hud.gov.

Single Room Occupancy Hotels (SROs)

SROs offer single adults permanent housing consisting of one or two small rooms with beds, and usually a shared bathroom and/or kitchen. Most SROs accept any age group and some SROs offer supportive services for residents with special needs, including the mentally ill, homeless, or people with AIDS-related illnesses. Generally, tenants are referred to an SRO through the New York City Department of Homeless Services (DHS), but a small percentage of the units may be rented to low-income adults in the community in need of housing.

Transitional Housing and New York City Department of Homeless Services (DHS) Shelters (Emergency Housing)

Transitional Housing offers temporary shelter to individuals who are homeless, or about to be homeless, and typically includes social services and assistance in locating permanent housing. Transitional housing for people of any age may be found on the United States Department of Housing and Urban Development's website www.hud.gov.

The New York City Department of Homeless Services (DHS) provides emergency housing for persons who are homeless. Intake and assessment centers, open 24 hours a day, 7 days a week, serve as entry points into the system. After screening, individuals eligible for housing receive a referral to either a DHS transitional program or permanent housing.

For further information on DHS services, or assistance in identifying other homelessness prevention programs in the community, please call New York City government's call center 311.

Housing Assistance Program

BronxWorks Senior Housing Assistance Program has a housing specialist dedicated to helping seniors at risk of homelessness. Our housing specialist provides the following types of assistance:

- Mediating disputes with landlords and help resolving utilities arrears
- Help completing applications for housing subsidy programs
- Reviewing leases, legal documents and help navigating housing court
- Access to public assistance, emergency food sources, legal services and other help as needed.

BronxWorks Morris Innovative Senior Center

80 East 181st Street

Bronx, New York 10453

(718) 933-5300

NORC PROGRAMS

Naturally Occurring Retirement Community (NORC) is a multiage building, development or neighborhood that originally was not built for seniors, but that is now home to 50 percent or more of people 60 years or older. The goal of the NORC program is to maximize and support the aging by fostering a healthy lifestyle and a good environment to grow old.

NORC Supportive Services Programs provides residents access to health and wellness activities, case management services, health fairs and educational activities in their own building or building complex.

The following are NORC Programs available in The Bronx: Co-

op City NORC

2049 Bartow Avenue
Bronx, New York 10475
(718) 320-2066

Parkchester Enhancement NORC

1525 Unionport Road
Bronx, New York 10462
(718) 409-1619

Amalgamated/ Park Reservoir NORC

80 Van Cortlandt Park South, Building 7
Bronx, New York 10467
(718) 548-4990

Senior Services at Pelham Parkway NORC

2425 Williamsbridge Road, Room 1B
Bronx, New York 10469
(718) 652-6363

HOMEOWNERS & RENTERS PROGRAMS

Senior Citizen Homeowners Exemption (SCHE)

Qualified property owners of 1 to 3 units dwelling, condominiums or cooperative apartments can save up to 50 percent with SCHE. Applicants must be age 65 or older, have held title to the property for at least 12 consecutive months and the property must be applicant's legal residence, used exclusively for residential purposes.

For more information call 311.

Senior Citizen Rent Increase Exemption (SCRIE)

The Senior Citizen Rent Increase Exemption (SCRIE) program offers eligible tenants an exemption from rent increases which may result in a reversion to rent paid under a previous lease or rent order. The owner of the building receives a corresponding credit against their real estate taxes from the City of New York.

To be eligible for SCRIE, you must meet all of the following requirements:

- You must be age 62 or older.
- Must have an income of \$50,000 or less.
- 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).

Please call the Department of Finance at 311 for an application or you can visit the SCRIE Walk-in Office located at:

SCRIE Walk-In Center

66 John Street, 3rd Floor

New York, New York 10038

8:30am-4:30pm

Home Energy Assistance Program (HEAP)

A one-time grant per year to help low-income homeowners and renters pay fuel and utility cost.

Only HEAP-eligible households paying directly for heat may apply for help with fuel, repair or heat-related equipment or temporary relocation.

To Apply: (800) 342-3009.

Real Property Tax Credit (IT-214)

IT-214 provides tax credit or cash payment of up to \$375 to homeowners or renters for part of previous year's rent or real property taxes. To qualify, your household gross income should be \$18,000 or less, current market value (home, garage, land, etc.) must be \$85,000 or less; or average monthly rent must be \$450 or less, not including heat, gas or electricity.

To apply simply fill out Form IT-214 and send it to:
NYS Tax Processing
PO Box 22017
Albany, New York 12201-2017

To order form call: (518) 457-5431

In addition to the IT-214 benefit, you may also claim the City of New York School Tax Credit (NYC-210) for all or part of the year if you cannot be claimed as a dependent on someone else's Federal income tax return. If you do not have to file a New York State income tax return, use the form NYC-210 to claim this credit.

Call *NYS Department of Taxation and Finance* at (518) 457-5181 for more information.

New York State School Tax Relief Program (STAR)

STAR is the New York State School Tax Relief Program that provides exemptions from the school portion of property taxes for owner-occupied primary residences.

For more information call 311 or (212) NEW-YORK

You can register for the STAR program by calling: (518) 457-2036

The SCHAP Program

The Senior Citizen Homeowner Assistance Program (SCHAP) provides low and on interest affordable loans, hands-on technical assistance, and social service referrals to home owning senior citizens in need of help making necessary renovations. The SCHAP program plays a critical role in helping seniors retain and improve their homes, avoid premature institutionalization, and maintain their independence and dignity.

Affordable loans to replace your boiler, electrical system, windows, roof, kitchen, bathroom, plumbing system, sewer, and/or water main, as well as to make other repairs. To be eligible, a senior must reside in any of the five boroughs in the City of New York, be at least 60 years old, and have been an owner least two years.

Contact:

- *New York City Department of Housing Preservation & Development*
(212) 863-8000
- *Neighborhood Initiatives Development Corporation*
(718) 231-9800

Weatherization Referral and Packaging Program (WRAP)

Provides low-income elderly with free weatherization services to lower their energy bills and increase the comfort of their homes.

WRAP provides comprehensive, weatherization service and energy conservation education to the most needy elderly. It serves those frail elderly who have difficulty accessing the services available to address their multiple problems of poor housing, inadequate heating and cooling, and poverty level existence.

WRAP identifies other unmet needs of the individual and makes referrals to appropriate agencies. This can make the difference between maintaining individuals in their homes or having to provide them with costly subsidized housing or institutional care. It encourages independence and allows seniors to live out their lives in their own home with an improved quality of life.

This comprehensive approach reduces energy consumption for seniors, which is reflected in lower utility or fuel bills. This energy savings reduces the financial burden of the low income elderly, providing them with more income to pay for other necessities such as food, clothing, or medical care. Services include insulation, replacement of doors and windows and repairs furnaces and roofs.

To apply: If 60 or older call 311 and ask about the WRAP program.

BronxWorks - Minor Repair Program

BronxWorks has a technician who visits seniors' homes and makes minor home repairs such as putting up window shades, replacing door hinges, fixing leaky faucets, replacing smoke alarm batteries, changing light bulbs, installing shelves and repairing cabinets. The technician also performs security checks of locks, window gates, peepholes, carbon monoxide detectors and other safety features to make sure seniors stay safe within their homes.

Bronx Works Morris Innovative Senior Center

80 East 181st Street
Bronx, New York 10453
(718) 933-5300 Ext. 209

The New York Foundation for Senior Citizens - Minor Home Repair Program

The New York Foundation for Senior Citizen's Home Repair Program provides MINOR home repair and maintenance services for the elderly homeowner who is 60 years of age and older, resides in the five boroughs of New York City and whose income does not exceed certain guidelines. The homeowner must furnish parts and materials. Services include:

- Weatherization, minor plumbing, masonry
- Gutter cleaning and repair – first story only
- Minor electrical work & carpentry

New York Foundation for Senior Citizens

11 Park Place – Suite 141
New York, New York 10007
(212) 962-7653 or (212) 962-7655