A RESOURCE GUIDE FOR QUEENS COUNTY

MELINDA KATZ
QUEENS BOROUGH PRESIDENT
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.
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 380,000 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, the Borough President’s Office has invested time and funding to support and enhance services for Queens’ seniors. This funding has helped to ensure the security and safety of our seniors, 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 offered boroughwide.

The Queens County Senior Citizen Resource Guide is a valuable tool that identifies services and provides and delivers the information in a user-friendly format.

Sincerely,

MELINDA KATZ
President
Borough of Queens
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>GENERAL INFORMATION</td>
<td>1</td>
</tr>
<tr>
<td>COMMUNITY BOARDS</td>
<td>2</td>
</tr>
<tr>
<td>FINANCIAL ASSISTANCE</td>
<td>4</td>
</tr>
<tr>
<td>HEALTH CARE</td>
<td>6</td>
</tr>
<tr>
<td>MENTAL HEALTH</td>
<td>9</td>
</tr>
<tr>
<td>SENIOR CENTERS</td>
<td>12</td>
</tr>
<tr>
<td>COMMUNITY SUPPORT SERVICES</td>
<td>19</td>
</tr>
<tr>
<td>HOUSING</td>
<td>23</td>
</tr>
<tr>
<td>EMPLOYMENT</td>
<td>31</td>
</tr>
<tr>
<td>TRANSPORTATION</td>
<td>33</td>
</tr>
<tr>
<td>CRIME</td>
<td>34</td>
</tr>
<tr>
<td>EDUCATION</td>
<td>37</td>
</tr>
<tr>
<td>CULTURAL CENTERS &amp; RECREATIONAL PROGRAMS</td>
<td>39</td>
</tr>
<tr>
<td>VOLUNTEERS</td>
<td>44</td>
</tr>
<tr>
<td>IN-HOME SUPPORT SERVICES</td>
<td>45</td>
</tr>
<tr>
<td>NURSING HOMES</td>
<td>49</td>
</tr>
<tr>
<td>MISCELLANEOUS</td>
<td>50</td>
</tr>
</tbody>
</table>
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 .......................... 1-718-286-2669
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 & AREAS SERVED

CB 1 .............................................................................................................................................1-718-626-1021
45-02 Ditmars Boulevard, Suite 125  Astoria, Long Island City, Queensbridge, Ravenswood, Old Astoria, Steinway, Garden Bay, Woodside, Ditmars
Astoria, N.Y. 11105
qn01@cb.nyc.gov

CB 2 .............................................................................................................................................1-718-533-8773
43-22 50th Street, 2nd floor  Maspeth, Sunnyside, Woodside, Long Island City
Woodside, N.Y. 11377
qn02@cb.nyc.gov

CB 3 .............................................................................................................................................1-718-458-2707
82-11 37th Avenue - Suite 606  Jackson Heights, North Corona, East Elmhurst
Jackson Heights, N.Y. 11372
communityboard3@nyc.rr.com

CB 4 .............................................................................................................................................1-718-760-3141
46-11 104th Street  Elmhurst, Corona, Corona Heights, Newtown
Corona, N.Y. 11368
qn04@cb.nyc.gov

CB 5 .............................................................................................................................................1-718-366-1834
61-23 Myrtle Avenue  Ridgewood, Glendale, Middle Village, Maspeth
Glendale, N.Y. 11385
qnscb5@nyc.rr.com

CB 6 .............................................................................................................................................1-718-263-9250
104-01 Metropolitan Avenue  Forest Hills, Rego Park
Forest Hills, N.Y. 11375
fgulluscio@cb.nyc.gov

CB 7 .............................................................................................................................................1-718-359-2800
133-32 41st Road, 3rd floor  Flushing, College Point, Whitestone, Bay Terrace, Malba, Beechhurst, Bayside, Queensboro Hill, Willets Point
Flushing, N.Y. 11355
qn07@cb.nyc.gov

CB 8 .............................................................................................................................................1-718-264-7895
197-15 Hillside Avenue  Kew Gardens Hills, Utopia, Fresh Meadows, Hillcrest, Briarwood, Jamaica Hills, Jamaica Estates, Holliswood, Flushing South
Hollis, N.Y. 11423
qn08@cb.nyc.gov

CB 9 .............................................................................................................................................1-718-286-2686
120-55 Queens Boulevard - Room 310A  Richmond Hill, Woodhaven, Kew Gardens, Ozone Park
Kew Gardens, N.Y. 11424
communitybd9@nyc.rr.com
CB 10 ...........................................................................................................................................1-718-843-4488
115-01 Lefferts Boulevard
So. Ozone Park, N.Y. 11420
cb10qns@nyc.rr.com
Ozone Park, South Ozone Park,
Howard Beach, South Richmond Hill
Lindenwood, Rockwood Park

CB 11 ...........................................................................................................................................1-718-225-1054
46-21 Little Neck Parkway
Little Neck, N.Y. 11362
qn11@cb.nyc.gov
Bayside, Auburndale, Oakland Gardens,
Little Neck, Douglaston, East Flushing, Hollis Hills

CB 12 ...........................................................................................................................................1-718-658-3308
90-28 161st Street
Jamaica, N.Y. 11432
pshawbilbo@cb.nyc.gov
qn12@cb.nyc.gov
Jamaica, South Jamaica, St. Albans, Hollis,
Springfield Gardens, Addesleigh Park, South Ozone Park

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

CB 14 ...........................................................................................................................................1-718-471-7300
1931 Mott Avenue
Far Rockaway, N.Y. 11691
cbrock14@nyc.rr.com
qn14@cb.nyc.gov
The Rockaways, Rockaway Point, Rockaway, 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

Far Rockaway ..........................................................113-06 Rockaway Beach Boulevard, Rockaway Park
Flushing ...............................................................138-50 Barclay Avenue, Flushing
Jamaica ..............................................................1 Jamaica Center Plaza - 3rd Floor, Jamaica
Long Island City ..................................................31-08 37 Avenue, Long Island City
Rego Park ...........................................................63-44 Austin Street, Rego Park

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 ..............................................................1-718-557-1399

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 ..........................1-718-784-5919
32-20 Northern Boulevard
Long Island City, N.Y. 11101
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 .............................................................................................................................1-718-883-8296
Flushing Office ...........................................................................................................................1-718-321-2931
Far Rockaway .............................................................................................................................1-718-437-2140

BURIAL INFORMATION

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

Queens County Mortuary ............................................................................................................1-718-557-8706
Queens Public Administrator ......................................................................................................1-718-526-5037
Queens County Medical Examiner .............................................................................................1-718-557-8700
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.

Far Rockaway .................................................................113-06 Rockaway Beach Boulevard, Rockaway Park
Flushing ..................................................................................138-50 Barclay Avenue, Flushing
Jamaica ......................................................................................1 Jamaica Center Plaza - 3rd Floor, Jamaica
Long Island City .................................................................31-08 37 Avenue, Long Island City
Rego Park ...................................................................................63-44 Austin Street, Rego Park

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
90-75 Sutphin Boulevard, 6th Floor

Rockaway ..................................................................................1-718-634-6910
219 Beach 59th Street, 1st Floor
Provides information about many New York City government social services including: eviction prevention, childcare, 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 41st 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 76th 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
Flushing Hospital
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

Jamaica Hospital
8900 Van Wyck Expressway
Jamaica, N.Y. 11418
Geriatric Clinic Hours: Saturday, 9 am - 11 am / Geriatric Care 60 years and older, transportation available

Peninsula Hospital
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 Center
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
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

F.E.G.S.
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

Creedmooor 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 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 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 25th Street, 13th Floor North
New York, N.Y. 10010

St. John’s Episcopal Hospital South Shore .................................................................................1-718-869-7000
327 Beach 19th Street
Far Rockaway, N.Y. 11691

Alzheimer’s Day Care Programs:

Elmcorn Multi-Service Center ........................................................................................................1-718-651-0096
107-20 Northern Boulevard
Corona, N.Y. 11368

Elmcorn 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 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 Program .............................................................................1-718-591-4500
158-13 72nd Avenue
Flushing, N.Y. 11365

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

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

Catholic Charities Alzheimer’s Adult Day Care Program ................................................................1-718-358-3541
Redeemer Lutheran Church
157-16 65th Avenue
Flushing, N.Y. 11367
Family Support Services:

Kew Gardens Community Center ................................................................. 1-718-268-5960
80-02 Kew Gardens Road - 2nd Floor, Suite 202
Kew Gardens, N.Y. 11415

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 76th 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:

Kew Gardens Community Center ......................................................... 1-718-268-5960
80-02 Kew Gardens Road - 2nd Floor, Suite 202
Kew Gardens, N.Y. 11415

P.O.M.O.C. .............................................................................................. 1-718-326-9098
60-17 56th Drive
Maspeth, N.Y. 11378
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 41st Avenue
Long Island City, N.Y. 11101
Director: Christopher Hanway
Email: Chanway@riissettlement.org

Woodside Senior Center ........................................................................ 1-718-932-6916
50-37 Newtown Road, Bldg. #19
Woodside, N.Y. 11377
Director: Matthew Ancona
Email: Manco@samvill.org

CCNS-Dellamonica Senior Center ............................................................. 1-718-626-1500
23-56 Broadway
Astoria, N.Y 11106
Director: Kathy Suarez
Email: K Suarez@ccbq.org

HANAC Ravenswood Senior Center ......................................................... 1-718-786-1550
34-35A 12th Street
Long Island City, NY 11106
Director: Christina Serna
Email: CSerna@hanac.org

Raices Astoria Senior Center ................................................................. 1-718-726-9642
21-12 30th Road
Long Island City, NY 11102
Director: Olga Oukacine
Email: OOUkacine@racies.us

HANAC Archbishop Iakovos Senior Center ........................................... 1-718-777-5505
32-06 21st Street
Astoria, NY 11102
Director: Debbie Mitropoulos
Email: DMitropoulos@hanac.org

HANAC Lindsay Senior Center ............................................................... 1-718-626-3035
27-40 Hoyt Avenue South
Astoria, NY 11102
Director: Melana Georgiadis
Email: MGeorgiadis@hanac.org

CB 2

Sunnyside Community Senior Center .................................................... 1-718-392-6944
43-31 39th Street
Long Island City, NY 11104
Director: Jonah Gensler
Email: JGensler@SCSNY.org
<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Phone Number</th>
<th>Address</th>
<th>Director</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elmcor Senior Center</td>
<td>1-718-457-9757</td>
<td>98-19 Astoria Boulevard, East Elmhurst, NY 11368</td>
<td>Larinda Hooks</td>
<td><a href="mailto:L.Hooks@Elmcorg.org">L.Hooks@Elmcorg.org</a></td>
</tr>
<tr>
<td>CCNS-Catherine Sheridan Senior Center</td>
<td>1-718-458-4600</td>
<td>35-24 83rd Street, Jackson Heights, NY 11372</td>
<td>Lawrence Hoffman</td>
<td><a href="mailto:LHoffman@ccbcq.org">LHoffman@ccbcq.org</a></td>
</tr>
<tr>
<td>Queens Center for Gay Seniors</td>
<td>1-718-533-6459</td>
<td>74-09 37th Avenue - Room 409, Jackson Heights, NY 11372</td>
<td>John Nagel</td>
<td><a href="mailto:JNagel@QCHNYC.org">JNagel@QCHNYC.org</a></td>
</tr>
<tr>
<td>Newtown Senior Center</td>
<td>1-718-335-7272</td>
<td>83-20 Queens Blvd., Elmhurst, NY 11373</td>
<td>Maria Cuoco</td>
<td><a href="mailto:MCuoco@nyc.rr.com">MCuoco@nyc.rr.com</a></td>
</tr>
<tr>
<td>IPHE Corona Senior Center</td>
<td>1-718-639-2000</td>
<td>108-74 Roosevelt Avenue, Corona, NY 11368</td>
<td>Miriam Colon</td>
<td><a href="mailto:Miriam.Colon@PRHE.org">Miriam.Colon@PRHE.org</a></td>
</tr>
<tr>
<td>Raices Corona Senior Center</td>
<td>1-718-458-7259</td>
<td>107-24 Corona Avenue, Corona, NY 11368</td>
<td>Suyata Blanco</td>
<td><a href="mailto:SBlanco@raices.us">SBlanco@raices.us</a></td>
</tr>
<tr>
<td>Florence E. Smith Senior Services</td>
<td>1-718-899-0553</td>
<td>102-19 34th Avenue, Corona, NY 11368</td>
<td>Deborah Barnes</td>
<td><a href="mailto:FESScenter@aol.com">FESScenter@aol.com</a></td>
</tr>
<tr>
<td>Korean American Senior Center</td>
<td>1-718-651-9220</td>
<td>37-06 111th Street, Corona, NY 11368</td>
<td>Helen Ahn</td>
<td><a href="mailto:Hahn@KCSNY.org">Hahn@KCSNY.org</a></td>
</tr>
<tr>
<td>Lefrak Senior Citizens Center</td>
<td>1-718-457-9757</td>
<td>98-16 55th Avenue, Corona, NY 11368</td>
<td>Larinda Hooks</td>
<td><a href="mailto:L.Hooks@Elmcorg.org">L.Hooks@Elmcorg.org</a></td>
</tr>
<tr>
<td>IPRHE-Elmhurst Jackson Heights Senior Center</td>
<td>1-718-478-7171</td>
<td>75-01 Broadway - 3rd Floor, Elmhurst, NY 11373</td>
<td>Lucy Garcia</td>
<td><a href="mailto:Lucy.Garcia@IPRHE.org">Lucy.Garcia@IPRHE.org</a></td>
</tr>
</tbody>
</table>
CB 5

Ridgewood Older Adult Center ................................................................. 1-718-456-2000
59-14 70th Avenue
Ridgewood, NY 11385
Director: Jacqueline Eradiri Email: Jeradiri@yahoo.com

Peter Cardella Senior Center ................................................................. 1-718-497-2908
68-52 Fresh Pond Road
Ridgewood, NY 11385
Director: Barbara Toscano Email: PCSeniors@nyc.rr.com

Selfhelp Maspeth Senior Center ............................................................ 1-718-429-3636
69-61 Grand Avenue
Maspeth, NY 11378
Director: Maria Dixon Email: MDixon@selfhelp.net

Middle Village Older Adult Center .......................................................... 1-718-894-3441
69-10 75th Street
Middle Village, NY 11379
Director: Rabbi Richard Levy Email: Zalley2@gmail.com

CB 6

Queens Community House Senior Center ............................................. 1-718-699-1010
108-25 62nd Drive
Forest Hills, NY 11375
Director: Rose Desravines Email: Rdesravines@QCHNYC.org

Selfhelp Austin Street Senior Center ...................................................... 1-718-520-8197
106-06 Queens Boulevard
Forest Hills, NY 11375
Director: CW Ryu Email: CRYU@Selfhelp.net

Young Israel Forest Hills Senior League ................................................ 1-718-520-2305
68-07 Burns Street
Forest Hills, NY 11375
Director: Susan Rabinowicz Email: ForestHillsSeniorCtr@nyc.rr.com

Rego Park Senior Center ................................................................. 1-718-896-8511
93-29 Queens Boulevard
Rego Park, NY 11374
Director: Irina Sarkisova Email: ISarkisova@QCHNYC.org

Central Queens Y - Adult Wellness Program ............................................. 1-718-268-5011
67-09 108th Street
Forest Hills, NY 11375
Director: Danielle Ellman Email: Dellman@cqy.org
CB 7

CPC Queens Nan Shan Senior Center ........................................... 1-718-358-3030
136-18 39th Avenue, 6th Floor
Flushing, NY 11355
Director: Michael Wang  
Email: Mwang@cpc.nyc.org

Selfhelp Latimer Gardens Senior Center .................................. 1-718-961-3660
34-30 137th Street
Flushing, NY 11354
Director: Cheryl Gersh  
Email: CGersh@selfhelp.net

Selfhelp Innovative Benjamin Rosenthal Senior Center ........... 1-718-886-5777
45-25 Kissena Boulevard
Flushing, NY 11355
Director: Jane Qiu  
Email: Jane@selfhelp.net

HANAC Angelo Petromelis College Point Senior Center ......... 1-718-961-0344
13-28 123rd Street
College Point, NY 11356
Director: Rhonda Caruso  
Email: RCaruso@hanac.org

North Flushing Senior Center ............................................. 1-718-358-9193
29-09 137th Street
Flushing, NY 11357
Director: Roberta Goldenberg  
Email: NFSeniorcenter@aol.com

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
Director: Roberta Goldenberg  
Email: NFSeniorcenter@aol.com

Korean American Senior Center of Flushing ....................... 1-718-886-8203
42-15 166th Street
Flushing, NY 11358
Director: Kwang S. Kim  
Email: Main@KCSNY.org

CB 8

CCNS-Hillcrest Senior Center ............................................. 1-718-297-7171
161-01B Hillside Avenue
Jamaica, NY 11432
Director: Mariana Ortiz  
Email: MOrtiz@ccbq.org

Jewish Center of Kew Gardens Hills Senior Center ............ 1-718-263-6500
71-25 Main Street
Flushing, NY 11367
Day & Hours of Operation: Monday 12:30 pm - 3:30 pm
Director: Marilyn Bagley  
Email: JCKGH@aol.com
<table>
<thead>
<tr>
<th>Senior Center</th>
<th>Address</th>
<th>Phone</th>
<th>Director</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td><strong>Pomonok Senior Center</strong></td>
<td>67-09 Kissena Boulevard - 2nd Floor</td>
<td>1-718-591-3377</td>
<td>Angela King</td>
<td><a href="mailto:AKing@QCHNYC.org">AKing@QCHNYC.org</a></td>
</tr>
<tr>
<td><strong>Young Israel Queens Valley Senior Center</strong></td>
<td>141-55 77th Avenue</td>
<td>1-718-263-6995</td>
<td>Alan Gombo</td>
<td><a href="mailto:youngisraelsenior@nyc.rr.com">youngisraelsenior@nyc.rr.com</a></td>
</tr>
<tr>
<td><strong>CCNS-Ozone Park Senior Center</strong></td>
<td>103-02 101st Avenue</td>
<td>1-718-847-2100</td>
<td>Sabrina Marson</td>
<td><a href="mailto:smarson@ccbq.org">smarson@ccbq.org</a></td>
</tr>
<tr>
<td><strong>CCNS-Woodhaven-Richmond Hill Senior Center</strong></td>
<td>89-02 91st Street</td>
<td>1-718-847-9200</td>
<td>Pat Critelli</td>
<td><a href="mailto:pcritelli@ccbq.org">pcritelli@ccbq.org</a></td>
</tr>
<tr>
<td><strong>Kew Gardens Community Center</strong></td>
<td>80-02 Kew Gardens Road - Suite 202</td>
<td>1-718-268-5960</td>
<td>Rachel Epstein</td>
<td><a href="mailto:repstein@qchnyc.org">repstein@qchnyc.org</a></td>
</tr>
<tr>
<td><strong>CCNS Howard Beach Senior Center</strong></td>
<td>155-55 Cross Bay Boulevard</td>
<td>1-718-738-8100</td>
<td>Judy Ascherman</td>
<td><a href="mailto:jascherman@ccbq.org">jascherman@ccbq.org</a></td>
</tr>
<tr>
<td><strong>Samuel Field Y Senior Citizens Program</strong></td>
<td>58-20 Little Neck Parkway</td>
<td>1-718-225-6750</td>
<td>Ilene Yair</td>
<td><a href="mailto:IleneYair@sfy.org">IleneYair@sfy.org</a></td>
</tr>
<tr>
<td><strong>CCNS-Bayside Senior Center</strong></td>
<td>221-15 Horace Harding Expressway</td>
<td>1-718-225-1144</td>
<td>Susan Shafer</td>
<td><a href="mailto:sshafer@ccbq.org">sshafer@ccbq.org</a></td>
</tr>
<tr>
<td><strong>Selfhelp Clearview Senior Center</strong></td>
<td>208-11 26th Avenue</td>
<td>1-718-224-7888</td>
<td>Erin Brennan</td>
<td><a href="mailto:ebrennan@selfhelp.net">ebrennan@selfhelp.net</a></td>
</tr>
</tbody>
</table>
CB 12

International Towers Senior Center ................................................................. 1-718-739-6988
90-20 170th Street
Jamaica, NY 11432
Director: Elsie Robinson robinson.elsie@nycha.nyc.gov

JSPOA Theodora Jackson Center ................................................................. 1-718-657-6618
92-47 165th Street
Jamaica, NY 11433
Director: Tracy Roach Email: treaves@jspoa.org

Allen Community Senior Citizen Center ..................................................... 1-718-658-0980
166-01 Linden Boulevard
Jamaica, NY 11434
Director: Aurelia Workman Email: aworkman@allencathedral.org

JSPOA Friendship Nutrition Center ............................................................ 1-718-657-6540
92-33 170th Street
Jamaica, NY 11434
Director: Jordane Jolley Email: jjolley@jspoa.org

Robert Couche Senior Citizen Center ......................................................... 1-718-978-8352
137-57 Farmers Boulevard
Springfield Gardens, NY 11434
Director: Eleanor Kelly Email: eleanorkelly@nyc.rr.com

Rochdale Village Senior Center ................................................................. 1-718-525-2800
169-65 137th Avenue
Jamaica, NY 11434
Director: Sheree Shivers Email: ss.rvsctr@verizon.net

Brooks Senior Center .................................................................................. 1-718-291-3935
143-22 109th Avenue
Jamaica, NY 11435
Director: Yvette McKain Email: brooksmemorial@aol.com

JSPOA Rockaway Boulevard Senior Center .............................................. 1-718-657-6468
123-10 143rd Street
Jamaica, NY 11436
Director: Patricia Bishop Email: pbishop@jspoa.org

CB 13

SNAP Brookville Center ................................................................. 1-718-525-8899
One Cross Island Plaza, lower level 5
Rosedale, NY 11422
Director: Caroline Grable Email: cgrablesnap@aol.com

SNAP Innovative Senior Center of Eastern Queens ............................. 1-718-454-2100
80-45 Winchester Boulevard - Building 4 CBU #29
Queens Village, NY 11427
Director: Jennifer Bailey Email: jbailey@snapqueens.org
Alpha Phi Alpha Senior Center .............................. 1-718-528-8238  
220-01 Linden Boulevard  
Cambria Heights, NY 11411  
Director: Hilda M. Rodgers  
Email: alphaphi220@hotmail.com

CB 14

JASA Brookdale Village Senior Center .............................. 1-718-471-3200  
131 Beach 19th Street  
Far Rockaway, NY 11691  
Director: Linda Solomon  
Email: lsolomon@jasa.org

JASA Roy Reuther Senior Center .............................. 1-718-471-3110  
711C Seagirt Avenue  
Far Rockaway, NY 11691  
Director: Sydney Lombardi  
Email: slombardi@jasa.org

Young Israel Wavecrest/Bayswater .............................. 1-718-327-0297  
27-16 Healy Avenue  
Far Rockaway, NY 11691  
Director: Sara Fordsham  
Email: sfordsham@nyc.rr.com

CCNS - Seaside Senior Center .............................. 1-718-634-4047  
144 Beach 111th Street  
Rockaway, NY 11693  
Director: Mark Payne  
Email: mpayne@ccbq.org

JASA Rockaway Park Senior Center .............................. 1-718-634-3044  
106-20 Shore Front Parkway, Suite 300  
Rockaway Park, NY 11694  
Director: Fay Schwimmer  
Email: fschwimmer@jasa.org
COMMUNITY SUPPORT SERVICES

RESPITE 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 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:

CCNS ............................................................................................................................................1-718-291-4848
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
92-33 170th Street
Jamaica, N.Y. 11433

Margaret Tietz Adult Day Health Care Program .................................................................1-718-591-4500
158-13 72nd Avenue
Flushing, N.Y. 11365
Parker Institute ...........................................................................................................................1-718-289-2100
Geriatric Community Health Center
271-11 76th Avenue
New Hyde Park, N.Y. 11040 or
1-516-767-6500
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

CCNS ............................................................................................................................................1-718-779-1234
Woodside Senior Assistance
61-20 Woodside Avenue
Woodside, N.Y. 11377
Day Activity Program

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

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

Sunnyside Social Adult Day Services Center / Sunnyside Community Services .........................1-718-784-6173
ext. 137
43-31 39th Street
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. 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.
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

- **Brooks Memorial Senior Center**
  143-22 109th Avenue
  South Jamaica, N.Y. 11435
  1-718-291-3935

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

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

- **Peter Dellamonica Senior Center**
  25-53 Broadway
  Astoria, N.Y. 11106
  1-718-626-1500

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

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

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

SERVICES & PROGRAMS FOR DEAF & HEARING IMPAIRED SENIORS

Peter Cardella Senior Center
68-52 Fresh Pond Road
Ridgewood, N.Y. 11385

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.
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.
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**
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**
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 Office**

Online web site: www.nyc.gov/nycha
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 Bayside**
208-11 26th Avenue
Bayside, N.Y. 11360

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

**Alberta Alston Houses**
52-09 99th Street
Corona, N.Y. 11368

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

**Monsignor Thomas Campbell Apartments**
25-63 22nd Street
Long Island City, N.Y. 11106

**Sunnywood Apartments**
44-20 64th Street
Woodside, N.Y. 11377

**JASA Brookdale Village**
131 Beach 19th Street
Far Rockaway, N.Y. 11691

**Roy Reuther Houses**
711 Seagirt Avenue
Far Rockaway, N.Y. 11691

**HANAC - George T. Douris Senior Housing**
27-40 Hoyt Avenue South
Astoria, N.Y. 11102
TWU Senior Housing ....................................................................................................................1-718-699-3100
53-11 99th Street
Corona, N.Y. 11368

Grace Houses ..............................................................................................................................1-718-297-4954
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 Flushing ............................................................................................1-718-886-1412
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 House ...............................................................................1-718-886-1412
140-16 45th Avenue
Flushing, N.Y. 11355

HANAC-Archbishop Iakovos ........................................................................................................1-718-726-1227
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

Richmond Hill Senior Living .........................................................................................................1-516-277-9301
127-03 Jamaica Avenue
Richmond Hill, N.Y.
<table>
<thead>
<tr>
<th>Residence Name</th>
<th>Phone Number</th>
<th>Address Details</th>
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<tbody>
<tr>
<td>HANAC PCA Senior Residence</td>
<td>1-718-806-1534</td>
<td>31-34 33rd Street, Astoria, N.Y.</td>
</tr>
<tr>
<td>St. George Senior Residence</td>
<td>1-516-437-0900</td>
<td>14-20 27th Avenue, Astoria, N.Y. 11102</td>
</tr>
<tr>
<td>Rev. Julius Miller Senior Residence</td>
<td>1-516-437-0900</td>
<td>333 Beach 67th Street, Arverne, N.Y. 11692</td>
</tr>
<tr>
<td>Locust Manor Senior Residence</td>
<td>1-516-437-0900</td>
<td>170-06 Baisley Boulevard, Jamaica, N.Y. 11434</td>
</tr>
<tr>
<td>Allen AME Senior Citizen Apartments</td>
<td>1-718-523-1865</td>
<td>166-01 Linden Boulevard, Jamaica, N.Y. 11433</td>
</tr>
<tr>
<td>Vallone Family Residence for Seniors</td>
<td>1-516-437-0900</td>
<td>21-05 30th Drive, Astoria, N.Y. 11102</td>
</tr>
<tr>
<td>Harry &amp; Jeanette Weinberg Apartments</td>
<td>1-718-886-1412</td>
<td>45-35 Kissena Boulevard, Flushing, N.Y. 11355</td>
</tr>
<tr>
<td>St. Paul the Apostle</td>
<td>1-718-722-6079</td>
<td>55-06 99th Street, Corona, N.Y. 11368</td>
</tr>
<tr>
<td>Sunnywood Apartment</td>
<td>1-718-507-7347</td>
<td>44-20 64th Street, Woodside, N.Y. 11377</td>
</tr>
<tr>
<td>Calvary Baptist Church Houses</td>
<td>1-718-657-7264</td>
<td>160-60 Claude Avenue, Jamaica, N.Y. 11433</td>
</tr>
<tr>
<td>Allen AME Senior Housing</td>
<td>1-718-523-1865</td>
<td>110-04 167th Street, Jamaica, N.Y. 11434</td>
</tr>
<tr>
<td>St. Pius V Senior Housing</td>
<td>1-718-722-6079</td>
<td>105-12 Liverpool Street, Jamaica, N.Y. 11435</td>
</tr>
<tr>
<td>Israel Senior Citizen I</td>
<td>1-718-327-5759</td>
<td>1925 Seagirt Boulevard, Far Rockaway, N.Y. 11691</td>
</tr>
<tr>
<td>Assisted Living Residence</td>
<td>Phone</td>
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<tr>
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</tr>
<tr>
<td><strong>Israel Senior Citizen II</strong></td>
<td>1-718-327-5759</td>
<td>155 Beach 19th Street, Far Rockaway, N.Y. 11691</td>
</tr>
<tr>
<td><strong>Self Help Senior Housing</strong></td>
<td>1-718-886-1412</td>
<td>137-39 45th Avenue, Flushing, N.Y. 11355</td>
</tr>
<tr>
<td><strong>Scheuer House of Flushing</strong></td>
<td>1-718-359-0860</td>
<td>138-52 Elder Avenue, Flushing, N.Y. 11355</td>
</tr>
<tr>
<td><strong>Allen By the Bay</strong></td>
<td>1-347-534-3200</td>
<td>22-20 Loretta Road, Far Rockaway, N.Y. 11691</td>
</tr>
<tr>
<td><strong>Council Towers VI</strong></td>
<td>1-718-969-4932</td>
<td>155-25 71st Avenue, Flushing, N.Y. 11367</td>
</tr>
<tr>
<td><strong>Heyson Road LP Senior Residence</strong></td>
<td>1-516-277-9376</td>
<td>14-03 thru 20 Heyson Road, Far Rockaway, N.Y. 11691</td>
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**ASSISTED LIVING RESIDENCES**

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<thead>
<tr>
<th>Assisted Living Residence</th>
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<tbody>
<tr>
<td><strong>Flushing House Senior Retirement Residence</strong></td>
<td>1-718-762-3198</td>
<td>38-20 Bowne Street, Flushing, N.Y. 11354</td>
</tr>
<tr>
<td><strong>Brandywine Senior Living at the Savoy</strong></td>
<td>1-718-423-7900</td>
<td>55-15 Little Neck Parkway, Little Neck, N.Y. 11362</td>
</tr>
<tr>
<td><strong>Castle Senior Living at Forest Hills</strong></td>
<td>1-718-760-4600</td>
<td>108-25 Horace Harding Expressway, Forest Hills, N.Y. 11368</td>
</tr>
<tr>
<td><strong>Atria Senior Living</strong></td>
<td>1-718-261-5300</td>
<td>112-50 72nd Street, Forest Hills, N.Y. 11375</td>
</tr>
<tr>
<td><strong>Atria Kew Gardens</strong></td>
<td>1-718-441-0300</td>
<td>117-01 84th Avenue, Kew Gardens, N.Y. 11418</td>
</tr>
<tr>
<td><strong>Queen of Peace Residence</strong></td>
<td>1-718-464-1800</td>
<td>110-30 221st Street, Queens Village, N.Y. 11429</td>
</tr>
<tr>
<td><strong>Allen AME Cathedral Senior Residence</strong></td>
<td>1-718-297-4659</td>
<td>107-02 Merrick Boulevard, Jamaica, N.Y. 11433</td>
</tr>
<tr>
<td><strong>Boulevard ALP Assisted Living</strong></td>
<td>1-718-969-7500</td>
<td>7161 159th Street, Jamaica, N.Y. 11432</td>
</tr>
</tbody>
</table>
**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 HEAP Info Line**

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 Health**

1-866-893-6772

**SENIOR CITIZEN HOME IMPROVEMENT & REPAIR PROGRAMS**

**N.Y.C. Department of Housing Preservation & Development: HIP**

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 $2,000, but not more than $30,000.
Through the Senior HIP, you may borrow up to $10,000 payable in equal monthly installments for up to 10 years at an interest rate of 2.5% - 5% depending on income.

**N.Y. Foundation for Senior Citizens, Inc.** ........................................................................................................1-212-962-7559
Minor Home Repair Program
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
- Have owned their homes for more than two years
- 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** .................................................1-212-863-6492
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 - 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.
EM PLO YM ENT

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 - 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 Service ............................................................................1-212-366-8400
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 Council .......................................................................................1-718-358-8981
136-26 37th Avenue - 3rd 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 - 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
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
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.

QUEENS POLICE PRECINCTS

QUEENS SOUTH PRECINCTS:

100th Precinct ..............................................................................................................................1-718-318-4200
92-24 Rockaway Beach Boulevard
Rockaway Beach, N.Y. 11693

101st Precinct ..............................................................................................................................1-718-868-3400
16-12 Mott Avenue
Far Rockaway, N.Y. 11691
Satellite: .....................................................................................................................................1-718-318-1294
349 Beach 54th Street
Arverne

102nd Precinct ..............................................................................................................................1-718-805-3200
87-34 118th Street
Richmond Hill, N.Y. 11418

103rd Precinct ..............................................................................................................................1-718-657-8181
168-02 PO Edward Byrne Avenue
Jamaica, N.Y. 11432

105th Precinct ..............................................................................................................................1-718-776-9090
92-08 222nd Street
Queens Village, N.Y. 11428

106th Precinct ..............................................................................................................................1-718-845-2211
103-53 101st Street
Ozone Park, N.Y. 11417

107th Precinct ..............................................................................................................................1-718-969-5100
71-01 Parsons Boulevard
Flushing, N.Y. 11365

113th Precinct ..............................................................................................................................1-718-712-7733
167-02 Baisley Boulevard
Jamaica, N.Y. 11434
**QUEENS NORTH PRECINCTS:**

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<td>104th Precinct</td>
<td>64-2 Catalpa Avenue, Ridgewood, N.Y. 11385</td>
<td>1-718-386-3004</td>
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<tr>
<td>108th Precinct</td>
<td>5-47 50th Avenue, Long Island City, N.Y. 11105</td>
<td>1-718-784-5411</td>
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<td>109th Precinct</td>
<td>37-05 Union Street, Flushing, N.Y. 11354</td>
<td>1-718-321-2250</td>
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<tr>
<td>110th Precinct</td>
<td>94-41 43rd Avenue, Elmhurst, N.Y. 11373</td>
<td>1-718-476-9311</td>
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<tr>
<td>111th Precinct</td>
<td>45-06 215th Street, Bayside, N.Y. 11361</td>
<td>1-718-279-5200</td>
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<tr>
<td>112th Precinct</td>
<td>68-40 Austin Street, Forest Hills, N.Y. 11375</td>
<td>1-718-520-9311</td>
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<tr>
<td>114th Precinct</td>
<td>34-16 Astoria Boulevard, Astoria, N.Y. 11103</td>
<td>1-718-626-9311</td>
</tr>
<tr>
<td>115th Precinct</td>
<td>92-15 Northern Boulevard, Jackson Heights, N.Y. 11372</td>
<td>1-718-533-2002</td>
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</tbody>
</table>

**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 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 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 Affairs** .................................................................................................1-212-487-4110
42 Broadway
New York, N.Y. 10004

**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 $5,000 in Small Claims Court without a lawyer. Small Claims Court is located at:

**Small Claims Court** .......................................................................................................................1-718-262-7123
89-17 Sutphin Boulevard
Jamaica, N.Y. 11435

A court clerk will be able to explain the procedure. A filing fee is charged which includes the cost of mailing a notice of the claim to the defendant.
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 $70 per semester registration fee on a space available basis. Please be advised that each college may impose its own registration fee for tuition. For further information contact the college of your choice:

Queens College ...........................................................................................................................1-718-997-5600
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.

CUNY QUEENS COLLEGE

New York State residents 60 years of age or older who have completed high school may attend Queens College as auditors. Senior Citizen auditors pay $80 per semester and can enroll on a non-credit, space-available basis by completing the Senior Citizen Auditor Application, available at the Office of Admissions, or by completing the Admissions Inquiry Form.

Queens College website link for Senior Audit programs:
www.gc.cuny.edu/Academics/SpecialPrograms/SeniorCitizenProg
Admissions: 1-718-997-5600

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

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 $50 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.
CUNY YORK COLLEGE PREVENTIVE LAW PROGRAM FOR THE ELDERLY .................................................. 1-718-262-2165

CUNY LAW SCHOOL PREVENTIVE LAW PROGRAM FOR THE ELDERLY ........................................ 1-718-340-4210

NEW YORK CITY BOARD OF EDUCATION

The Board of Education offers courses through an adult 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

NEW YORK STATE HIGH SCHOOL EQUIVALENCE EXAMINATION .................................................. 1-718-557-2525

Website: www.GEDcompass.org
Text: GED to 30644
Email: GED2013@fundforpublicadvocacy.org

For those who do not qualify for the 2013 GED Campaign to Finish, our borough Referral Centers can help. Please give them a call to get you started on your high school equivalency path.

Queens residents, call: .......................................................................................................................... 1-718-739-2100
Some of the cultural institutions listed below offer senior citizen discounts. Please call or visit their websites for additional information.

**CULTURAL CENTERS**

**Maspeth Town Hall**
Maspeth, N.Y. 11378
www.maspethtownhall.org

**Flushing Council on Culture and the Arts at Flushing Town Hall**
Flushing, N.Y. 11354
www.flushingtownhall.org

**Langston Hughes Community Library & Culture Center**
Corona, New York 11368
www.queenslibrary.org

**Queens Library Branches**
www.queenslibrary.org

**Queens Botanical Garden**
Flushing, N.Y. 11355
www.queensbotanical.org

**Greek Cultural Center Inc**
South Astoria, N.Y. 11102
www.greekculturalcenter.org

**Queens Council on the Arts**
Long Island City, N.Y. 11106

**Jamaica Center for Arts & Learning**
Jamaica, N.Y. 11432
www.jcal.org

**Kupferberg Holocaust Resource Center & Archives**
Bayside, N.Y. 11364
www.qcc.cuny.edu/khrca
Alley Pond Environmental Center
228-06 Northern Boulevard
Douglaston, N.Y. 11363
www.alleypond.com

MUSEUMS

King Manor Museum - King Park
Jamaica Avenue between 150th & 153rd Streets
c/o Greater Jamaica Development Corp.
90-04 161st Street - Suite 704
Jamaica, N.Y. 11432
www.kingmanor.org

Queens County Farm Museum
73-50 Little Neck Parkway
Floral Park, N.Y. 11004
www.queensfarm.org

Louis Armstrong House
34-56 107th Street
Corona, N.Y. 11368
www.louisarmstronghouse.org

The Bowne House
37-01 Bowne Street
Flushing, New York 11354
www.bownehouse.org

Queens Museum
Flushing Meadows Corona Park
New York City Building
Flushing, N.Y. 11368
www.queensmuseum.org

New York Hall of Science
47-01 111th Street
Corona, N.Y. 11368
www.nysci.org

Isamu Noguchi Garden Museum
32-37 Vernon Boulevard
Long Island City, N.Y. 11106
www.noguchi.org

Museum of the Moving Image
35th Avenue & 36th Street
Astoria, N.Y. 11106
www.movingimage.us
Godwin Ternbach Museum ..........................................................................................................1-718-997-4747
Queens College
65-30 Kissena Boulevard
405 Klapper Hall
Flushing, N.Y. 11367
http://qcpages.qc.cuny.edu/godwin_terbach/

Latimer House .............................................................................................................................1-718-961-8585
34-41 137th Street
Flushing, N.Y. 11354
www.historichousetrust.org

Voelker Orth Museum ..................................................................................................................1-718-359-6227
149-19 38th Avenue
Flushing, N.Y. 11354
www.vomuseum.org

HISTORICAL SOCIETIES

Greater Astoria Historical Society ..............................................................................................1-718-278-0700
35-20 Boradwayt
Long Island City, N.Y. 11106
www.astorialic.org

Greater Ridgewood Historical Society .......................................................................................1-718-456-1776
1820 Flushing Avenue
Ridgewood, N.Y. 11385

Queens Historical Society ..........................................................................................................1-718-939-0647
Kingsland Homestead
143-35 37th Avenue
Flushing, N.Y. 11354
www.queenshistoricalsociety.org

Bayside Historical Society (Fort Totten) .....................................................................................1-718-352-1548
Building 208 Box 6
Bayside, N.Y. 11359
www.baysidehistorical.org

ENTERTAINMENT

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
www.thaliatheatre.org

Queens Theatre in the Park ........................................................................................................1-718-760-0686
14 United Nations Avenue South
Flushing Meadows Corona Park
Flushing, N.Y. 11368
www.queenstheatre.org
<table>
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<th>Organization</th>
<th>Phone Number</th>
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<tr>
<td>Black Spectrum Theatre</td>
<td>1-718-723-1800</td>
<td>Roy Wilkins Park</td>
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<td></td>
<td></td>
<td>177th Street &amp; Baisley Boulevard</td>
<td><a href="http://www.blackspectrum.com">www.blackspectrum.com</a></td>
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<td></td>
<td>Jamaica, N.Y. 11434</td>
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<tr>
<td>Aktina Productions</td>
<td>1-718-545-1151</td>
<td>PO Box 5869</td>
<td></td>
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<td></td>
<td>Astoria, N.Y. 11105</td>
<td><a href="http://www.aktina.org">www.aktina.org</a></td>
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<tr>
<td>Woodside-On-The-Move</td>
<td>1-718-476-8449</td>
<td>52-21 Roosevelt Avenue</td>
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<td></td>
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<td>Woodside, N.Y. 11377</td>
<td><a href="http://www.woodsideonthemove.org">www.woodsideonthemove.org</a></td>
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<tr>
<td>Hospital Audiences, Inc</td>
<td>1-212-575-7676</td>
<td>33-02 Skillman Avenue, 1st Floor</td>
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<td></td>
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<td>Long Island City, N.Y. 11101</td>
<td><a href="http://www.hainyc.org">www.hainyc.org</a></td>
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<td>LaGuardia Performing Arts Center</td>
<td>1-718-482-5151</td>
<td>LaGuardia Community College</td>
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<td></td>
<td></td>
<td>31-10 Thomson Avenue</td>
<td><a href="http://www.lagcc.cuny.edu/pac">www.lagcc.cuny.edu/pac</a></td>
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<td></td>
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<td>Long Island City, N.Y. 11101</td>
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<tr>
<td>Queens Symphony Orchestra</td>
<td>1-718-570-0909</td>
<td>Queens College</td>
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<tr>
<td></td>
<td></td>
<td>65-30 Kissena Boulevard</td>
<td><a href="http://www.queenssymphony.org">www.queenssymphony.org</a></td>
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<tr>
<td>Southern Queens Park Association</td>
<td>1-718-276-4630</td>
<td>Roy Wilkins Park</td>
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<td></td>
<td></td>
<td>177th Street &amp; Baisley Boulevard</td>
<td><a href="http://www.scpa.org">www.scpa.org</a></td>
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<td>Jamaica, N.Y. 11434</td>
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<td>Kupferberg Center for the Arts</td>
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<td>Flushing, N.Y. 11367</td>
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<tr>
<td>Queensborough Performing Arts Center</td>
<td>1-718-631-6311</td>
<td>Box Office</td>
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<td>222-05 56th Avenue</td>
<td><a href="http://www.visitgpac.org">www.visitgpac.org</a></td>
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<td>Bayside, N.Y. 11364</td>
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Poppenhusen Institution ...........................................................................................................1-718-358-0067
114-04 14th Road
College Point, N.Y. 11356
www.poppenhuseninstitute.org

African Poetry Theatre ...............................................................................................................1-718-523-3312
176-03 Jamaica Avenue
Jamaica, N.Y. 11432-5503
www.afrikanpoetrytheatre.org

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

Kupfergerg Holocaust Resource Center & Archives ...................................................................1-718-281-5770
Queensborough Community College
222-05 56th Avenue
Bayside, N.Y. 11364
www.qcc.cuny.edu/khrca
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
80-02 Kew Gardens Road, Suite 400
Kew Gardens, N.Y. 11415

SCORE ..........................................................................................................................................1-212-264-4507
26 Federal Plaza, Room 3100
New York, N.Y. 10278
Fax: 1-212-264-4963

N.Y.C. School Volunteer Program ................................................................................................1-212-213-3370
80 Maiden Lane - 11th Floor
New York, N.Y. 10038

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
or 1-800-237-0884
100 Garden City Plaza
Garden City, N.Y. 11530

**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

**Personal Touch Home Care** ..................................... 1-718-468-2500
186-18 Hillside Avenue
Jamaica, N.Y. 11432

**AHS Caring Communities** ........................................ 1-718-441-6802
111-02 Jamaica Avenue
Richmond Hill, N.Y. 11418

**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 ext. 284
Long Term Home Health Care Program
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 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

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 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
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**
2 Lafayette Street
New York, N.Y. 10007
1-212-442-1000

**Friends & Relatives of Institutionalized Aged (F.R.I.A.)**
18 John Street - Suite 905
New York, N.Y. 10038
1-212-732-4455

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**
New York City Long Term Care Ombudsprogram
150 Nassau Street - Suite 2019
New York, N.Y. 10038
1-212-962-2720

**N.Y.S. Department of Health**
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 Office .................................................................................1-718-286-2840
120-55 Queens Boulevard, Ground Floor
Kew Gardens, N.Y. 11424
Fee: $15.00 for first copy, $5.00 for each additional copy

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

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

The Borough President gratefully acknowledges the following individuals, without whose efforts this directory would not be possible:

Aaron Cyperstein
Director of Health, Human, and Senior Services
Queens Borough President’s Office