



MY OFFICE IS HERE TO HELP!

Assembly Member **Rebecca A. Seawright**



Consider our office a resource!

- No-cost notary service
- Tuesday housing legal clinic
- Apply for State and City benefits like the City's rent freeze program (SCRIE/ DRIE)
- No-cost face mask and hand sanitizer giveaways - Thursdays 12pm - 2pm



"We want to hear from you. What priorities should we focus on in the 2022 legislative session? As always, our office is just a call, email or visit away!"

1485 York Avenue (78/79 Streets) New York, NY 10075 • 212-288-4607 • SeawrightR@NYAssembly.gov

Local Senior Centers and Case Management

Lenox Hill East Side Case Management

Consortium: Call 212-218-0506

The East Side Case Management Consortium is dedicated to empowering older adults to remain safely at home, to age with dignity, and to thrive in their communities.

Services include: assistance in applying for benefits and entitlements, assistance with financial management, assistance with long term planning, and appropriate referrals to other services including home delivered meals, homecare, adult day services, senior center programming, caregiver support services, and social and community supports.

Center @ Lenox Hill Neighborhood House

343 East 70th Street, New York, NY 10021

212-218-0319

Open Every Day 8:00 a.m. to 8:00 p.m.

Carter Burden Network (CBN) Headquarters

415 East 73rd Street (between First/York)

New York, NY 10021

Phone: 212-879-7400

This location also houses the Social Service Unit.

CBN Case Management Unit

445 East 85th Street, New York, NY 10028

Phone: 646-504-4999

Carter Burden Luncheon Club and Senior Program

351 East 74th Street, New York, NY 10021

(closed for renovation until 2022)

Phone: 212-535-5235

Fax: 212-535-7120

CBN Luncheon Club Temporary Location: Church of the Epiphany

1393 York Avenue (between 72nd/73rd)

New York, NY, 10021

Phone: 646-937-4172

Roosevelt Island Senior Center

A program of the Carter Burden Network

546 Main Street, Roosevelt Island, New York, 10044

Phone: 212-980-1888

Health Advocates for Older People, Inc.

212-980-1700 - www.hafop.org

Health Advocates' Healthy Aging Program provides older adults the tools, techniques and support to age with independence and vitality in the city they love. Promotes healthy aging through wellness programs, exercise classes, cultural programs and museum visits, lectures and seasonal luncheons. Programming is offered both in-person and online. As of September 2021, members are being asked to present their vaccine cards or a negative COVID test to attend indoor events. Visit website or call for the monthly schedule of activities.

Health Outreach at New York Presbyterian

212-746-4351

<https://www.nyp.org/geriatrics/healthoutreach>

Health Outreach is a free membership program for people 60 years and older that provides a centralized resource to access hospital and community programs.

New York Foundation for Senior Citizens

212-962-7559

Home Sharing and Respite Care Programs

212-962-7817 Case Management Program

212-962-7559 Home Attendant Program

www.nyfsc.org

Dedicated to helping older adults continue to live and function in their own communities.

Services include home sharing, Meals on Wheels, home attendants, case management, respite care, enriched housing, transportation, assistance with public benefits and affordable housing.

Search and Care

212-289-5300

www.searchandcare.org

A not-for-profit organization whose mission is to help frail and isolated older people live safely and independently in their own homes.

Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE) -

212-741-2247

MEDICARE

Medicare is a federal health insurance program for people 65 and older. People younger than 65 with certain disabilities are eligible, including those with end-stage renal disease (ESRD) or amyotrophic lateral sclerosis (ALS). Medicare is run by the Centers for Medicare and Medicaid Services, although you can apply through Social Security.

Medicare Part A (hospital)

Part A helps pay for inpatient care in a hospital or skilled nursing facility after a hospital stay, nursing home care (as long as custodial care isn't the only care you need), some home health care and hospice care.

Medicare Part B (medical)

Part B offers supplemental medical insurance to pay part of doctor fees, outpatient hospital services and other medical items and services not covered by Part A. Part B insurance is optional. If you are getting Social Security when you turn 65, you are automatically enrolled in both Medicare Part A and Part B. If not, you need to apply for Medicare three months before you turn 65. If you miss the initial enrollment period, you may apply in January, February or March of any calendar year, but premiums will be more expensive. For those who continue to work and are covered by their employer's health insurance, there is a special enrollment period upon retirement.

Medicare Part C - Private plans

Part C, or private Medicare Advantage Plans, give people with Parts A and B an option to have all their Medicare-covered health care under one umbrella. Many plans offer extra coverage, like vision, hearing, dental and/or health and wellness programs. Most include Part D Medicare prescription drug coverage.

Medicare Part D

Part D provides prescription drug coverage for everyone with Medicare. To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. The annual open enrollment period for these stand-alone prescription drug plans (PDPs) is Oct. 15 - Dec. 7. Visit www.medicare.gov/find-a-plan to apply. Enrollment for most beneficiaries is voluntary, although there is a permanent premium penalty for those who delay enrollment and do not have drug coverage that is at least comparable to the Part D standard coverage.

EPIC

Elderly Pharmaceutical Insurance Coverage (EPIC) is a prescription program for income-eligible seniors

65 and older that provides secondary coverage for Medicare Part-D covered drugs purchased after any Part D deductible is met. It also covers many Medicare Part D-excluded drugs, like prescribed vitamins and cold and cough medications. EPIC copayments range from \$3 to \$20 based on the cost of the drug. EPIC also provides premium assistance for Medicare Part D plans to income-eligible seniors. For single individuals, the income limit for the Deductible Plan is \$75,000. For married individuals, the income limit for the Deductible Plan is \$100,000. For more information on enrolling in and using EPIC, visit health.ny.gov/health_care/epic or call the toll-free EPIC hotline at 800-332-3742; TTY: 800-290-9138.

Medicaid

Medicaid pays the medical expenses of those who are 65 or older, who are blind or disabled and eligible for Supplemental Security Income (SSI) or who need help paying for their medical needs. Medicaid, unlike Medicare, pays for long-term health care for eligible individuals. It may also pay the cost of Medicare Part B and other private health insurance. Unlike Medicare, Medicaid is a federal/state medical assistance program administered by New York State counties. Contact the New York City Department for the Aging for more information or visit the New York Health Exchange at www.nystateofhealth.ny.gov for more information.

Home care

For information on how you can obtain senior services, including in-home services, also known as the Expanded In-home Services for the Elderly Program (EISEP), call the New York City Department for the Aging. EISEP helps to improve access to, and expands the availability of, appropriate and cost-effective nonmedical support services for older adults who are not Medicaid eligible. Call Aging Connect 212-244-6469 or your local case management center for more information.

Protective services

More and more senior citizens are living independently. Unfortunately, some are frail and in ill health, and often need assistance. If you are concerned that an elderly friend, relative or neighbor is living at risk alone, contact your local department of social services. New York City residents should call 311 and ask for the Human Resources Administration/Department of Social Services for help.

Tax relief

In order to provide tax relief for residents age 65 and older, New York State has taken action on several fronts. The following three programs may help ease your tax burden:

The real property tax exemption

You may be eligible to have your real property tax bill cut in half. This 50 percent exemption is offered as a local option to homeowners ages 65 and older whose annual income is within specified guidelines. To find out if the exemption is in effect in your locality and what the eligible income levels are, contact the county, city, town or village assessor's office. New York City residents should call the NYC Department of Finance at 311.

The real property tax credit

This is a state tax credit or rebate that may be available to homeowners and renters with a gross annual household income of \$18,000 or less, or who pay \$450 or less in rent. To obtain this tax relief (up to \$375 depending on income), you must submit claim form IT-214 to the New York State Department of Taxation and Finance. You will not automatically receive this credit; you must file for it. Remember, you don't have to pay state income taxes in order to receive the credit. Visit www.tax.ny.gov/pit/credits/real_property_tax_credit.htm for more information.

Income tax exemption for retirement income

New York State tax law exempts qualified retirement pension and annuity income up to \$20,000 per person per year from state income taxes. You must be at least 59 1/2 years old to qualify. Visit www.tax.ny.gov/pit/file/information_for_seniors.htm for more information.

Rent relief

Senior Citizen Rent Increase Exemption program (SCRIE)

This program is available to people ages 62 or older who are heads of household and live in rent-controlled, rent-stabilized, Mitchell-Lama apartments or certain rent-stabilized hotel units. If you qualify, your rent amount will be frozen and the City of New York will give your landlord a property tax credit which is equal to the amount of your future rent increases. To be eligible, renters must also pay one-third or more of their income for rent and your total income for the previous tax year cannot exceed \$50,000. The NYC Department of Finance administers SCRIE for rent-stabilized and rent-controlled apartments and rent-stabilized hotel units. Visit www.nyc.gov/finance or call 311 and ask for a SCRIE specialist for information. The NYC Department of Housing Preservation and Development administers SCRIE for Mitchell-Lama buildings. Call 212-863-8494 for more information.

Disability Rent Increase Exemption (DRIE)

Tenants who are disabled may also qualify to have their rent frozen. Visit www.nyc.gov/finance or call 311 to learn more.

Social Security

Social Security is a form of retirement insurance administered by the federal government. Under this program, workers who retire at age 62 and older or are disabled receive monthly cash benefits based on previous earnings. These benefits are also available to their dependents or survivors. For more information or to apply, visit your local Social Security office or call 800-772-1213.

Food stamps

Under the Food Stamp Program – known federally as the Supplemental Nutrition Assistance Program (SNAP) – recipients receive an electronic benefit card, similar to a debit or credit card, to use for purchases. To find out how to obtain SNAP coverage, call your local social services office or contact the NYC Human Resources Administration at 718-557-1399 or 311. Outside of the five boroughs, dial 212-NEW-YORK (639-9675).

Supplemental Security Income (SSI)

Social Security and SSI are not the same. You may receive both Social Security and SSI benefits if your Social Security benefits are below a certain level. You may qualify for Social Security Disability Insurance (SSDI) payable to blind or disabled workers, widow(er)s, or adults disabled since childhood who are otherwise eligible. You may also qualify for SSI disability benefits payable to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements and are otherwise eligible. Apply at your local Social Security office or call 800-772-1213 for more information.

Home Energy Assistance Program (HEAP)

New York State's Home Energy Assistance Program (HEAP) helps pay heating costs. Eligibility is determined by your annual income and household size. For more information, call the New York State Office of Temporary and Disability Assistance at 800-342-3009, visit www.otda.ny.gov/programs/heap, call the NYC Department for the Aging at 311 or call 800-692-0557, the New York City HEAP hotline.

The Emergency Broadband Benefit (EBB) gives a temporary discount on your household's monthly broadband internet service if you are eligible. Participating broadband providers will apply this discount to your broadband plan. Contact your service provider to receive an application or contact our office.

Lifeline

Lifeline is a federal program that offers a monthly discount to qualified low-income customers. If you qualify for the Lifeline discount, you can save at least \$9.25 per month on your Verizon Wireless monthly bill. Visit www.verizonwireless.com/solutions-and-services/lifeline for an application and more information.

Co-op conversion protection

Where co-op conversion laws are in place, people and their spouses ages 62 and older are automatically protected against eviction regardless of income or tenure of residency. However, residents are strongly advised to fill out an exemption form available through the attorney general's office and submit it to the landlord or sponsor initiating the conversion within 60 days of receipt of the final offering plan or black book. Visit www.nyshcr.org or call 718-739-6400 for assistance.

Reduced-fare transportation (MetroCards)

If you are 65 or older or have a qualifying disability, you are eligible for a Reduced-Fare MetroCard. Seniors need two IDs, one with a picture. A driver's license, birth certificate, passport, valid state ID or Medicare card can be used. Seniors paying in cash need to show their Medicare card. Reduced-fare use: MTA transit and bus service, anytime, except on express buses during weekday rush hours (Monday-Friday, 6 a.m. to 10 a.m.; 3 p.m. to 7 p.m.); and Long Island Rail Road and Metro-North Railroad anytime, except during rush hours to New York City terminals. For information visit www.mta.info or call 718-330-1234.

IMPORTANT CONTACTS

New York City Aging Connect

212-244-6469

New York State Department for the Aging Helpline

800-342-9871

Social Security Administration

800-772-1213

Medicare

800-633-4227

Medicaid

800-541-2831

Veterans Administration

888-838-7697

NYC Well 24 Hour Mental Health Hotline

888-692-9355

NYS New York Connects Long Term Care Resource

800-342-9871

American Association for Retired Persons (AARP)

866-227-7442

Medicare Rights Center- Hotline

800-333-4114 or 212-869-3850

Citymeals on Wheels

212-687-1234

Visiting Nurse Service of New York

800-675-0391

Community Office of Assembly Member Rebecca Seawright
1485 York Avenue, New York, NY 10075

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Senior Citizen Resource Guide

Assembly Member

Rebecca A. Seawright

MetroCard Sales Bus and Van Schedule in the 76th District (Cash Only)

Lenox Hill at 68 St. and First Ave.

(Near Memorial Sloan Kettering)

1st and 3rd Tuesday ▪ 1 p.m. – 3 p.m.

Upper East Side at 79 St. and York Ave.

(On York between 78 St and 79 St.)

1st and 3rd Wednesday ▪ 10 a.m. – 12 p.m.

Lenox Hill at 72 St. and York Ave.

(In front of Manning Nursing Home)

1st and 3rd Wednesday ▪ 1 p.m. – 3 p.m.

Yorkville at 91 St. and York Ave.

1st Thursday ▪ 10 a.m. – 12 p.m.