

SENIOR

CITIZEN

**A RESOURCE GUIDE
FOR QUEENS COUNTY**

HELEN M. MARSHALL
QUEENS BOROUGH PRESIDENT

QUEENS COUNTY SENIOR CITIZEN RESOURCE GUIDE

18th Edition

Some of the service programs listed in this book may have waiting lists. It is important that you call the program which is of interest to you.

If you have any questions about the items listed in this guide, or if you have questions or problems that are not covered, please contact those agencies listed under the category of Information and Referral. These agencies are available to help you.



OFFICE OF THE PRESIDENT OF THE BOROUGH OF QUEENS

**QUEENS BOROUGH HALL
KEW GARDENS, NEW YORK 11424**

**HELEN M. MARSHALL
PRESIDENT**

June 2010

Dear Friend:

I am delighted to provide you with this updated, revised edition of the Queens County Senior Citizen Resource Guide.

I am proud that more than 374,000 persons 60 years of age and older call Queens their home. It is this population that has worked so hard over the years to make our Borough such a great place to live and work.

Therefore, I have invested more than \$2 million of my discretionary funding to support and enhance services for Queens' seniors. This funding has helped to ensure the delivery of hot nutritious meals for homebound seniors and has fortified our community-based senior centers.

Queens County provides a variety of services and programs which allow senior citizens to remain active members of their communities. Based on individual need and ability, this directory will enable everyone to access the necessary services.

The Queens County Senior Citizen Resource Guide serves as a valuable tool that brings services right at your fingertips.

Best wishes always,

A handwritten signature in cursive script that reads "Helen M. Marshall".

HELEN M. MARSHALL
President, Borough of Queens

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GENERAL INFORMATION

BOROUGH PRESIDENT OF QUEENS: OFFICE FOR CONSTITUENT SERVICES

The Borough President's Office for Constituent Services is a clearinghouse for complaints and requests for assistance from Queens residents. Staff will provide information on the appropriate government agency and when needed, will assist you in resolving your problem.

For assistance contact or visit:

Queens Borough President's Office for Constituent Services 1-718-286-2650

120-55 Queens Boulevard - Room 225

Kew Gardens, New York 11424

TTY: 1-718-286-2656

Website: www.queensbp.org / E-mail: info@queensbp.org

Hours: Monday-Friday 9:00 a.m.-5:00 p.m.

NEW YORK CITY DEPARTMENT FOR THE AGING

This coordinating and planning agency monitors and develops programs and services for the elderly. It provides information and makes referrals regarding needed services such as:

- ◆ *Home Care* ◆ *Screening for Medicaid, Food Stamps*
- ◆ *Employment Information* ◆ *Golden Park Passes*
- ◆ *Home Delivered Meals* ◆ *Home Energy Assistance Program (HEAP)*

Contact: **311**

NEW YORK STATE OFFICE FOR THE AGING

Toll free hotline to aid senior citizens with problems, information and referrals. Call:

New York State Office for the Aging. 1-800-342-9871

SENIOR CITIZEN CENTERS

Senior centers serve persons sixty years old and over by providing nutritious meals and a wide range of social, recreational, educational, counseling and other support services. For more information and the location of the center in your neighborhood contact:

. **311**

COMMUNITY BOARDS

COMMUNITY BOARDS & AREAS SERVED

CB 1 1-718-786-3335 36-01 35 th Avenue Long Island City, N.Y. 11106 qn01@cb.nyc.gov	<i>Astoria, Long Island City, Queensbridge, Ravenswood, Old Astoria, Steinway, Garden Bay, Woodside, Ditmars</i>
CB 2 1-718-533-8773 43-22 50 th Street, 2 nd floor Woodside, N.Y. 11377 qn02@cb.nyc.gov	<i>Maspeth, Sunnyside, Woodside, Long Island City</i>
CB 3 1-718-458-2707 82-11 37 th Avenue - Suite 606 Jackson Heights, N.Y. 11372 communityboard3@nyc.rr.com	<i>Jackson Heights, North Corona, East Elmhurst</i>
CB 4 1-718-760-3141 46-11 104 th Street Corona, N.Y. 11368 communitybd4@nyc.rr.com	<i>Elmhurst, Corona, Corona Heights</i>
CB 5 1-718-366-1834 61-23 Myrtle Avenue Glendale, N.Y. 11385 qnscb5@nyc.rr.com	<i>Ridgewood, Glendale, Middle Village, Maspeth</i>
CB 6 1-718-263-9250 73-05 Yellowstone Boulevard Forest Hills, N.Y. 11375 cb6q@nyc.rr.com	<i>Forest Hills, Rego Park</i>
CB 7 1-718-359-2800 133-32 41 st Road, 3 rd floor Flushing, N.Y. 11355 qn07@cb.nyc.gov	<i>Flushing, College Point, Whitestone, Bay Terrace, Malba, Beechhurst, Bayside, Queensboro Hill, Willets Point</i>
CB 8 1-718-264-7895 197-15 Hillside Avenue Hollis, N.Y. 11423 qn08@cb.nyc.gov	<i>Kew Gardens Hills, Utopia, Fresh Meadows, Hillcrest, Briarwood, Jamaica Hills, Jamaica Estates, Holliswood, Flushing South</i>
CB 9 1-718-286-2686 120-55 Queens Boulevard - Room 310A Kew Gardens, N.Y. 11424 communitybd9@nyc.rr.com	<i>Richmond Hill, Woodhaven, Kew Gardens, Ozone Park</i>

CB 101-718-843-4488
 115-01 Lefferts Boulevard
 So. Ozone Park, N.Y. 11420
 cb10qns@nyc.rr.com
*Ozone Park, South Ozone Park,
 Howard Beach, South Richmond Hill*

CB 111-718-225-1054
 46-21 Little Neck Parkway
 Little Neck, N.Y. 11362
 cb11q@nyc.rr.com
*Bayside, Auburndale, Oakland Gardens,
 Little Neck, Douglaston, East Flushing, Hollis Hills*

CB 121-718-658-3308
 90-28 161st Street
 Jamaica, N.Y. 11432
 pshawbilbo@cb.nyc.gov
*Jamaica, South Jamaica, St. Albans, Hollis,
 Springfield Gardens, Addeleigh Park, South Ozone Park
 Rochdale Village*

CB 131-718-464-9700
 219-41 Jamaica Avenue
 Queens Village, N.Y. 11428
 larry.cbthirteen@verizon.net
*Queens Village, Glen Oaks, Bellerose, Cambria Heights,
 Laurelton, Rosedale, Floral Park, Springfield Gardens,
 Bellaire, New Hyde Park*

CB 141-718-471-7300
 1931 Mott Avenue
 Far Rockaway, N.Y. 11691
 cbrock14@nyc.rr.com
*The Rockaways, Rockaway Point, Roxbury, Neponsit,
 Belle Harbor, Rockaway Park, Seaside, Broad Channel,
 Hammels, Somerville, Edgemere, Arverne, Bayswater,
 Wavecrest, Far Rockaway, Breezy Point,
 Rockaway Beach*

QUEENS COMMUNITY BOARDS:



FINANCIAL ASSISTANCE

SOCIAL SECURITY

Social Security is a federally administered pension plan for retired and disabled persons and their families.

If you have contributed to the Social Security Trust Fund and think you may qualify, contact your nearest Social Security Office. (See listing below.)

LOCAL SOCIAL SECURITY OFFICES1-800-772-1213
TTY: 1-800-325-0778

Astoria28-18 Steinway Street, 4th Floor
Far Rockaway617 Beach 20th Street
Flushing136-65 37th Avenue
Glendale67-10 Myrtle Avenue
Jamaica155-10 Jamaica Avenue, 3rd Floor
Long Island City.....42-15 Crescent Street, 4th Floor
Rego Park.....63-44 Austin Street

SUPPLEMENTAL SECURITY INCOME

SSI is a federally administered program of cash assistance for the aged, the blind, and the disabled of any age with limited income or resources.

SSI is not the same as "Social Security." Even if you now receive Social Security, you may also be eligible for Supplemental Security Income.

If you think you may qualify for SSI, you should contact your nearest Social Security Office or call Teleservice. (See Teleservice listing below.)

TELESERVICE.....1-800-772-1213

"Teleservice" is a special telephone service which can be used whenever a person has any questions or problems concerning Social Security. Most matters can be handled by phone. Please have your Social Security or claim number ready.

HRA Infoline1-877-472-8411

Homebound Unit Office1-718-237-4821 or 237-7671

EMERGENCY ASSISTANCE FOR ADULTS (EAA)

This program provides cash assistance, such as money for rent, food or moving expenses, in emergencies, such as fire, flood, burglary, illness or other catastrophes which endanger the health, safety and well-being of older adults. Contact your local DSS Office of Income Maintenance:

Center 53 - Aid To Dependent Children.....1-718-784-6767
32-20 Northern Boulevard
Long Island City, N.Y. 11101

Center 17 - Family Call Center1-718-392-6454
33-28 Northern Boulevard
Long Island City, N.Y. 11101

Center 54.....1-718-523-3066
90-75 Sutphin Boulevard
Jamaica, N.Y. 11435

Center 79.....1-718-318-4115
219 Beach 59th Street
Arverne, N.Y. 11692

FOOD STAMPS

Food Stamps allow persons with limited incomes to receive coupons to purchase food. To find out if you are eligible to receive food stamps, call:

Jamaica Office1-718-523-1298

Flushing Office1-718-321-2931

Far Rockaway1-718-337-6500/1/2

BURIAL INFORMATION

If a senior citizen dies, leaving no money, family or friends to pay for the burial, contact:

Queens County Mortuary1-718-883-3865

Queens Public Administrator.....1-718-526-5037

Queens County Medical Examiner.....1-718-883-3871

HEALTH CARE

MEDICARE

Medicare is a health insurance program for persons 65 years of age and older and those under 65 who are disabled. It is a national program run by the Federal Government. Medicare has two parts: hospital insurance and medical insurance. It covers treatment of illnesses and the cost of most necessary hospital stays.

If you are approaching 65, remember enrollment periods for medicare are:

1. *Three months before your 65th birthday; and*
2. *Between January 1st and March 31st of each year.*

These are the only times you will be able to apply for the program. Bring your birth certificate and Social Security card when applying. Call: 1-800-772-1213 toll free, the website - www.ssa.gov or visit your local Social Security Office.

Astoria	28-18 Steinway Street, 4th Floor
Far Rockaway	617 Beach 20th Street
Flushing	136-65 37th Avenue
Glendale	67-10 Myrtle Avenue
Jamaica	155-10 Jamaica Avenue, 3rd Floor
Long Island City	42-15 Crescent Street, 4th Floor
Rego Park	63-44 Austin Street

MEDICARE BENEFICIARIES DEFENSE FUND**1-212-869-3850**

Medicare Beneficiaries Defense Fund (MBDF) is a not-for-profit organization that promotes and protects the rights of Medicare patients to quality, affordable health care coverage.

MBDF provides self-help educational materials, informational seminars, free counseling, advocacy and public education to seniors and people with disabilities statewide.

MEDICAID

Medicaid is a government program for financially needy persons. It covers doctors' services, as well as providing for payment of prescribed medicines and other medical supplies. Contact the Department of Social Services for additional information.

Elmhurst.....**1-718-476-5904**
79-01 Broadway, Room D4-17

Jamaica

.....	1-718-523-5699
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90-75 Sutphin Boulevard, 6th Floor

Rockaway.....**1-718-634-6910**
219 Beach 59th Street, 1st Floor

HRA INFO-LINE.....1-877-HRA-8411

Provides information about many New York City government social services including: eviction prevention, child care, medicaid, services for People With AIDS (PWA), utility shutoffs, homeless shelters, family problems, etc.

ELDERLY PHARMACEUTICAL INSURANCE COVERAGE PROGRAM (EPIC)1-800-332-3742

EPIC is a prescription drug insurance plan for the elderly sponsored by New York State.

This program is intended for seniors who do not have adequate insurance coverage for prescription drug expenses.

To qualify, you must be a New York State resident, 65 years of age and older, and you must meet the program's income guidelines.

If eligible, you could save as much as 60% on the cost of prescription drugs.

To obtain more information and an application, please call the above #.

GERIATRIC SERVICES

So. Queens Community Health Center.....1-718-883-6606

114-02 Guy R. Brewer Boulevard
Jamaica, N.Y. 11434

Hours: Monday, Wednesday, Thursday & Friday, 8:30 am - 5:00 pm; Tuesday, 11:00 am - 7:00 pm

Queensbridge Medical Center1-718-784-2560

10-29 41st Avenue
Long Island City, N.Y. 11101

Hours: Monday-Friday, 8:00 am to 4:00 pm

Parker Institute1-718-289-2100

271-11 76th Avenue
New Hyde Park, N.Y. 11040-1433

Hours: Monday- Friday, 9:00 am - 5:00 pm

N.Y. Hospital Queens1-718-670-1231

56-45 Main Street
Flushing, N.Y. 11355

Hours: Monday - Friday, 5 pm - midnight / Sub-specialty clinics including Dialysis, Arthritis

Margaret Tietz Center For Nursing Care1-718-298-7800

164-11 Chapin Parkway
Jamaica, N.Y. 11432

Charles Drew Health Center.....1-718-883-6500

166-10 Archer Avenue
Jamaica, N.Y. 11433

Hours: Monday, Tuesday, Wednesday & Friday, 8 am - 6 pm; Thursday, 8 am - pm

Flushing Hospital.....1-718-670-5000
45-00 Parsons Boulevard
Flushing, N.Y. 11355
Hours: Monday - Friday, 8 am - 4:30 pm
Geriatrics Division, Dept. of Medicine Health Maintenance Clinic for the Elderly 60 Years & Older
Home Health Care Services1-718-670-5525

Jamaica Hospital1-718-206-6000
8900 Van Wyck Expressway ext. 7000
Jamaica, N.Y. 11418
Geriatric Clinic Hours: Saturday, 9 am - 11 am / Geriatric Care 60 years and older, transportation available

Peninsula Hospital1-718-734-2000
51-15 Beach Channel Drive
Far Rockaway, N.Y. 11691-1074
Nursing Home, Adult Day Care Program: 18 years and over
Hours: Monday- Sunday, 7:30 am - 3:30 pm

Hillside Manor Comprehensive Care Center1-718-264-6700
188-11 Hillside Avenue
Hollis, N.Y. 11423
Hours: Monday & Wednesday, 9 am - 5 pm; Tuesday & Thursday, 11 am - 7 pm; Saturday, 9 am - 1 pm

Elmhurst Hospital1-718-334-4000
79-01 Broadway
Elmhurst, N.Y. 11373
Hours: Monday & Wednesday, 12:30 pm - 2 pm; Tuesday & Friday, 8:30 am - 11 am
Medical Clinic, Psychiatric Clinic.....1-718-334-1501

F.E.G.S......1-718-896-9090
Federation of Employment Guidance Services & Mental Health Clinic
97-45 Queens Boulevard
Rego Park, N.Y. 11374
Hours: Monday - Wednesday, 9 am - 9 pm; Thursday & Friday, 9 am - 5 pm

MENTAL HEALTH

The Queens County Mental Health Society offers information and referral at no cost to people of all ages. For information on where services are available, please call 1-718-479-0030, Monday - Friday, 9:00 a.m.- 4:00 p.m.

The following is a partial listing of available programs in Queens:

C.A.P.E. (Community Advisory Program for the Elderly).....1-718-224-0566

This program offers help for Queens residents, 60 years of age and older, and their families with emotional stress, overcoming the death of a husband or wife, anxiety or depression through clinic and homebound services. Transportation available.

Samuel Field YM-YWHA1-718-225-6750

58-20 Little Neck Parkway
Little Neck, N.Y. 11362

Federation of Employment Guidance Services & Mental Health Clinic

This program assists the elderly in dealing with issues, concerns and problems that arise during the aging process. Contact:

F.E.G.S.....1-718-896-9090

97-45 Queens Boulevard
Rego Park, N.Y. 11374

BFFY - Woodside Senior Assistance Program.....1-718-779-1234

61-20 Woodside Avenue
Woodside, N.Y. 11377
Community Districts 2 & 5, aged 50 years and over, at the center and in their homes

Creedmoor Psychiatric Center.....1-718-464-7500

80-45 Winchester Boulevard
Queens Village, N.Y. 11427
◆ Crisis Intervention ◆ Agency Consultation

Steinway Child & Family Services1-718-389-5100

41-36 27th Street
Long Island City, N.Y. 11101
Provides outreach, crisis intervention, counseling and coordination of home support services to elderly persons. Services residents of the Queensbridge, Ravenswood and Astoria housing projects

JASA (Jewish Association for Services for the Aged).....1-718-286-1500

97-77 Queens Boulevard
Rego Park, N.Y. 11374
Protective services for adults.

Pride of Judea Mental Health Center1-718-423-6200

243-02 Northern Boulevard
Douglaston, N.Y. 11362
◆ Coping with the crises, emotions and stresses of aging ◆ Loss of a mate
◆ Planning for retirement ◆ Reaction to role reversals between parent and adult child
◆ Sexuality ◆ Problems of memory loss ◆ Individual counseling ◆ Group therapy sessions

ALZHEIMER'S PROGRAMS & SERVICES

Alzheimer's is a disease that slowly causes deterioration of the brain's functions.

General Information:

Brookdale Center on Aging of Hunter College1-212-481-3780
425 East 25th Street, 13th Floor North
New York, N.Y. 10010

St. John's Episcopal Hospital South Shore1-718-869-7000
327 Beach 19th Street
Far Rockaway, N.Y. 11691

Alzheimer's Day Care Programs:

Elmcor Multi-Service Center1-718-651-0096
107-20 Northern Boulevard
Corona, N.Y. 11368

Elmcor Senior Center.....1-718-457-9757
98-19 Astoria Boulevard
East Elmhurst, N.Y. 11368

Selfhelp Scheuer House of Flushing1-718-661-4344
138-52 Elder Avenue
Flushing, N.Y. 11355

Selfhelp Alzheimer's Resource Program (SHARP)1-718-805-4230
208-11 26th Avenue
Bayside, N.Y. 11360

Selfhelp Alzheimer's Resource Program (SHARP)1-718-429-3636
69-61 Grand Avenue
Maspeth, N.Y. 11378

Margaret Tietz Adult Day Health Care Program1-718-591-4500
158-13 72nd Avenue
Flushing, N.Y. 11365

Queens Community House Respite Program1-718-592-5757
108-25 62nd Drive
Forest Hills, N.Y. 11375

Parker Jewish for Health Care & Rehab Institute1-718-289-2100
271-11 76th Avenue
New Hyde Park, N.Y. 11040

Catholic Charities Alzheimer's Adult Day Care Program1-718-358-3541
Redeemer Lutheran Church
157-16 65th Avenue
Flushing, N.Y. 11367

Family Support Services:

Queens Community House.....1-718-592-5757
108-25 62nd Drive
Forest Hills, N.Y. 11375

Pride of Judea Mental Health Center1-718-423-6200
243-02 Northern Boulevard
Douglaston, N.Y. 11362

Parker Institute1-718-289-2100
271-11 76th Avenue
New Hyde Park, N.Y. 11040

Margaret Tietz Center For Nursing Care1-718-523-6400
164-11 Chapin Parkway
Jamaica, N.Y. 11432

Services For Widowed Persons:

Bereavement Group For The Recently Widowed:

Queens Community House.....1-718-592-5757
108-25 62nd Drive
Forest Hills, N.Y. 11375

P.O.M.O.C.....1-718-326-9098
60-17 56th Drive
Maspeth, N.Y. 11378

SENIOR CENTERS

Senior Centers are the core of our network of senior services. They are located in every community throughout the borough. These Centers typically provide hot lunches, coordinate recreational and educational activities, case management, socialization, information and referral, support services and transportation programs. The following is a listing of Queens senior centers by community district:

CB 1

Queensbridge/Riis Senior Center1-718-937-1093
10-25 41st Avenue
Long Island City, N.Y. 11101

Woodside Senior Center1-718-932-6916
50-37 Newtown Road, Bldg. #19
Woodside, N.Y. 11377

CCNS Steinway Senior Center1-718-728-8472
20-43 Steinway Street
Astoria, N.Y. 11105

CCNS-Dellamonica Senior Center1-718-626-1500
23-56 Broadway
Astoria, NY 11106

HANAC Ravenswood Senior Center1-718-786-1550
34-35A 12th Street
Long Island City, NY 11106

Raices Astoria Senior Center1-718-726-9642
21-12 30th Road
Long Island City, NY 11102

HANAC Archbishop Iakovos Senior Center1-718-777-5505
32-06 21st Street
Astoria, NY 11102

HANAC Lindsay Senior Center1-718-626-3035
27-40 Hoyt Avenue South
Astoria, NY 11102

CB 2

Sunnyside Community Senior Center1-718-392-6944
43-31 39th Street
Long Island City, NY 11104

CB 3

Elmcor Senior Center.....1-718-457-9757
98-19 Astoria Boulevard
East Elmhurst, NY 11368

CCNS-Catherine Sheridan Senior Center1-718-458-4600
35-24 83rd Street
Jackson Heights, NY 11372

SAGE - Queens1-718-533-6459
74-09 37th Avenue - Room 409
Jackson Heights, NY 11372

CB 4

Newtown Senior Center1-718-335-7272
83-20 Queens Blvd.
Elmhurst, NY 11373

IPHE Corona Senior Center.....1-718-639-2000
108-74 Roosevelt Avenue
Corona, NY 11368

Raices Corona Senior Center1-718-458-7259
102-47 43rd Avenue
Corona, NY 11368

Florence E. Smith Senior Services1-718-899-0553
102-19 34th Avenue
Corona, NY 11368

Korean American Senior Center1-718-651-9220
37-06 111th Street
Corona, NY 11368

Lefrak Senior Citizens Center.....1-718-271-1222
98-16 55th Avenue
Corona, NY 11368

Elmhurst Jackson Heights Senior Center1-718-478-7171
75-01 Broadway - 3rd Floor
Elmhurst, NY 11373

CB 5

Ridgewood Older Adult Center1-718-456-2000
59-14 70th Avenue
Ridgewood, NY 11385

Peter Cardella Senior Center1-718-497-2908
68-52 Fresh Pond Road
Ridgewood, NY 11385

Selfhelp Maspeth Senior Center1-718-429-3636
69-35 58th Avenue
Maspeth, NY 11378

Middle Village Older Adult Center.....1-718-894-3441
69-61 Grand Avenue
Middle Village, NY 11379

Glenridge Senior Citizens Multi-Service Senior Center1-718-386-5136
59-03 Summerfield Street
Ridgewood, NY 11385

CB 6

Queens Community House Senior Center1-718-699-1010
108-25 62nd Drive
Forest Hills, NY 11375

Selfhelp Austin Street Senior Center.....1-718-520-8197
106-06 Queens Boulevard
Forest Hills, NY 11375

Young Israel Forest Hills Senior Center.....1-718-520-2305
68-07 Burns Street
Forest Hills, NY 11375

Rego Park Senior Center1-718-896-8751
93-29 Queens Boulevard
Rego Park, NY 11374

Central Queens Y - Adult Wellness Program1-718-268-5011
67-09 108th Street
Forest Hills, NY 11375

CB 7

CPC Queens Nan Shan.....1-718-358-3030
133-12 41st Avenue
Flushing, NY 11355

Selfhelp Latimer Gardens Senior Center.....1-718-961-3660
34-30 137th Street
Flushing, NY 11354

Selfhelp Prince Street Senior Center.....1-718-961-4550
45-25 Kissena Boulevard
Flushing, NY 11354

Selfhelp Benjamin Rosenthal Senior Center1-718-886-5777
45-25 Kissena Boulevard
Flushing, NY 11355

HANAC Angelo Petromelis College Point Senior Center1-718-961-0344
13-28 123rd Street
College Point, NY 11356

North Flushing Senior Center.....1-718-358-9193
29-09 137th Street
Flushing, NY 11357

College Point Senior Center.....1-718-358-9193
22-38 College Point Boulevard
College Point, NY 11356
Days & Hours of Operation: Tuesdays & Thursdays: 12 noon - 3:00 pm

Korean American Senior Center of Flushing1-718-886-8203
133-35 Roosevelt Avenue
Flushing, NY 11354

CB 8

CCNS-Hillcrest Senior Center1-718-297-7171
168-01B Hillside Avenue
Jamaica, NY 11432

Jewish Center of Kew Gardens Hills Senior Center1-718-263-6500
71-25 Main Street
Flushing, NY 11367

Pomonok Senior Center1-718-591-3377
67-09 Kissena Boulevard - 2nd Floor
Flushing, NY 11367

Young Israel Queens Valley Senior Center.....1-718-263-6995
141-55 77th Avenue
Flushing, NY 11367

CB 9

CCNS-Ozone Park Senior Center.....1-718-847-2100
103-02 101st Avenue
Ozone Park, NY 11416

Forest Park Senior Citizens Center.....1-718-849-2222
89-02 91st Street
Woodhaven, NY 11421

CCNS-Woodhaven Senior Center.....1-718-847-9200
78-15 Jamaica Avenue
Woodhaven, NY 11421

Kew Gardens Senior Center1-718-268-5960
80-02 Kew Gardens Road - Suite 202
Kew Gardens, NY 11415

CB 10

CCNS-Wakefield Senior Center.....1-718-641-0454
135-45 Lefferts Boulevard
So. Ozone Park, NY 11420

Howard Beach Senior Center.....1-718-738-8100
156-45 84th Street
Howard Beach, NY 11414

United Hindu Cultural Council Senior Center1-718-323-8900
118-09 Sutter Avenue
So. Ozone Park, NY 11420

CB 11

Samuel Field Y Senior Citizens Program.....1-718-225-6750
58-20 Little Neck Parkway
Little Neck, NY 11362

CCNS-Bayside Senior Center1-718-225-1144
211-15 Horace Harding Expressway
Bayside, NY 11364

Selfhelp Clearview Senior Center1-718-224-7888
208-11 26th Avenue
Bayside, NY 11360

CB 12

International Towers Luncheon Club.....1-718-739-6988
90-20 170th Street
Jamaica, NY 11432

JSPOA Theodora Jackson Center.....1-718-657-6618
92-47 165th Street
Jamaica, NY 11433

Allen Community Senior Citizen Center.....1-718-658-0980
166-01 Linden Boulevard
Jamaica, NY 11434

JSPOA Friendship Nutrition Center.....1-718-657-6540
92-33 170th Street
Jamaica, NY 11434

Robert Couche Senior Citizen Center.....1-718-978-8352
137-57 Farmers Boulevard
Springfield Gardens, NY 11434

Rochdale Village Luncheon Club.....1-718-525-2800
169-65 137th Avenue
Jamaica, NY 11434

Brooks Senior Center.....1-718-291-3935
143-22 109th Avenue
Jamaica, NY 11435

JSPOA Rockaway Boulevard Senior Center.....1-718-657-6468
123-10 143rd Street
Jamaica, NY 11436

CB 13

SNAP Rosedale Senior Citizen Club.....1-718-525-8899
One Cross Island Plaza
Rosedale, NY 11422

SNAP of Eastern Queens.....1-718-454-2100
80-45 Winchester Boulevard - Building 4 CBU #29
Queens Village, NY 11427

SNAP-Bell Park.....1-718-740-3906
227-02A Hillside Avenue
Queens Village, NY 11427

Alpha Phi Alpha Senior Center.....1-718-528-8238
220-01 Linden Boulevard
Cambria Heights, NY 11411

CB 14

Brookdale Village Senior Center1-718-471-3200

131 Beach 19th Street
Far Rockaway, NY 11691

JASA Roy Reuther Senior Center1-718-471-3110

711C Seagirt Avenue
Far Rockaway, NY 11691

Young Israel Wavecrest/Bayswater.....1-718-327-0297

27-16 Healy Avenue
Far Rockaway, NY 11691

CCNS - Seaside Adult Community Center1-718-634-4047

90-01 Rockaway Beach Boulevard
Rockaway, NY 11693

Rockaway Park Senior Center.....1-718-634-3044

121-16 Rockaway Beach Boulevard
Belle Harbor, NY 11694

COMMUNITY SUPPORT SERVICES

RESPIRE CARE

Sometimes family members who are caring for a frail or disabled person would like a chance to get away for several hours or days. This relief from their care-giving responsibilities can be arranged through Respite Services. A trained volunteer or paid worker can stay with the frail person overnight, up to a maximum of several weeks. Respite care also provides support groups, counseling, and training for family members. Some Respite Programs also offer a Respite Center to which a frail person can move for a while. Sometimes this enables caregivers to take a vacation or a trip.

Two residential respite options are available to some Queens residents:

R.B.S.C.C., Inc. Respite Care Program1-718-366-5591
59-04 Decatur Street
Ridgewood, N.Y. 11385

Parker Institute1-718-289-2100
271-11 76th Avenue
New Hyde Park, N.Y. 11040

ADULT DAY CARE PROGRAMS

For older people in frail health, managing at home is often a struggle that may lead to institutionalization. There is an alternative enabling them to retain their independence and remain in the community.

Adult Care Programs provide medical assessments, rehabilitation and counseling services. These activities all take place in a friendly, social setting, helping to counteract the isolation and depression suffered by so many elderly coping with disabilities. The criteria for eligibility, fees, and specific areas served vary from program to program.

The following are Adult Day Care Programs available in Queens:

CCNS1-718-291-4848
Jamaica C.D.T. (Continuing Day Treatment)
165-15 88th Avenue
Jamaica, N.Y. 11432
Flexible as to eligibility

Jamaica Service Program for Older Adults (J.S.P.O.A.)1-718-657-6500
Friendship Center
145-06 Farmers Boulevard
Jamaica, N.Y. 11434

Margaret Tietz Adult Day Health Care Program1-718-591-4500
158-13 72nd Avenue
Flushing, N.Y. 11365

Parker Institute1-718-289-2100
Geriatric Community Health Center or
271-11 76th Avenue 1-516-767-6500
New Hyde Park, N.Y. 11040 ext. 2140

Peninsula Center for Extended Care & Rehabilitation1-718-586-1623
50-15 Beach Channel Drive
Far Rockaway, N.Y. 11691-1194
Adult Day Care Program

Samuel Field YM-YWHA1-718-225-6750
58-20 Little Neck Parkway
Little Neck, N.Y. 11362
Day Center for the Elderly

Hillside Manor Adult Day Health Care Program1-718-264-6700
188-11 Hillside Avenue
Hollis, N.Y. 11423

CCNS1-718-779-1234
Woodside Senior Assistance
61-20 Woodside Avenue
Woodside, N.Y. 11377
Day Activity Program

Queens Community House1-718-592-5757
Lift Program & Respite Program
108-25 62nd Drive
Forest Hills, N.Y. 11375
Day Center for the Elderly & Respite Program

Forest View Nursing Home1-718-793-3200
71-20 110th Street
Forest Hills, N.Y. 11375

Sunnyside Social Adult Day Services Center / Sunnyside Community Services1-718-784-6173
43-31 39th Street ext. 137
Sunnyside, N.Y. 11104

SERVICES FOR BLIND AND VISUALLY IMPAIRED PERSONS

The Lighthouse, The New York Association For The Blind1-212-821-9200
Applications1-212-821-9235
111 E. 59th Street
New York, NY 10022

The New York Association for the Blind offers a wide variety of services for blind and visually impaired people. Anyone with a visual handicap may apply. Services include: counseling and information, rehabilitation services, low vision services, leisure-recreation services, and services for older adults. Fees are charged for some services but no one is denied services because of an inability to pay.

Visions - Services For The Blind & Visually Impaired.....1-212-625-1616

500 Greenwich Street - 3rd Floor
New York, NY 10013

Conducts extensive rehabilitation and social service programs which encourage blind and visually impaired individuals to become fully integrated into community life. Its culturally diverse, multi-lingual staff, with expertise in working with older persons, makes VISIONS an important community resource.

Vacation Camp for the Blind

A 35 acre recreation and rehabilitation facility located in Rockland County, it is the largest of its kind in the United States, serving approximately 600 campers each year. Visually impaired and blind adults and their families may attend Summer Sessions as well as select programs scheduled throughout the year. Queens residents are offered services including rehabilitation, orientation and mobility, and vision screenings. Additionally, visually impaired Queens residents may also receive counseling on Supplemental Security Income (SSI) eligibility and housing problems.

Programs are conducted in conjunction with the following senior citizen centers:

Theodora Jackson Senior Center

92-47 165th Street
Jamaica, N.Y. 11432
1-718-657-6500

Peter Dellamonica Senior Center

25-53 Broadway
Astoria, N.Y. 11106
1-718-626-1500

Brooks Memorial Senior Center

143-22 109th Avenue
South Jamaica, N.Y. 11435
1-718-291-3935

Selfhelp Clearview Senior Center

208-11 26th Avenue
Bayside, N.Y. 11360
1-718-224-7888

Forest Hills Senior Center

108-25 62nd Drive
Forest Hills, N.Y. 11375
1-718-699-1010

Ozone Park Senior Center

103-12 101st Street
Ozone Park, N.Y. 11417
1-718-847-2100

Robert Couche Senior Center

137-57 Farmers Boulevard
Springfield Gardens, N.Y. 11434
1-718-978-8352

Sunnyside Community Services

43-31 39th Street
Sunnyside, N.Y. 11104
1-718-392-6944

Helen Keller Services For The Blind1-718-522-2122 ext. 1
Low Vision Services1-718-522-2122 ext. 4

Helen Keller Services offers social services and in-home rehabilitation services that assist people with visual impairment and deaf-blindness. Services include home management and mobility training.

SERVICE & PROGRAMS FOR DEAF & HEARING IMPAIRED SENIORS

Peter Cardella Senior Center1-718-497-2908
68-52 Fresh Pond Road
Ridgewood, N.Y. 11385 **TTY 1-718-497-2589**

F.R.I.E.N.D.S. - Program for Deaf Seniors

F.R.I.E.N.D.S. is a three day a week program at the Peter Cardella Senior Center on Mondays, Wednesdays and Fridays. Activities include: recreational trips and Bingo. Certain courses are designed for the deaf and hard of hearing. Interpreters are provided as well and all other necessary facilities for the TTY/DDT.

The Lexington Hearing and Speech Center, Inc.1-718-350-3170
Hearing Healthcare for the Elderly Program **(TTY same # as above)**
74-20 25th Avenue
Jackson Heights, N.Y. 11370

The Lexington Hearing and Speech Center, Inc., through its Hearing Healthcare Program for Older Adults, provides hearing tests, hearing aid evaluations and sales. Insurance reimbursement is accepted and a sliding scale of fees is available for older adults whose income would otherwise present a barrier to the receipt of services. Transportation to the Center is available at no charge to the person who would otherwise not be able to get to the Center.

A volunteer support group of Self Help for the Hard of Hearing (SHHH) members is available to train individuals to use hearing aids and to demonstrate new Assisting Listening and Alerting Devices. They provide individuals with the support needed to cope with hearing loss.

The Lexington Hearing and Speech Center also provides hearing screening services via its Mobile Hearing Test which, by appointment, is sent to any senior group at no charge.

HOUSING

RENT CONTROLLED & RENT STABILIZED APARTMENTS

Apartments covered by rent control are in buildings built before 1947 with more than three units. The resident must have occupied this apartment since before July 1, 1971.

If your building was built after 1947 and contains six or more units, or the tenancy began after July 1, 1971, the apartment is probably under rent stabilization.

The Rent Control and Rent Stabilization Programs are administered by the N.Y. State Division of Housing and Community Renewal.

For more information, contact the Queens district office at:

N.Y.S. Division of Housing & Community Renewal1-718-739-6400
Gertz Plaza
92-31 Union Hall Street
Jamaica, N.Y. 11433

PUBLIC HOUSING

To obtain an application for public housing, write, call or visit:

New York City Housing Authority1-718-286-7500
Queens Office
120-34 Queens Boulevard - 2nd Floor
Kew Gardens, N.Y. 11415

SECTION 8 HOUSING / HOUSING CHOICE VOUCHER PROGRAM

This program entitles low-income families to a Federal subsidy, which helps pay the rent. Families can select housing within a neighborhood of their choice from a landlord willing to participate in the program. Rent subsidies (known as vouchers) allow families to pay a reasonable share of the household income toward rent while the program, within specific limits, makes up the difference.

New York City Housing Authority typically reserves Section 8 vouchers for emergency applications for applicants who are referred by the New York City Agency for Children's Services (ACS) or those who are classified as intimidated witnesses or victims of domestic violence.

For more information and an application for Section 8 / Housing Choice Voucher Program, please call:

Applications Office1-212-828-7100

Online web site: www.nyc.gov/nycha

SECTION 202 HOUSING.....1-212-264-8000
26 Federal Plaza
New York, N.Y. 10007 ext. 3701

The Department of Housing and Urban Development (HUD) administers Section 202 Housing for the elderly and handicapped.

HUD makes direct, low cost, long-term loans to non-profit sponsors to finance the production of rental housing. Funds are borrowed from the Treasury, and interest paid by project owners is slightly below market rates. Rental assistance (Section 8) can be combined with this program to help pay rent for tenants with low incomes. Households of one or more persons, the head of which is at least 62 years old or is handicapped, are eligible.

SENIOR CITIZEN HOUSING

Selfhelp Scheuer House of Bayside1-718-886-1412
208-11 26th Avenue
Bayside, N.Y. 11360

Bnai Brith Elderly Housing1-718-358-1166
138-49 Elder Avenue
Flushing, N.Y. 11355

Alberta Alston Houses1-718-271-0113
52-09 99th Street
Corona, N.Y. 11368

Northeastern Towers1-718-712-2878
131-10 Guy R. Brewer Boulevard
Jamaica, N.Y. 11434

Monsignor Thomas Campbell Apartments1-718-545-0816
25-63 22nd Street
Long Island City, N.Y. 11106

Sunnywood Apartments1-718-507-7347
44-20 64th Street
Woodside, N.Y. 11377

JASA Brookdale Village1-718-286-7500
131 Beach 19th Street
Far Rockaway, N.Y. 11691

Roy Reuther Houses1-718-471-2000
711 Seagirt Avenue
Far Rockaway, N.Y. 11691

TWU Senior Housing.....1-718-699-3100
53-11 99th Street
Corona, N.Y. 11368

Grace Houses1-718-297-4954
155-02 90th Avenue - Suite 103
Jamaica, N.Y. 11432

Rosary House.....1-718-722-6079
78-01 30th Avenue
Jackson Heights, N.Y. 11370

Selfhelp Helen R. Scheuer House (Kissena 1 Apartments).....1-718-886-1412
45-25 Kissena Boulevard
Flushing, N.Y. 11355

Catherine Sheridan Senior Houses.....1-718-722-6079
31-41 23rd Street
Astoria, N.Y. 11106

Selfhelp Martin Lande House (Kissena II Apartments).....1-718-886-1412
137-47 45th Avenue
Flushing, N.Y. 11355

Selfhelp Scheuer House of Flushing1-718-886-1412
138-52 Elder Avenue
Flushing, N.Y. 11355

Calvary Baptist Church.....1-718-297-2301
111-10 Guy R. Brewer Boulevard
Jamaica, N.Y. 11433

Selfhelp Harry & Jeanette Weinberg House1-718-886-1412
140-16 45th Avenue
Flushing, N.Y. 11355

HANAC-Archbishop Iakovos1-718-726-1227
32-06 21st Street
Long Island City, N.Y. 11106

Father Richard Reder Senior Apartments.....1-718-722-6079
238-11 Hillside Avenue
Bellerose, N.Y. 11426

Allen Cathedral Senior Residence.....1-718-297-4659
107-02-36 Merrick Boulevard
Jamaica, N.Y. 11434

St. George Senior Residence	1-516-437-0900
14-20 27 th Avenue	ext. 27
Astoria, N.Y. 11102	
Rev. Julius Miller Senior Residence	1-516-437-0900
333 Beach 67 th Street	ext. 30
Arverne, N.Y. 11692	
Locust Manor Senior Residence	1-516-437-0900
170-06 Baisley Boulevard	ext. 30
Jamaica, N.Y. 11434	
Allen AME Senior Citizen Apartments	1-718-523-1865
166-01 Linden Boulevard	
Jamaica, N.Y. 11433	
Astoria Senior Residence	1-516-437-0900
21-05 30 th Drive	ext. 27
Astoria, N.Y. 11102	
Harry & Jeanette Weinberg Apartments	1-718-886-1412
45-35 Kissena Boulevard	
Flushing, N.Y. 11355	
St. Paul the Apostle	1-718-722-6079
55-06 99 th Street	
Corona, N.Y. 11368	
Sunnywood Apartment	1-718-507-7347
44-20 64 th Street	
Woodside, N.Y. 11377	
Calvary Baptist Church Houses	1-718-657-7264
160-60 Claude Avenue	
Jamaica, N.Y. 11433	
Allen AME Senior Housing	1-718-523-1865
110-04 167 th Street	
Jamaica, N.Y. 11434	
St. Pius V Senior Housing	1-718-722-6079
105-12 Liverpool Street	
Jamaica, N.Y. 11435	
Evelyn & Louis Green Residence in the Far Rockaways	1-718-327-5759
1915 Seagirt Boulevard	
Far Rockaway, N.Y. 11691	
Israel Senior Citizen I	1-718-327-5759
1925 Seagirt Boulevard	
Far Rockaway, N.Y. 11691	

Israel Senior Citizen II1-718-327-5759
155 Beach 19th Street
Far Rockaway, N.Y. 11691

ASSISTED LIVING RESIDENCES

Flushing House Senior Retirement Residence1-718-762-3198
38-20 Bowne Street
Flushing, N.Y. 11354

Savoy of Little Neck.....1-718-423-7900
55-15 Little Neck Parkway
Little Neck, N.Y. 11362

Castle Senior Living at Forest Hills.....1-718-760-4600
108-25 Horace Harding Expressway
Forest Hills, N.Y. 11368

Sterling Glen of Forest Hills.....1-718-261-5300
112-50 72nd Street
Forest Hills, N.Y. 11375

Atria Kew Gardens.....1-718-441-0300
117-01 84th Avenue
Kew Gardens, N.Y. 11418

Scheuer House of Flushing.....1-718-886-1412
138-52 Elder Avenue
Flushing, N.Y. 11355

Queen of Peace Residence1-718-464-1800
110-30 221st Street
Queens Village, N.Y. 11429

Allen AME Cathedral Senior Residence.....1-718-297-4659
107-02 Merrick Boulevard
Jamaica, N.Y. 11433

SENIOR CITIZEN RENT INCREASE EXEMPTION (SCRIE)

The Senior Citizen Rent Increase Exemption (SCRIE) provides eligible New Yorkers protection from most rent increases, including those resulting from lease renewals.

To qualify for SCRIE, one must be 62 years of age or older, pay more than one-third of their income for rent, and live in rent-stabilized or rent-controlled apartments, Mitchell-Lama housing or some hotel rooms. The maximum annual income seniors may have to qualify for SCRIE is currently \$29,000 or less. Obtain applications either online or by calling 311, or contact:

N.Y.C. Department of Finance
SCRIE / DRIE Exemption
59 Maiden Lane - 19th Floor
New York, N.Y. 10038
Fax: 1-212-232-1757
Website: www.nyc.gov/finance

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

Basic HEAP Program:

This program is for renters and owners. It provides payments to fuel and utility companies or directly to renters whose fuel and utilities are included in their rent. Apply at:

N.Y.C. Department for the Aging HEAP1-212-442-4327
2 Lafayette Street - 4th Floor
New York, N.Y. 10007

ADULT HOMES

Adult homes are for older persons who cannot remain at home, but do not require medical care. Services include: meals, housekeeping services, limited personal care and social and recreational activities.

For a listing of adult homes, see the Yellow Pages of your telephone directory under 'Residential Health Care Facilities.'

For complaints about adult homes, contact:

N.Y.S. Department of Health1-866-893-6772

SENIOR CITIZEN HOME IMPROVEMENT & REPAIR PROGRAMS

N.Y.C. Department of Housing Preservation & Development: Senior HIP1-212-863-8000
100 Gold Street
New York, N.Y. 10038

The Senior Citizen Home Improvement Program (Senior HIP) provides low interest loans to qualified senior citizen homeowners.

Eligibility is based on the following criteria:

- ◆ *You must reside in New York City.* ◆ *You must be 60 years of age or older.*
- ◆ *Your family income must not exceed 80% of the median income for New York City.*
 - ◆ *You must own and occupy a home with one through four units.*
- ◆ *You must be current in your municipal obligations, such as real estate taxes.*
- ◆ *You must request a loan of at least \$2,500, but not more than \$10,000.*

Through the Senior HIP, you may borrow up to \$10,000 payable in equal monthly installments for up to 10 years at a 3% interest rate.

N.Y. Foundation for Senior Citizens, Inc.1-212-962-7653
Minor Home Repair Program ext. 211
11 Park Place - Suite 1416
New York, N.Y. 10007

The New York Foundation for Senior Citizen's Home Repair Program provides MINOR home repair and maintenance services for the elderly homeowner who is 60 years of age and older, resides in the five boroughs of New York City and whose income does not exceed certain guidelines. The homeowner must furnish parts and materials. Services include:

- ◆ *Weatherization* ◆ *Minor plumbing* ◆ *Masonry* ◆ *Gutter cleaning and repair—first story only*
- ◆ *Minor electrical work* ◆ *Carpentry*

SENIOR CITIZEN HOMEOWNER REVOLVING LOAN FUND

N.Y.C. Department of Housing Preservation & Development1-212-863-6412
100 Gold Street
New York, N.Y. 10038

or

Parodneck Foundation1-212-431-9700
121 6th Avenue - Suite 501
New York, N.Y. 10013

This is a loan fund available to eligible senior homeowners enabling them to make home repairs such as:

- ◆ *Window replacements* ◆ *Overhauling of boilers* ◆ *Replacement of inadequate wiring*

Also, with the assistance of this loan fund, senior homeowners will be able to meet financial and maintenance bills, thus avoiding possible abandonment or foreclosure. The loans are available citywide for senior citizen homeowners of owner-occupied one to four family homes, whose annual adjusted incomes do not exceed 80% of the median for New York City.

Senior homeowners must also:

- ◆ *Be 60 years of age or older u Have owned their homes for more than two years*
- ◆ *Document the financial difficulties of maintaining their homes*
- ◆ *Demonstrate the financial capacity to repay the loan.*

Loans will not exceed \$5,000 per homeowner. Some homeowners may also qualify for a loan that forgives up to 40% of the rehabilitation costs. The term of the loan ranges up to four years and the interest rate is flexible, ranging from 0 to 3%, based on the senior's financial status.

ADDITIONAL INFORMATION:

If needed repairs are critical, but not emergencies, SCHAP, the Senior Citizen Homeowner Assistance Program, may be able to help eligible seniors by supplying funds for building repairs, repaying back taxes or acquiring professional services. SCHAP also provides counseling and assistance to seniors in management, maintenance and finance. Contact:

the New York City Department of Housing Preservation and Development1-212-863-8000

UTILITY COMPANY COMPLAINTS

If you have a complaint regarding utilities, contact the utility company and try to resolve it. If you need further assistance contact:

Con Edison Teletype Service for Customers w/ Hearing/Speech Impairments.....1-800-642-2308

Verizon1-718-890-1550

N.Y.S. Public Service Commission1-212-290-4171

1 Penn Plaza - 8th Floor
New York, N.Y. 10119

KEYSPAN

Keyspan provides a Star Program for senior citizens. It supplements those on Social Security, the disabled, veterans and the blind. The program also offers a free energy survey and financial assistance.

For 24 hour emergency service information, call:.....1-718-643-4050

For direct billing inquiries, 9 a.m. - 5 p.m., call:1-718-403-2171

For information on free film programs and guest speakers call Keyspan's Speakers' Bureau at 1-718-403-3149. Programs are limited to Queens adult groups within Keyspan's service area.

CON EDISON

For inquiries, call the telephone number on your bill.

Con Edison has a special program called CONCERN which helps senior citizens. The program is designed for customers 62 and older, the blind and the handicapped. Special account representatives in the Company assist "CONCERN" customers in making billing and credit arrangements and answering questions. They also let customers know about other organizations which offer services that could be helpful.

VERIZON

Verizon makes provisions to help seniors with their payments. There are also special services and equipment available for the hearing impaired and laryngectomy patients.

For complete information contact the telephone number listed on your bill.

Lifeline Program - Provides eligible senior citizens with low cost service options. For information call 1-800-555-5000.

LONG ISLAND POWER AUTHORITY (LIPA)

For inquiries 24 hours a day, 7 days a week, call the Customer Relations Office listed on your bill. LIPA has a special program called Golden Link Services for customers 62 years and older. For more information, call the toll free senior information line at 1-800-542-4111 between 10:00 a.m. and 7:30 p.m., Monday through Saturday, and noon to 5:00 p.m. on Sundays.

EMPLOYMENT

If you want to work, there are several programs you may be interested in.

THE FOSTER GRANDPARENT PROGRAM

New York City is seeking low income older men and women to work as foster grandparents with children who need special attention and love. Foster grandparents work 20 hours a week and receive a stipend, carfare, free lunch and other benefits. Call or write for information:

Foster Grandparent Program.....1-212-442-1000
New York City Department for the Aging
2 Lafayette Street
New York, N.Y. 10007

JOB PLACEMENT AGENCIES

The following are agencies which specialize in job training and placement for senior citizens:

New York City Department for the Aging1-212-442-1000
Employment Division
2 Lafayette Street - 15th Floor
New York, N.Y. 10007

Jamaica Service Program for Older Adults.....1-718-657-6500
162-04 Jamaica Avenue - 3rd Floor
Jamaica, N.Y. 11432

Federation Employment & Guidance Service1-212-366-8400
62 West 14th Street
New York, N.Y. 10011

Hellenic American Neighborhood Action Committee, Inc.1-718-728-3586
23-16 30th Avenue
Astoria, N.Y. 11102

Chinese American Planning Council1-718-358-8981
136-26 37th Avenue - 3rd Floor
Flushing, N.Y. 11354

The New York School for Medical & Dental Assistants1-718-793-2330
116-16 Queens Boulevard
Forest Hills, N.Y. 11375

New York Association for New Americans1-212-425-5051
17 Battery Place
New York, N.Y. 10004

AGE DISCRIMINATION

It is a violation of New York City & State law for employers to discriminate against a person solely because of advanced age. If you have been a victim of such discrimination, you may file a complaint with:

N.Y.C. Commission on Human Rights.....1-212-306-7500

40 Rector Street - 9th Floor

New York, N.Y. 10006

TRANSPORTATION

PARA-TRANSIT

There are a number of transportation programs serving the elderly in Queens. Transportation is provided to medical appointments, senior centers, social service agencies, shopping centers, etc.

IMPORTANT TRANSPORTATION PHONE NUMBERS:

N.Y.C. Transit Authority Information	1-718-330-1234
Transit Authority Customer Services	1-718-330-3322
Long Island Rail Road Information	1-718-217-5477
Metropolitan Suburban Bus Authority	1-516-222-1000
N.Y.C. Taxi & Limousine Commission (Queens)	1-718-482-8673
Atlantic Express	1-718-456-9888 or 1-800-301-7595
Access-A-Ride	1-877-337-2017
Queens Community House: Queens Connection	1-718-268-5960 ext. 222

PEDESTRIAN SAFETY

The New York City Department of Transportation, Office of Safety Programs, offers pedestrian safety workshops specifically addressing the concerns of seniors. These workshops include traffic safety videos, literature and a discussion on ways you may prevent pedestrian injuries to yourself and others.

To schedule a group workshop, please call:

The Department of Transportation	1-212-NEW-YORK
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CRIME

Crime is an issue which deserves the attention of all citizens. You should take certain precautions to protect yourself and your home. Some suggestions are as follows:

- ◆ *Do not automatically open your door to salesmen or repairmen.* ◆ *Keep outside doors locked.*
- ◆ *Do not allow strangers to use your phone. Instead you can place the call for assistance for them.*
 - ◆ *If you receive many wrong number calls, contact the police.*
 - ◆ *When away from your home temporarily, be sure your house looks lived-in.*
- ◆ *Do not leave keys under doormats or inside a mailbox, over a doorway or in other obvious places.*
- ◆ *If you will be away from your home for a prolonged time, discontinue deliveries or notify the post office to forward your mail.*

SENIOR SECURITY SERVICES

This program helps alleviate the effects of crimes on older persons by providing:

- ◆ *supportive counseling* ◆ *help for crime victims* ◆ *assistance with crime claims*
- ◆ *Compensation Board applications* ◆ *window gate and lock installation for victims of forced entry*
- ◆ *transportation and escort to courts or medical facilities* ◆ *reinstatement of income entitlements*
- ◆ *legal assistance* ◆ *assistance in replacing stolen I.D. cards and other documents*

The program also interacts with the Red Cross which provides emergency food, shelter, and clothing.

For more information, contact your local precinct affiliate:

PRECINCTS 108, 114, 115:

Peter Dellamonica Senior Center1-718-626-1500
23-56 Broadway
Astoria, N.Y. 11106

PRECINCT 102:

Southwest Queens Senior Services1-718-847-9200
87-04 88th Avenue
Woodhaven, N.Y. 11421

PRECINCTS 104 (Queens) & 83 (Brooklyn) (border of Brooklyn & Queens):

R.B.S.C.C. Queens Multi-Service Center1-718-366-0200
76-01 Myrtle Avenue
Glendale, N.Y. 11385

PRECINCTS 103, 105, 106, 113:

Jamaica Service Program for Older Adults (JSPOA).....1-718-657-6794
92-47 165th Street
Jamaica, N.Y. 11432

PRECINCT 110:

Elmcor/Lefrak City Senior Center.....1-718-271-1222
96-08 57th Avenue
Corona, N.Y. 11368

PRECINCTS 107, 109, 111:

Pomonok Neighborhood Center.....1-718-591-6105

67-09 Kissena Boulevard
Flushing, N.Y. 11367

PRECINCTS 100, 101, 112:

JASA - Rego Park.....1-718-286-1500

97-77 Queens Boulevard
Rego Park, N.Y. 11374

PROJECT SAFE

This service provides emergency locksmith service to victims of robbery, burglary and family violence. Licensed locksmiths repair or replace broken locks or change cylinders for victims who have made a report to police. The locksmith service is free. The program also offers a higher quality cylinder for a slight fee. Contact Project SAFE weekdays from 8:00 a.m. to 5:30 p.m. at 1-212-406-3010 or 406-3384 or call the 24-hour Hotline at 1-212-577-7777.

PROJECT NECESSITY

Project Necessity provides disabled persons and persons 60 years of age and older who reside in Queens with in-home security devices. This includes locks and cylinders, Fire Department approved window gates, smoke detectors, wide-angle peepholes, burglar alarms and 911 hand alarms. Contact:

Queens Jewish Community Council.....1-718-544-9033

119-45 Union Turnpike - Lower Level
Forest Hills, N.Y. 11375

LEGAL SERVICES

Several organizations provide legal services free of charge to senior citizens who are financially needy. They handle cases related to landlord tenant conflicts, government benefit programs (Medicare, Medicaid, SSI, Food Stamps) and consumer and public utility disputes. Contact:

J.A.S.A.1-718-286-1500

Legal Services for the Elderly in Queens
97-77 Queens Boulevard
Rego Park, N.Y. 11374

Queens Legal Service Corp.1-718-392-5646

Long Island City Office
42-15 Crescent Street - 9th Floor
Long Island City, N.Y. 11101

Queens Legal Services1-718-657-8611

South Jamaica Office
89-02 Sutphin Boulevard
Jamaica, N.Y. 11435

Queens Volunteer Lawyers Project, Inc.1-718-739-4100
90-35 148th Street
Jamaica, N.Y. 11435

CONSUMER FRAUDS

If you have a complaint regarding false or misleading advertising, or cases involving fraud, contact:

New York State Dept. of Law, Consumer Frauds & Protection.....1-212-416-8000
120 Broadway
New York, N.Y. 10271

Department of Consumer Affairs1-212-NEW-YORK
120-55 Queens Boulevard - Room 301A
Kew Gardens, N.Y. 11424

Queens District Attorney Consumer Frauds Bureau.....1-718-286-6673
80-02 Kew Gardens Road
Kew Gardens, N.Y. 11415

An individual can sue for up to \$2,000 in Small Claims Court without a lawyer. Small Claims Court is located at:

Small Claims Court.....1-718-262-7135
89-17 Sutphin Boulevard
Jamaica, N.Y. 11435

A court clerk will be able to explain the procedure. A small filing fee of \$5.84 is charged which includes the cost of mailing a notice of the claim to the defendant.

EDUCATION

There are a number of colleges and universities in Queens which offer discounts on tuition or registration to older adults.

CITY UNIVERSITY OF NEW YORK (C.U.N.Y.) - www.cuny.edu

If you are 65 years or older and a New York City resident, you may enroll in all college courses for a \$25 per semester registration fee on a space available basis. For further information contact the college of your choice:

Queens College.....1-718-997-5614

York College1-718-262-2165

La Guardia Community College1-718-482-7200

Queensborough Community College1-718-631-6262

SPECIAL CUNY PROGRAMS FOR SENIORS:

CENTER FOR UNLIMITED ENRICHMENT, INC. (QUEENS COLLEGE)

The Center for Unlimited Enrichment, Inc. (C.U.E.) provides educational, cultural and social experiences for older adults. There are no prerequisites, no tests, no pressures, no course credits - just opportunities to learn for the pure joy of it! For more information, call 1-718-997-3635 from 9:30 a.m. to 1:30 p.m.

ACE PROGRAM (QUEENS COLLEGE)

The Adult Collegiate Education (ACE) Program offers older adults an opportunity to earn an undergraduate degree, using credits given for life experiences towards degree requirements. For further information contact:

Queens College, ACE Program1-718-997-5717

COMMUNITY ADVOCACY CENTER provides the Preventive Law Program for the Elderly.

For further information contact:

at CUNY Law1-718-575-4473

at York College.....1-718-262-2647

York College offers a course within its Psychology Department called Human Development II. Students will learn how specific government policies and laws impact on Senior Citizens. The seminar covers issues relating to housing, medicare, Social Security, wills and estates.

ST. JOHN'S UNIVERSITY

St. John's allows senior citizens 62 years of age or older to enroll in any undergraduate course, excluding art and computers, on a space available basis during the fall, spring and summer semesters for a flat \$25 fee. Seniors may also register for non-credit courses in the St. John's School of Continuing Education at full fee. For more information call: 1-718-990-6161.

NEW YORK CITY BOARD OF EDUCATION

The Board of Education offers courses through a continuing education program. There is a \$25 fee for most eight week courses. For more information call: 1-718-935-5633.

For information on acquiring a New York State High School Equivalency Diploma contact:

Assistant Director in Charge
High School Equivalency Examination
110 Livingston Street - Room 832
Brooklyn, N.Y. 11201

CULTURAL CENTERS & RECREATIONAL PROGRAMS

The following cultural institutions offer senior citizen discounts:

CULTURAL CENTERS

Maspeth Town Hall1-718-335-6049

53-37 72nd Street
Maspeth, N.Y. 11378
Membership \$10 yearly (*most programs free for seniors)

Flushing Council on Culture and the Arts at Flushing Town Hall.....1-718-463-7700

137-35 Northern Boulevard
Flushing, N.Y. 11354
Admission: Free (not for all shows)

Langston Hughes Community Library & Culture Center1-718-651-7116

100-01 Northern Boulevard
Corona, New York 11368
Admission: Free

Chung-Cheng Art Gallery at St. John's University1-718-990-7476

8000 Utopia Parkway
Jamaica, N.Y. 11439

Queens Botanical Garden1-718-886-3800

43-50 Main Street
Flushing, N.Y. 11355
Admission: Free

Greek Cultural Center Inc.....1-718-726-7329

27-18 Hoyt Avenue
South Astoria, N.Y. 11102
Admission: Free

Queens Council on the Arts.....1-718-647-3377

One Forest Park @ Oak Ridge
Woodhaven, N.Y. 11421-1166

Jamaica Arts Center1-718-658-7400

161-04 Jamaica Avenue
Jamaica, N.Y. 11432
Fees vary

Alliance of Queens Artists1-718-520-9842

99-10 Metropolitan Avenue
Forest Hills, N.Y. 11375
Location of programs: Libraries, schools, community centers
Admission: Free
Closed Sundays

Alley Pond Environmental Center1-718-229-4000
228-06 Northern Boulevard
Douglaston, N.Y. 11363
Admission: Donation

MUSEUMS

King Manor Association1-718-291-0282
c/o Greater Jamaica Development Corp.
90-04 161st Street - 7th Floor
Jamaica, N.Y. 11432
Admission Fees vary

Queens County Farm Museum1-718-347-3276
73-50 Little Neck Parkway
Floral Park, N.Y. 11004
Admission: Free

Louis Armstrong House1-718-478-8274
34-56 107th Street
Corona, N.Y. 11368
Special appointment

The Bowne House1-718-359-0528
37-01 Bowne Street
Flushing, New York 11354
Admission: Adults \$2.00 / Children \$ 1.00 / Senior Citizens \$1.00

Queens Museum of Art1-718-592-2405
Flushing Meadows Corona Park
New York City Building
Flushing, N.Y. 11368
Suggested Donation: \$1.50 for seniors
Closed Mondays

New York Hall of Science1-718-699-0005
47-01 111th Street
Corona, N.Y. 11368
Admission: \$1.50 for seniors

Isamu Noguchi Garden Museum.....1-718-721-2308
32-37 Vernon Boulevard
Long Island City, N.Y. 11106
Suggested Contribution: \$2.00

American Museum of the Moving Image1-718-784-0077
35th Avenue & 36th Street
Astoria, N.Y. 11106
Admission: \$10.00 Adults; \$7.50 Senior Citizens & College Students w/ID, \$5.00 Children ages 5 - 18; Free for members & children under 5

HISTORICAL SOCIETIES

Bowne House Historical Society1-718-359-0528

37-01 Bowne Street

Flushing, N.Y. 11354

Admission: Adults \$2.00 / Children \$ 1.00 / Senior Citizens \$1.00

Saturday & Sunday: 2:30 p.m. - 4:30 p.m.

Greater Ridgewood Historical Society1-718-456-1776

1820 Flushing Avenue

Ridgewood, N.Y. 11385

Queens Historical Society1-718-939-0647

143-35 37th Avenue

Flushing, N.Y. 11354

Member Discounts

For information about discounts at other cultural centers contact:

N.Y.C. Department for the Aging.....1-212-442-1000

Information & Referral Services

2 Lafayette Street

New York, N.Y. 10007

ENTERTAINMENT

Movie Theatre Discounts:

Persons over sixty can receive discounts in all Queens theatres. Rates will vary. Please call your local theatre for information.

Madison Square Garden Group Entertainment:

Senior Citizens are offered discounts on group social events held at the Garden. For brochure and reservations call: 1-212-465-6741.

Theatre Tickets:

Senior Theatre Enrichment Program.....1-212-962-7655

New York Foundation for Senior Citizens

11 Park Place - Room 1416

New York, N.Y. 10007

The Senior Theatre Enrichment Program provides members of senior citizen's organizations the opportunity to see Broadway stage productions free of charge. Groups are responsible for their own transportation and escort.

CONCERTS

For specific information regarding performances, please contact the individual organizations for their scheduled events.

◆ **Thalia Spanish Theatre, Inc**1-718-729-3880
41-17 Greenpoint Avenue
Sunnyside, N.Y. 11104

Queens Theatre in the Park1-718-760-0064
P.O. Box 520069
Flushing, N.Y. 11352
Admission varies

◆ **Black Spectrum Theatre**1-718-723-1800
Roy Wilkins Park
177th Street & Baisley Boulevard
Jamaica, N.Y. 11434
Admission varies

◆ **Goliard Concerts, Inc.**1-718-728-8927
21-65 41st Street
Astoria, N.Y. 11105
Senior citizen discounts available

Senior Musicians Association1-212-245-4802 ext. 158
332 West 48th Street
New York, N.Y. 10036
Admission: Free
Location varies

CYPRECO1-718-626-7896
23-50 27th Street
Astoria, N.Y. 11105

Woodside-On-The-Move1-718-476-8449
52-21 Roosevelt Avenue
Woodside, N.Y. 11377
Location varies within the Woodside Community
Admission: Fees required for some performances

Hospital Audiences, Inc1-212-575-7676
548 Broadway - 3rd Floor
New York, N.Y. 10012
Location of concerts vary throughout New York City area
Admission: Free

- ◆ **LaGuardia Performing Arts Center**1-718-482-5151
 LaGuardia Community College
 31-10 Thomson Avenue
 Long Island City, N.Y. 11101

- ◆ **Queens Symphony Orchestra**1-718-326-4455
 80-00 Cooper Avenue #22
 Glendale, N.Y. 11385
 Senior Citizen Discounts are offered.

- ◆ **Southern Queens Park Association**1-718-276-4630
 Roy Wilkins Park
 177th Street & Baisley Boulevard
 Jamaica, N.Y. 11434

- Colden Center for the Performing Arts**1-718-793-8080
 Queens College
 65-30 Kissena Boulevard
 Flushing, N.Y. 11367
 \$2.00 off on Senior Citizen tickets

- Queensborough Community College Theatre**.....1-718-631-6321
 Box Office
 222-05 56th Avenue
 Bayside, N.Y. 11364
 \$1.00 off on Senior Citizen tickets

- ◆ **Poppenhusen Institution**1-718-358-0067
 114-04 14th Road
 College Point, N.Y. 11356

- ◆ **African Poetry Theatre**1-718-523-3312
 176-03 Jamaica Avenue
 Jamaica, N.Y. 11432-5503

- Latin American Cultural Center of Queens**.....1-718-261-7664
 120-55 Queens Boulevard - Room 333
 Kew Gardens, N.Y. 11424

◆ *Senior Citizen discounts are offered, but discounts vary according to price of ticket.*

VOLUNTEERS

Older adults have many valuable talents and resources to offer their community. Would you like to get involved and give some of your time and expertise to others? If you are interested, contact the following organizations for referrals or placement:

American Red Cross in Greater New York, Queens Chapter1-718-558-0053

138-02 Queens Boulevard
Briarwood, N.Y. 11435

American Cancer Society: Queens Division1-718-263-2224

112-25 Queens Boulevard
Forest Hills, N.Y. 11375

SCORE1-212-264-4507

26 Federal Plaza, Room 3100
New York, N.Y. 10278
Fax: 1-212-264-4963

N.Y.C. School Volunteer Program1-212-213-3370

352 Park Avenue South - 13th Floor
New York, N .Y. 10010

Retired Senior Volunteer Program (RSVP)1-212-614-5563

CCS-RSVP
105 East 22nd Street - Suite 401
New York, N.Y. 10010

IN-HOME SUPPORT SERVICES

Home care services are designed to delay or prevent institutionalization and provide the extra help the frail elderly need to remain in their own homes and communities. The following services may be available in your community.

HOME ATTENDANT PROGRAM

Home Attendant services provide personal care and assistance in the activities of daily living to adults who are aged, disabled or handicapped. These services are provided at the request of a physician. Services are available to recipients of SSI, Medicaid and Public Assistance.

HOMEMAKER SERVICES

Homemaker services provide household management and personal care for aged or handicapped adults in order to prevent their placement in institutions. Homemakers deal with some of the fundamental housekeeping chores (cleaning, marketing, etc.), as well as some personal care and home management. Homemakers services can be provided up to 24 hours a day, seven days a week.

HOUSEKEEPER/CHORE SERVICES

Housekeeping is a part-time service (up to 12 hours per week for adults) generally provided to elderly or handicapped individuals who are medically in need of this service and are unable to perform basic household tasks. Recipients of this service must be able to direct and supervise the housekeeper assigned to them. Adults eligible for the service include those receiving Public Assistance, SSI and Medicaid.

Contact your local Community Alternative Systems Agency II (CASA II).

For persons residing in Community Boards 1 - 7 & 11:

CASA 2..... 1-718-752-4155
45-02 32nd Place - 3rd Floor
Long Island City, N.Y. 11101

For persons residing in Community Boards 8, 9, 10, 12, 13 & 14:

CASA 10.....1-718-262-3450/1
92-31 Union Hall Street - 2nd Floor
Jamaica, N.Y. 11433

HOME HEALTH CARE SERVICES

Home care agencies provide a wide variety of services to patients in their own homes. Although services provided by each local home care agency varies considerably, the types of services available include:

- ◆ *Professional nursing services* ◆ *Home Health Aides* ◆ *Personal care services*
- ◆ *Housekeeping services* ◆ *Physical, occupational and speech therapy* ◆ *Social work services*

The following is a listing of Home Health Care Agencies that serve Queens residents:

VNS**1-718-463-9494**
41-61 Kissena Boulevard
Flushing, N.Y. 11355

VIP Health Services**1-718-849-2300**
116-08 Myrtle Avenue
Flushing, N.Y. 11418

VNA of Long Island.....**1-516-739-1270**
100 Garden City Plaza
Garden City, N.Y. 11530 **or 1-800-237-0884**

Sunnyside Home Care Project.....**1-718-784-6160**
43-31 39th Street
Sunnyside, N.Y. 11104

Home Services Systems, Inc......**1-718-726-4444**
32-75 Steinway Street
Astoria, N.Y. 11103

St. Vincent Catholic Medical Centers Home Care**1-800-649-6141**
95-25 Queens Boulevard
Rego Park, N.Y. 11374

NURSING HOME WITHOUT WALLS

This program provides health care at home to chronically ill or disabled older adults who might otherwise have to enter a nursing home or health-related facility.

Each patient receives a specialized coordinated plan of care approved by a doctor. Contact the following agencies:

Parker Jewish Institute**1-718-289-2160**
Long Term Home Health Care Program **1-516-247-6500**
271-11 76th Avenue
New Hyde Park, N.Y. 11040

Hillside Manor Long Term Home Health Care Program.....**1-718-291-3500**
182-15 Hillside Avenue
Jamaica, N.Y. 11432

Visiting Nurse Association of Long Island, Inc.**1-516-739-1270**
Long Term Home Health Care Program **ext. 284**
100 Garden City Plaza - Suite 100
Garden City, N.Y. 11530

SENIOR EMERGENCY SERVICES

This program is for ambulatory persons who are discharged from hospitals on weekends and have no one at home to care for them. They may be eligible for a one-time service of five hours of home care.

The American Red Cross will arrange for an escort, transportation, temporary housing and a home care worker to do light shopping, housekeeping and meal preparation.

Referrals must originate from the hospital, police or social service agencies.

For additional information, contact:

Emergency Senior Services1-212-787-1000

American Red Cross in Greater N.Y.
150 Amsterdam Avenue
New York, N.Y. 10023

VETERANS ADMINISTRATION EXTENDED CARE CENTER

This facility provides inpatient skilled nursing home care, inpatient intermediate care services and a geriatric evaluation unit. Outpatient medical care is provided by a scheduled primary care clinic. Walk-in patients are evaluated with acute problems being handled and non-acute problems being scheduled into a clinic. The facility also offers an Adult Day Health Care program. Services are available for those veterans who have been honorably discharged from military service. To expedite processing, you need your DD214 discharge papers.

Contact:

V.A. Extended Care Center1-718-526-1000

179th Street & Linden Boulevard
St. Albans, N.Y. 11425

IN-HOME ELECTRONIC MONITORING DEVICES

A person with a home emergency response system simply presses a wireless button in time of trouble. When this button is pressed, a signal is received by trained personnel at a central unit. The trained personnel, who already have the person's name, address, telephone number, and other important information, will contact responders who can go to the home and see what the problem is. The responders are usually friends, neighbors or family who live close by and who have keys to the person's home. Fees for this service range from \$4 to \$32.50 monthly.

The following social service organizations serve older persons in Queens:

United Lifeline.....1-800-345-4571

P.O. Box 411
Woodbury, N.Y. 11797

Jamaica Service Program For Older Adults (J.S.P.O.A.).....1-718-657-6500

Lifeline Alert
162-04 Jamaica Avenue - 3rd Floor
Jamaica, N.Y. 11432

Queens Jewish Community Council.....1-718-544-9033

Lifeline Support Program
119-45 Union Turnpike
Forest Hills, N.Y. 11375

HOME DELIVERED MEALS

Home Delivered Meals are available, in many communities, to help frail, older homebound persons remain in their own homes.

Through this program, homebound elderly residents age 60 and over are delivered a nutritious, hot lunch up to five (and in some communities six) days a week. Some programs offer Kosher lunches. Also, trained social workers may be available to the recipients for assistance in a crisis, to make linkages with other needed services and to assist in the completion of forms for other benefits and entitlements. A small contribution is generally requested.

For more information and to apply for home delivered meals, call:

The Department for the Aging1-212-442-1000

GOOD NEIGHBORS TO SENIORS

This program provides volunteers to visit with homebound older adults on a weekly or bi-weekly basis. Companionship for isolated elderly is the main purpose of Good Neighbors to Seniors. For more information contact:

American Red Cross in Greater New York1-212-787-1000

NURSING HOMES

The type of facility selected depends upon the level of care needed. For information and help on finding a facility, contact:

N.Y.C. Department for the Aging.....1-212-442-1000

2 Lafayette Street
New York, N.Y. 10007

Friends & Relatives of Institutionalized Aged (F.R.I.A.).....1-212-732-4455

18 John Street - Suite 905
New York, N.Y. 10038

To complain about care, contact:

N.Y.S. Office for the Aging: Senior Citizen Hotline (info & referral)1-800-342-9871

New York Foundation for Senior Citizens1-212-962-2720

New York City Long Term Care Ombudsprogram
150 Nassau Street - Suite 2019
New York, N.Y. 10038

N.Y.S. Department of Health1-212-268-7001

Patient Care Investigation Unit
5 Penn Plaza - 5th Floor
New York, N.Y. 10001
1-212-268-6529

MISCELLANEOUS

IMPORTANT PAPERS—WHERE TO GET THEM

Birth Certificate:

New York City Department of Health: Vital Records Bureau.....1-212-788-4520
125 Worth Street
New York, N.Y. 10013
Fee: \$15.00

Marriage Certificate:

Marriage License Bureau: City Clerk's Office1-718-286-2840
120-55 Queens Boulevard
Kew Gardens, N.Y. 11424
Fee: \$10.00 for first copy, \$5.00 for each additional copy

Citizen & Immigration Services1-800-375-5283
26 Federal Plaza
New York, N.Y. 10278

SLEEPLINE - TEL-MED

Lenox Hill Hospital

If you cannot sleep call Sleepline at 1-800-540-4485. The sleepline message answers automatically by machine and offers instructions on how to fall asleep, drug free, 24 hours a day, every day.

VOTING

If you have moved or have not voted for four (4) years, you must re-register to vote. Please contact:

Queens Board of Elections1-718-730-6730
126-06 Queens Boulevard
Kew Gardens, N.Y. 11415

REGISTERING TO VOTE BY MAIL

If you want to register to vote, the Board of Elections will forward a voter registration form which you can return by mail. To receive the form call 1-718-730-6730.

ABSENTEE BALLOTS

Applications for Absentee Ballots can be obtained by writing or calling the Board of Elections. You must be a registered voter to receive an Absentee Ballot. Requests for ballots can be made up to one (1) week before Election Day. Ballots must be returned to the Board of Elections by 12 midnight on the day before elections.

ACKNOWLEDGMENTS

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Queens Borough President's Office*

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Queens Borough President's Office*