



“I’m fighting to bring our seniors the resources they need to age happily and comfortably in the neighborhoods they call home.”

– Assemblymember
Jen Lunsford

317 Main St., Suite 2032, East Rochester, NY 14445

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**LOOK
INSIDE**
for critical
resources
available to
seniors

Assemblymember Jen Lunsford:



Looking out for East Rochester Seniors

Assemblymember Jen Lunsford is keeping seniors informed

Take the Master Plan for Aging Survey

New York is developing a Master Plan for Aging (MPA) to create a blueprint of strategies to ensure that everyone can live fulfilling lives in good health, with freedom, dignity and independence, regardless of age. This survey will help us understand the living conditions, care and service needs of senior New Yorkers, along with what they want to be addressed in the MPA. To complete the **anonymous survey**, visit **forms.ny.gov/s3/mpasurvey**. It will be available until Dec. 31, 2023.

Tax Relief for Senior Homeowners

Homeowners aged 65 and older are eligible for the Enhanced STAR program if their combined annual income does not exceed \$98,700. Those who have recently purchased homes or have never applied for STAR benefits on their current homes may be able to **save hundreds of dollars** annually. To learn more, visit **tax.ny.gov/star** or call **518-457-2036**.

NY Connects

NY Connects helps anyone who needs long-term services and supports individuals with disabilities, older adults, family members and caregivers, friends and neighbors, veterans and aides. NY Connects can help you find care and support, remain independent, better understand care options, find transportation, access supported employment programs, get answers about Medicare and apply for other state benefits. To learn more, visit **nyconnects.ny.gov** or call **800-342-9871**.

Consumer Directed Personal Assistance Program (CDPAP)

CDPAP is a Medicare program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living or skilled nursing services. Services may include assistance provided by a personal care aide, home health aide or nurse. The program allows recipients to have flexibility and freedom in choosing their caregivers. Visit **health.ny.gov/health_care/medicaid/program/longterm/cdpap** to learn more.

Expanded In-Home Services for the Elderly (EISEP)

EISEP provides individuals living at home with non-medical services such as personal care, adult day care, transportation assistance and support services such as case management and non-institutional respite. Individuals aged 60 or older who require living assistance and are ineligible for these services under Medicaid may qualify for EISEP. To learn more, visit **health.ny.gov/health_care/medicaid/program/longterm/expand** or call **800-342-9871**.

Monroe County Library System (MCLS) Outreach Program

MCLS Outreach Department brings library resources to underserved members of our community. Whether individuals are in their homes, skilled nursing facilities, rehab centers or institutionalized settings, the program helps deliver the library experience. To learn more, visit **libraryweb.org/services/outreach-services** or call **585-428-8312**.



Important Phone Numbers

courtesy of Assemblymember Jen Lunsford

Need help getting connected to services?

NY Connectsnyconnects.ny.gov or 800-342-9871
Lifespan..... lifespan-roch.org or 585-244-8400
United Way..... 211
The Elder Pages..... TheElderPages.com

Monroe County Assistance

Monroe Community Hospital..... 585-760-6500
435 E. Henrietta Rd., 3rd Floor, East (Faith Wing)
Rochester, NY 14620
Meals on Wheels..... 585-787-8397
..... or urmc.rochester.edu/home-care/meals-on-wheels
Monroe County Office for the Aging..... 585-753-6280
East Rochester Jean Daniel Senior Center Director ... 585-385-3643
.....or eastrochester.org/Community-Resources/Senior-Center

Federal Assistance:

Federal Information Center 800-333-4636
Internal Revenue Service (Information line) 800-829-1040
Lawyers' Fund for Client Protection.....518-434-1935 or 800-442-3863
Social Security Administration Hotline 800-772-1213
Department of Veterans' Affairs.....800-827-1000

New York State Assistance

NYS Office for the Aging 844-697-6321
NYS Department of Health..... 855-355-5777
NYS Department for Veterans' Services 518-474-6114

Toll-Free Helplines

AARP 888-687-2277
Alliance for Aging Research 202-293-2856
Alzheimer's Association 800-272-3900
Leading Age..... 202-783-2242
American Cancer Society Response Hotline 800-227-2345
American Diabetes Association 800-342-2383
American Lung Association..... 800-586-4872
Arthritis Foundation Information Line..... 800-283-7800
Medicare and Medicaid Services Hotline 800-633-4227
National Cancer Institute 800-422-6237
National Consumer Voice for Quality Long-Term Care..... 202-332-2275
National Hospice Organization 800-658-8898
National Institute on Aging..... 800-222-2225
Parkinson's Disease Foundation 800-457-6676