

# Unitarian Church of All Souls: Pastoral Resources, Mainly for Seniors Summer 2017

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## ALL SOULS UNITARIAN CHURCH

<b>All Souls Church Office</b> <a href="http://www.allsoulsnyc.org">www.allsoulsnyc.org</a>	1157 Lexington Ave (at 80th Street) New York, NY 10075 212-535-5530 <a href="mailto:info@allsoulsnyc.org">info@allsoulsnyc.org</a>	This is the main number and email address for general inquiries.
<b>Pastoral Care: Ministers &amp; Lay Pastoral Associates</b>	<a href="mailto:pastoralassociates@allsoulsnyc.org">pastoralassociates@allsoulsnyc.org</a>	Lay Pastoral Associates (LPAs) provide compassionate spiritual and emotional support to congregants going through life transitions. They can also connect you with resources and practical assistance.
<b>The Caring Team</b>	Jane Colvin <a href="mailto:janeColvin914@aol.com">janeColvin914@aol.com</a>	The Caring Team provides practical assistance and companionship, helping those in need get to and from doctors' appointments, shop, and run errands.
<b>The Circle of Elders</b>	Mary Keane <a href="mailto:Keanepsyedu@aol.com">Keanepsyedu@aol.com</a>	A discussion and support group for self-identified elders.
<b>Grieving Group</b>	Rev. David Robb 212-535-5530 <a href="mailto:david@allsoulsnyc.org">david@allsoulsnyc.org</a>	Check with Rev. Robb regarding schedule.
<b>Small Group Ministry</b>	212-535-5530	Small groups with facilitators explore spiritual themes.
<b>Women's Alliance</b>	Mary Geissman	The Women's Alliance gives voice to issues of concern to women, and holds a monthly luncheon with guest speakers, as well as fall and spring cocktail parties, a holiday gift sale and other events.
<b>Kenwood Psychological Services (Counseling Referrals)</b>	David Kelley PhD 124 E. 84 <sup>th</sup> St, 1D 212-724-2121 <a href="mailto:info@kenwoodpsych.com">info@kenwoodpsych.com</a>	Kenwood has a vast network of therapists in NYC and assists the All Souls ministers with assessing problems and providing referrals as appropriate.

## HOUSING RESOURCES

### Home De-Cluttering

<b>EIS Housing Resource Center SORT Support Group</b> <a href="http://eisny.org/blog/sort">eisny.org/blog/sort</a>	80 Maiden Lane, 11 <sup>th</sup> Floor New York, NY 10038	Offers support and assistance for those for those struggling with clutter and hoarding. Clients can sign up to receive weekly phone calls to help problem-solve their clutter on an individualized basis. EIS also runs support groups, can facilitate the services of affordable heavy cleaning services, and make referrals for psychiatric care.
<b>Goodwill Industries of Greater New York &amp; Northern New Jersey</b> <a href="http://goodwillnynj.org/donate">goodwillnynj.org/donate</a>	4–21 27th Avenue Astoria, NY 11102-4175 718-728-5400 <a href="mailto:info@goodwillnynj.org">info@goodwillnynj.org</a>	Information about donating goods to Goodwill Industries, which operates 41 stores that feature new and gently used clothing and household goods.
<b>National Association of Professional Organizers</b> <a href="http://napo.net">napo.net</a>	1120 Rt 73, Suite 200 Mount Laurel, NJ 08054 856-380-6828	NAPO has a membership of approximately 4,000 organizing and productivity professionals dedicated to helping people bring order and efficiency to their lives.
<b>Salvation Army Family Stores</b> <a href="http://satruck.org/dropoff">satruck.org/dropoff</a>	120 W. 14th Street, NY, NY 10011 212-337-7200	Information about donating goods to the Salvation Army.

### Housing Agencies

<b>Division of Housing &amp; Community Renewal (DHCR)</b> <a href="http://nyshcr.org">nyshcr.org</a>	800-ASK-DHCR 800-275-3427	Provides listings of affordable housing to buy or rent, mortgages and application forms.
<b>NY Foundation for Senior Citizens</b> <a href="http://nyfsc.org">nyfsc.org</a>	11 Park Place, 14 <sup>th</sup> floor NY, NY 10007 212-962-7559 <a href="mailto:nyfscinc@aol.com">nyfscinc@aol.com</a>	Provides over 900 units of housing and 35 professionally administered social service programs for tens of thousands of elderly New Yorkers city-wide annually. Services include support, housing alternatives, home sharing, repair and safety, free transportation, and more.
<b>NYC Housing Development Corporation (NYCHDC)</b> <a href="http://bit.ly/2pNpOUf">http://bit.ly/2pNpOUf</a>	212-227-5500	This web site provides information on affordable housing in NYC and an application.
<b>West Side Federation for Senior &amp; Supportive Housing (WSFSSH)</b> <a href="http://wsfssh.org">wsfssh.org</a>	2345 Broadway NY, NY 10024 <a href="mailto:info@wsfssh.org">info@wsfssh.org</a> 212-721-6032, Ext 1070	Formed in 1976 by a coalition of social service agencies, religious institutions, and community organizations to create a new form of housing that would meet the diverse needs of older people and persons living with special needs.

<b>Nursing Homes</b>		
<b>Amsterdam Nursing Home</b> <a href="http://amsterdamcares.com">amsterdamcares.com</a>	1060 Amsterdam Ave NY, NY 10025 212-316-7700	409 beds
<b>Coler Goldwater Specialty Hospital &amp; Nursing Facility</b> <a href="http://on.nyc.gov/2qMragz">http://on.nyc.gov/2qMragz</a>	One Main Street Roosevelt Island, NY 10044 212-848-6000	815 beds
<b>Dewitt Rehabilitation &amp; Nursing Center</b> <a href="http://dewittnh.com">dewittnh.com</a>	211 East 79th Street NY, NY 10075 212-879-1600	499 beds
<b>Isabella Geriatric Center</b> <a href="http://www.isabella.org">www.isabella.org</a>	515 Aubudon Avenue NY, NY 10040 212-342-9200	705 beds
<b>Senior Living Assistant: Nursing Homes</b> <a href="http://bit.ly/2qMAUhw">http://bit.ly/2qMAUhw</a>	800-829-6217	Search for a nursing home by location.
<b>Terence Cardinal Cooke Health Care Center</b> <a href="http://bit.ly/2qOavs0">http://bit.ly/2qOavs0</a>	1249 Fifth Avenue NY, NY 10029 212-360-1000	A skilled nursing center for people who require 24-hour care in a traditional nursing home setting.

### **Resources for Aging in Place (see also: Home Care Services, Meal Delivery & Senior Centers)**

<b>NYC Department for the Aging: Services for Seniors</b> <a href="http://on.nyc.gov/1hQYM3A">http://on.nyc.gov/1hQYM3A</a>	Call 311	Search for senior services by zip code.
<b>Search &amp; Care</b> <a href="http://searchandcare.org">searchandcare.org</a>	1844 Second Avenue NY, NY 10128 212-289-5300	Search & Care helps anyone 60 years and older residing within East Harlem, Carnegie Hill and Yorkville; services include Meals-On-Wheels, legal referrals, housing issues, homecare and transportation information, nutritional considerations, occupational therapy, nursing support, finances, benefits and entitlements, emergency supplies, and pet care.

### **Senior & Assisted Living Facilities**

<b>80th Street Residence</b> <a href="http://80thstreetresidence.com">80thstreetresidence.com</a>	430 East 80th Street NY, NY 10075 212-717-8888	70 residents
<b>The Atria</b> <a href="http://bit.ly/2pl3ZJ4">http://bit.ly/2pl3ZJ4</a>	Atria West 86 333 West 86th Street NY, NY 10024 646-862-7934	Independent and assisted living

<b>Carnegie East House</b> <a href="http://carnegieeast.org">carnegieeast.org</a>	1844 Second Avenue NY, NY 10128 212-410-0033	Non-profit.
<b>Centerlight</b> <b>(formerly Beth Abraham Family Of Health Services)</b> <a href="http://centerlight.org">centerlight.org</a>	1-888-238-4223	Non-profit; runs facilities for assisted living, independent living, etc. throughout all five boroughs.
<b>West 74th Street</b> <a href="http://w74streethome.org">w74streethome.org</a>	300 Amsterdam Avenue NY, NY 10023 212-595-8983	Residence established in 1976; owned and operated by West Side Federation for Senior and Supportive Housing; 95 people.

## Websites to Help Search for Senior Living

<b>Caring.Com</b> <a href="http://bit.ly/2qDUW9Z">http://bit.ly/2qDUW9Z</a>		Find assisted living near you.
<b>Hite Site (Health Information Tool For Empowerment)</b> <a href="http://hitesite.org">hitesite.org</a>		Comprehensive web site where you can search for social service programs, health/mental health programs and other services in the Greater New York City area.
<b>A Place For Mom</b> <a href="http://aplaceformom.com">aplaceformom.com</a>		Housing options, including assisted living.
<b>Seniors For Living</b> <a href="http://Seniorsforliving.Com">Seniorsforliving.Com</a>	1-866-683-4772	Assists in locating facilities for assisted living, independent living, continuing care, retirement home care (nationwide).

## LOCAL CLUBS & ORGANIZATIONS

### Advocacy Groups

<b>AARP</b> <a href="http://local.aarp.org/new-york-ny">local.aarp.org/new-york-ny</a>	888-687-2277	AARP services and events in NYC.
<b>JASA (Jewish Association Serving the Aging)</b> <a href="http://jasa.org">jasa.org</a>	212-273-5272	Advocacy organization and non-profit agency serving older adults in the Bronx, Brooklyn, Queens, and Manhattan.
<b>Liveon NY (formerly Council of Senior Centers &amp; Services, CSCS)</b> <a href="http://liveon-ny.org">liveon-ny.org</a>	49 West 45th Street, 7th Floor NY, NY 10036 212-398-6565 <a href="mailto:info@liveon-ny.org">info@liveon-ny.org</a>	The organization is mainly for education and advocacy. Programs include capacity building and training initiatives, workshops, benefits and entitlements assistance.
<b>National Council on Aging (NCOA)</b> <a href="http://ncoa.org">ncoa.org</a>		Partners with nonprofit organizations, government, and business to provide community programs and services, online help, and advocacy. Benefits CheckUp at <a href="http://benefitscheckup.org">benefitscheckup.org</a>
<b>SAGE: Services &amp; Advocacy for GLBT Seniors</b> <a href="http://sageusa.org/nyc/index.cfm">sageusa.org/nyc/index.cfm</a>	Midtown: 305 7th Ave., 15th floor NY, NY 10001 646-576-8669 <a href="mailto:info@sageusa.org">info@sageusa.org</a> Harlem: 127 West 127 St. NY, NY 10027 646-660-8954 <a href="mailto:sageharlem@sageusa.org">sageharlem@sageusa.org</a>	SAGE was founded in 1978 to lead in addressing issues related to lesbian, gay, bisexual and transgender (LGBT) aging, and provide services to LGBT seniors including arts and culture, to health and wellness, employment assistance.

### Classes & Computer Training

<b>New York Public Library</b> <a href="http://nypl.org/events/classes/calendar">nypl.org/events/classes/calendar</a>	917-275-6975	Free classes offered by the NYPL in Manhattan, the Bronx and Staten Island.
<b>Older Adults Technology Services</b> <a href="http://oats.org">oats.org</a>	168 7th Street, Suite 3A Brooklyn, NY 11215 718-360-1707	OATS is a social impact organization that works to help seniors use technology to improve their health, finances, social engagement, learning and creative expression, partnering with government agencies, community-based organizations, national advocacy groups, and major corporations to put technology in the hands of older adults.
<b>Senior Planet</b> <a href="http://bit.ly/2plb8Js">http://bit.ly/2plb8Js</a>	127 W. 25th Street New York, NY 1000 646-590-0615	Senior Planet offers a range of free 5- and 10-week digital technology courses at their Exploration Center for people age 60 and up. Most courses meet twice per week.
<b>YMCA</b> <a href="http://bit.ly/2p7EkYd">http://bit.ly/2p7EkYd</a>	Local branches: <a href="http://ymcanyc.org/association/locations">ymcanyc.org/association/locations</a>	Learn the basics of computers at the Y with an expert.

<b>Meal Delivery</b>		
<b>Citymeals-On-Wheels</b> <a href="http://citymeals.org">citymeals.org</a>	355 Lexington Avenue New York, NY 10017 212-687-1234	A network of case management agencies provides meals for elderly over 60 who have chronic illness or disability.
<b>God's Love We Deliver</b> <a href="http://glwd.org">glwd.org</a>	630 Flushing Avenue, 7th Floor Brooklyn, NY 11206 212-294-8100	GLWD delivers food to the ill, and has partnerships with some managed long term programs that are covered by Medicare managed programs and/or Medicaid.
<b>Senior Centers</b>		
<b>Carter Burden Center for the Aging: Central Office</b> <a href="http://carterburdennetwork.org">carterburdennetwork.org</a>	1484 First Avenue NY, NY 10075 212-879-7400	Promotes the well-being of seniors, 60 and older, through a continuum of services, advocacy and volunteer programs in NYC.
<b>Carter Burden Center for the Aging: The Carter Burden Luncheon Club &amp; Senior Program</b> <a href="http://bit.ly/2qOj2ez">http://bit.ly/2qOj2ez</a>	351 East 74th Street NY, NY 10021 212-535-5235	Provides socialization, recreation and education through a wide array of daily activities.
<b>Carter Burden Center for the Aging: Carter Burden/Leonard Covello Senior Program</b> <a href="http://bit.ly/2pltFVM">http://bit.ly/2pltFVM</a>	312 East 109th Street NY, NY 10029 212-426-9665	Provides recreation, education, meals, activities, day trips, computer training and holiday parties.
<b>Central Harlem Senior Citizen Center</b> <a href="http://chsc.org">chsc.org</a>	34 West 134th Street NY, NY 10037 Rita L. Carrington: 212-926-4871 <a href="mailto:chsc@chsc.org">chsc@chsc.org</a>	Provides daily hot meals and many activities.
<b>Goddard Riverside Community Center</b> <a href="http://goddard.org">goddard.org</a>	593 Columbus Avenue NY, NY 10024 212-873-6600 <a href="mailto:info@goddard.org">info@goddard.org</a>	Senior Center with many services including cultural activities.
<b>Hamilton Madison House</b> <a href="http://hamiltonmadisonhouse.org">hamiltonmadisonhouse.org</a>	100 Gold Street NY, NY 10038 212-788-5580	Hamilton-Madison House is a non-profit settlement house established in 1898 to improve the quality of life for NYC. Located in Chinatown/Lower East Side Two Bridges neighborhoods, we foster the well-being of vulnerable populations including the elderly.
<b>Hamilton Senior Center Project</b> <a href="http://projectfind.org/hamilton_center">projectfind.org/hamilton_center</a>	141 W 73rd Street NY, NY 10023 212-787-7710 <a href="mailto:akoscinska@projectfind.org">akoscinska@projectfind.org</a>	Offers many classes and activities, including a walking club, restorative yoga, and belly dancing. Lunch is served six days a week, and coffee and snacks are available in the morning.

<b>Judith C. White Senior Center, Greenwich House Senior Centers</b> <a href="http://bit.ly/2qDjRuo">http://bit.ly/2qDjRuo</a>	27 Barrow Street, 4th Floor NY, NY 10014 212-242-4140, Ext. 260 Anthony Cilione, Director: <a href="mailto:acilione@greenwichhouse.org">acilione@greenwichhouse.org</a>	Many activities. Breakfast: 9:00 - 10:00am Lunch: 12:00 - 1:00pm
<b>Senior Center at Independence Plaza, Greenwich House Senior Centers</b> <a href="http://bit.ly/2qDjRuo">http://bit.ly/2qDjRuo</a>	310 Greenwich Street NY, NY 10013 212-267-0499 Nicole Brown, Center Director	Includes lunch, 12:30 - 1:30pm
<b>Senior Center at Lenox Hill Neighborhood House</b> <a href="http://bit.ly/2plqDB3">http://bit.ly/2plqDB3</a>	343 East 70th Street NY, NY 10021 212-218-0319 <a href="mailto:centerinfo@lenoxhill.org">centerinfo@lenoxhill.org</a>	The Center @ Lenox Hill Neighborhood House provide a wide range of essential services, educational classes, health and wellness opportunities, recreational activities, community events and support to more than 2,500 active members from 8 a.m. to 8 p.m. 365 days a year.
<b>Senior Center at Saint Peter's Church</b> <a href="http://lenoxhill.org/saintpeters">lenoxhill.org/saintpeters</a>	619 Lexington Avenue NY, NY 10022 212-308-1959 <a href="mailto:stpetersinfo@lenoxhill.org">stpetersinfo@lenoxhill.org</a>	The Senior Center at Saint Peter's Church is open five days a week, serves farm-to-table lunch daily and offers a full schedule of social, legal, health and arts programming. Mon., Wed., Thurs., Fri.: 9:00am – 4:00pm Tues.: 9:00am – 2:00pm.
<b>Senior Center on the Square, Greenwich House Senior Centers</b> <a href="http://bit.ly/2qDjRuo">http://bit.ly/2qDjRuo</a>	20 Washington Square North NY, NY 10011 212-777-3555, Ext.106 Laura Marceca, Center Director	Includes lunch: 12:15 - 1:15 pm (1st Seating) 1:15 - 2:15 pm (2nd Seating)
<b>Sirovich Senior Center</b> <a href="http://edalliance.org/older_adults">edalliance.org/older_adults</a>	331 East 12th Street NY, NY 10003 <a href="mailto:Info@Edalliance.org">Info@Edalliance.org</a>	Provides a hot lunch five days a week and offers a wide variety of programs and activities, including a short story discussion group, ceramics, ballroom dancing, karaoke, tai chi, knitting, tap dancing, playwriting, and Zumba. There are also activities to assist with monitoring and maintaining a healthy lifestyle, such as weight management support, stress and relaxation programs, life transition workshops and health screenings.
<b>Stein Center</b> <a href="http://steinseniorcenter.org">steinseniorcenter.org</a>	204 East 23rd Street NY, NY 10010 646-395-8083 <a href="mailto:info@steinseniorcenter.org">info@steinseniorcenter.org</a>	The Stein Senior Center offers, among other services, a lunch program, flu shots, lectures on health and nutrition, and early stage Alzheimer's support.
<b>Union Settlement</b> <a href="http://bit.ly/2qMOrPf">http://bit.ly/2qMOrPf</a>	237 East 104th Street NY, NY 10029 212-828-6000 Director of Senior Services, Maria Alejandro: <a href="mailto:malejandro@unionsettlement.org">malejandro@unionsettlement.org</a> 212-828-6096	Supports self-reliance and independent living for East Harlem's senior community, and runs four senior centers: Corsi Senior Center, 212-828-6756; Gaylord White Senior Center, 212-828-6055; Jefferson Senior Center, 212-828-6104; Washington Lexington Senior Center, 212-828-6115.



## NEW YORK CITY GOVERNMENT SERVICES & UTILITIES

<b>Adult Protective Services</b>	Manhattan North Borough Office: 212-971-2727 Manhattan South Borough Office: 212-279-5794 (Brooklyn, Bronx, Queens, and Staten Island are listed on website)	Resources and services for vulnerable older adults who are unable to care for themselves, who are physically or mentally impaired, or who are at risk of abuse.
<b>Con Edison</b> <a href="http://coned.com">coned.com</a>	122 East 124th St. (at Park Avenue) 800-752-6633	
<b>Find a Food Pantry</b> <a href="http://on.nyc.gov/JNfXWU">http://on.nyc.gov/JNfXWU</a>		Find a nearby food pantry or soup kitchen.
<b>Mayor's Office for People With Disabilities</b> <a href="http://on.nyc.gov/2qMX38K">http://on.nyc.gov/2qMX38K</a>	Call 311	Directory of agencies for seniors and people with disabilities looking for info/help with transportation, education, housing, employment, advocacy, recreation and disability specific resources.
<b>Medicare Rights Center</b> <a href="http://bit.ly/2qDlrLE">http://bit.ly/2qDlrLE</a>	National Helpline: 800-333-4114 266 West 37th Street, 3rd Floor NY, NY 10018 212-869-3850	Counselors are available Monday through Friday to answer questions about insurance choices, Medicare rights, payment denials and appeals, complaints about care or treatment, and Medicare bills.
<b>New York Public Library</b> <a href="http://nypl.org/ask-nypl">nypl.org/ask-nypl</a>	917-275-6975	Click on "Ask NYPL" to chat online with a librarian.
<b>NYC Department for the Aging</b> <a href="http://on.nyc.gov/2pSgdtD">http://on.nyc.gov/2pSgdtD</a>	Call 311 to be connected to the appropriate agency.	Works for the empowerment, independence, dignity and quality of life of New York City's diverse older adults and for the support of their families through advocacy, education and the coordination and delivery of services.
<b>NY State Senator Liz Krueger's Senior Resource Guide</b> <a href="http://bit.ly/2qDSfFm">http://bit.ly/2qDSfFm</a>		Comprehensive list of resources for seniors, and helpful info on laws related to housing and other matters.
<b>Social Security Administration</b> <a href="http://www.ssa.gov">www.ssa.gov</a>	Local office: 302 W. 126th St., 4th floor NY, NY 10027 800-772-1213	Includes a list of other agencies that can assist with welfare, housing and meal assistance.

## RESOURCES FOR HEALTH & SAFETY

### Certified Home Health Agencies

Definition: Certified by NYS to provide short term intermittent home care as prescribed by physician. Medicare/Medicaid pay 100% for services. Other insurance pays all or part. Copays may apply.

<b>Metropolitan Jewish Home Care</b> <a href="http://mjhs.org">mjhs.org</a>	6423 7th Avenue Brooklyn, NY 11220 212-356-5400	A not-for-profit health system that provides care to the Greater New York Area
<b>Revival Home Health Care</b> <a href="http://revivalhhc.org">revivalhhc.org</a>	665 Bedford Avenue Brooklyn, NY 718-237-5700	A home health care provider serving Manhattan, Queens and the Bronx, as well as Nassau, Suffolk, Westchester, Rockland, Orange and Sullivan counties.
<b>Villagecare</b> <a href="http://villagecare.org">villagecare.org</a>	120 Broadway, Suite 2840 NY, NY 10271 212-337-5600	A community-based not-for-profit organization serving people with chronic care needs.
<b>Visiting Nurse Service of New York</b> <a href="http://vnsny.org">vnsny.org</a>	1250 Broadway New York, NY 10001 212-609-7500	The largest not-for-profit home health care agency in the United States. Provides medical nursing, rehab, personal services, social work, and other.

### Elder Abuse Prevention

<b>NYC Elder Abuse Center (NYCEAC)</b> <a href="http://nyceac.com">nyceac.com</a>	Risa Breckman, Deputy Director, Division of Geriatrics & Gerontology: 525 East 68th Street, Box 39 New York, NY 10065 212-746-1674 <a href="mailto:info@nyceac.com">info@nyceac.com</a>	Works with partner nonprofit organizations to educate and train on issues of elder abuse and runs the NYCEAC, which has multi-disciplined professionals working directly with seniors.
<b>SafeHorizon</b> <a href="http://safehorizon.org">safehorizon.org</a>	800-621-HOPE	Provides support and promotes justice for victims of crime and abuse, their families and communities.
<b>Weinberg Center for Elder Abuse Prevention</b> <a href="http://weinberg-center.org">weinberg-center.org</a>	5901 Palisade Avenue Riverdale, NY 10471 800-567-3646	Short-term emergency elder abuse shelter (60 and older), providing healthcare, emotional support, legal advocacy and representation of victims.

### End of Life Care/Hospice Care

<b>Caring, Inc</b> <a href="http://caring.com">caring.com</a>	800-973-1540	Has information on home care. Also has information on hospice and a resources list of hospice providers in NY.
<b>Compassion &amp; Choices</b> <a href="http://compassionandchoices.org">compassionandchoices.org</a>	800-247-7421	Support for individuals and families facing important end-of-life decisions. Advocates for compassionate end-of-life care in legislatures, in courtrooms and at bedsides.

<b>MJHS Hospice And Palliative Care</b> <a href="http://hospicenyc.org">hospicenyc.org</a>	39 Broadway, Room 200, NY, NY 10006-3039 212-649-5555	Provides hospice services in homes, assisted living communities, nursing homes, hospice residences and hospitals across Greater New York and Nassau County. MJHS has residences in Manhattan, Brooklyn, and Riverdale in the Bronx.
<b>Visiting Nurse Service of New York</b> <a href="http://vnsny.org">vnsny.org</a>	212-609-1900 800-675-0391	The largest not-for-profit home health care agency in the United States. Provides medical nursing, hospice care, personal services, social work, and other.
<b>Health Services/Associations for Specific Groups</b>		
<b>Arab American Association of New York</b> <a href="http://arabamericanny.org">arabamericanny.org</a>	7111 5th Avenue Brooklyn, NY 11209 718-745-3523	<i>Target groups:</i> Arab Americans.
<b>Caribbean Women’s Health Association (CWAH)</b> <a href="http://cwaha.org">cwaha.org</a>	3515 Church Avenue Brooklyn, NY 11203 718-826-2942 Enrollment: 718-755-1229	<i>Target groups:</i> Caribbean American women.
<b>Charles B. Wang Community Health Center</b> <a href="http://cbwchc.org">cbwchc.org</a>	136-26 37th Avenue Flushing, NY 11354 718-886-1212 (Chinese-speaking) 718-886-7355 (Korean-speaking)	<i>Target groups:</i> Chinese and Korean immigrants.
<b>Home Care Services</b>		
<b>Aging Life Care Association (ALCA), New York Chapter</b> <a href="http://nyalca.org">nyalca.org</a>	212-222-9163	An Aging Life Care Expert is a professional who specializes in assisting older people and their families in assessing, coordinating and planning care. Click on “Find ALCA Expert” to search by zip code for an Aging Life Care professional.
<b>Cooperative Home Care Associates</b> <a href="http://chcany.org">chcany.org</a>	257 Park Ave South, 2nd Floor NY, NY 10010 212-584-2500	An employee owned, nonprofit, cooperative home care service provider started in the Bronx in 1985. Provides training for home health care workers and services to the elderly, ill or disabled.

<b>Consumer Directed Personal Assistance Program (CDPAP)</b> <a href="http://on.ny.gov/2pN2MwS">http://on.ny.gov/2pN2MwS</a>	<a href="mailto:medicaid@health.state.ny.us">medicaid@health.state.ny.us</a>	Medicaid program providing services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living or skilled nursing services. The consumer or the person acting on the consumer's behalf assumes full responsibility for hiring, training, supervising, and – if need be – terminating the employment of persons providing the services.
<b>Eldercare Locator</b> <a href="http://eldercare.gov">eldercare.gov</a>	800-677-1116	
<b>Family Caregiver Alliance</b> <a href="http://caregiver.org">caregiver.org</a>	800-445-8106	Mission is to improve the quality of life for caregivers and those they care for through information, services and advocacy. Education to caregivers provided by disease. Online caregiver support group.
<b>Golden Steps Elder Care Coop</b> <a href="http://goldensteps.coop">goldensteps.coop</a>	718-687-1978 <a href="mailto:info@goldensteps.coop">info@goldensteps.coop</a>	An employee owned, nonprofit, cooperative home companion provider of nonmedical services, including help with shopping, cleaning, organization, etc. Not covered by Medicare.
<b>Visiting Neighbors</b> <a href="http://visitingneighbors.org">visitingneighbors.org</a>	3 Washington Square Village, Suite 1F NY, NY 10012 212-260-6200	Serves Seniors south of 30th Street, from the East River to the Hudson. Includes In-home visiting, escort services, assisted transportation.
<b>Legal Help &amp; Information</b>		
<b>LawhelpNY.Org</b> <a href="http://lawhelpny.org">lawhelpny.org</a>		Web site leads to organizations that can help depending on zip code and specific legal issue.
<b>Volunteers of Legal Services</b> <a href="http://volspobono.org">volspobono.org</a>	281 Park Avenue South NY, NY, 10010 212-966-4400	Pro bono legal assistance to city's neediest residents. In 2013, nearly 900 lawyers from 50 firms volunteered.
<b>Licensed Home Care Services Agencies (LHCSAs)</b> Agencies licensed by NY State to offer home care services to clients who pay privately or have private insurance coverage.		
<b>All Metro Health Care</b> <a href="http://All-metro.com">All-metro.com</a>	80 Broad Street New York, NY 10004 212-867-6530	

<b>Allegiant Home Care</b> <a href="http://allegiant-homecare.com">allegiant-homecare.com</a>	641 Lexington Avenue, Suite 622 New York, NY 10022 212-781-0101 <a href="mailto:info@allegiant-homecare.com">info@allegiant-homecare.com</a> Nurse Liaison Program: 212-603-9540	
<b>Partners in Care</b> <a href="http://partnersincareny.org">partnersincareny.org</a>	1250 Broadway New York, NY 10001 212-609-7700	
<b>Progressive Home Health Services</b> <b>Allegian Home Care</b> <a href="http://phhs.com">phhs.com</a>	90 Broad Street NY, NY 10004 212-273-5503	
<b>Mental Health Services</b>		
<b>Mental Health Alliance of NYC (MHA-NYC) Geriatric/Older Adult Team</b> <a href="http://bit.ly/2qMCr0k">http://bit.ly/2qMCr0k</a>	888-692-9355 Chat online at <a href="http://nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now">nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now</a>	Provides comprehensive treatment, rehabilitation, and support services, using a person-centered, recovery-based approach, for older adults with severe mental illness.
<b>Mount Sinai's Division of Geriatric Psychiatry</b> <a href="http://bit.ly/2plwhD4">http://bit.ly/2plwhD4</a>	Psychiatry Emergency Room 212-241-5637 (after hours, call 212-241-6500)	Offers comprehensive and compassionate care for older adults with a range of neuropsychiatric illnesses.
<b>Service Program For Older People (SPOP)</b> <a href="http://spop.org">spop.org</a>	212-787-7120 <a href="mailto:info@spop.org">info@spop.org</a>	SPOP is dedicated to enhancing the quality of life of adults age 55 and older and to fostering their independent living through the delivery of comprehensive mental health and supportive services, advocacy, and education.
<b>Weill Cornell Geriatric Psychiatry Services</b> <a href="http://bit.ly/2qMDIKh">http://bit.ly/2qMDIKh</a>	Payne Whitney Center 525 East 68th Street NY, NY 10065 888-694-5700	Emphasizes individually planned programs of care and rehabilitation therapy. Psychiatric, psychological, medical and neurological treatment are offered in supportive environments.
<b>Other Health-Related Resources</b>		
<b>Health Advocates for Older People</b> <a href="http://hafop.org">hafop.org</a>	708 Third Avenue, 6th Floor New York, NY 10017 212-980-1700 <a href="mailto:nancy.houghton@hafop.org">nancy.houghton@hafop.org</a>	Established in 1986, HAFOP has provided safe environment assessments, downsizing techniques, assistive equipment, wellness programs, housing opportunities, referrals for case management, bill paying, house cleaning, Meals-On-Wheels, volunteers.

<b>NYC Dept. for the Aging (DFTA)</b> <a href="http://on.nyc.gov/2pSgdtD">http://on.nyc.gov/2pSgdtD</a>	Call 311 to be connected to the appropriate agency.	Programs and services to help optimize health, well-being and ability to live independently at home in every borough and community. Website includes Information on case management agencies, transportation, free legal assistance, etc.
<b>Urgent Care Centers</b> <a href="http://urgentcare.com">urgentcare.com</a>		Search the web site for Urgent Care centers near you. These are walk-in clinics for urgent care if conditions and injuries that are not serious enough for a visit to an Emergency Room. They treat a wide range of conditions including infections, allergies, skin conditions, flu, strep throat and minor injuries.
<b>Personal Emergency Response Systems</b>		
Lifenet <a href="http://lifenet.com">lifenet.com</a>	800-676-1100	Senior medical alert systems
<b>Philips Lifeline</b> <a href="http://medicalert.org/philips">medicalert.org/philips</a>	800-432-5378	Medic alert service.
<b>Responselink Medical Alert</b> <a href="http://responselink.com">responselink.com</a>	844-394-9030	Plans starting at \$25.95. System includes: <ul style="list-style-type: none"> <li>• 24/7 US Based Emergency monitoring</li> <li>• Unlimited button presses</li> <li>• Free tech support</li> <li>• 30 day risk free money back guarantee</li> <li>• Personalized Responders</li> </ul>
<b>VNSNY Assistnow Home Monitoring Device</b> <a href="http://bit.ly/2qO72JS">http://bit.ly/2qO72JS</a>	877-492-2122	Medic alert service. Cost \$29.00 per month for singles, additional \$5.00 for couples. Currently no installation fee.
<b>Special Health Issues/Specific Diseases</b>		
<b>Alzheimer's Disease</b>		
<b>Alzheimer's Association NYC Chapter</b> <a href="http://alz.org/nyc">alz.org/nyc</a>	360 Lexington Avenue, 4th Floor. 24-hour helpline: 800-272-3900	Early stage Alzheimer's services: Weinberg Early Stage Center: counseling, planning, programs. Support groups for spouses and caregivers. Care consultation resources, meal delivery (with God's love We Deliver), MedicAlert. All services provided at no cost.

<b>Alzheimer's Foundation of America</b> <a href="http://alzfdn.org">alzfdn.org</a>	866-232-8484	The mission of the Alzheimer's Foundation of America (AFA) is "to provide optimal care and services to individuals confronting dementia, and to their caregivers and families-through member organizations dedicated to improving quality of life."
<b>The Memory Tree</b> <a href="http://thememorytree.org">thememorytree.org</a>	917-656-0558 <a href="mailto:info@TheMemoryTree.org">info@TheMemoryTree.org</a> Elizabeth Fine	A project of the Early Alzheimer's Foundation, the Memory Tree meets twice a week (no drop-ins - all participants must schedule an interview prior to attending the program). This is New York City's first program devoted to people with mild memory loss, and their family and caregivers, providing classes designed to keep the body and brain challenged.
<b>Arthritis</b>		
<b>Arthritis Foundation NYC Office</b> <a href="http://arthritis.org/new-york">arthritis.org/new-york</a>	122 East 42nd Street, 18th Floor NY, New-York 10168 212-984-8700	Local support groups for arthritis, lupus, osteoarthritis, rheumatoid arthritis, among others. Online "eLearning Series" about various types of arthritis.
<b>Asthma/COPD/Lung Illnesses</b>		
<b>American Lung Association</b> <a href="http://lung.org">lung.org</a>	21 West 38th Street, 3rd Fl. New York, NY 10018 212-889-3370/800-LUNGUSA	Offers information and support groups.
<b>Cancer</b>		
<b>American Cancer Society NYC Office</b> <a href="http://cancer.org">cancer.org</a>	132 W 32nd Street NY, NY 10001 212-586-8700	Website provides list of local support and treatment organizations.
<b>Cancer Care</b> <a href="http://cancercare.org">cancercare.org</a>	275 Seventh Avenue New York, NY 10001 800-813-4675 <a href="mailto:info@cancercare.org">info@cancercare.org</a>	Offers help and support groups for patients, care givers and loved ones. Counseling by diagnosis or topic in person, by phone or online.
<b>Gilda's Club</b> <a href="http://gildasclubnyc.org">gildasclubnyc.org</a>	Manhattan Clubhouse 195 W. Houston Street New York, NY, 10014 212-647-9700 <a href="mailto:info@gildasclub.org">info@gildasclub.org</a>	Offers support groups for everyone living with cancer, including family and friends and people who are grieving.
<b>Diabetes/Renal Disease</b>		
<b>American Diabetes Association New York Office</b> <a href="http://bit.ly/2qbrjgx">http://bit.ly/2qbrjgx</a>	333 Seventh Avenue, 17th Floor New York, New York, 10001 212-725-4925	Offers a variety of free programs, workshops and awareness campaigns for people living with diabetes, their family and friends.

Hearing Loss		
<b>Hearing Loss Association of America: New York City Chapter</b> <a href="http://hearinglossnyc.org">hearinglossnyc.org</a>	PO Box 602, Radio City Station New York, NY 10101-0602 212-769-HEAR <a href="mailto:info@hearinglossnyc.org">info@hearinglossnyc.org</a>	Monthly meetings on topics such as Managing Life hearing loss. Membership organization costs about \$35 dollars. A magazine and programs are available to members and others.
Heart/Cardiac Conditions		
<b>American Heart Association NYC</b> <a href="http://bit.ly/2qDrctQ">http://bit.ly/2qDrctQ</a>	122 East 42nd Street, 18th Floor NY, NY 10168 212-878-5900	The website is mainly informational, including warning signs of heart attack, stroke or cardiac arrest, description of various cardiac conditions and interactive library offers videos about blood pressure, TIA, Cholesterol, Stents, and other.
Osteoporosis		
<b>National Osteoporosis Foundation</b> <a href="http://nof.org">nof.org</a>	1150 17th Street, Suite 850 Washington DC 20036 202-223-2226 800-231-4222	Website provides information, resources and support groups.
<b>Hospital for Special Surgery Support Group</b> <a href="http://bit.ly/2qMYHHp">http://bit.ly/2qMYHHp</a>	Public and patient education coordinator: 212-774-7326.	Support group and patient education
Parkinson's Disease		
<b>American Parkinson Disease Association</b> <a href="http://apdaparkinson.org">apdaparkinson.org</a>	135 Parkinson Avenue Staten Island, NY 10305 800-223-2732 718-981-8001 <a href="mailto:apda@apdaparkinson.org">apda@apdaparkinson.org</a>	The largest grassroots Parkinson's organization. Volunteer chapters raise awareness and funds for research. Also provides patient caregiver services and physician referrals, educational materials, programs, and support groups.
<b>National Parkinson Foundation</b> <a href="http://parkinson.org">parkinson.org</a>	800-473-4636	The mission of the National Parkinson Foundation is to improve the lives of people with Parkinson's disease through research, education and outreach. Has helpful resources for patients and care givers.
<b>Dance for PD</b> <a href="http://danceforparkinsons.org">danceforparkinsons.org</a>	Mark Morris Dance Group 3 Lafayette Ave. Brooklyn, NY 11217 1-800-957-1046	A dance program for PD patients taught by dancers of the Mark Morris Company. In NY, there are classes in Manhattan West and East Sides, Brooklyn, Queens, Bronx, Riverdale, Long Island. Some classes also in NJ, CT etc.
Stroke		
<b>American Stroke Association</b> <a href="http://strokeassociation.org/strokeorg">strokeassociation.org/strokeorg</a>	7272 Greenville Ave Dallas, TX 75231 888-478-7653	Website offers information and an online support community



<b>National Stroke Association</b> <a href="http://stroke.org">stroke.org</a>	800-787-6537	Website offers an extensive resource list and a link to identify support groups.
<b>Vision/ Ophthalmology</b>		
<b>American Federation for the Blind</b> <a href="http://afb.org">afb.org</a>	Two Penn Plaza, Suite 1102 NY, NY 10121 212-502-7600	Website offers VisionAware, a comprehensive resource for basic information about adjusting to vision loss, including tips for adapting home and daily living.
<b>TRANSPORTATION</b>		
<b>Assisted Travel</b>		
<b>Ascona Ambulette Service</b> <a href="http://asconany.com">asconany.com</a>	718-646-1611	Family owned and operated; non-emergency; accepts Medicaid; operates within the tri-state area
<b>Astro Ambulette</b>	1255 East 37th Street Brooklyn, NY 11210 718-258-2020	Private pay ambulette service
<b>Community Arranged Resident Transportation Program (C.A.R.T.) Project – New York Foundation for Senior Citizens</b> <a href="http://nyfsc.org/services/freetrans.html">nyfsc.org/services/freetrans.html</a>	212-962-7559 <a href="mailto:nyfscinc@aol.com">nyfscinc@aol.com</a>	Manhattan based transportation service for people over 60. Curb to curb within neighborhoods. No income review, availability based on need. Suggested donation 50 cents per ride. Can usually provide return trip
<b>Great Ambulette Service</b> <a href="http://ambulettenyc.com">ambulettenyc.com</a>	718-449-2600 <a href="mailto:greatambulette@aol.com">greatambulette@aol.com</a>	Non-emergency; operates within the five boroughs; accepts Medicaid.
<b>NYC Metro Care Ambulette Service</b> <a href="http://usambulette.com">usambulette.com</a>	718-332-1216	Non-emergency; operates within the five boroughs; accepts Medicaid.
<b>New York Ambulette</b> <a href="http://newyorkambulette.com">newyorkambulette.com</a>	262 Riverdale Avenue Yonkers, NY 10705  800-430-5344 914-375-6603 <a href="mailto:nyambul@aol.com">nyambul@aol.com</a>	Established 1992; non-emergency; accepts Medicaid.
<b>Public Transportation Benefits for Seniors</b>		
<b>MTA Access-A-Ride Service</b> <a href="http://web.mta.info/nyct/paratran/guide.htm">web.mta.info/nyct/paratran/guide.htm</a>	877-337-2017	Applications available for low cost transportation to/from doctor appointments within each borough. Applicants must meet financial criteria.
<b>MTA Reduced Fare Program</b> <a href="http://web.mta.info/nyct/fare/rfindex.htm">web.mta.info/nyct/fare/rfindex.htm</a>	130 Livingston Street Brooklyn, NY 11201-9625	Apply by mail or in person