

Robert P. Astorino, Westchester County Executive

Directory of Services, Rights & Benefits

For **Senior Citizens**
in Westchester County
(914)813-6300

Directory of Services, Rights & Benefits



Advocacy Housing Job Training
Wellness Transportation
Health Outreach Elderly
Information & Assistance
Housing Job Training
Caregivers Support Outreach
Nutrition Advocacy Outreach
Housing Job Training Information
Health Transportation
Support Outreach Housing Elderly Enrichment
Information & Assistance Nutrition Advocacy
Job Training Elderly Health & Wellness Elderly
Transportation Caregivers Support Outreach &
Elderly Enrichment Information & Assistance
Nutrition Advocacy Housing Job Training Elderly
Health & Wellness Transportation Caregivers
Support Outreach Elderly Enrichment Housing
Information & Assistance Nutrition Advocacy
Housing Job Training Health & Wellness Health
Transportation Caregivers Support Outreach

Department of Senior Programs and Services

Mae Carpenter, Commissioner

From the County Executive



Welcome to Westchester’s “Directory of Services, Rights and Benefits” – a valuable resource tool for all seniors who live in the county.

This is one of our most popular publications, and it’s easy to see why. It’s filled with valuable and practical information to help you get answers to your questions as quickly and easily as possible. It’s all there in alphabetical order – everything from Adult Day Care Centers to the Widowed-to-Widowed Network – and lots more in-between.

Enjoy browsing through it. I’m sure you’ll find details about topics and places you may already be familiar with and probably some new ones as well.

A handwritten signature in black ink that reads "Robert P. Astorino".

Robert P. Astorino
Westchester County Executive

From the Commissioner



The county’s Department of Senior Programs and Services compiled this directory and many other publications of special interest to seniors and their families.

All the department’s publications are online at www.westchestergov.com/seniors.

If you prefer to have a hard copy of this directory or want more information, please contact the department directly at (914) 813-6400. We’ll be happy to mail one to you.

A handwritten signature in black ink that reads "Mae Carpenter".

Mae Carpenter
Commissioner
Department of Senior Programs and Services

Directory of Services, Rights & Benefits for Senior Citizens in Westchester County

**Department of Senior Programs and Services
www.westchestergov.com/seniors**

**Mae Carpenter
Commissioner**

**Information and Assistance
(914) 813-6300**

**Medicare Information Line
(914) 813-6100**

**Para información en Español
(914) 813-6393**

**Elder Abuse Helpline
(914) 813-6436**

**Telecommunications Device for the Deaf (TDD) Relay
NY (800) 662-1220 or 711**

**April 2013
Westchester County
Department of Senior Programs and Services
9 South First Avenue
Mount Vernon, NY 10550-3414**

WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

Who We Are

The Older Americans Act of 1965 created networks at the federal, state and local levels to administer programs that help the elderly maintain their health and independence in their homes and communities.

The Westchester County Department of Senior Programs and Services is part of this National Network on Aging. It includes the Administration on Aging in the U.S. Department of Health and Human Services, 57 State Agencies on Aging, 670 Area Agencies on Aging and some 27,000 local service provider organizations under contract to the area agencies.

In 1974, the Westchester County Office for the Aging was designated by the New York State Office for the Aging as the Area Agency on Aging to serve all persons 60 years of age and older in Westchester. In March 2001, the Westchester County Office for the Aging became the Westchester County Department of Senior Programs and Services.

Our Mission

Our mission is to identify and prioritize the needs of the elderly in Westchester; to create comprehensive and coordinated plans to meet those needs; and to advocate for responsive policies, programs, actions, legislation and resources on behalf of the elderly.

The Westchester County Department of Senior Programs and Services also conducts activities and develops programs and services, to meet the intent of the federal Older Americans Act and the New York State Community Services for the Elderly Act. The goals and missions of both acts are to enhance the quality of life for the elderly in the following critical areas:

1. ***Sufficient income to meet basic needs***
2. ***The best physical and mental health possible***
3. ***Appropriate housing according to individual needs and wishes***
4. ***Services to restore health to the best possible state***
5. ***Employment opportunities***
6. ***Dignified, honorable and healthy retirement***
7. ***Freedom to pursue meaningful activities***
8. ***Adequate community services***
9. ***Benefits from social and medical research as soon as possible***
10. ***Use of initiative, freedom and independence to manage and plan their own lives***

A primary role of the Westchester County Department of Senior Programs and Services is to maintain a complete inventory of services available to older persons and to serve as an **information and referral point for local services.**

The Westchester County Department of Senior Programs and Services is also the local link for Eldercare Locator Services of the National Network on Aging. The Eldercare Locator is a nationwide service to help families and friends find information about community services for older people.

A WEALTH OF SERVICES

This booklet has been prepared by the Westchester County Department of Senior Programs and Services to acquaint you with the wealth of services and benefits available to you as a senior citizen in Westchester. They are listed alphabetically to make it easier to find what you need. Services are also listed by community in the appendix. We hope that you will find this “person-to-person” directory useful.

Department Publications

The following booklets and brochures are produced by the Westchester County Department of Senior Programs and Services

Livable Communities: Care Circles of Westchester “Step Forward & Give Back”

Livable Communities Brochures

At the Crossroads: Residential and Health Care Facility Options

Directory of Services, Rights & Benefits

Directorio de Servicios, Derechos y Beneficios

Financial Benefits & Savings Guide

Directorio de Beneficios y Ahorros

Generaciones Hispanas (Boletín)

Home Repair and Energy Assistance Directory

Nutrition Site Brochures

Older Driver Family Assistance Program

Senior Citizen Guide to Mental Health Services

Westchester County Senior Housing Site

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Adult Day Care Centers

These centers feature activities to improve and maintain the physical, mental and social well being of frail elderly persons who live in their own homes. Essential support functions of the centers include transportation and nutrition. Core services include supervision and socialization. For further information call:
(914) 813-6300

Adult Protective Service

Please see page 19 for Protective Services for Adults

Advanced Directives

Caring Connections, a program of the National Hospice and Palliative Care Organization (NHPCO), is a national consumer engagement initiative to improve care at the end of life. While Caring Connections updates the advanced directive forms to keep them up-to-date, changes in the underlying law can affect how the form will operate in the event you lose the ability to make decisions for yourself. If you have any questions about how advanced directive forms will help ensure your wishes are carried out, you should talk to your health care provider and/or an attorney with experience with advanced directives. For more information you can contact:
Caring Connections
www.caringinfo.org
1-(800) 658-8898

Alzheimer's Disease

For information regarding symptoms, diagnosis, treatment and services, please call the Alzheimer's Disease and Related Disorders Association:
(914) 253-6860
For the 24/7 helpline:
1-(800) 272-3900

AARP- (Formerly the American Association of Retired Persons)

AARP is the nation's leading organization advocating for people age 50 and over. The organization provides legislative advocacy, research, educational programs and community services administered by a network of local chapters and experienced volunteers. AARP offers members a wide range of membership benefits. For more information, call:
1-(888) 687-2277
For Automobile Insurance
1-(866)-227-7466

Bus Fare (MetroCard)

Residents age 65 or older may ride the Bee-Line buses for a reduced fare. Exact change or a MetroCard is needed. No dollar bills or pennies will be accepted. For discounts, you must show a senior reduced-fare MetroCard, a senior picture ID or a Medicare Card when boarding the bus. For additional information, call:
(914) 813-7777

Caregiver Service Centers

Caregiver Service Centers have been established throughout Westchester to provide advice and services to assist caregivers of elderly family members. Our Full-Service Caregiver Centers are staffed by professionals who care and recognize your special needs and provide direct services and referrals. Our Resource Centers at local libraries have a designated section with extensive literature on topics of interest to caregivers. For more information call:
(914) 813-6441

Full-Service Centers:
Westchester County Dept. of Senior Programs & Services
Mount Vernon
(914) 813-6300

Yonkers Office for the Aging
435 Riverdale Ave
Yonkers
(914) 377-6822

Alzheimer's Association
2900 Westchester Ave.
Purchase, NY 110577
(914) 253-6860

ElderServe
Yonkers
(914) 368-5506

Caregivers Resource Centers:

Field Library-Peekskill
(914) 737-1212

Greenburgh Public Library
(914) 721-8200

Katonah Village Library
(914) 232-3508

John C. Hart Memorial Library
(Shrub Oak)
(914) 245-5262

New Rochelle Public Library
(914) 632-7878

Ossining Public Library
(914) 941-2416

Port Chester Public Library
(914) 939-6710

Rye Free Reading Room
(914) 967-0480

Scarsdale Public Library
(914) 722-1300

Somers Public Library
(914) 232-5717

Warner Library-Tarrytown
(914) 631-7734

White Plains Public Library
(914) 422-1400

Please call for individual library hours.

Case Management

If you need assistance to continue living at home or to plan for the future, case management is available. Under this program, the needs of the individual older person are assessed and services are coordinated. The Expanded In-Home Services for the Elderly Program (EISEP) provides services for those who require help in their home. For more information, call: **(914) 813-6442**

Citizen Services Westchester

County Information

The Westchester County Citizen Services and Public Information is a central source for most services available in the county to young and old alike. For information, call: **(914) 995-4636, (914) 995-2127 or contact**

www.westchestergov.com/seniors

Con Edison

CONCERN Program

Con Edison customers who are 62 or older, blind or have a permanent disability are invited to enroll in the CONCERN program. This program provides a specially trained representative who will answer questions about your bill, suggest more convenient bill payments, explain government aid programs, and connect you with organizations that offer special assistance. To enroll in CONCERN, call:

1-(800) 404-9097

Consumer Protection

The Westchester County Department of Consumer Protection urges you to resist attempts at fraud, overcharges or other schemes designed to cheat you. Be especially wary of offers that appear too good to be true! If you think you are being scammed report this to the Consumer Protection Department. Also call the department if you have a complaint or question:

(914) 995-2155

Crime Prevention and Victim's Assistance

The Victims Assistance Service of WestCOP, Inc. provides information about safety, security and neighborhood crime prevention programs. If you are a crime victim, agency professionals provide advice on where to go and what help to expect. Trained professional workers provide supportive counseling and help with filing for compensation and other services. For further information and assistance, call:

(914) 345-3113

or

**1- (800) 726-4041 – 24 hour
Rape Crisis Hotline**

HEALTH CENTERS & DENTAL SERVICES

<p>Greenburgh Neighborhood Health Center 295 Knollwood Road White Plains, NY 10607 Phone: (914) 989-7600</p> <p>Dental Services Phone: (914) 686-5918</p>	<p>Hudson Valley Health Center 1037 Main Street Peekskill, NY 10566 Phone: (914) 734-8800</p> <p>Dental Services Phone: (914) 734-8840</p>
<p>Mount Vernon Neighborhood Health Center 107 W. 4th Street Mount Vernon, NY 10550 Phone: (914)699-7200</p> <p>Dental Services Phone: same</p>	<p>Ossining Open Door 165 Main Street Ossining, NY 10562 Phone: (914) 941-1263</p> <p>Dental Services Phone: (914)941-1401 or 1402</p>
<p>Port Chester Open Door 90 S. Ridge Street Rye, NY 10573 Phone: (914) 937-8899 Press: 6 for Dental</p>	<p>Sleepy Hollow Open Door 80 Beekman Avenue Sleepy Hollow, NY 10591 Phone: (914) 631-4141</p> <p>No Dental Services</p>
<p>Yonkers Neighborhood Health Center 30 S. Broadway Yonkers, NY 10701 Phone: (914) 968-4898</p> <p>Dental Services Phone: same</p>	<p>Westchester Medical Center Dental Clinic 95 Grasslands Road, Bldg 3, Valhalla, NY 10595 (914) 493-7625</p>

Please note:

- **Services are on a sliding scale basis.**

You must provide

- **proof of income**
- **proof of residence**

Direct Deposit (Go Direct)

Consider direct deposit for your Social Security Check where the check will go direct to your checking or savings account. Most banks will open an account of this type for you with a small opening deposit and no charge for checks. A direct deposit is electronically credited to your account after you fill out a simple form authorizing the Social Security Administration to handle this transaction. Inquire at your bank. Or contact the Go Direct helpline:

1-(800) 333-1795

Direct Express

The Direct Express® card is a prepaid debit card offered to Social Security and Supplemental Security Income recipients who wish to receive their benefits electronically. The debit card offers the convenience and security of using electronic transactions to spend and access your money rather than using cash for purchases. You do not need to have a bank account to sign up for the card.

1-(877) 212-9991

Early Alert

Immediate assistance for elderly people who become ill is often delayed for lack of regular contact with friends or family. The post office, in cooperation with local organizations, provides a vital service. When a senior citizen registers with the post office, a special label, not visible to anyone else, is placed inside his or her mailbox. If mail is not picked up regularly, the mailman will notify the Westchester County Chapter of the American Red Cross. The Red Cross will contact a specified friend or relative. Check the directory in the back of this pamphlet to see if this service is available in your area. Applications for the Early Alert program can be obtained at post offices, nutrition sites and the American Red Cross in White Plains. For further information, call: **(914) 946-6500 ext 304**

Education

To help senior citizens satisfy their desire to learn, a wide range of educational opportunities are available. Nutrition sites and senior clubs frequently provide courses and speakers. Local school systems offer educational programs at reduced rates or free to older adults. Going back to school means making new friends, finding new purpose in life and starting a brand-new career. Call your local school system, a college near you or **(914) 813-6300** (See also Mainstream)

Elder Abuse Help Line

The Westchester County Department of Senior Programs and Services provides this special phone line. A trained caseworker will provide information and referrals to anyone 60 and older who may be a victim of financial, physical or emotional abuse or neglect (Monday through Friday, 8:30 a.m. to 4:30 p.m.) For more information, call: **(914) 813-6436**

If in danger please call 911 at any time

You can also contact Protective Services for Adults directly:

(914) 995-2259

After Hours: (914) 995-2099

Eldercare Locator

The Eldercare Locator is a nationwide, directory assistance service designed to help older persons and caregivers locate local support resources for aging Americans anywhere in the United States. Call Monday through Friday, 9 a.m. to 11 p.m., Eastern Time:

1-(800) 677-1116

Website: www.eldercare.gov

Emergency Financial Assistance

If you receive Supplemental Security Income (SSI), emergency financial assistance may be granted to take care of situations endangering your life, safety or personal welfare. They can include eviction, lack of money to pay rent, utility bills or buy food and lost benefit checks. Those not on SSI may apply for Safety Net Assistance (SNA).

For information call your local Department of Social Services office listed in back of this booklet.

For information:

(914) 813-6300

Emergency Response Systems (PERS)

There are various personal emergency response systems that enable persons living alone to be assured that help is just moments away. With an emergency response system device, the person presses a special button at the first sign of trouble. Devices worn around the neck or on the wrist send a signal to a central emergency response center. These centers operate 24 hours a day, seven days a week. A control person arranges for help to be dispatched to the client as soon as the message is received. For further information, call:

(914) 813-6300

(See also Project Lifesaver on **Page 20** which is a tracking device in bracelet form for your loved one with cognitive impairment)

Employment

The Westchester County Department of Senior Programs and Services is a partner with a network of senior employment agencies and programs offering expert job search assistance and training to learn new skills or to upgrade current skills. Please contact one of the network partners for job placement assistance:

The Urban League of Westchester
(914) 428-6300 ext. 227

Also see: Mainstream: The Institute for Mature Adults at Westchester Community College

EmPower New York Program

EmPower New York Program offers no-cost energy services for income-qualified households. They can replace old inefficient appliances, install high-efficiency lighting, provide tips on how to save energy and in some cases offer insulation and other home energy efficiency measures at no cost. Funding is limited. For more information, please call:

1-(800) 263-0960

If you are over-income for EmPower New York and HEAP, (see page 10 for HEAP information) you may still be eligible for help from New York State's Assisted Home Performance with Energy Star Program. Energy Finance Solutions:
1-(800) 361-5663

Escort Respite Program

Project Time-Out, a program of Westchester Jewish Community Services, makes available compassionate escorts who accompany your senior family member to a doctor's visit, movie or shopping. There is no fee for the escort but you must pay for transportation for the senior and escort if they travel by taxi or bus. If ParaTransit is used, the escort may ride free. For further information, call:

(914) 761-0600, Ext. 344

Escorted Shopping

A limited transportation assistance program is available in some communities. Ambulatory seniors are taken in groups, to supermarkets, nutrition sites and sometimes individually to medical appointments. For further information, call your local Office for the Aging or nutrition site listed in the back of this brochure.

Family Type Homes for Adults

Typically a private home in which the homeowner (host) provides a private room and supportive services to a self-directing ambulatory adult. This county-certified program has limited capacity. For more information call:
**(914) 995-6215 or
(914) 995-7459**

Family Counseling

Better solutions for family, financial and health crises can usually be found by consulting a counseling service. We can assist you to find a suitable organization. For further information, call:

(914) 813-6300

Family Justice Center

The Family Justice Center is a network of hope for victims of domestic & dating violence, sexual assault & stalking. Counselors, lawyers and advocates are available. Appointment required:

(914) 995-3100

In an emergency call 911

Food Stamps

Food stamps can help you stretch your food dollar. A Food Stamp Identification Card is issued to people who are eligible, based on family income and other guidelines. A debit card is issued for use in participating supermarkets. For information and eligibility requirements, call your local office of the Department of Social Services. Consult the local listings in the back of this directory to find the telephone number of the office nearest you or call the Hunger Action Network **1-(866) 526-2978**

Emergency line **1-(866) 888-8777**

Food Bank of Westchester

(914) 923-1100

Foster Grandparents Program

If you are interested in working with school children in need of individual care, and are 55 years of age or older and have a limited income, consider the Foster Grandparents program. This federally sponsored-program pays a tax-free stipend. For further information call:

WestCOP:

(914) 592-5600 Ext. 108

Friendly Visiting

Homebound seniors are matched with volunteers for weekly or biweekly visits, through DOROT. Telephone (toll free):

1-(800) 499-0940

Grandparents Raising Grandchildren

The Grandparents Coalition of Westchester County provides information and referral services to grandparents raising grandchildren or relative caregivers raising children up to age 21. They include support groups, advocacy, benefits, recreational and educational activities, etc. For additional information, call:

(914) 813-6393

Health Department

The Westchester County Health Department works to promote public health, prevent the spread of disease and prolong meaningful life for all Westchester residents. Staffers inform, educate and empower people about public health issues, connect people to needed health services and ensure the availability of health care.

The department monitors health status to identify community health problems, diagnoses and investigates them and mobilizes community partnerships to find solutions.

The Health Department develops policies and plans that support individual and community public health efforts. The department enforces laws and regulations that protect health and ensure safety, including the state and county sanitary codes. The health department also surveys and regulates air and water quality in Westchester.

For general information and public health emergencies, call
(914) 813-5000, 24/7

Health-Care Clinics

There are several health-care clinics at the Westchester Medical Center

Main Switchboard:

(914) 493-7000

Dental Clinic:

(914) 493-7625

Speech and Hearing Clinic:

(914) 493-7294

Vision and Eye Care:

(914) 493-7662

In addition, the Westchester County Department of Health offers Home Health Care Agency services, seasonal flu immunizations and mammography screening to senior citizens in Westchester through these district health centers:

New Rochelle: **(914) 813-5000**

White Plains: **(914) 995-5800**

Yonkers: **(914) 231-2500**

Yonkers Community

Health Center: **(914) 968-4898**

Health Care Proxy

The New York Health Care Proxy Law allows you to appoint someone you trust to decide your medical treatment if you lose the ability to decide for yourself. You can do this by using a Health Care Proxy Form to appoint your “health care agent.” Hospitals, doctors and other health-care providers must follow your agent’s decisions. For information, call:

(914) 813-6300

Health Insurance Information, Counseling and Assistance Program (HIICAP)

Trained volunteers and professional counselors provide information and counseling at various sites throughout Westchester County on questions regarding Medicare, Medigap; Medicare HMOs and Long-Term Care Insurance. Seniors are assisted in negotiating disputes with medical offices and insurance companies. For written materials, information and assistance, call:
(914) 813-6100

Health Promotion & Disease Prevention

The Westchester County Department of Senior Programs and Services (through contracts with agencies and municipalities) provides health promotion and disease prevention services to medically underserved communities. Exercises, health education and screenings are presented by subcontracted health educators at designated nutrition, health and wellness centers and at senior outreach programs located in senior congregate living facilities. Statistical data show that exercise, good nutrition and a healthy lifestyle significantly promote health and reduce the incidence or severity of disease. For further information, call:
(914) 813-6300

Health Tests

Most hospitals in Westchester County schedule free blood pressure testing as well as other health screening procedures. Call your local hospital for details.

Hearing Difficulties

As people advance in age, they may encounter problems with their hearing. To receive the proper advice and the names of qualified audiologists, call the Westchester County Office for the Disabled:
(914) 995-2957

TTY- hearing impaired relay number:
(914) 995-7397

To see if you are eligible for a low-cost hearing aide you may call the following organizations:

-Starkey Hearing Foundation

1-(800) 328-8602

-AUDIENT – An Alliance for Accessible Hearing Care

1-(866) 956-5400

Helpline of The Volunteer Center of UNITED WAY

Trained professionals provide assistance to callers by linking them to organizations in Westchester and Putnam that can help. Callers receive confidential information and referrals and a direct telephone connection to specialized referral services for more in-depth information. Bilingual staff available.
7 a.m. – 7 p.m.

2-1-1 or dial **1-(800) 899-1479**

Home-Care Services

These services represent an option for those who can manage at home with some help and thus avoid placement in a nursing home or other institutional setting.

Registered nurses, home-health aides, homemakers and other services are available. Care planning/case management services can be provided as well. Non-medical home care is available on a sliding-fee scale. For information on public or private agencies, call:
(914) 813-6300

Home-Delivered Meals

Home-delivered meals are available for homebound, frail, elderly persons, age 60 or over, through most Westchester County Department of Senior Programs and Services nutrition sites. Each meal served provides one-third of the daily Recommended Dietary Allowance (RDA). Homebound frail, elderly persons are encouraged to attend the congregate site. Transportation frequently is available. A suggested voluntary contribution for congregate and home-delivered meals is posted at each site. Check the local listings in the back of this booklet, to see if Home-Delivered Meals are available in your area. For further information, call:

(914) 813-6300

Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) was developed to help lower-income households meet the rising cost of heating and utility bills. HEAP may be able to help you by providing a once per-year grant toward meeting these expenses. Eligibility is based on income and other guidelines. A special grant is available for emergency situations. A mail-in application is available for those age 60 and older and for the disabled. The program usually runs from November through April. For further information, call:

(914) 813-6300

Home Repair

Minor Home Repair-Last Resort Funds Program provides a grant to low-income qualified homeowners for energy savings and critical home repairs. Examples are furnace and roof replacement or repair, or any repair that will save energy. For more information about this grant or additional grants that may be offered in your area, call:

(914) 813-6300

Housing Assistance

For information regarding housing assistance programs available for Westchester County senior citizens, call:

(914) 813-6300

(see also **Westchester Residential Opportunities on page 26**)

Housing Choice Voucher Program-

CVR New York - Westchester HCVP (Housing Choice Voucher Program)

Section 8 is a federally funded rental assistance program of the Department of Housing and Urban Development (HUD) administered by local offices. It is not an emergency assistance program and applicants may wait a considerable amount of time for help. There are 17 Section 8 program offices in Westchester County. Each office is an independent program with its own waiting list for help, areas of assistance and program guidelines. If you live in an area with a local Section 8 program, it may be the program that can assist you the quickest. However, not all programs have open waiting lists.

The housing choice voucher program is the federal government's major program for helping very low-income families, the elderly and the disabled afford decent, safe and sanitary housing in the private market. Housing assistance is provided on behalf of the family or individual, and participants are required to find their own housing, including single-family homes, townhouses and apartments. The participant is free to choose any housing that meets their individual needs and requirements of the program. It is not limited to units located in subsidized housing projects or any specific location in the community.

The owner or landlord must agree to rent under the program. This unit may be the family's present residence. Rental units must meet minimum standards of health and safety, as determined by the Section 8 program administrators.

A housing subsidy is paid to the landlord directly by the Section 8 program on behalf of the participating family. The family then pays the difference between the actual rent charged by the landlord and the amount subsidized by the program. Under certain circumstances, if authorized by the Section 8 program, a family may use its voucher to purchase a modest home. For more information please contact:

(914) 995-2415

Human Rights Commission

The Westchester County Human Rights Commission ensures individual rights against discriminatory acts based on race, color, religion, ethnicity, creed, age, national origin, citizenship status, gender, marital status, sexual orientation or disability.

If you think your rights have been violated call:

(914) 995-7710

I.D. Cards for Senior Citizens

Residents age 60 and over can apply for a Senior ID card. You must bring proof of age and residency. There is a \$4 fee. The card entitles its holder to discounts with many merchants and reduced bus fare at age 65. You may obtain a card on weekdays between 10 AM and 4 PM at the Westchester County Center, 198 Central Avenue, White Plains.

For more information, call:

(914) 995-4050

Legal Services

Legal Services of the Hudson Valley provides legal advice for pressing legal problems of the elderly. These services are funded in part by the Westchester County Department of Senior Programs and Services. For landlord lock-outs, 72-hours vacate orders or denials of governmental emergency benefits, etc. call:

1-877 574-8529

Monday, Wednesday and Friday
9 am – 4 pm

An answering machine takes calls after 4:00 PM

For other legal issues call:

(914) 949-1305

Tuesday and Thursday 12-3

Libraries

Most Westchester County public libraries have special services of interest for older adults. These include programs and classes, large-print books, bifocal kits, access to the Internet and lending by mail for homebound residents. For more information, visit:

www.westchesterlibraries.org or call your local library or the Westchester Library System:

(914) 674-3600

Livable Communities Initiative

The initiative's goal is to provide a better quality of life for people of all ages and to enable seniors to remain in their homes as they age with dignity, independence and civic involvement.

Key features of livable communities are services provided by volunteers such as health and wellness programs, education and cultural events, support services such as transportation, personal safety, consumer protection and advocacy for affordable housing and safe sidewalks and roads.

The initiative, which is spearheaded by Westchester County's Department of Senior Programs and Services, has received national awards and been identified by AARP as one of three livable community models in the United States.

In 2007 the initiative set up a network of nine regional Livable Community Connection sites throughout Westchester to foster educational programs to enhance the lives of seniors on topics ranging from elder law to caregiving.

More recently, DSPS started its Livable Community Village Approach initiative. Villages are groups of people with shared interests, such as members of houses of worship, civic and service clubs and neighborhood associations. In villages, neighbors helping neighbors is a way of life. Members of villages have been meeting to determine their key interests and needs, and as of June

2009 there are more than 60 villages with more than 10,000 members.

Brochures with details about villages are available in English, Spanish and Mandarin. New members – and new villages – are always welcome. For more information, including how to start a village, call: **(914) 813-6263** or visit the website: www.westchestergov.com/livablecommunities

Mainstream

Mainstream, The Institute for Mature Adults of Westchester Community College, has become a favorite learning facility for mature adults. For further information and literature, call:

(914) 606-6793

Mediation

The Westchester Mediation Center provides trained, neutral mediators to help people resolve their own disputes. The disputes may be between neighbors, landlords and tenants or merchants and customers. Mediation sessions are held all over Westchester and are free.

Talk It Out; Don't Fight It Out. For information, call:

(914) 963-6500 for rent issues ext. 221

Medicaid

Medicaid is a medical assistance program funded by county, state and federal governments to provide help with medical expenses in the event that you are unable to pay for medical care privately or with health insurance. To qualify, your income and assets must fall within certain guidelines that change every year. If you are eligible for, or receive Supplemental Security Income (SSI), you automatically qualify for Medicaid. However, you must notify the Department of Social Services of your eligibility for SSI and Medicaid. For further information, refer to the local listings in the back of this booklet for the telephone number of the nearest Social Services office, or call The Westchester County Department of Senior Programs and Services:

(914) 813-6300

Or call **(914) 995-3333**, Department of Social Services

Medic Alert System

In an emergency, when patients cannot communicate, tragic mistakes can be prevented if medical personnel are alerted to special medical problems. An emblem bracelet can be purchased that contains your primary medical condition, ID number and the 24-hour Emergency Response Center telephone number. For further information, call:

1-(800) ID-ALERT (432-5378)

Medicare

Medicare is a federal health insurance program for people age 65 or older, people with permanent kidney failure and certain disabled people. Medicare has four parts: (Part A) Hospital insurance – in-patient hospital care and certain follow-up care after you leave the hospital; (Part B) Medical insurance that helps pay for your doctor's services and certain other items; (Part C) Medicare Advantage Plans (HMO's) Health Maintenance organizations or (PPO's) Preferred Provider Organizations; and (Part D) Prescription Drug coverage.

For information and assistance call the Westchester County Department of Senior Programs and Services:

(914) 813-6100

To ensure that your Medicare coverage starts the month you become 65, contact the Social Security office at least three months before you reach the age of 65. The toll-free number is:

1-(800) 772-1213

Mental Health

The Westchester County Department of Community Mental health plans, oversees and coordinates services for individuals - and their families - with mental illness, developmental disabilities and substance abuse disorders.

(914) 995-5220

Metrocard

Please see Bus Fare on page 1

Motor Vehicle Bureau

For non-driver I.D. information and the application form visit the bureau's website

www.nysdmv.com

You may also call:

1-(212) 645-5550 or

1-(718) 477-4820

Nursing Homes

For information on nursing homes in Westchester County, including the placement process and facilities available, call:

(914) 813-6300

Nutrition Sites

The Westchester County Department of Senior Programs and Services, through its Nutrition, Health and Fitness Program provides a variety of services at sites throughout the county for those ages 60 and older. Hot nutritious midday meals are served five days a week at local sites. Weekend meal programs are also offered in several localities (See listings in the appendix).

Educational pamphlets prepared by our certified nutritionists and registered dietitians are distributed regularly at these sites to provide the latest information on good nutrition.

All sites are barrier-free for the disabled. Sites are listed in the local directory in the back of this directory.

For further information, call:

(914) 813-6300

NY Connects

New York Connects (Westchester Choices for Long-Term Care) is a state program that helps callers get information about long-term care for seniors, disabled adults and children.

The state-funded program streamlines the calls people must make to learn about such care, and helps avoid the frustrations that process can cause. New York Connects is a joint initiative of Westchester County's Department of Senior Programs and Services, Department of Social Services and Office for the Disabled. Callers can receive information on a wide range of topics, including in-home and out-of-home care, Medicaid and Medicare, transportation, health, recreation, advocacy, insurance and financial planning.

One call is all it takes!

(914) 813-6300

Speak confidentially, with a person who knows and cares.

Offices for the Aging and Local Senior Programs and Services

The Westchester County Department of Senior Programs and Services is the Area Agency on Aging for the entire county. It administers many programs and supports local activities through grants to Offices for the Aging and local Senior Programs and Services in Eastchester, Greenburgh, Mount Pleasant, Mount Vernon, New Rochelle and Yonkers. If you wish to contact your local aging services office please consult the appendix in the back of this booklet. For more information call:

(914) 813-6300

Office for the Disabled

Information about all services for the disabled is available from this office. Among them are: telephone communication for the hearing impaired (TTD), the Para –Transit system (special transportation for those who cannot use the “Bee-Line” bus system), a bimonthly newsletter, and “Hard Copy,” a quarterly newsletter that reviews services, products, devices and technological developments of interest to the disabled community. For further information, call:

(914) 995-2956

TDD- for the hearing impaired.

(914) 995-7397

Ombudsman Program for Long-Term Care

The Ombudsman Program establishes a link between the community and residents of long-term care facilities. After completing a 36-hour training program, the volunteer advocate receives New York State ombudsman certification. The goal is to improve the quality of life for elderly persons requiring long-term care. The program is administered by the New York State Office for the Aging and The Westchester County Department of Senior Programs & Services and is sponsored by the Mental Health Association of Westchester County. For information, call the Mental Health Association:

(914) 345-5900 Ext. 7522

Paratransit (Beeline)

A ParaTransit program for frail and disabled persons is available through the Office for the Disabled.

For information and applications:

(914) 995-2957

For Reservations for:

(914) 995-7272

TDD/TTY (equipment required for the hearing impaired):

(914) 995-7397

Parks (National) Golden Age

Passport Access to National Parks
The Golden Age Passport is issued to gain admission to any of the National Parks, for people age 62 and older. Apply in person at any national park. There is a nominal fee for the Golden Age Passport.

Parks (New York State)

New York State residents, age 62 or older, it is no longer need to obtain a Golden Park Pass to enjoy access to state parks and arboretums, free entrance to state historic sites and a 50 percent fee reduction for state-operated swimming, golf and tennis facilities and boat rentals, on any weekday except holidays. It is only necessary to show a valid New York State Driver's License or a New York State Non-Driver's Identification Card. For information about facilities where this program is valid, contact the New York State Parks

Department:

1-(518) 474-0456 or

1-(518) 486-1899 (TDD)

1-(800) 456-2267 for reservations for picnic pavilions and camp sites.

Parks (Westchester County)

Westchester County Department of Parks, Recreation and Conservation oversees many parks and recreation facilities throughout Westchester. For a fee of \$45, Westchester County issues a special Park Pass to Westchester residents age 60 and over for six years. Your Park Pass enables you to use all county-owned park facilities and provides discounts in user and parking fees, where applicable. For a \$4 fee, Westchester residents may obtain a Senior ID Card (age 60 and over) or a Reduced Fare Card (age 65 and over) at the Westchester County Center. See Senior ID Card and Reduced Fare Card for details. Please call the Westchester County Department of Parks, Recreation and Conservation for more information:

(914) 864-Park or (914) 864-7275

PERS

Personnel Emergency Response System; **see page 6.**

Pharmaceutical Assistance Program (EPIC)

EPIC Program participants can save a substantial portion of their costs for prescription drugs.

Recent changes have simplified the Program. Use EPIC for even more savings with the Medicare Prescription Drug Program

(914) 813-6100 or

1-(800) 332-3742

Project Lifesaver

A free program sponsored by Westchester County that uses radio-frequency technology to find seniors who suffer from Alzheimer's disease and other forms of dementia and are prone to wandering. Bracelets with special batteries are placed on the seniors' wrists. Then, should they become lost, specially trained and equipped county police officers can locate them by tracking a radio signal the bracelets transmit. For more information, call:

(914) 368-5506

Protective Services for Adults

The Department of Social Services provides assistance to persons 18 years of age or older who are physically or mentally ill, or disabled. These adults have been threatened with harm or harmed by the actions of themselves or others. Many have no one able or willing to help them. Services available include counseling, housing, help in obtaining medical care, legal assistance and money management. There is no income limit for these services. For more information, please call your local Department of Social Services listed in the appendix of this directory, or call:

(914) 995-2259

Recreation Programs

The Westchester County Department of Parks, Recreation and Conservation sponsor many countywide programs. The department's annual countywide events include the Salute to Seniors (jointly with the Department of Senior Programs & Services, and the Department of Transportation), a Bocce Tournament, Boat Rides, Golf and Bowling Tournaments, the Fishing Frolic, Senior Games, many outings and the Golden Harvest Ball. The Senior Citizens' Orchestra attracts members from all parts of the county. For further information, call the Westchester County Department of Parks, Recreation and Conservation:

(914) 864-PARK (914) 864-7275

Reduced Fare Card

Westchester County residents age 65 and over may obtain the county Reduced-Fare card, which entitles holders to reduced fare on the Bee-Line bus system. A \$4 fee includes the cost of the photograph. Reduced- Fare Cards are available weekdays from 10 AM to 4 PM at the Westchester County Center, 198 Central Ave, White Plains. For details and further information, please call the Westchester County Department of Senior Programs and Services:

(914) 995-4050

Rent Increase Protection-Senior Citizen Rent Increase Exemption, (SCRIE)

In 14 Westchester communities, persons age 62 or older with annual incomes of up to \$27,000, who live in rent-controlled or stabilized apartments, are protected against an increase in their rent. These communities are Dobbs Ferry, Greenburgh, Hastings-on-Hudson, Irvington, Larchmont, the Village and Town of Mamaroneck, Mount Vernon, New Rochelle, Sleepy Hollow, Pleasantville, Tarrytown, White Plains and Yonkers. This protection varies from community to community and applies if one-third or more of the household income goes toward rent. For more information, call The New York State Division of Housing and Community Development at:
(914) 948-4434

Respite Care (Institutional)

Programs have been established to help ease the burden on families who care for elderly relatives or to provide a temporary home for the frail elderly. For the names of institutions that provide short-term care at their facilities for ambulatory frail elderly persons, call:
(914) 813-6442

Respite Care (in-home)

Project Time-Out
Project Time-Out is a service of Westchester Jewish Community Services. Project Time-Out trains and provides workers for in-home care, thus offering respite to caretakers of frail elderly relatives or friends. For further information, call:
(914) 761-0600 Ext. 344

Reverse Mortgage Program

Under the Reverse Mortgage Program, home equity is available without selling your home or refinancing it with a conventional mortgage. Applicants must be age 62 or older and live in their own home in Westchester County. For further information call the Senior Housing Assistance Program:
(914) 428-4507 ext 313

RideConnect

A not-for-profit program of Family Services of Westchester, dedicated to finding the fastest and most cost-effective transportation options to meet the needs of older adults, the disabled and home health professionals in Westchester County. The hours of operation are Monday through Friday from 9am to 5pm. For additional information call to speak to a transportation counselor **(914) 242-7433** or visit website www.rideconnectwestchester.org

Road Scholar

Road Scholar is the name for the programs developed and offered by Elderhostel, Inc. The programs bring together instructors and participants from diverse backgrounds to foster dynamic interaction, engaging discourse and warm camaraderie.

For further information, please write to Road Scholar, 11 Avenue DeLafayette, MA 02111 or call:

1-800-454-5768

www.roadscholar.org

Safe Centers for Seniors

Westchester County's Safe Center for Seniors provides one-stop support for at-risk elderly or a family member overwhelmed by the demands of care giving. Signs that may signal an at-risk senior include isolation, depression, fear, poor hygiene, hunger and unexplained bruises or burns. Services provided include counseling, and case management. For more information, call:

(914) 368-5506 or (914) 813-6300

Senior Clubs and Centers

Provide leisure time activities, recreation, education, physical exercise and more. These clubs and centers are located in every Westchester community. Contact your local recreation department or call:

(914) 813-6300

or visit website

www.westchestergov.com/seniors

Senior Benefits Information Centers

The Westchester Library System has walk-in, one-on-one Medicare counseling available in a number of local libraries. The counselors will also help seniors connect to benefits that can save them money.

Counselor availability varies so before you go, call to confirm the schedule, below, which is accurate at the time of publication.

New Rochelle Public Library

1 Library Plaza, New Rochelle
Fridays: 10 am – 1 pm

(914) 265-5287

(Peekskill) The Field Library

4 Nelson Ave., Peekskill
Thursdays: 10 am – 1 pm

(914) 265-5286

Mount Kisco Public Library

100 Main St., Mt. Kisco
Wednesdays: 11 am – 2 pm

(914) 269-7764

John C. Hart Memorial Library

1130 Main St., Shrub Oak
Tuesdays: 10 am – 1 pm

(914) 269-7137

Tarrytown (The Warner Library)

121 N. Broadway, Tarrytown
Wednesdays: 10 am – 1 pm

(914) 269-7765

Grinton I. Will Library, Yonkers Public Library

1500 Central Park Ave., Yonkers
Tuesdays: 10 am – 1 pm

Thursdays: 11 am – 3 pm
(914) 269-7138

Senior Benefits Information Centers, continued

Greenburgh Public Library

300 Tarrytown Road, Elmsford
Mondays: 10am – 1 pm
(914) 269 7129

Port Chester-Rye Brook Public Library

1 Haseco Avenue, Port Chester
Thursdays: 11 am – 2 pm
(914) 269-7131

Senior Crime Busters

Senior Crime Busters is a proactive elder fraud and crime prevention program that provides tips to seniors on how to stay safe and avoid financial exploitation and other scams. Seniors also learn how to protect their physical safety such as at shopping malls or walking in a neighborhood park. Senior Crime Busters is marketed to leaders of senior clubs, nutrition centers, houses of worship and other sites. Leaders looking to arrange a program for their members should call:

(914) 995-2190

Social Security Benefits

Monthly Social Security benefits go to workers and their dependents when the worker retires, becomes disabled or dies. A worker must earn credits for 40 quarters or 10 years for full retirement benefits. For further information and current guidelines, please call the Social Security office 7 am to 7 pm week days (toll-free):

1-(800) 772-1213

Hearing Impaired TDD/
TTY equipment required

1-(800) 325-0778

www.ssa.gov

New Rochelle Social Security Office
85 Harrison Street
New Rochelle, NY 10801
1-(855)-210-1026

Peekskill Social Security Office
One Park Place, 3rd Floor
Peekskill, NY 10566
1-(800) 772-1213

White Plains Social Security Office
297 Knollwood Road
White Plains, NY 10607
1-(866) 964-5513

Yonkers Social Security Office
20 South Broadway, 10th Floor
Yonkers, NY 10701
1-(800) 772-1213

Special Needs Registry

If there were a major emergency, most residents could leave their homes quickly, jump in the car and make their way toward safety. But people with a physical or mental disability who live alone could have a problem. That's why Westchester County's Department of Emergency Services put together the Special Needs Registry, a database of residents who may require additional help, transportation or a place to stay if told to evacuate in the event of an emergency or disaster. The listings are made available to local governments so they can assist their own residents. To register, first call 211 or:

(914) 231-1685

Star School Tax Relief Programs

The Enhanced Star Program provides an average school property tax reduction of 45 percent to homeowners age 65 or over with annual income below \$79,050 on the adjusted gross income for year 2010. For the latest income guidelines call your local tax assessor.

The Basic Star Program is available to all New Yorkers on their primary residence, regardless of income. For more information call your local tax assessor.

Supplemental Nutrition Assistance Program

The Westchester County Department of Senior Programs and Services - with funding from the state's Supplemental Nutrition Assistance Program (SNAP) – provides funding to municipalities to identify and serve frail elderly persons, 60 years and older, who are at nutritional risk. They can receive a nutritious meal in their homes or at expanded congregate nutrition sites. Meals will be delivered five days a week and in some communities six or seven days a week. Special dietary needs will be considered. For further information, call:

(914) 813-6300

Supplemental Security Income (SSI)

People with limited income who are age 65 or older or who are blind or disabled at any age may be entitled to Supplemental Security Income (SSI) in addition to Social Security benefits. This benefit provides monthly cash benefits to meet food clothing and shelter needs and automatically qualifies you for Medicaid. The amount of this benefit depends on the beneficiary's income and whether the person lives alone, with others, in the household of another person or in a residential care facility. Income and resource guidelines vary each year. For more information contact your local Social Security office:

1-(800) 772-1213

Tax Abatement for Homeowners

Most Westchester communities have adopted the New York State Property Tax law for residential property owners. Under this law, up to a 50 percent tax reduction may be granted to seniors who are 65 years old or older with incomes up to \$24,000 or more, depending on the municipality. The property must have been owned for at least two years. Those eligible must apply each year and closing dates vary among communities. If you believe you are eligible, call your local tax assessor.

Tax Refund - IT-214

The Circuit Breaker Program provides tax credits to both homeowners and renters with annual incomes of \$18,000 or less. The property value cannot exceed \$85,000. People who rent apartments are eligible for the tax credits if they pay an adjusted monthly rent of \$450 or less. For more information call the Senior Housing Assistance Program:
(914) 428-4507 Ext 313

Telephone Discount

A limited income doesn't have to mean limited telephone services. Verizon offers a special reduced rate to qualifying customers through its Life Line service that can save you more than \$100 a year on your phone bill. If you qualify for any of the following programs, you're eligible for Life Line: food stamps, Medicaid, HEAP, SSI, Veterans Disability Pension, Veterans Surviving Spouse Pension, AFDC or Home Relief. To speak to a Verizon representative about this program Monday through Friday, from 9 a.m. to 5 p.m., call:

1-(800) 837-4966

Tenant/Landlord Relations

The Westchester County Rent Guidelines Board provides information and assistance in matters pertaining to tenant/landlord protection, regulations, apartment and building repairs, laws and regulations pertaining to co-op/condo conversions and guidance in matters of certain court proceedings such as evictions, rent arrears lockouts, for further information call:

(914) 995-2738

Transportation (Special)

Special transportation for senior citizens is provided in many parts of Westchester County. In some areas there may be a reduced fare.

Transportation to nutrition sites throughout the county and to special events is also available. Call your local nutrition site for further information or call:

(914) 813-6300

(See also: ParaTransit, Bus Fare Discount, MetroCard, and services listed by municipality in directory's appendix; and RideConnect Program on page 20)

University Without Walls

University Without Walls enables homebound individuals to participate in more than 250 educational courses over the telephone. There is a one-time registration fee of \$10 per semester. Call DOROT University Without Walls (toll free)

1-(800) 499-0940

Veterans Information

Veterans, widows of veterans and parents of veterans may be eligible for many benefits, including pensions. For further information, call The Westchester Veterans Service Agency:

(914) 995-2146

Vision/Low Vision Services

Lighthouse International offers vision rehabilitation and orientation and mobility services. For more information call:

1- (800) 829-0500

New York State Commission for the Blind

The mission of the New York State Commission for the Blind and Visually Handicapped is to enhance employability, to maximize independence and to assist in the development of the capacities and strengths of people who are legally blind. In White Plains, call:

(914) 993-5370

Guiding Eyes for the Blind

Guiding Eyes for the Blind is dedicated to enriching the lives of blind and visually impaired men and women by providing them with the freedom to travel safely, thereby assuring greater independence, dignity and new horizons of opportunity. Call: **(914) 245-4024**

**Vision/Low Vision Services,
continued
The National Deaf-Blind
Equipment Distribution Program
iCanConnect**

The goal is to get technology into the hands of people with combined hearing and vision loss so they can connect with family, friends and community. To find out if you qualify for free technology equipment used for distance communication call:

1-(800) 825-4595

TTY – 1-(888)320-2656

Volunteer Work

If you are looking for self-fulfillment, new friends and interesting experiences, consider the benefits for you and your community to be found in volunteer work.

The Retired Senior Volunteer Program (RSVP) invites older adults to put their lifetime experience to work solving problems in Westchester County. Groups of volunteers may be transported to the work sites by van and other means of transportation. For more information call:

(914) 948-6069

**Westchester County
Information Center**

The Westchester County Information Center is a central source for most services available in the county to young and old alike. If you need more information call:

(914) 995-4636

**Westchester Community
Opportunity Program, Inc.**

WestCOP's mission has been to help low income residents fight poverty through programs which foster self-sufficiency. They provide programs for: community action, employment & training, senior services, victim assistance services, early childhood, substance abuse, and special programs such as home energy assistance information and referral, service for the homeless, including emergency service. For more information call:

(914) 592-5600

**Westchester-Putnam
Weatherization Program**

The Weatherization Assistance Program enables low-income families to permanently reduce their energy bills by making their homes more energy efficient. During the last 30 years, the U.S. Department of Energy's Weatherization Assistance program has provided services to more than 5.5 million low-income families. For more information call:

(914) 375-7888 or (914) 813-6300

**Westchester Residential
Opportunities, Inc. (WRO)**

WRO counsels older persons on a one-to-one basis and assists them to resolve their individual housing and housing-related problems. If you are 60 years of age or older and need help with any housing or housing-related problem, call:

(914) 428-4507

Widowed-to-Widowed Network

Providing help for the recently widowed, the Network is a one-to-one telephone support program with volunteers trained by professional staff. For more information, please call the Westchester Self-Help Clearinghouse:

(914) 761-0600 x 308

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Amawalk

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Ardasley

Senior Services (see Greenburgh)
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Armonk

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Bedford

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 4)
Home-Delivered Meals:
(914)666-7203
Social Security: 1-(800)-772-1213

Briarcliff Manor

Department of Social Services
(See White Plains)
Home-Delivered Meals:
(914)762-8953 (Ossining)
Social Security: 1-(800)-772-1213

Bronxville

(See Eastchester Department of
Senior Programs and Services)
Department of Social Services
(See Mount Vernon)
Meals-on-Wheels: (914)787-3027
Social Security: 1-(800)-772-1213

Buchanan

Senior Services: (914) 737-1033
Department of Social Services
(See Peekskill)
Home-Delivered Meals:
(914) 528-5164
Social Security: 1-(800)-772-1213

Chappaqua

(also see New Castle, Town of)
Senior Recreation: (914) 238-3909
Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 4)
Home-Delivered Meals:
(914) 238-6612 or 238-2093
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Cortlandt

Town of Cortlandt Office for the Aging: (914) 528-1464
Senior Services: (914) 528-1464
Department of Social Services (See Peekskill)
Nutrition Site and exercise programs: (914) 528-5164
Community Center, Westbrook Drive Crompond (914) 528-5164
Home-Delivered Meals: (914) 528-5164
Transportation (Medical): (914) 528-8377
Social Security: 1-(800)-772-1213

Cross River

Department of Social Services, (See Peekskill)
Early Alert: (914) 946-6500 (See page 4)
Social Security: 1(800)772-1213

Croton-on-Hudson

Senior Services (914) 271-5804
Department of Social Services (See Peekskill)
Transportation: (914) 271-5804
Home-Delivered Meals (914)528-5164
Social Security: 1-(800)-772-1213

Crugers

Senior Services: (914) 528-8377
Department of Social Services (See Peekskill)
Home-Delivered Meals: (914) 528-5164
Transportation: (914) 528-8377
Social Security: 1-(800)-772-1213

Dobbs Ferry

Senior Services (see Greenburgh)
Department of Social Services (See White Plains)
Nutrition Site: Embassy Club, 60 Palisade St., (914) 693-0787
Home-Delivered Meals: (914) 693-8997
Social Security: 1-(800)-772-1213

Eastchester

Town of Eastchester Dept. of Senior Programs & Services: (914) 771-3340
Department of Social Services (See Mount Vernon)
Nutrition Site and exercise programs: Lake Isle Park, 660 White Plains Road, (914) 337-0390
Home-Delivered Meals: (914) 771-3340
Sunday Nutrition Program: (914) 771-3340
Early Alert: (914) 946-6500 (see page 4)
Transportation, Shopping and Medical: (914) 771-3340
Social Security: 1-(800)-772-1213

Elmsford

Senior Services (see Greenburgh)
Department of Social Services (See White Plains)
Early Alert: (914) 946-6500 (see page 4)
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Greenburgh

Town of Greenburgh Office for the Aging, (914) 693-8997

Multi-purpose Center:

(914) 693-8985, ext.116 or ext. 101

Department of Social Services

(See White Plains)

Nutrition Sites & exercise programs:

- **Dobbs Ferry**

60 Palisade Street

(914) 693-0787

- **Theodore Young Comm. Ctr.**

32 Manhattan Avenue

(914) 989-3622

- **Tarrytown**

114 N. Washington Street

(914) 631-2717

Transportation is available to Greenburgh Seniors for the following:

Daily activities & classes, doctor's on Monday AM, grocery shopping on Tues & Friday. To register please call: (914) 693-8997

Home-Delivered Meals:

(914) 693-8997

Early Alert:

(914) 946-6500 (see page 4)

Social Security: 1-(800)-772-1213

Harrison

Senior Center: (914) 835-0374

Department of Social Services

(See White Plains)

Early Alert:

(914) 946-6500 (see page 4)

Meals-on-Wheels: (914) 670-3027

Department of Community Services:

(914) 670-3026

Social Security: 1-(800)-772-1213

Hastings-on-Hudson

Meals on Wheels (see Greenburgh): (914) 693-8997

Early Alert:

(914) 946-6500 (see page 4)

Social Security: 1-(800)-772-1213

Hawthorne

Senior Services (see Mount Pleasant): (914) 592-6441

Department of Social Services

(See Peekskill)

Nutrition Site (see Mount Pleasant)

Home-Delivered Meals:

(914) 592-6441

Early Alert: (914) 946-6500

(See page 4)

Social Security: 1-(800)-772-1213

Irvington

Senior Services (see Greenburgh)

Department of Social Services

(See White Plains)

Early Alert:

(914) 946-6500 (see page 4)

Social Security: 1-(800)-772-1213

Jefferson Valley

Department of Social Services

(See Peekskill)

Social Security: 1-(800)-772-1213

Katonah

Department of Social Services

(See Peekskill)

Early Alert:

(914) 946-6500 (see page4)

Home-Delivered Meals:

(914) 666-7203

Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Larchmont (Town of Mamaroneck)

Community Services: 381-7840
Department of Social Services
(See Mount Vernon)
Senior Center: (914) 834-8840
Nutrition Site: (914) 381-7840
Social Security: 1-(800)-772-1213

Lewisboro

Department of Social Services
(See Peekskill)
Nutrition Site: (914) 232-0807
(See Somers)

Home-Delivered Meals:
(914) 232-0807
Social Security: 1-(800)-772-1213

Mamaroneck, Town of

Community Services: (914) 381-7840
Department of Social Services
(See Mount Vernon)

Mamaroneck, Village of

Nutrition Site and exercise programs:
Mamaroneck Town Center,
740 W. Boston, Post Rd.
Home Delivered Meals:
(914) 381-7840
Medical Transportation:
(914) 381-7840
Early Alert: 946-6500 (see page 4)
Department of Social Services
(See Mount Vernon)
Social Security: 1-(800)-772-1213

Millwood

Department of Social Services
(See Peekskill)
Early Alert:
(914) 946-6500 (see page 4)
Social Security: 1-(800)-772-1213

Mohegan Lake

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Montrose

Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213

Mount Kisco

Department of Social Services
(See Peekskill)
Nutrition Site exercise and shopping
programs:
Fox Center, Carpenter Avenue,
(914) 666-8931
Home-Delivered Meals:
(914) 666-8931
Senior Recreation: (914) 666-8766
Transportation-(FISH):(914) 666-
2255
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Mount Pleasant

Office of Elder Americans:

(914) 592-6441

Nutrition Sites (two) and exercise programs:

- **Bradhurst Adult Day Care**

63 Bradhurst Avenue

(914) 592-6441 (T, W, TH)

- **Mt. Pleasant Community Center (M,W,F)**

Lozza Drive, (914) 769-0155

Home-Delivered Meals:

(914) 592-6441

Adult Day Care: (914) 592-6441

Early Alert:

(914) 946-6500 (see page 4)

Department of Social Services

(See Peekskill)

Transportation: (914) 592-6441

Social Security: 1-(800)-772-1213

Mount Vernon

City of Mount Vernon Office for the Aging: (914) 665-2315

Nutrition sites and exercise programs:

- **Armory**

144 No. 5th Avenue

Home-Delivered Meals:

(914) 665-3493

- **WJCS**

550 N. Columbus Avenue

(914) 668-4350

(Kosher Congregate Meals)

Kosher Home Delivered Meals

Westchester Jewish Community

Services (WJCS) Senior Programs

Serving – Mount Vernon,

New Rochelle and Yonkers:

(914) 668-4350

Dept. of Social Services: 100 E. First

Street, Mount Vernon (914) 813-6000

Social Security: 1-(800)-772-1213

New Castle, Town of

Recreation Department:

(914) 238-3909

Department of Social Services

(See Peekskill)

Home-Delivered Meals:

(914) 238-6612

Nutrition Site and exercise programs:

10 Senter Street

(914) 238-6612

Social Security: 1-(800)-772-1213

New Rochelle

City of New Rochelle Office for the Aging: (914) 235-2363

Recreation Information:

(914) 235-2363

Nutrition - Congregate Meals :

(914) 235-2363

- **Doyle Center**

94 Davis Avenue

(914) 235-2363

Meals-on-Wheels: (914) 576-3865

Kosher Home Delivered Meals

(See Mount Vernon)

Dept. of Social Services

(See Mount Vernon)

Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

North Castle

Senior Recreation Services:
(914) 273-2944
Home-Delivered Meals:
(914) 273-3325
Transportation: Town Van to Senior
Centers & Shopping: (914) 273-2944
Department of Social Services
(See White Plains)
Social Security: 1-(800)-772-1213

North Salem

Department of Social Services
(See Peekskill)
Nutrition Site: (914) 232-0807
(See Somers)
Home-Delivered Meals:
(914) 232-0807
Social Security: 1-(800)-772-1213

Ossining

Nutrition Site and exercise programs:
Community Center, 95 Broadway

(914) 762-8953
Home-Delivered Meals:
(914) 762-8953
Senior Services: (914) 762-1350
Department of Social Services:
(See White Plains)
Social Security: 1-(800)-772-1213

Peekskill

Nutrition Site and exercise programs:
Neighborhood Center, 4 Nelson
Avenue, (914) 734-4250
Home-Delivered Meals:
(914) 734-4250
Transportation for Shopping:
(914) 734-4250
Dept. of Social Services:
750 Washington St., (914) 862-5078
or (914) 862-5000
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213
Senior Services: (914) 734-4254

Pelham

Senior Citizens' Advocate:
(914)738-5004
Medical Van (914) 864-1155
Weekday's 9:00-3:00 PM
Meals-on-Wheels: (914) 738-5004
Department of Social Services
(See Mount Vernon)
Social Security: 1-(800)-772-1213

Pleasantville, Village of

Senior Services:
1-A Clinton Street, 769-2021
Transportation/Recreation: 769-2021
Escort Services: 769-2021
Home-Delivered Meals: 769-2021
Department of Social Services
(See Peekskill)
Nutrition Site: 769-2021
Information and Referral:
(914) 769-2021
Early Alert: 946-6500 (see page 4)
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Port Chester

Nutrition Site and exercise programs:
Senior Center, 222 Grace Church St.,
(914) 939-4975
Home-Delivered Meals:
(914) 939-4975
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Pound Ridge

Senior Services: (914) 764-8201
Home-Delivered Meals:
(914) 764-8201
Transportation assistance to
shopping & medical appointments:
(914) 764-8201
Telephone Reassurance:
(914) 764-8201
Exercise Program: (914) 447-0021
Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Rye

Senior Citizen Recreation:
(914) 967-2535
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(see page 4)
Social Security: 1-(800)-772-1213

Rye Brook

Senior Center: (914) 939-7904
Transportation (Medical & Shopping):
Tuesday and Thursday
(914) 939-7904
Senior Citizen Recreation:
(914) 939-3235
Meals-on-Wheels: (914) 925-0778

Scarborough

Department of Social Services
(See White Plains)
Home-Delivered Meals
(See Ossining): 762-8953
Social Security: 1-(800)-772-1213

Scarsdale

Senior Citizens' Advocate:
(914) 722-1160
Family Counseling Service:
(914) 723-3281
Recreation Department:
(914) 722-1160
Department of Social Services
(See White Plains)
Meals-on-Wheels: (914) 723-4342
Early Alert: (914) 946-6500
(See page 4)
Social Security: 1-(800)-772-1213

Shrub Oak

Senior Services: (See Yorktown)
Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Sleepy Hollow

Senior Services (see Mount Pleasant)
Nutrition Site: 114 Washington Street, (914) 631-2717(Tarrytown)
Recreation: (914) 366-5109
Home-Delivered Meals: (914) 366-5109
James Galgano Senior Center: 55 Elm St. (914) 631-0390
Department of Social Services (See White Plains)
Early Alert: (914) 946-6500 (See page 4)
Social Security: 1-(800)-772-1213

Somers

Nutrition Site: Wayne Van Tassel Memorial Park, Rte 139, (914) 232-0807
Home-Delivered Meals: (914) 232-0807
Transportation: (914) 232-0807
Department of Social Services (See Peekskill)
Early Alert: 946-6500 (See page 4)
Social Security: 1-(800)-772-1213

South Salem

Department of Social Services (See Peekskill)
Early Alert: (914) 946-6500 (See page 4)

Tarrytown

Nutrition Site: 114 N. Washington St, (914) 631-2717
Home-Delivered Meals: (914) 693-8997
Senior Services (see Greenburgh)
Department of Social Services (See White Plains)
Early Alert: (914) 946-6500 (See page 4)
Social Security: 1-(800)-772-1213

Tuckahoe

Town of Eastchester Dept. of Senior Programs & Services: (914) 771-3340
Department of Social Services: Mount Vernon – if you live east of Bronx River Parkway
Yonkers – if you live west of the Bronx River Parkway

Valhalla

Senior Services (see Mount Pleasant)
Department of Social Services (See White Plains)
Home-Delivered Meals: (914) 592-6441
Social Security: 1-(800)-772-1213

Verplanck

Senior Services: (914) 528-8377
Department of Social Services (See Peekskill)
Social Security: 1-(800)-772-1213
Home-Delivered Meals: (914) 528-5164

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

White Plains

Senior Services: (914) 422-1423
Nutrition Site and exercise programs:
Senior Center, 65 Mitchell Place,
422-1423
Meals-on-Wheels: 946-6878
Transportation Assistance and
Shopping: (914) 422-1423
Early Alert: (See page 4)
(914) 946-6500

Dept. of Social Services: 85 Court
Street, (914) 995-5889 or
(914) 995-4681 or 995-5000
Certification (914) 995-3775
Social Security: 1-(800)-772-1213

Yonkers

City of Yonkers Office for the Aging:
(914) 377-6822

- **Scotti Center**
680 Bronx River Road
(914) 377-6490
- **No. Yonkers Preservation**
219 Ridge Avenue
(Mon-Fri)
(914) 522-0364
- **Chema Center**
435 Riverdale Avenue
(914) 377-6464
- **Nepperhan Community Center**
342 Warburton Avenue
(914) 965-0203 (Tues.; Thurs.)

• YWCA

87 So. Broadway
(914) 963-0640
(Tues, Thurs, Fri)

Home-Delivered Meals:
(914) 963-2460
(Available Monday-Friday and
Sunday's)

Early Alert: 946-6500 (see page 4)

Recreation Department:
(914) 377-6450

Transportation: (914) 963-4411

Victims' Assistance: (914) 965-0217

Social Security: 1-(800)-772-1213

Department of Social Services:

131 Warburton Ave, (914) 231-2000

Customer Services Information Line:
(914) 231-2653

Children's Services Information Line:
(914) 231-2134

Yorktown Heights

Department of Social Services
(See Peekskill)

Nutrition Site: Community Center,
1974 Commerce St., (914) 962-7447

Medical Transportation:
(914) 962-7447

Home-Delivered Meals:
(914) 962-7447

Early Alert: 946-6500 (see page 4)

Social Security: 1-(800)-772-1213

Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services.

In accordance with the Federal law, the Westchester County Department of Senior Programs and Services prohibits discrimination because of race, color, sex, sexual orientation, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices, including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further, subcontractors of the Westchester County Department of Senior Programs and Services shall be required to meet the above stated standards.