

# **SENIOR**

# **CITIZEN**

**A RESOURCE GUIDE  
FOR QUEENS COUNTY**

**HELEN M. MARSHALL**  
QUEENS BOROUGH PRESIDENT

# **QUEENS COUNTY SENIOR CITIZEN RESOURCE GUIDE**

## **Seventeenth 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.

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April, 2007

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.

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

The Queens County Senior Citizen Resource Guide serves as a valuable tool that will enhance the quality of life for all our older residents.

Sincerely,

**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](http://www.queensbp.org) / E-mail: [info@queensbp.org](mailto: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)**
- ◆ **Senior Citizen Rent Increase Exemption (SCRIE)**

Contact:

**New York City Department for the Aging . . . . . 1-212-442-1000**

Central Information & Referral

2 Lafayette Street - 6<sup>th</sup> Floor

New York, New York 10007

## 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:

**New York City Department for the Aging .....1-212-442-1000**

Central Information & Referral

2 Lafayette Street - 6<sup>th</sup> Floor

New York, New York 10007

# COMMUNITY BOARDS

## COMMUNITY BOARDS & AREAS SERVED

<b>CB 1</b> ..... 36-01 35 <sup>th</sup> Avenue Long Island City, N.Y. 11106	<b>1-718-786-3335</b> <i>Astoria, Long Island City, Queensbridge, Ravenswood, Old Astoria, Steinway, Garden Bay, Woodside, Ditmars</i>
<b>CB 2</b> ..... 43-22 50 <sup>th</sup> Street Woodside, N.Y. 11377	<b>1-718-533-8773</b> <i>Maspeth, Sunnyside, Woodside, Long Island City</i>
<b>CB 3</b> ..... 82-11 37 <sup>th</sup> Avenue - Suite 606 Jackson Heights, N.Y. 11372	<b>1-718-458-2707</b> <i>Jackson Heights, North Corona, East Elmhurst</i>
<b>CB 4</b> ..... 104-03 Corona Avenue Corona, N.Y. 11368	<b>1-718-760-3141</b> <i>Elmhurst, Corona, Corona Heights</i>
<b>CB 5</b> ..... 61-23 Myrtle Avenue Glendale, N.Y. 11385	<b>1-718-366-1834</b> <i>Ridgewood, Glendale, Middle Village, Maspeth, South Elmhurst</i>
<b>CB 6</b> ..... 73-05 Yellowstone Boulevard Forest Hills, N.Y. 11375	<b>1-718-263-9250</b> <i>Forest Hills, Rego Park</i>
<b>CB 7</b> ..... 133-32 41 <sup>st</sup> Road Flushing, N.Y. 11355	<b>1-718-359-2800</b> <i>Flushing, College Point, Whitestone, Bay Terrace, Malba, Beechhurst, Bayside, Queensboro Hill, Willets Point</i>
<b>CB 8</b> ..... 197-15 Hillside Avenue Hollis, N.Y. 11423	<b>1-718-264-7895</b> <i>Kew Gardens Hills, Utopia, Fresh Meadows, Hillcrest, Briarwood, Jamaica Hills, Jamaica Estates, Holliswood, Flushing South</i>
<b>CB 9</b> ..... 120-55 Queens Boulevard - Room 310A Kew Gardens, N.Y. 11424	<b>1-718-286-2686</b> <i>Richmond Hill, Woodhaven, Kew Gardens, Ozone Park</i>
<b>CB 10</b> ..... 115-01 Lefferts Boulevard So. Ozone Park, N.Y. 11420	<b>1-718-843-4488</b> <i>Ozone Park, South Ozone Park, Lindenwood Village, Howard Beach, South Richmond Hill, Rockwood Park</i>
<b>CB 11</b> ..... 46-21 Little Neck Parkway Little Neck, N.Y. 11362	<b>1-718-225-1054</b> <i>Bayside, Auburndale, Oakland Gardens, Little Neck, Douglaston, East Flushing, Hollis Hills</i>

**CB 12** .....1-718-658-3308  
 90-28 161<sup>st</sup> Street  
 Jamaica, N.Y. 11432  
*Jamaica, South Jamaica, St. Albans, Hollis,  
 Springfield Gardens, Addelesleigh Park, South Ozone Park*

**CB 13** .....1-718-464-9700  
 219-41 Jamaica Avenue  
 Queens Village, N.Y. 11428  
*Queens Village, Glen Oaks, Bellerose, Cambria Heights,  
 Laurelton, Rosedale, Floral Park, Springfield Gardens,  
 Bellaire, New Hyde Park*

**CB 14** .....1-718-471-7300  
 19-31 Mott Avenue  
 Far Rockaway, N.Y. 11691  
*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 OFFICES .....1-800-772-1213**  
**TTY: 1-800-325-0778**

**Astoria .....28-18 Steinway Street, 4<sup>th</sup> Floor**  
**Far Rockaway .....617 Beach 20<sup>th</sup> Street**  
**Flushing .....136-65 37<sup>th</sup> Avenue**  
**Glendale .....67-10 Myrtle Avenue**  
**Jamaica .....155-10 Jamaica Avenue, 3<sup>rd</sup> Floor**  
**Long Island City.....42-15 Crescent Street, 4<sup>th</sup> 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 Infoline .....1-877-472-8411**

**Homebound Unit Office .....1-718-237-4821 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 Center** .....1-718-392-6454  
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 59<sup>th</sup> 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 Office** .....1-718-523-1298

**Flushing Office** .....1-718-321-2931

**Far Rockaway** .....1-718-337-6500/1/2

**BURIAL INFORMATION**

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

**Queens County Mortuary** .....1-718-883-3865

**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](http://www.ssa.gov) or visit your local Social Security Office.

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

**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** .....

.....	<b>1-718-523-5699</b>
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90-75 Sutphin Boulevard, 6<sup>th</sup> Floor

**Rockaway**.....**1-718-634-6910**  
219 Beach 59<sup>th</sup> Street, 1<sup>st</sup> 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 Center .....1-718-784-2560**

10-29 41<sup>st</sup> Avenue  
Long Island City, N.Y. 11101

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

**Parker Institute .....1-718-289-2100**

271-11 76<sup>th</sup> Avenue  
New Hyde Park, N.Y. 11040-1433

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

**N. Y. Hospital Queens .....1-718-670-1231**

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 Care .....1-718-298-7800**

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 Services** .....1-718-670-5525

**Jamaica Hospital** .....1-718-206-6000  
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

**Mary Immaculate Hospital**.....1-718-558-2000  
Monsignor Fitzpatrick Pavilion  
152-11 89<sup>th</sup> Avenue  
Jamaica, N.Y. 11432  
Hours: Monday - Friday, 9:00 am - 5:00 pm

**Peninsula Hospital** .....1-718-734-2000  
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

**St. John's Queens Hospital** .....1-718-558-1000  
90-02 Queens Boulevard  
Elmhurst, N.Y. 11373  
Hours: Monday - Friday, 9:00 am - 5:00 pm  
General Medical Clinic, Arthritis Clinic

**Hillside Manor Comprehensive Care Center** .....1-718-264-6700  
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 Hospital**.....1-718-334-4000  
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-YWHA .....1-718-225-6750**

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 Services .....1-718-389-5100**

41-36 27<sup>th</sup> 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 Center .....1-718-423-6200**

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 College** .....1-212-481-3780  
425 East 25<sup>th</sup> Street, 13<sup>th</sup> Floor North  
New York, N.Y. 10010

**St. John's Episcopal Hospital South Shore** .....1-718-869-7000  
327 Beach 19<sup>th</sup> Street  
Far Rockaway, N.Y. 11691

### **Alzheimer's Day Care Programs:**

**Elmcor Multi-Service Center** .....1-718-651-0096  
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 Flushing** .....1-718-661-4344  
138-52 Elder Avenue  
Flushing, N.Y. 11355

**Selfhelp Alzheimer's Resource Program (SHARP)** .....1-718-805-4230  
208-11 26<sup>th</sup> 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 Program** .....1-718-591-4500  
158-13 72<sup>nd</sup> Avenue  
Flushing, N.Y. 11365

**Forest Hills Community House Respite Program**.....1-718-592-5757  
108-25 62<sup>nd</sup> Drive  
Forest Hills, N.Y. 11375

**Parker Jewish for Health Care & Rehab Institute** .....1-718-289-2100  
271-11 76<sup>th</sup> Avenue  
New Hyde Park, N.Y. 11040

**Builders For Family & Youth Alzheimer's Adult Day Care Program.....1-718-358-3541**  
Redeemer Lutheran Church  
157-16 65<sup>th</sup> Avenue  
Flushing, N.Y. 11367

**Family Support Services:**

**Forest Hills Community House .....1-718-592-5757**  
108-25 62<sup>nd</sup> Drive  
Forest Hills, N.Y. 11375

**Pride of Judea Mental Health Center .....1-718-423-6200**  
243-02 Northern Boulevard  
Douglaston, N.Y. 11362

**Parker Institute .....1-718-289-2100**  
271-11 76<sup>th</sup> Avenue  
New Hyde Park, N.Y. 11040

**Margaret Tietz Center For Nursing Care .....1-718-523-6400**  
164-11 Chapin Parkway  
Jamaica, N.Y. 11432

**Services For Widowed Persons:**

**Bereavement Group For The Recently Widowed:**

**Forest Hills Community House .....1-718-592-5757**  
108-25 62<sup>nd</sup> Drive  
Forest Hills, N.Y. 11375

**P.O.M.O.C.....1-718-326-9098**  
60-17 56<sup>th</sup> 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 Center** .....1-718-937-1093  
10-25 41<sup>st</sup> Avenue  
Long Island City, N.Y. 11101

**Woodside Senior Center** .....1-718-932-6916  
50-37 Newtown Road, Bldg. #19  
Woodside, N.Y. 11377

**BFFY Steinway Senior Center** .....1-718-728-8472  
20-43 Steinway Street  
Astoria, N.Y. 11105

**BFFY-Dellamonica Senior Center** .....1-718-626-1500  
23-56 Broadway  
Astoria, NY 11106

**HANAC Ravenswood Senior Center** .....1-718-786-1550  
34-35A 12<sup>th</sup> Street  
Long Island City, NY 11106

**Raices Astoria Senior Center** .....1-718-726-9642  
21-12 30<sup>th</sup> Road  
Long Island City, NY 11102

**HANAC Archbishop Iakovos Senior Center** .....1-718-777-5505  
32-06 21<sup>st</sup> Street  
Astoria, NY 11102

**HANAC Lindsay Senior Center** .....1-718-626-3035  
29-19 24<sup>th</sup> Avenue  
Astoria, NY 11102

**JASA-Astoria** .....1-718-728-9200  
27-35 Crescent Street  
Long Island City, NY 11102

## CB 2

**Sunnyside Community Senior Center** .....1-718-392-6944  
43-31 39<sup>th</sup> Street  
Long Island City, NY 11104

**BFFY-St. Mary's Senior Center** .....1-718-729-2750  
10-15 49<sup>th</sup> Avenue  
Astoria, NY 11101

**CB 3**

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

**BFFY-Catherine Sheridan Senior Center** .....1-718-458-4600  
35-24 83<sup>rd</sup> Street  
Jackson Heights, NY 11372

**SAGE - Queens** .....1-718-533-6459  
74-09 37<sup>th</sup> Avenue - Room 409  
Jackson Heights, NY 11372

**CB 4**

**Newtown Senior Center** .....1-718-335-7272  
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 Center** .....1-718-458-7259  
102-47 43<sup>rd</sup> Avenue  
Corona, NY 11368

**Florence E. Smith Senior Services** .....1-718-899-0553  
102-19 34<sup>th</sup> Avenue  
Corona, NY 11368

**Korean American Senior Center** .....1-718-651-9220  
37-06 111<sup>th</sup> Street  
Corona, NY 11368

**Lefrak Senior Citizens Center** .....1-718-271-1222  
96-08 57<sup>th</sup> Avenue  
Corona, NY 11368

**Elmhurst Jackson Heights Senior Center** .....1-718-478-7171  
75-01 Broadway - 3<sup>rd</sup> Floor  
Elmhurst, NY 11373

**CB 5**

**Ridgewood Older Adult Center** .....1-718-456-2000  
59-14 70<sup>th</sup> Avenue  
Ridgewood, NY 11385

**Ridgewood Senior Center** .....1-718-497-2908  
68-52 Fresh Pond Road  
Ridgewood, NY 11385

**Selfhelp Maspeth Senior Center** .....1-718-429-3636  
69-35 58<sup>th</sup> 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 Center** .....1-718-386-5136  
59-03 Summerfield Street  
Ridgewood, NY 11385

**CB 6**

**Forest Hills Community House Senior Center** .....1-718-699-1010  
108-25 62<sup>nd</sup> 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 Center** .....1-718-896-8751  
93-29 Queens Boulevard  
Rego Park, NY 11374

**Central Queens Y - Adult Wellness Program** .....1-718-268-5011  
67-09 108<sup>th</sup> Street  
Forest Hills, NY 11375

**CB 7**

**CPC Queens Nan Shan**.....1-718-358-3030  
133-12 41<sup>st</sup> Avenue  
Flushing, NY 11355

**Selfhelp Latimer Gardens Senior Center**.....1-718-961-3660  
45-25 Kissena Boulevard  
Flushing, NY 11354

**Selfhelp Prince Street Senior Center** .....1-718-961-4550  
36-12 Prince Street  
Flushing, NY 11354

**Selfhelp Benjamin Rosenthal Senior Center** .....1-718-886-5777  
45-25 Kissena Boulevard  
Flushing, NY 11355

**HANAC Angelo Petromelis College Point Senior Center** .....1-718-961-0344  
13-28 123<sup>rd</sup> Street  
College Point, NY 11356

**JASA-Whitestone Hebrew Center**.....1-718-767-1500  
12-45 Clintonville Street  
Whitestone, NY 11357

**North Flushing Senior Center**.....1-718-358-9193  
29-09 137<sup>th</sup> 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 Flushing** .....1-718-886-8203  
133-35 Roosevelt Avenue  
Flushing, NY 11354

**CB 8**

**JASA-Holliswood Senior Center**.....1-718-454-6157  
86-25 Francis Lewis Boulevard  
Jamaica, NY 11427

**BFFY-Hillcrest Senior Center**.....1-718-297-7171  
168-01B Hillside Avenue  
Jamaica, NY 11432

**Jewish Center of Kew Gardens Hills Senior Center** .....1-718-263-6500  
71-25 Main Street  
Flushing, NY 11367

**Pomonok Senior Center** .....1-718-591-3377  
67-09 Kissena Boulevard - 2<sup>nd</sup> Floor  
Flushing, NY 11367

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

**CB 9**

**BFFY-Ozone Park Senior Center** .....1-718-847-2100  
103-02 101<sup>st</sup> Avenue  
Ozone Park, NY 11416

**BFFY-Richmond Hill Senior Center** .....1-718-846-2877  
87-25 118<sup>th</sup> Street  
Richmond Hill, NY 11418

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

**BFFY-Woodhaven Senior Center** .....1-718-847-9200  
87-04 88<sup>th</sup> Avenue  
Woodhaven, NY 11421

**Kew Gardens Senior Center** .....1-718-268-5960  
80-02 Kew Gardens Road - Suite 202  
Kew Gardens, NY 11415

**CB 10**

**BFFY-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 84<sup>th</sup> Street  
Howard Beach, NY 11414

**United Hindu Cultural Council Senior Center** .....1-718-323-8900  
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

<b>BFFY-Bayside Senior Center</b> .....	<b>1-718-225-1144</b>
211-15 Horace Harding Expressway Bayside, NY 11364	
<b>Selfhelp Clearview Senior Center</b> .....	<b>1-718-224-7888</b>
208-11 26 <sup>th</sup> Avenue Bayside, NY 11360	
<b>CB 12</b>	
<b>International Towers Luncheon Club</b> .....	<b>1-718-739-6988</b>
90-20 170 <sup>th</sup> Street Jamaica, NY 11432	
<b>JSPOA Conlon Nutrition Center</b> .....	<b>1-718-657-6540</b>
92-33 170 <sup>th</sup> Street Jamaica, NY 11433	
<b>JSPOA Theodora Jackson Center</b> .....	<b>1-718-657-6618</b>
92-47 165 <sup>th</sup> Street Jamaica, NY 11433	
<b>South Jamaica Senior Center</b> .....	<b>1-718-657-6410</b>
107-60 159 <sup>th</sup> Street Jamaica, NY 11433	
<b>Allen Community Senior Citizen Center</b> .....	<b>1-718-658-0980</b>
166-01 Linden Boulevard Jamaica, NY 11434	
<b>JSPOA Friendship Nutrition Center</b> .....	<b>1-718-657-6656</b>
145-06 Farmers Boulevard Jamaica, NY 11434	
<b>Robert Couche Senior Citizen Center</b> .....	<b>1-718-978-8352</b>
137-57 Farmers Boulevard Springfield Gardens, NY 11434	
<b>Rochdale Village Luncheon Club</b> .....	<b>1-718-525-2800</b>
169-65 137 <sup>th</sup> Avenue Jamaica, NY 11434	
<b>Brooks Senior Center</b> .....	<b>1-718-291-3935</b>
143-22 109 <sup>th</sup> Avenue Jamaica, NY 11435	
<b>Rockaway Boulevard Senior Center</b> .....	<b>1-718-657-6468</b>
123-10 143 <sup>rd</sup> Street Jamaica, NY 11436	
<b>P.A.L. Senior Center</b> .....	<b>1-718-464-1129</b>
199-10 112 <sup>th</sup> Avenue Hollis, NY 11412	

**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  
116-02 220<sup>th</sup> Street  
Cambria Heights, NY 11411

**Laurelton-Rosedale Senior Center** .....1-718-527-7577  
133-21 232<sup>nd</sup> Street  
Laurelton, NY 11413

**CB 14**

**Brookdale Village Senior Center** .....1-718-471-3200  
131 Beach 19<sup>th</sup> Street  
Far Rockaway, NY 11691

**JASA Roy Reuther Senior Center** .....1-718-471-3110  
711C Seagirt Avenue  
Far Rockaway, NY 11691

**Young Israel Wavecrest/Bayswater**.....1-718-327-0297  
27-16 Healy Avenue  
Far Rockaway, NY 11691

**BFFY - Seaside Adult Community Center**.....1-718-634-4047  
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 Program** .....1-718-366-5591  
59-04 Decatur Street  
Ridgewood, N.Y. 11385

**Parker Institute** .....1-718-289-2100  
271-11 76<sup>th</sup> 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:

**Builders for Family and Youth** .....1-718-291-4848  
Jamaica C.D.T. (Continuing Day Treatment)  
165-15 88<sup>th</sup> 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 Program** .....1-718-591-4500  
158-13 72<sup>nd</sup> Avenue  
Flushing, N.Y. 11365

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

**Peninsula Center for Extended Care & Rehabilitation** .....1-718-586-1623  
50-15 Beach Channel Drive  
Far Rockaway, N.Y. 11691-1194  
Adult Day Care Program

**Samuel Field YM-YWHA** .....1-718-225-6750  
58-20 Little Neck Parkway  
Little Neck, N.Y. 11362  
Day Center for the Elderly

**Hillside Manor Adult Day Health Care Program** .....1-718-264-6700  
188-11 Hillside Avenue  
Hollis, N.Y. 11423

**Builders for Family and Youth** .....1-718-779-1234  
Woodside Senior Assistance  
61-20 Woodside Avenue  
Woodside, N.Y. 11377  
Day Activity Program

**Forest Hills Community House** .....1-718-592-5757  
Lift Program & Respite Program  
108-25 62<sup>nd</sup> Drive  
Forest Hills, N.Y. 11375  
Day Center for the Elderly & Respite Program

**Forest View Nursing Home** .....1-718-793-3200  
71-20 110<sup>th</sup> Street  
Forest Hills, N.Y. 11375

**Sunnyside Social Adult Day Services Center / Sunnyside Community Services** .....1-718-784-6173  
43-31 39<sup>th</sup> Street ext. 137  
Sunnyside, N.Y. 11104

## **SERVICES FOR BLIND AND VISUALLY IMPAIRED PERSONS**

**The Lighthouse, The New York Association For The Blind**.....1-212-821-9200  
**Applications**.....1-212-821-9235  
111 E. 59<sup>th</sup> 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 - 3<sup>rd</sup> 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  
92-47 165<sup>th</sup> 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  
143-22 109<sup>th</sup> Avenue  
South Jamaica, N.Y. 11435  
1-718-291-3935

Selfhelp Clearview Senior Center  
208-11 26<sup>th</sup> Avenue  
Bayside, N.Y. 11360  
1-718-224-7888

Forest Hills Senior Center  
108-25 62<sup>nd</sup> Drive  
Forest Hills, N.Y. 11375  
1-718-699-1010

Ozone Park Senior Center  
103-12 101<sup>st</sup> Street  
Ozone Park, N.Y. 11417  
1-718-847-2100

Prince Street Senior Center  
36-12 Prince Street  
Flushing, N.Y. 11354  
1-718-961-4550

Sunnyside Community Services  
43-31 39<sup>th</sup> Street  
Sunnyside, N.Y. 11104  
1-718-392-6944

Richmond Hill Senior Center  
123-08 Jamaica Avenue  
Richmond Hill, N.Y. 11418  
1-718-846-2877

Wakefield Senior Center  
135-45 Lefferts Boulevard  
South Ozone Park, N.Y. 11420  
1-718-641-0454

Woodhaven Senior Center  
87-04 88<sup>th</sup> Avenue  
Woodhaven, N.Y. 11412  
1-718-847-9200

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

**Helen Keller Services For The Blind .....1-718-522-2122 ext. 1**  
**Low Vision Services .....1-718-522-2122 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 Center .....1-718-497-2908**  
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 25<sup>th</sup> 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 Renewal .....1-718-739-6400**  
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 Authority .....1-718-286-7500**  
Queens Office  
120-34 Queens Boulevard - 2<sup>nd</sup> 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 Office .....1-212-828-7100**

Online web site: [www.nyc.gov/nycha](http://www.nyc.gov/nycha)

NYCHA will accept applications for Section 8 vouchers from non-emergency applicants from February 12, 2007 to May 14, 2007.

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

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 DEVELOPMENTS**

**Selfhelp Scheuer House of Bayside .....1-718-225-2677**  
 208-11 26<sup>th</sup> Avenue  
 Bayside, N.Y. 11360

**Bnai Brith Elderly Housing .....1-718-358-1166**  
 138-49 Elder Avenue  
 Flushing, N.Y. 11355

**Allen Sr. Citizen Housing.....1-718-658-0980**  
 166-01 Linden Boulevard  
 Jamaica, N.Y. 11434

**Alberta Alston Houses .....1-718-271-0113**  
 52-09 99<sup>th</sup> Street  
 Corona, N.Y. 11368

**Northeastern Towers .....1-718-712-2878**  
 131-10 Guy R. Brewer Boulevard  
 Jamaica, N.Y. 11434

**Monsignor Thomas Campbell Apartments .....1-718-545-0816**  
 25-63 22<sup>nd</sup> Street  
 Long Island City, N.Y. 11106

**Sunnywood Apartments.....1-718-507-7347**  
 44-20 64<sup>th</sup> Street  
 Woodside, N.Y. 11377

**JASA .....1-718-471-6677**  
 131 Beach 19<sup>th</sup> Street  
 Far Rockaway, N.Y. 11691

**Roy Reuther Houses .....1-718-471-2000**  
 711 Seagirt Avenue  
 Far Rockaway, N.Y. 11691

**TWU Senior Housing.....1-718-699-3100**  
 53-11 99<sup>th</sup> Street  
 Corona, N.Y. 11368

<b>Grace Houses</b> .....	<b>1-718-297-4954</b>
155-02 90 <sup>th</sup> Avenue - Suite 103 Jamaica, N.Y. 11432	
<b>Rosary House</b> .....	<b>1-718-507-1933</b>
78-01 30 <sup>th</sup> Avenue Jackson Heights, N.Y. 11370	
<b>Selfhelp Helen R. Scheuer House (Kissena 1 Apartments)</b> .....	<b>1-718-445-9504</b>
45-25 Kissena Boulevard Flushing, N.Y. 11355	
<b>Catherine Sheridan Senior Houses</b> .....	<b>1-718-274-7200</b>
31-41 23 <sup>rd</sup> Street Astoria, N.Y. 11106	
<b>Selfhelp Martin Lande House (Kissena II Apartments)</b> .....	<b>1-718-762-6803</b>
137-47 45 <sup>th</sup> Avenue Flushing, N.Y. 11355	
<b>Selfhelp Scheuer House of Flushing</b> .....	<b>1-718-359-0860</b>
138-52 Elder Avenue Flushing, N.Y. 11355	
<b>Flushing House</b> .....	<b>1-718-762-6875</b>
38-20 Bowne Street Flushing, N.Y. 11354	
<b>Calvary Baptist Church</b> .....	<b>1-718-297-2301</b>
111-10 Guy R. Brewer Boulevard Jamaica, N.Y. 11433	
<b>Selfhelp Harry &amp; Jeanette Weinberg House</b> .....	<b>1-718-353-6130</b>
140-16 45 <sup>th</sup> Avenue Flushing, N.Y. 11355	
<b>HANAC-SPITI Houses</b> .....	<b>1-718-726-1227</b>
32-06 21 <sup>st</sup> Street Long Island City, N.Y. 11106	
<b>Father Richard Reder Sr. Apartments</b> .....	<b>1-718-479-4739</b>
238-11 Hillside Avenue Bellerose, N.Y. 11426	
<b>Allen Cathedral Senior Residence</b> .....	<b>1-718-297-4659</b>
107-02-36 Merrick Boulevard Jamaica, N.Y. 11434	

## **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 one-third or more 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 \$25,000.

If you live in a rent controlled or stabilized apartment, contact:

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

Central Information & Referrals

2 Lafayette Street - 6<sup>th</sup> Floor

New York, N.Y. 10007

For Government Subsidized Mitchell-Lama Apartments, contact:

## **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 HEAP .....1-212-442-4327**

2 Lafayette Street - 4<sup>th</sup> 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 Health .....1-866-893-6772**

## **SENIOR CITIZEN HOME IMPROVEMENT & REPAIR PROGRAMS**

**N.Y.C. Department of Housing Preservation & Development: Senior HIP .....1-212-863-8000**

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 & Development .....1-212-863-6412**  
100 Gold Street  
New York, N.Y. 10038

or

**Parodneck Foundation .....1-212-431-9700**  
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 Development .....1-212-863-8000**

## 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**

**Verizon .....1-718-890-1550**

**N.Y.S. Public Service Commission .....1-212-290-4171**

1 Penn Plaza - 8<sup>th</sup> 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 Aging .....1-212-442-1000**  
Employment Division  
2 Lafayette Street - 15<sup>th</sup> Floor  
New York, N.Y. 10007

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

**Federation Employment & Guidance Service .....1-212-366-8400**  
62 West 14<sup>th</sup> Street  
New York, N.Y. 10011

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

**Chinese American Planning Council .....1-718-358-8981**  
136-26 37<sup>th</sup> Avenue - 3<sup>rd</sup> Floor  
Flushing, N.Y. 11354

**The New York School for Medical & Dental Assistants .....1-718-793-2330**  
116-16 Queens Boulevard  
Forest Hills, N.Y. 11375

**New York Association for New Americans .....1-212-425-5051**  
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 - 9<sup>th</sup> 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:

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

<b>The Department of Transportation</b> .....	<b>1-212-NEW-YORK</b>
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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 Center** .....**1-718-626-1500**  
23-56 Broadway  
Astoria, N.Y. 11106

### **PRECINCT 102:**

**Southwest Queens Senior Services** .....**1-718-847-9200**  
87-04 88<sup>th</sup> Avenue  
Woodhaven, N.Y. 11421

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

**R.B.S.C.C. Queens Multi-Service Center** .....**1-718-366-0200**  
76-01 Myrtle Avenue  
Glendale, N.Y. 11385

### **PRECINCTS 103, 105, 106, 113:**

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

### **PRECINCT 110:**

**Elmcor/Lefrak City Senior Center**.....**1-718-271-1222**  
96-08 57<sup>th</sup> 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:

**Community Advocacy Center .....1-718-760-8558**

51-13 108<sup>th</sup> Street  
Corona, N.Y. 11368

**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 - 9<sup>th</sup> Floor  
Long Island City, N.Y. 11101

**Queens Legal Services .....1-718-657-8611**

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

**Queens Volunteer Lawyers Project, Inc. ....1-718-739-4100**  
90-35 148<sup>th</sup> 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 Affairs .....1-212-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](http://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 College .....1-718-262-2165**

**La Guardia Community College .....1-718-482-7200**

**Queensborough Community College .....1-718-631-6262**

## **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 Program .....1-718-997-5717**

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

For further information contact:

**at CUNY Law .....1-718-575-4473**

**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 Hall .....1-718-335-6049**

53-37 72<sup>nd</sup> 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 Center .....1-718-651-7116**

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

**Chung-Cheng Art Gallery at St. John's University .....1-718-990-7476**

8000 Utopia Parkway  
Jamaica, N.Y. 11439

**Queens Botanical Gardens.....1-718-886-3800**

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 Center .....1-718-658-7400**

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

**Alliance of Queens Artists .....1-718-520-9842**

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

**Alley Pond Environmental Center** .....1-718-229-4000  
228-06 Northern Boulevard  
Douglaston, N.Y. 11363  
Admission: Donation

## **MUSEUMS**

**King Manor Association** .....1-718-291-0282  
c/o Greater Jamaica Development Corp.  
90-04 161<sup>st</sup> Street - 7<sup>th</sup> Floor  
Jamaica, N.Y. 11432  
Admission Fees vary

**Queens County Farm Museum** .....1-718-347-3276  
73-50 Little Neck Parkway  
Floral Park, N.Y. 11004  
Admission: Free

**Louis Armstrong House** .....1-718-478-8274  
34-56 107<sup>th</sup> Street  
Corona, N.Y. 11368  
Special appointment

**The Bowne House** .....1-718-359-0528  
37-01 Bowne Street  
Flushing, New York 11354  
Admission: Adults \$2.00 / Children \$ 1.00 / Senior Citizens \$1.00

**Queens Museum of Art** .....1-718-592-2405  
Flushing Meadows Corona Park  
New York City Building  
Flushing, N.Y. 11368  
Suggested Donation: \$1.50 for seniors  
Closed Mondays

**New York Hall of Science** .....1-718-699-0005  
47-01 111<sup>th</sup> 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 Image** .....1-718-784-0077  
35<sup>th</sup> Avenue & 36<sup>th</sup> 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 Society** .....1-718-359-0528

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 Society** .....1-718-456-1776

1820 Flushing Avenue

Ridgewood, N.Y. 11385

**Queens Historical Society** .....1-718-939-0647

143-35 37<sup>th</sup> 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 Park** .....1-718-760-0064  
P.O. Box 520069  
Flushing, N.Y. 11352  
Admission varies

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

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

**Senior Musicians Association** .....1-212-245-4802 ext. 158  
332 West 48<sup>th</sup> Street  
New York, N.Y. 10036  
Admission: Free  
Location varies

**CYPRECO** .....1-718-626-7896  
23-50 27<sup>th</sup> Street  
Astoria, N.Y. 11105

**Woodside-On-The-Move** .....1-718-476-8449  
52-21 Roosevelt Avenue  
Woodside, N.Y. 11377  
Location varies within the Woodside Community  
Admission: Fees required for some performances

**Hospital Audiences, Inc** .....1-212-575-7676  
548 Broadway - 3<sup>rd</sup> 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  
177<sup>th</sup> 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 56<sup>th</sup> Avenue  
Bayside, N.Y. 11364  
\$1.00 off on Senior Citizen tickets

◆ **Poppenhusen Institution** .....1-718-358-0067  
114-04 14<sup>th</sup> 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 Chapter .....1-718-558-0053**

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

**American Cancer Society: Queens Division .....1-718-263-2224**

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

**SCORE .....1-718-263-8961**

120-55 Queens Boulevard  
Kew Gardens, N.Y. 11424

**N.Y.C. School Volunteer Program .....1-212-213-3370**

352 Park Avenue South - 13<sup>th</sup> Floor  
New York, N .Y. 10010

**Retired Senior Volunteer Program (RSVP).....1-718-624-2853**

**Queens Field Office**

120-55 Queens Boulevard - Room 319  
Kew Gardens, N.Y. 11424

# 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 32<sup>nd</sup> Place - 3<sup>rd</sup> 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 - 2<sup>nd</sup> 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 39<sup>th</sup> 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  
271-11 76<sup>th</sup> Avenue  
New Hyde Park, N.Y. 11040  
**1-516-247-6500**

**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  
100 Garden City Plaza - Suite 100  
Garden City, N.Y. 11530  
ext. 284

## 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 Services .....1-212-787-1000**

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 Center .....1-718-526-1000**

179<sup>th</sup> 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 - 3<sup>rd</sup> 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 Aging .....1-212-442-1000**

## **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 York .....1-212-787-1000**

# 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 Citizens .....1-212-962-2720**

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

**N.Y.S. Department of Health .....1-212-268-7001**

Patient Care Investigation Unit  
5 Penn Plaza - 5<sup>th</sup> 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 Office .....1-718-286-2840**  
120-55 Queens Boulevard  
Kew Gardens, N.Y. 11424  
Fee: \$10.00 for first copy, \$5.00 for each additional copy

**Citizen & Immigration Services .....1-800-375-5283**  
26 Federal Plaza  
New York, N.Y. 10278

## SERVICES FOR REFUGEES & ASYLEES

**Selfhelp Community Services.....1-718-633-1300**  
**Kensington Program**  
419 Church Avenue  
Brooklyn, N.Y. 11218

◆ *Citizenship Applications* ◆ *ESL*

Assistance in accessing entitlements such as:

◆ *SSI* ◆ *Food Stamps* ◆ *Medicare* ◆ *Medicaid* ◆ *HEAP* ◆ *Transportation* ◆ *Housing*

## 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 Elections .....1-718-730-6730**  
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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*Special Assistant for Graphic Arts & Productions  
Queens Borough President's Office*