

SENIOR

Resource Guide



Assemblymember
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HOUSING

Senior Citizen Rent Increase Exemption (SCRIE) aka NYC Rent Freeze Program

The SCRIE program freezes rent you are responsible for at the level you are paying at the time of approval. It also provides a tax abatement to the owner for future rent increases. To be eligible, you must be at least 62 years of age, live in a rent-stabilized, rent-controlled, or Mitchell-Lama apartment, have a household income of no more than \$50,000, and be paying more than one-third of your income for rent. You must re-certify with each lease renewal.

- **Phone:** 311
- **Website:** www1.nyc.gov/nyc-resources/service/2424/senior-citizen-rent-increase-exemption-scrie

Mobilization For Justice

Mobilization for Justice (formerly MFY Legal) provides free legal assistance on a wide range of civil legal issues, prioritizing services to vulnerable and under-served populations, including seniors, while simultaneously working to end the root causes of inequities through impact litigation, law reform, and policy advocacy.

- **Phone:** 212-417-3700
- **Address:** 100 Williams Street, 6th Floor, New York, NY 10038
- **Website:** www.mobilizationforjustice.org

Metropolitan Council on Housing

The Metropolitan Council on Housing is a tenants' rights membership organization. Met Council on Housing operates a number of tenant-assistance programs, including a tenants' rights telephone hotline and a walk-in clinic.

- **Tenant's Rights Hotline:** 212-979-0611
Mon. & Wed. 1:30–8:00 p.m., Fri. 1:30–5:00 p.m.
- **Website:** www.metcouncilonhousing.org

Senior Citizen Homeowners Exemption (SCHE)

The SCHE program is a real estate tax exemption of 5% to 50% a year for owners who are 65 years or older and use the property as their primary residence. The specific exemption is a sliding scale based on income. Applicants can apply at any time, and if approved, benefits take effect at the following July 1st billing period. Those who are eligible will also automatically receive the Enhanced STAR exemption.

- **Phone:** 311
- **Website:** www.nyc.gov/sche

The Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program is a federally-funded program that assists with paying for heating bills for low-income families. For citizens over the age of 60, this program is funded by the Office for the Aging. Applications are accepted starting in November of each year.

Additionally, if you qualify for HEAP, you also qualify for a home cooling program in the summer. The Cooling Assistance component provides funds for the purchase and installation of air conditioners or a fan to eligible households. The HEAP Cooling Assistance opens in May and continues through August or until funding allocated to this component is exhausted.

- **Phone:** 311
- **Website:** www.otda.ny.gov/programs/apply/#heap

The New York State Division of Housing and Community Renewal (HCR)

HCR is the state agency responsible for administering the rent regulation laws. They also publish Fact Sheets that describe the major elements of rent control and rent stabilization both inside and outside New York City. HCR is also responsible for mitigating tenant concerns, processing complaints against landlords, offering rent reduction programs, and administering legal protections for renters. Since HCR covers such a wide range of issues, it is divided into four main groups—Finance and Development, Housing Preservation, Community Renewal, and Professional Services.

- **Phone:** 1-866-ASK-DHCR (1-866-275-3427)
- **Website:** www.nyshcr.org

Podell and Weinberg Senior Housing

Educational Alliance has two federally-subsidized senior residences—the Harry and Jeanette Weinberg Apartments and the David L. Podell House in the Lower East Side.

- **Phone:** 212-865-6985
- **Address:** TUC Management Co.
200 W. 57th Street, Suite 702, New York, NY 10009

Con Edison Senior Direct Program

Con Edison's Senior Direct is a toll-free phone service for customers ages 62 and older who have questions about their account. To reach a representative, call weekdays between 8:30 a.m. and 5:00 p.m.

- **Phone:** 1-800-404-9097



Con Edison CONCERN Program

The Con Edison CONCERN program is a free and confidential service for customers who are either above the age of 62, or have a permanent disability. CONCERN representatives advise customers about bill-paying options, government-aid programs, and other organizations that offer assistance including consolidated bill pay options.

- **Phone:** 1-800-872-8846

SENIOR CENTERS

Greenwich House

The Greenwich House Senior Centers have four locations throughout the East Village and Lower Manhattan, in which they provide a safe, comfortable atmosphere where friendships grow among a spectrum of social, educational, and cultural activities. Each center offers a variety of additional services. Please contact them individually for an updated calendar of additional events and services.

- **Judith C. White Senior Center**
27 Barrow Street, 4th Floor
New York, NY 10014-3823
Phone: 212-242-4140, Ext. 260
Center Director: Anthony Cilione
acilione@greenwichhouse.org
- **Senior Center on the Square**
20 Washington Square North
New York, NY 10011
Phone: 212-777-3555, Ext.106
Center Director: Laura Marceca
lmarceca@greenwichhouse.org
- **Senior Center at Independence Plaza**
310 Greenwich Street
New York, NY 10013
Phone: 212-267-0499
Center Director: Nicole Brown
nbrown@greenwichhouse.org
- **Senior Center at Our Lady of Pompeii Church**
25 Carmine Street
New York, NY 10014
Phone: 212-989-3620
Center Director: Sandy Gabin
sgabin@greenwichhouse.org
- **Website:** www.greenwichhouse.org/about/senior_services

Battery Park City Seniors

The Battery Park City Seniors programs include exercise classes, museum visits, luncheons, art classes, health information, lectures, trivia nights, and more. Membership is free, and activity fees are discounted.

- **Phone:** 212-912-0678
- **Address:** Battery Park City Seniors
375 South End Avenue, New York, NY 10280
- **Email:** bpcseniors@gmail.com
- **Website:** www.sites.google.com/site/batteryparkcityseniors

Manhattan Youth Downtown Community Center

For two decades, Manhattan Youth has offered swim time for free to neighborhood Senior Citizens. There is lap swim and general open pool time to relax, stretch, exercise, and to socialize with other neighborhood seniors.

- Participants must be 65 years or older to register
- Free Senior Swim every Tuesday and Thursday from 5:00–6:00 p.m.
- Free Senior Water Aerobics every Thursday at 5:15 p.m.
- **Phone:** 212-766-1104
- **Address:** 120 Warren Street, New York, NY 10007
- **Website:** www.manhattanyouth.org

Sirovich Center for Balanced Living

Run by the Educational Alliance, the Sirovich Center provides a hot lunch five days a week and offers a wide variety of programs, classes, and activities that engage both the mind and the body. Activities and classes include a short story discussion group, ceramics, ballroom dancing, karaoke, tai chi, knitting, tap dancing, playwriting, and Zumba.

The Center is free for those 60 and older, but individuals 55 to 59 can join for an annual fee of \$90.

- **Phone:** 212-228-7836
- **Address:** 331 East 12th Street, New York, NY 10003
- **Website:** www.edalliance.org/older_adults



HEALTH SERVICES

Visiting Neighbors

With over 400 committed volunteers helping at least 1,000 seniors each year, Visiting Neighbors, a program designed to help seniors stay independent and mentally stimulated, is a great way for you, or someone you know, to receive assistance and company. Visiting Neighbors assigns seniors a youthful volunteer to accompany them to a doctor's appointment or out for a stroll.

- **Phone:** 212-260-6200
- **Address:** 3 Washington Square Village, Suite 1F, New York, NY 10012
- **Website:** www.visitingneighbors.org
- **Email:** info@visitingneighbors.org

Home Health Aides

Certified home health aides deliver personal care (such as bathing or dressing), check vital signs under specific circumstances, and help keep track of your medical symptoms. They can also shop for and prepare healthy meals, as well as assist with laundry and household chores. Some of the city wide home aide services agencies are:

- **Visiting Nurse Service of New York (VNSNY)**
Nurses are required to have 30 more hours of training than NYS mandates
Phone: 1-800-675-039
Website: www.vnsny.org
- **People Care**
Phone: 212-631-7300
Address: 116 West 32nd Street, 15th Floor, New York, NY 10001
- **New York Foundation for Senior Citizens***
Phone: 212-962-7559
Website: www.nyfsc.org/services/support_homeattend.html
Email: nyfscinc@aol.com
**Accepts Medicaid and Medicare*

Access NYC Long-Term Care at Home

Access NYC home care programs are Medicaid-funded long-term care programs that help elderly or disabled individuals remain in their home rather than go to a nursing home. There are multiple resources depending on your needs.

- **Phone:** 718-557-1399
- **Website:** www1.nyc.gov/site/hra/help/long-term-care.page

Andrew Heiskell Library

The Andrew Heiskell Library, a part of the New York Public Library system, provides talking books and magazines, and publications in braille. The library serves residents in New York City and Long Island. This library is equipped with computers that run Kurzweil Reading Software, screen readers, braille embossers, and braille translation software.

- **Phone:** 212-206-5400
- **Address:** 40 West 20th Street, New York, NY 10011

Vision Rehabilitation Services

If you or someone you know is blind or visually impaired, vision rehabilitation services can greatly improve quality of life. Vision rehabilitation services provide a wide range of services such as:

- **Communication skills:** reading, writing, Braille, and assistive computer technology
- **Counseling:** to help you, your family members, and friends adjust to your vision loss
- **Independent living and personal management skills:** home management, home modifications, personal self-care, financial management
- **Independent movement and travel skills:** orientation and mobility training
- **Vocational evaluation and training**
- **Website:** www.nyc.gov/html/dfta/html/services/vision.shtml

Some vision rehabilitation service centers in Manhattan are:

- **VISIONS/Services for the Blind and Visually Impaired**
Phone: 888-245-8333
Address: 500 Greenwich Street #3
New York, NY 10013
- **Lighthouse International**
Phone: 212-821-9624
Address: 111 East 59th Street
New York, NY 10022
- **The Jewish Guild for the Blind**
Phone: 800-284-4422
Address: 15 West 65th Street
New York, NY 10023
- **Catholic Guild for the Blind**
Phone: 212-371-1000
Address: 1101 First Ave. 16th Fl.
New York, NY 10065

Beth Israel Senior Health

Senior Health, staffed by specialists trained in the care of older adults, is a geriatrics practice affiliated with Mount Sinai Beth Israel. They offer primary medical care, consultations with other physicians, and a wide range of support services, including house calls to the homebound. If you are at least 65 years old, you qualify for this service, which works in collaboration with your other health care providers to keep you mobile and independent.

- **Phone:** 212-463-0101
- **House Calls:** 212-206-1299
- **Address:** 275 Eighth Avenue, New York, NY 10011
- **Website:** www.wehealny.org/services/bi_seniorhealth/index.html

Mount Sinai Hospital Geriatric Psychiatry Clinic: Mental Health

The Mount Sinai Geriatric clinic offers evaluation and management of persons over the age of 60 and their caregivers. Physicians, nurse practitioners, and social workers are available for the evaluation of each patient.

The Geriatric Psychiatry Clinic specializes in:

- Memory disorders
- Behavioral disturbances that result from memory disorders
- Depression
- Chronic mental illness
- Individual and family counseling
- Group therapy for caregiver issues and bereavement issues
- Support Groups

- **Outpatient Geriatric Psychiatry Phone:** 212-241-9382
- **Inpatient Geriatric Psychiatry Phone:** 212-241-5577
- **Address:** 1 Gustav Levy Place, New York, NY 10029
- **Website:** www.mountsinai.org/patient-care/service-areas/psychiatry/areas-of-care/geriatric-psychiatry

Hearing Loss Services

If you or someone you know is deaf or hearing impaired, hearing loss services can greatly improve quality of life. Hearing loss services provide a wide range of services, including:

- Comprehensive hearing evaluations
- Cochlear implants
- Speech and language therapy
- Assistive devices (e.g. audio loops)
- Training on hearing aids, assistive devices
- Supportive workshops
- Recreational/social activities
- **Website:** www.nyc.gov/html/dfta/html/services/vision.shtml

Organizations that provide hearing loss services:

- **The Center for Hearing and Communication**
Phone: 917-305-7766
Address: 50 Broadway 6th Floor, New York, NY 10004
- **Hearing Loss Association of America (NY Downstate Chapter)**
Phone: 212-674-9128
Address: 520 East 20th Street, Apt. 8E., New York, NY 10009

Geriatric Mental Health Alliance

The Geriatric Mental Health Alliance is a coalition of over 3,000 individuals and organizations that advocates for improved policies and services for older adults with mental health needs.

- **Phone:** 212-614-5753 for general inquiries, or 1-800-LIFENET (1-800-543-3638) for their crisis line and immediate help
- **Address:** 50 Broadway, 19th Floor, New York, NY 10004
- **Website:** www.mhaofnyc.org

Elderly Pharmaceutical Insurance Coverage (EPIC)

This program reduces prescription drug costs for New York State residents over the age of 65 who meet income guidelines and are not currently enrolled in Medicare Part D. Individuals must earn less than \$75,000 a year and couples must earn less than \$100,000.

- **Phone:** 1-800-332-3742
- **Website:** www.health.ny.gov/health_care/epic

Medicare Parts A, B, and D

- **Medicare Part A – Hospital Insurance Program**

This coverage is for acute hospital care and limited coverage for skilled nursing facilities, home health care, and hospice. There is a \$1,288 deductible for each benefit period with no co-pay through the 60th day of hospitalization.

A person over 65 must meet the following to qualify:

- Be eligible for Social Security or Railroad Retirement benefits
 - Disabled workers with disability entitlements for 24 months
 - Persons with chronic renal disease
- **Medicare Part B – Supplemental Medical Insurance**
- This optional program is for partial coverage (80% of approved fee) for physician, outpatient clinic, skilled nursing care, and durable medical equipment; \$104.90 (\$121.80 or more for those with higher incomes or first filing in 2016) premium per month; \$166 yearly deductible.

A person age 65 or over who is not entitled to premium-free Part A must meet the following requirements to be entitled to Part B:

- He or she must be a U.S. resident and either a citizen or an alien who has been lawfully admitted for permanent residence with 5 years continuous residence in this country at the time of filing
- Individuals who are not eligible for automatic enrollment, or who previously refused Part B, or who terminated their Part B enrollment, may enroll (or re-enroll) in Part B only during prescribed enrollment periods

- **Medicare Part D – Prescription Drug Coverage**

This program covers both brand-name and generic prescription drugs filled at participating pharmacies in your area. Medicare prescription drug coverage provides protection for people who have very high drug costs. There are also extra help programs available for people who need assistance in paying plan costs.

Everyone with Medicare is eligible for this coverage, regardless of income and resources, health status, or current prescription expenses. You may sign up for this program when you first become eligible for Medicare, but be aware that if you do not sign up when you become eligible you may pay a penalty or have to wait until the open enrollment period from October 15th or December 7th, 2016.

For parts A, B, or D, please use the below contact information.

- **Phone:** 1-800-633-4227
- **Website:** www.medicare.gov



TRANSPORTATION

Reduced-Fare Metro Cards for Senior Citizens and People with Disabilities

If you are 65 years or older, you are eligible for a Reduced-Fare Metro Card. The base rate of a regular ride is currently \$2.75 but with this reduction you will pay no more than \$1.35.

Eligibility and information:

- You must be 65 years of age or older or have a qualifying disability;
- Reduced-fare cards work on MTA Transit and local buses anytime;
- Reduced-fare cards work on MTA New York City Transit and MTA express buses anytime except weekday rush hours (Monday through Friday, 6:00 a.m. to 10:00 a.m. and 3:00 p.m. to 7:00 p.m.).
- **Phone:** 718-330-1234
- **The application can be mailed to:**
130 Livingston Street
Brooklyn, NY 11201-9625
- **The application can be filed in person at:**
3 Stone Street
New York, NY 10004
- **Application for reduced-fare metro cards:**
web.mta.info/nyct/fare/pdf/seniors.pdf
- **Website:** web.mta.info/nyct/fare/rfindex.htm

Free Transportation with New York Foundation for Senior Citizens

The Community Arranged Resident Transportation Program offers seniors free specialized transportation taking seniors to and from medical appointments, activities, and senior centers. This program also delivers meals to homebound seniors.

- **Phone:** 212-962-7559
- **Website:** www.nyfsc.org/services/support_homeattend.html
- **Email:** nyfscinc@aol.com



Access-A-Ride

This service provides transportation for people with disabilities who are unable to use public buses or subways for some or all of their trips. It offers shared ride, door-to-door, and paratransit services administered by the MTA/NYC Transit.

- **Phone:** 1-877-337-2017

Parking Permits for People with Disabilities

If you are a New York City resident with a disability that impairs your mobility, you can apply for a City or State Parking Permit for People with Disabilities. The permit allows the driver to park in any space labeled by the International Symbol of Access in the U.S. and Canada.

- **Phone:** 718-433-3100
- **Address:** DOT, 28-11 Queens Plaza North, 8th Floor
Long Island City, NY 11101
- **For a permit, fill out:** www.nyc.gov/html/dot/html/motorist/pppinfo.shtml

LGBT SERVICES

Services & Advocacy for GLBT Elders (SAGE)

Located in Midtown Manhattan, SAGE is the country's largest and oldest organization dedicated to improving the lives of lesbian, gay, bisexual, and transgender older adults. SAGE offers a range of services such as:

- Meals served on a first-come, first-served basis Monday–Friday from 4:45–6:30 p.m.
- Art classes offered through partnerships with MoMa and the Whitney Museums
- Karaoke, talent shows, choral groups, and acting classes
- Smart phone tips, social networking, and computer instruction
- “Know Your Rights” legal support info sessions and benefits counseling
- Trans women’s discussion group and Trans Cinema
- Movement classes including tai chi, yoga, and tango
- Weekly nursing hours and health info sessions
- Case management
- **Phone:** 212-741-2247
- **Address:** 305 Seventh Avenue, 15th Floor, New York, NY 10001
- **Website:** www.sageusa.org/nyc/centers/midtown.cfm

The Lesbian, Gay, Bisexual and Transgender Community Center of NYC

This LGBT Center provides social service, public policy, educational, cultural, and recreational programs designed to nurture and empower LGBT people. The Center’s Mental Health and Social Services programs address public health issues by a combination of prevention, intervention, and support services for a wide range of issues such as substance abuse, HIV-related concerns, bereavement, transgender issues, coming out matters, and various other mental health needs.

- **Phone:** 212-620-7310
- **Address:** 208 West 13th Street, New York, NY 10011
- **Email:** info@gaycenter.org
- **Website:** www.gaycenter.org

Equal Opportunity Employment Commission

Federal protections guarantee you the right to a safe work environment free of discrimination based on sexual orientation, gender, or age. If you feel you have

been discriminated against in the workplace because of your LGBT status, you have the right to file a complaint. They are open from 9:00 a.m.–3:00 p.m. weekdays.

- **Phone:** 800-669-4000
- **Address:** 33 Whitehall Street, New York, NY 10004
- **Website:** www.eeoc.gov

Gay, Lesbian, Bisexual & Transgender National Hotline

This free and anonymous hotline offers peer counseling and referrals for service available to LGBT's nationwide.

- **Phone:** 212-989-0999, Weekdays 4:00 p.m.–12:00 a.m.,
Saturdays 12:00–5:00 p.m.
- **Website:** www.glnh.org
- **Email:** info@glnh.org

Village Care of New York

Village Care serves older adults, persons living with HIV/AIDS and all individuals in need of medical and rehabilitation services.

- **Phone:** 212-337-5600
- **Address:** 154 Christopher Street, New York, NY 10014
- **Website:** www.villagecare.org
- **Email:** info@villagecare.org

AIDS Institute, New York State Department of Health

The AIDS Institute protects and promotes the health of New York State's diverse population through disease surveillance and the provision of quality prevention, health care, and support services for those impacted by HIV, AIDS, sexually transmitted diseases, viral hepatitis, and related health concerns.

- **Phone:** 212-417-5500
- **Address:** 90 Church Street 13th floor, New York, NY 10007
- **Website:** www.health.ny.gov/diseases/aids
- **Email:** dohweb@health.ny.gov

GRIOT Circle Senior Program

GRIOT Circle offers a safe space for elders and emotional support and quality programming which affirms age, gender, racial, spiritual, and the ethnic origins for the over-50 LGBTQ community. They offer a range of services including social events, education opportunities, support services, recreational activities, and a fitness program.

- **Phone:** 718-246-2775
- **Address:** 25 Flatbush Avenue, Brooklyn, NY 11217
- **Website:** www.griotcircle.org

MEALS & FOOD PANTRIES

Hot Meals at Greenwich House Senior Centers

- **Judith C. White Senior Center**
27 Barrow Street, 4th Floor
New York, NY 10014-3823
Phone: 212-242-4140, Ext. 260
Meals Served:
Breakfast: 9:00–10:00 a.m.
Lunch: 12:00–1:00 p.m.
Center Director: Anthony Cilione
acilione@greenwichhouse.org
- **Senior Center on the Square**
20 Washington Square North
New York, NY 10011
Phone: 212-777-3555, Ext. 106
Meals Served:
Lunch: 12:15–1:15 p.m.
(1st Seating)
1:15–2:15 p.m. (2nd Seating)
Center Director: Laura Marceca
lmarceca@greenwichhouse.org
- **Senior Center at Independence Plaza**
310 Greenwich Street
New York, NY 10013
Phone: 212-267-0499
Meals Served:
Lunch: 12:30–1:30 p.m.
Center Director: Nicole Brown
nbrown@greenwichhouse.org
- **Senior Center at Our Lady of Pompeii Church**
25 Carmine Street
New York, NY 10014
Phone: 212-989-3620
Meals Served:
Lunch: 12:30–1:30 p.m.
Center Director: Sandy Gabin
sgabin@greenwichhouse.org

Food Pantries and Food Banks

- **Emergency Food Assistance**
The New York City Emergency Food Assistance Program helps to supply food to more than 550 food pantries and community kitchens throughout the city. Through an automated hotline, you will be able to search the hours of operation and directions to an emergency food program near you. There are locations throughout Manhattan.
 - **Phone:** 1-866-888-8777, or call 311
- **St. George's Common Table**
St. George's Common Table serves a hot lunch every Thursday. All are welcome. Meals consist of a nutritious hot soup, a main entree, a green salad,

buttered bread, homemade desserts, and a piece of fresh fruit. The soup and main course vary each week and are freshly made that day. The desserts seem to be the highlight of the meal, as they consist of a huge assortment of cakes, pies, and cookies. Doors open at 11:30 a.m. for tea and coffee. Meal is served from 12:00–1:00 p.m.

- **Phone:** 212-475-0830
- **Address:** Olmsted Hall, 209 East 16th Street, New York, NY 10003
- **Website:** www.calvarystgeorges.org/ministries/#/soup-kitchen/

Additional Food Banks

Food Bank	Address	Phone	Hours
Middle Collegiate Church	50 East 7th Street	212-477-0666	1:30–2:30 p.m. Sun.
Ascension Outreach Inc.	12 West 11th Street	212-254-8620	8:00–9:00 a.m. Sat.
Greater Central Baptist	2152 Fifth Avenue	212-234-3828	11:00 a.m.–1:00 p.m. Tues.
NYC Rescue Mission	90 Lafayette Street	212-226-6214	2:00–3:00 p.m. Mon.–Fri.
Salvation Army of NY	132 West 14th Street	212-337-7467	8:30 a.m.–4:00 p.m. Mon.–Fri.
Father's Heart Ministries	543 East 11th Street	212-375-1765	10:00–11:00 a.m. Tues.
Xavier Mission, Inc.	46 West 16th Street	212-627-2100	10:00–11:00 a.m. Sat.

CULTURAL INTUITIONS AND ACTIVITIES

Mind the Gap at New York Theatre Workshop

Mind the Gap is a free workshop in which half of the participants are 60 years old and up, and half are teenagers ages 14-18. Over the course of 10 sessions, participants from each age group work in pairs to interview each other and write a play inspired by their partner's personal stories. Each session culminates with an invited presentation in which participants' work is read by professional actors.

- **Phone:** 212-780-9037 ext. 9575
- **Website:** www.nytw.org/mind_the_gap_lp.asp
- **Email:** mindthegap@nytw.org

Rubin Museum of Art

Seniors (65+) receive free admission on the first Monday of every month along with guided tours, tickets to film screenings, and a 10% discount on selected items in the museum's shop.

- **Address:** 150 West 17th Street, New York, NY 10011
- **Website:** www.rubinmuseum.org

Hospital Audiences, Inc.

HAI inspires growth and learning through engaging those who have lacked exposure to the arts due to health, age or income. HAI workshops include theatre, dance, and much more. HAI provides tickets to shows and cultural events and transports those who are unable to get around on their own using OMNI Buses.

- **Phone:** 212-575-7676
- **Address:** 548 Broadway, 3rd Floor, New York, NY 10012
- **Website:** www.hainyc.org

Greenwich House Pottery

Taught by experienced instructors the Greenwich House offers pottery classes for adults above the age of 18 to experiment with art and clay. It is necessary to have your own basic tools for these classes but instructors can assist you in buying the most cost-efficient and most beginner-friendly tools. These classes are great for all levels. Studios are open 7 days a week.

- **Phone:** 212-242-4106
- **Address:** 16 Jones Street, New York, NY 10014
- **Website:** www.greenwichhouse.org/gh_pottery/index

Metropolitan Museum of Art

The Met collects admission based on a suggested donation but accepts what you can afford. The Met is open Tuesday through Sunday.

- **Phone:** 212-538-7710
- **Address:** 1000 Fifth Avenue, New York, NY 10028
- **Website:** www.metmuseum.org

Whitney Museum of American Art

The Whitney Museum of American Art offers Pay-What-You-Wish tickets on Fridays, 7–9:30 p.m. They may not be purchased in advance.

- **Phone:** 212-570-3600
- **Address:** 99 Gansevoort Street, New York, NY 10014
- **Website:** www.whitney.org

The High Line

The High Line, an elevated park built on an abandoned railroad, is now hosting events such as classes in Tai Chi, meditation, and gentleman's boxing. The High Line stretches from 34th Street between 10th and 12th Avenues all the way down to 12th Street. Events include:

- **Tai Chi**
Under the Standard On the High Line at West 12th Street
Tuesdays, June-September; 9:30–10:30 a.m.
- **Meditation**
Seating Steps at the Lawn on the High Line at West 22nd Street
Wednesdays, June-September, 8:30–9:30 a.m.
- **Website:** www.thehighline.org/activities

Theater Development Fund

Theatre Development Fund (TDF) gives seniors, ages 62 and over, an opportunity to obtain low cost tickets for on- and off-Broadway performances. TDF offers theatre accessibility for its members with special needs, including those with mobility, hearing, and visual impairments.

- **Website:** www.tdf.org

SERVICES

NY Foundation for Senior Citizens

New York Foundation for Senior Citizens is dedicated to helping New York's seniors enjoy healthier, safer, more productive and dignified lives in their own homes and communities and to help them avoid the need for premature institutionalization. The NY Foundation provides a wide range of services including home repairs, respite care, case management, free transportation, and a home share program.

- **Address:** 11 Park Place, 14th Floor, New York, NY 10007-2801
- **Phone:** 212-962-7559
- **Website:** www.nyfsc.org
- **Email:** nyfscinc@aol.com

IDNYC

New York City residents now have access to IDNYC, a new form of free identification that offers a number of city integrated benefits. IDNYC holders have access to a full package of exciting benefits that includes discounts on movie tickets, prescription drugs, fitness and health centers, supermarkets, and New York City attractions. Cardholders are also given a free one-year membership to 33 of the city's museums, concert halls, and botanical gardens.

Attaining an IDNYC is easy! Applicants need only submit a form with valid ID to one of New York City's 29 enrollment centers that can be found on IDNYC's website. After you apply for the card, it will be sent to you in the mail. Cards are valid for five years.

- **Phone:** 311
- **Website:** www1.nyc.gov/site/idnyc/card/how-to-apply.page

Senior Employment Services, Department for the Aging

If you are 55 years of age or older and have low to moderate income, you can access training and job placement assistance while you earn a wage through the federal government's Senior Community Services Employment Program.

- **Phone:** 311
- **Address:** Senior Employment Services
2 Lafayette Street, 6th Floor, New York, NY 10007
- **Website:** www.nyc.gov/html/dfta/html/volunteering/job_training_and_placement.shtml

Center for Medicare and Medicaid Services

Run by the U.S Department of Health and Human Services, the Center for Medicare and Medicaid Services provides information regarding healthcare plans and helping seniors navigate the insurance system.

- **Phone:** 212-616-2205
- **Address:** 26 Federal Plaza-38th Floor, New York, NY 10278
- **Website:** www.cms.gov

New York State Division of Human Rights

Unfortunately, senior citizens are susceptible to age discrimination, which can appear in a number of different settings. Whether you are applying for a loan or applying for a job, age discrimination is real but often hard to identify. Thankfully, the New York State Division of Human Rights is able to help.

- **Phone:** 718-741-8400
- **Age Discrimination Help Line:** 1-800-342-9871

Federation of Protestant Welfare Agencies

The Federation of Protestant Welfare Agencies has been a prominent force in New York City's social service system for 90 years, meeting the needs of New Yorkers and supporting the agencies that deliver human services.

- **Phone:** 212-777-4800
- **Address:** 281 Park Avenue South, New York, NY 10010
- **Website:** www.fpwa.org

Metropolitan Council on Jewish Poverty

Met Council supports families, seniors, and adults living in poverty and near-poverty. Met Council provides immediate assistance to New Yorkers in crisis and creates pathways to self-sufficiency through many programs including: A Kosher Food Pantry, Emergency Social Services, Family Violence Services, Home Repairs, Benefits Enrollment & Outreach, and Affordable Housing.

- **Phone:** 212-453-9500
- **Address:** 120 Broadway, 7th Floor, New York, NY 10271-0015
- **Website:** www.metcouncil.org
- **Email:** info@metcouncil.org

Social Security Retirement Benefits

Monthly cash benefits based on years of employment and amount withheld from earnings when you reach Full Retirement Age (FRA). FRA is different based on the year you were born. It ranges from 65-67 years old currently.

- **Phone:** 1-800-772-1213
- **Website:** www.ssa.gov

New Economy Project

New Economy Project is a resource and advocacy center for community groups in New York City. Their mission is to promote community economic justice and to eliminate discriminatory economic practices that harm communities and perpetuate inequality and poverty.

- **Phone:** 212-680-5100
- **Address:** 121 W 27th Street, Suite 804, New York, NY 10001
- **Website:** www.neweconomynyc.org

Age Friendly NYC College Link

This database outlines educational and cultural opportunities for older adults at colleges and universities in New York City. They offer a range of programs including Business, Creative Arts, Personal Growth, Computers, and Job Skills. Almost all programs are free or discounted.

- **Phone:** 212-822-7251
- **Website:** www.agefriendlycollege.org
- **Email:** sroher@nyam.org

Retirement Savings Contribution Credit (Saver's Credit)

The Saver's Credit is a tax credit for those contributing to an employer sponsored retirement plan or IRA. Eligible individuals can receive up to 50% of your retirement contributions, up to \$2,000.

- **Website:** www.irs.gov/retirement-plans/plan-participant-employee/retirement-savings-contributions-savers-credit



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**Please contact me with questions,
concerns or suggestions.**