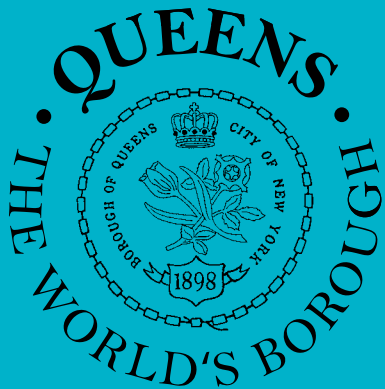


SENIOR

CITIZEN

**A RESOURCE GUIDE
FOR QUEENS COUNTY**



MELINDA KATZ
QUEENS BOROUGH PRESIDENT

QUEENS COUNTY SENIOR CITIZEN RESOURCE GUIDE

21st Edition

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

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



OFFICE OF THE PRESIDENT OF THE BOROUGH OF QUEENS

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

**MELINDA KATZ
PRESIDENT**

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 300,000 persons 65 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,

A handwritten signature in black ink that reads "Melinda Katz". The signature is fluid and cursive, with a long horizontal line extending to the right.

MELINDA KATZ

President

Borough of Queens

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GENERAL INFORMATION

BOROUGH PRESIDENT OF QUEENS: OFFICE FOR CONSTITUENT SERVICES

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

For assistance contact or visit:

Queens Borough President's Office for Constituent Services 1-718-286-2669

120-55 Queens Boulevard - Room 223

Kew Gardens, New York 11424

TTY: 1-718-286-2656

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

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

NEW YORK CITY DEPARTMENT FOR THE AGING

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

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

Contact: **311**

NEW YORK STATE OFFICE FOR THE AGING

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

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

SENIOR CITIZEN CENTERS

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

. **311**

COMMUNITY BOARDS

COMMUNITY BOARDS & AREAS SERVED

CB 1 1-718-626-1021 45-02 Ditmars Boulevard, Suite 1025 Astoria, N.Y. 11105 qn01@cb.nyc.gov	<i>Astoria, Long Island City, Queensbridge, Ravenswood, Old Astoria, Steinway, Garden Bay, Woodside, Ditmars</i>
CB 2 1-718-533-8773 43-22 50 th Street, 2 nd floor, Suite 25 Woodside, N.Y. 11377 qn02@cb.nyc.gov	<i>Maspeth, Sunnyside, Woodside, Long Island City</i>
CB 3 1-718-458-2707 82-11 37 th Avenue - Suite 606 Jackson Heights, N.Y. 11372 communityboard3@nyc.rr.com	<i>Jackson Heights, North Corona, East Elmhurst</i>
CB 4 1-718-760-3141 46-11 104 th Street Corona, N.Y. 11368 qn04@cb.nyc.gov	<i>Elmhurst, Corona, Corona Heights, Newtown</i>
CB 5 1-718-366-1834 61-23 Myrtle Avenue Glendale, N.Y. 11385 qnsqb5@nyc.rr.com	<i>Ridgewood, Glendale, Middle Village, Maspeth</i>
CB 6 1-718-263-9250 104-01 Metropolitan Avenue qn06@cb.nyc.gov	<i>Forest Hills, Rego Park</i>
CB 7 1-718-359-2800 133-32 41 st Road, 3 rd floor Flushing, N.Y. 11355 qn07@cb.nyc.gov	<i>Flushing, College Point, Whitestone, Bay Terrace, Malba, Beechhurst, Bayside, Queensboro Hill, Willets Point</i>
CB 8 1-718-264-7895 197-15 Hillside Avenue Hollis, N.Y. 11423 qn08@cb.nyc.gov	<i>Kew Gardens Hills, Utopia, Fresh Meadows, Hillcrest, Briarwood, Jamaica Hills, Jamaica Estates, Holliswood, Flushing South</i>
CB 9 1-718-286-2686 120-55 Queens Boulevard - Room 310A Kew Gardens, N.Y. 11424 communitybd9@nyc.rr.com	<i>Richmond Hill, Woodhaven, Kew Gardens, Ozone Park</i>

CB 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
 yreddic@cb.nyc.gov
*Jamaica, South Jamaica, St. Albans, Hollis,
 Springfield Gardens, Addeleigh Park, South Ozone Park*

CB 13.....**1-718-464-9700**
 219-41 Jamaica Avenue
 Queens Village, N.Y. 11428
 mmcmillan@qcb13.org
*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
*The Rockaways, Rockaway Point, Roxbury, Neponsit,
 Belle Harbor, Rockaway Park, Seaside, Broad Channel,
 Hammels, Somerville, Edgemere, Arverne, Bayswater,
 Wavecrest, Far Rockaway, Breezy Point,
 Rockaway Beach*

QUEENS COMMUNITY BOARDS:



FINANCIAL ASSISTANCE

SOCIAL SECURITY

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

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

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

Far Rockaway113-06 Rockaway Beach Boulevard, Rockaway Park
Flushing138-50 Barclay Avenue, Flushing
Jamaica1 Jamaica Center Plaza - 3rd Floor, Jamaica
Long Island City31-08 37 Avenue, Long Island City
Rego Park63-44 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.)

TELESERVICE1-800-772-1213

"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

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 Children1-718-784-5919
32-20 Northern Boulevard
Long Island City, N.Y. 11101

Center 17 - Family Call Center.....1-718-392-6454
33-28 Northern Boulevard, 6th floor
Long Island City, N.Y. 11101

Center 541-718-883-8250
165-08 88 Avenue
Jamaica, N.Y. 11432

Center 791-718-637-2750
219 Beach 59th Street
Far Rockaway, N.Y. 11692

FOOD STAMPS

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

Jamaica Office1-718-883-8344

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

Far Rockaway1-718-437-2140

Family Call Center1-718-883-8296

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 Administrator1-718-526-5037

Queens County Medical Examiner1-718-557-8700

HEALTH CARE

MEDICARE

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

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

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

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

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**1-718-334-2565**
79-01 Broadway, Room #D17

Jamaica**1-718-523-5699**
165-08 88th Ave. 6th Floor, Jamaica, NY 11435

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

HRA INFO-LINE.....1-718-557-1399

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

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

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

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

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

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

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

GERIATRIC SERVICES

So. Queens Community Health Center1-718-883-6699

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.....1-718-361-6266

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

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

Parker Institute1-718-289-2100

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

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

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

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

Or

1-718-670-2000

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

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

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

- Flushing Hospital**1-718-670-5000
 45-00 Parsons Boulevard
 Flushing, N.Y. 11355
 Hours: Monday - Friday, 8 am - 4:30 pm
 Geriatrics Division, Dept. of Medicine Health Maintenance Clinic for the Elderly 60 Years & Older
- Home Health Care Services**.....1-718-670-5525
- Jamaica Hospital**.....1-718-206-6000
 8900 Van Wyck Expressway ext. 7000
 Jamaica, N.Y. 11418
 Geriatric Clinic Hours: Saturday, 9 am - 11 am / Geriatric Care 60 years and older, transportation available
- Hillside Manor Comprehensive Care Center**1-718-264-6700
 188-11 Hillside Avenue
 Hollis, N.Y. 11423
 Hours: Monday & Wednesday, 9 am - 5 pm; Tuesday & Thursday, 11 am - 7 pm; Saturday, 9 am - 1 pm
- Elmhurst Hospital**1-718-334-4000
 79-01 Broadway
 Elmhurst, N.Y. 11373
 Hours: Monday & Wednesday, 12:30 pm - 2 pm; Tuesday & Friday, 8:30 am - 11 am
- Medical Clinic, Psychiatric Clinic**1-718-334-1501
- F.E.G.S.**1-718-896-9090
**Federation of Employment Guidance Services &
 Mental Health Clinic**
 97-77 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 Program1-718-779-1234

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

Creedmoor Psychiatric Center1-718-464-7500

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

Steinway Community Services1-718-726-5953

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

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

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

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

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

ALZHEIMER'S PROGRAMS & SERVICES

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

General Information:

Brookdale Center on Aging of Hunter College1-212-481-3780
2180 3rd Avenue, 8th Floor
New York, N.Y. 10035

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

Alzheimer's Day Care Programs:

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

Elmcor Senior Center1-718-457-9757
98-19 Astoria Boulevard
East Elmhurst, N.Y. 11368

Selfhelp Scheuer House of Flushing.....1-718-886-1412
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).....1-718-631-1886
69-61 Grand Avenue
Maspeth, N.Y. 11378

Margaret Tietz Nursing Home and Rehab1-718-298-7800
164-11 Chapin Parkway,
Jamaica Hills, NY 11432

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 Program1-718-358-3541
Redeemer Lutheran Church
190-04 119 Avenue
St. Albans, NY 11412

Family Support Services:

Kew Gardens Community Center1-718-268-5960

80-02 Kew Gardens Road - 2nd Floor, Suite 202
Kew Gardens, N.Y. 11415

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

243-02 Northern Boulevard
Douglaston, N.Y. 11362

Parker Institute1-718-289-2100

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

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

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

SENIOR CENTERS

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

CB 1

Queensbridge/Riis Senior Center1-718-784-7447 Ext. 35
10-25 41st Avenue
Long Island City, N.Y. 11101
Director: Gail Brown
Email: gbrown@riissettlement.org

Woodside Senior Center.....1-718-932-6916
50-37 Newtown Road, Bldg. #19
Woodside, N.Y. 11377
Director: Grace Fraracci
Email: gracefracci@samaritanvillage.org

CCNS-Dellamonica Senior Center1-718-626-1500
23-56 Broadway
Astoria, NY 11106
Director: Kim Gordon
Email: lpimental@ccbq.org

HANAC Ravenswood Senior Center1-718-786-1550
34-35A 12th Street
Long Island City, NY 11106
Director: Shahemaz
Email: shamve@hanac.org

Raices Astoria Senior Center1-718-726-9642
21-12 30th Road
Long Island City, NY 11102
Director: Olga Oukacine
Email: OOukacine@racies.us

HANAC Archbishop Iakovos Senior Center1-718-777-5505
32-06 21st Street
Astoria, NY 11102
Director: Ellen Aleksic
Email: ealeksic@hanac.org

HANAC Lindsay Senior Center1-718-626-3035
27-40 Hoyt Avenue South
Astoria, NY 11102
Director: Melana Georgiadis
Email: MGeorgiadis@hanac.org

CB 2

Sunnyside Community Senior Center1-718-392-6944
43-31 39th Street
Long Island City, NY 11104
Director: Jonah Gensler
Email: JGensler@SCSNY.org

CB 3

Elmcor Senior Center1-718-457-9757
98-19 Astoria Boulevard
East Elmhurst, NY 11369
Director: Larinda Hooks
Email: L.Hooks@Elmcor.org

CCNS-Catherine Sheridan Senior Center1-718-458-4600
35-24 83rd Street
Jackson Heights, NY 11372
Director: Mariana Ortiz
Email:jorgequinones@ccbq.org

Queens Center for Gay Seniors1-718-533-6459
37-06 77th Street
Jackson Heights, NY 11372
Director: Chynna Pitlock
Email: cpitlock@QCHNYC.org

CB 4

Newtown Senior Center1-718-335-7272
83-20 Queens Blvd.
Elmhurst, NY 11373
Director: Maria Cuoco
Email: MCuoco@nyc.rr.com

IPHE Corona Senior Center1-718-639-2000
108-74 Roosevelt Avenue 1st Floor
Corona, NY 11368
Director: Miriam Colon
Email: Miriam.Colon@PRHE.org

Raices Corona Senior Center1-718-458-7259
107-24 Corona Avenue
Corona, NY 11368
Director: Suyata Blanco
Email: SBlanco@raices.us

Florence E. Smith Senior Services1-718-899-0553
102-19 34th Avenue
Corona, NY 11368
Director: Deborah Barnes
Email: FESScenter@aol.com

Korean American Senior Center1-718-271-1222
37-06 111th Street
Corona, NY 11368
Director: Helen Ahn
Email: Hahn@KCSNY.org

Lefrak Senior Citizens Center1-718-457-9757
98-19 55th Astoria Boulevard
East Elmhurst, NY 11369
Director: Larinda Hooks
L.Hooks@elmcor.org

IPRHE-Elmhurst Jackson Heights Senior Center1-718-478-7171
75-01 Broadway - 3rd Floor
Elmhurst, NY 11373
Director: Lucy Garcia
Email: Lucy.Garcia@IPRHE.org

CB 5

Ridgewood Older Adult Center**1-718-456-2000**
59-14 70th Avenue
Ridgewood, NY 11385
Director: Elena Costea
Email: ecostea@roacny.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: Toolarie Iqbal
Email: tiqbal@QCHNYC.org

Selfhelp Austin Street Senior Center**1-718-520-8197**
106-06 Queens Boulevard
Forest Hills, NY 11375
Director: Roaeann Rosado
Email: roseann.rosado@selfhelp.net

Young Israel Forest Hills Senior League**1-718-520-2305**
68-07 Burns Street
Forest Hills, NY 11375
Director: Hindy Chanles
Email: fhseniorleague@gmail.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

Adult Wellness Program Director: Greg Rideout
Email: grideout@commonpointqueens.org

CB 7

CPC Queens Nan Shan Senior Center1-718-358-3030
133-14 41st Avenue
Flushing, NY 11355
Director: Michael Wang
Email: Mwang@cpc.nyc.org

Selfhelp Latimer Gardens Senior Center1-718-961-3660
34-30 137th Street
Flushing, NY 11354
Director: Natasha Agard
Email: nagard@selfhelp.net

Selfhelp Innovative Benjamin Rosenthal Senior Center1-718-886-5777
45-25 Kissena Boulevard
Flushing, NY 11355
Director: Jane Qiu
Email: Jane@selfhelp.net

HANAC Angelo Petromelis College Point Senior Center1-718-961-0344
13-28 123rd Street
College Point, NY 11356
Director: Rhonda Caruso
Email: RCaruso@hanac.org

North Flushing Senior Center1-718-358-9193
29-09 137th Street
Flushing, NY 11357
Director: Susan Xiang
Email: sxiang@commonpointqueens.org

College Point Senior Center1-718-358-9193
22-38 College Point Boulevard
College Point, NY 11356
Days & Hours of Operation: Tuesdays & Thursdays: 12 noon - 3:00 pm
Director: Susan Xiang
Email: sxiang@commonpointqueens.org

Korean American Senior Center of Flushing1-718-939-6137
42-15 166th Street
Flushing, NY 11358
Director: Linda Lee
Email: llee@KCSNY.org

CB 8

CCNS-Hillcrest Senior Center1-718-297-7171
221-15 Horace Harding Expressway
Bayside, NY 11364
Director: Pang Chu
Email: pang.chu@ccbq.org

Jewish Center of Kew Gardens Hills Senior Center1-718-263-6500
71-25 Main Street
Flushing, NY 11367
Day & Hours of Operation: Monday 12:30 pm - 3:30 pm
Director: Pearl Farbowitz
Email: JCKGH@aol.com

Pomonok Senior Center1-718-591-3377
67-09 Kissena Boulevard - 2nd Floor
Flushing, NY 11367
Director: Angela King
Email: AKing@QCHNYC.org

Young Israel Queens Valley Senior Center1-718-263-6995
141-55 77th Avenue
Flushing, NY 11367
Director: Alan Gombo
Email: youngisraelsenior@nyc.rr.com

CB 9

CCNS-Ozone Park Senior Center1-718-847-2100
103-02 101st Avenue
Ozone Park, NY 11416
Director: Sabrina Marson
Email: smarson@ccbq.org

CCNS-Woodhaven-Richmond Hill Senior Center.....1-718-847-9200
89-02 91st Street
Woodhaven, NY 11421
Director: Pat Critelli
Email: pcritelli@ccbq.org

Kew Gardens Community Center1-718-268-5960
80-02 Kew Gardens Road - Suite 202
Kew Gardens, NY 11415
Director: Rachel Epstein
Email: repstein@qchnyc.org

CB 10

CCNS Howard Beach Senior Center1-718-738-8100
155-55 Cross Bay Boulevard
Howard Beach, NY 11414
Program Manager on site: Judy Ascherman
Email: jascherman@ccbq.org

CB 11

Samuel Field Y Senior Citizens Program1-718-225-6750
58-20 Little Neck Parkway
Little Neck, NY 11362
Director: Ilene Yair
Email: IleneYair@sfy.org

CCNS-Bayside Senior Center.....1-718-225-1144
221-15 Horace Harding Expressway
Bayside, NY 11364
Director: Pang Chu
Email: pang.chu@ccbq.org

Selfhelp Clearview Senior Center1-718-224-7888
208-11 26th Avenue
Bayside, NY 11360
Director: Erin Brennan
ebrennan@selfhelp.net

CB 12

JSPOA International Towers Senior Center1-718-657-5075
90-20 170th Street
Jamaica, NY 11432
Director: Elsie Robinson robinson.elsie@nycha.nyc.gov

JSPOA Theodora Jackson Center1-718-657-6618
92-47 165th Street
Jamaica, NY 11433
Director: Tracy Roach Email: treaves@jspoa.org

Allen Community Senior Citizen Center1-718-658-0980
166-01 Linden Boulevard
Jamaica, NY 11434
Director: Lystra Madoo-Devine Email: lmadoodevine@allencathedral.org

JSPOA Friendship Nutrition Center1-718-657-6540
92-33 170th Street Ground Floor
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: Neville Facey Email: nevillefacey@nyc.rr.com

Rochdale Village Senior Center1-718-525-2800
169-65 137th Avenue
Jamaica, NY 11434
Director: Sheree Shivers Email: ss.rvctr@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 Center1-718-657-6468
92-47 165th Street
Jamaica, NY 11433
Director: Daisy Baez-Vasquez Email: dbaez-vasquez@jspoa.org

CB 13

SNAP Brookville Center1-718-525-8899
133-33 Brookville Boulevard
Rosedale, NY 11422
Director: Sandra Smalls-Jones Email: sjones@snapqueens.org

SNAP Innovative Senior Center of Eastern Queens1-718-454-2100
80-45 Winchester Boulevard - Building 4 CBU #29
Queens Village, NY 11427
Director: Nina Bhola Email: nbhola@snapqueens.org

Alpha Phi Alpha Senior Center1-718-528-8238

220-01 Linden Boulevard
Cambria Heights, NY 11411
Director: Melissa Marcus

Email: alphaphi220@hotmail.com

CB 14

JASA Brookdale Village Senior Center1-718-471-3200

131 Beach 19th Street
Far Rockaway, NY 11691
Director: Viktoriya Krugolets

Email: vkrugolets@jasa.org

JASA Roy Reuther Senior Center1-718-471-3110

711C Seagirt Avenue
Far Rockaway, NY 11691
Director: Sydney Lombardi

Email: slombardi@jasa.org

Young Israel Wavecrest/Bayswater1-718-327-0297

27-16 Healy Avenue
Far Rockaway, NY 11691
Director: Alice Kwitkin

Email:alicekwitkin@gmail.com

CCNS - Seaside Senior Center1-718-634-4047

320 Beach 94th Street
Rockaway, NY 11693
Director: Mark Payne

Email: mpayne@ccbq.org

JASA Rockaway Park Senior Center1-718-634-3044

106-20 Shore Front Parkway, Suite 300
Rockaway Park, NY 11694
Director: Fay Schwimmer

Email: fschwimmer@jasa.org

COMMUNITY SUPPORT SERVICES

RESPIRE CARE

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

Two residential respite options are available to some Queens residents:

R.B.S.C.C., Inc. Respite Care Program.....**1-718-366-5591**
59-04 Decatur Street
Ridgewood, N.Y. 11385

Parker Institute.....**1-718-289-2100**
271-11 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**1-718-704-5488**
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**1-718-298-7800**
164-11 Chapin Parkway
Jamaica Hills, N.Y. 11432

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

Peninsula Center for Extended Care & Rehabilitation1-718-734-2000
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
182-15 Hillside Avenue
Jamaica Estates, N.Y. 11432

CCNS1-718-791-1234
Woodside Senior Assistance
61-20 Woodside Avenue
Woodside, N.Y. 11377
Day Activity Program

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

Forest View Nursing 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
43-31 39th Street
Sunnyside, N.Y. 11104

SERVICES FOR BLIND AND VISUALLY IMPAIRED PERSONS

The Lighthouse, The New York Association For The Blind1-212-769-6313
Applications1-212-821-9235
250 West 64th Street
New York, NY 10023

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

Visions - Services For The Blind & Visually Impaired1-212-625-1616
500 Greenwich Street - 3rd Floor
New York, NY 10013

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

Vacation Camp for the Blind

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

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

Theodora Jackson Senior Center
92-47 165th Street
Jamaica, N.Y. 11433
1-718-657-6500

Peter Dellamonica Senior Center
23-56 Broadway
Astoria, N.Y. 11106
1-718-626-1500

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

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

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

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

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

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

Helen Keller Services For The Blind.....1-718-522-2122 ext. 1
Low Vision Services1-718-522-2122 ext. 2273

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

SERVICE & PROGRAMS FOR DEAF & HEARING IMPAIRED SENIORS

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

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

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

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

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

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

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

HOUSING

RENT CONTROLLED & RENT STABILIZED APARTMENTS

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

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

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

For more information, contact the Queens district office at:

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

PUBLIC HOUSING

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

New York City Housing Authority.....1-718-707-7771
Queens Office
92-31 Union Hall Street
Jamaica, NY 11433

SECTION 8 HOUSING / HOUSING CHOICE VOUCHER PROGRAM

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

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

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

Applications Office1-718-707-7771

Online web site: www.nyc.gov/nycha

SECTION 202 HOUSING1-212-264-8000
 26 Federal Plaza ext. 3701
 New York, N.Y. 10007

The Department of Housing and Urban Development (HUD) administers Section 202 Housing for the elderly and handicapped. HUD makes direct, low cost, long-term loans to non-profit sponsors to finance the production of rental housing. Funds are borrowed from the Treasury, and interest paid by project owners is slightly below market rates. Rental assistance (Section 8) can be combined with this program to help pay rent for tenants with low incomes. Households of one or more persons, the head of which is at least 62 years old or is handicapped, are eligible.

SENIOR CITIZEN HOUSING

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

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

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

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

Monsignor Thomas Campbell Apartments1-718-545-2820
 25-63 22nd Street
 Long Island City, N.Y. 11102

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

JASA Brookdale Village1-718-471-3200
 131 Beach 19th Street
 Far Rockaway, N.Y. 11691

Ocean Point Apartments1-718-471-2000
 711 Seagirt Avenue
 Far Rockaway, N.Y. 11691

HANAC - George T. Douris Senior Housing1-718-396-5001
 27-40 Hoyt Avenue South
 Astoria, N.Y. 11102

Daniel Gilmartin Apartments1-718-699-3100
 53-11 99th Street
 Corona, N.Y. 11368

Grace Houses	1-718-297-4954
155-02 90 th Avenue - Suite 103 Jamaica, N.Y. 11432	
Rosary House	1-718-722-6079
78-01 30 th Avenue East Elmhurst, 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 23 rd Street Astoria, N.Y. 11106	
Selfhelp Martin Lande House (Kissena II Apartments)	1-718-886-1412
137-47 45 th 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 45 th Avenue Flushing, N.Y. 11355	
HANAC-Archbishop Iakovos	1-718-726-1227
32-06 21 st 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. 11433	
Richmond Hill Senior Living	1-516-277-9301
127-03 Jamaica Avenue Richmond Hill, N.Y.	
Selfhelp	718-886-1412
140-16 45 th Avenue Flushing, N.Y. 11355	

HANAC PCA Senior Residence	1-718-806-1514
31-34 33 rd Street Astoria, N.Y.	
St. George Senior Residence	1-516-437-0900
14-20 27 th Avenue Astoria, N.Y. 11102 ext. 27	
Rev. Julius Miller Senior Residence	1-516-437-0900
333 Beach 67 th Street Arverne, N.Y. 11692 ext. 30	
Locust Manor Senior Residence	1-516-437-0900
170-06 Baisley Boulevard Jamaica, N.Y. 11434 ext. 30	
Allen AME Senior Citizen Residence	1-718-523-1865
166-01 Linden Boulevard Jamaica, N.Y. 11433	
Vallone Family Residence for Seniors	1-516-437-0900
21-05 30 th Drive Astoria, N.Y. 11102 ext. 27	
Harry & Jeanette Weinberg Apartments	1-718-886-1412
140-16 45 th Avenue Flushing, N.Y. 11355	
St. Paul the Apostle	1-718-722-6079
55-06 99 th Street Corona, N.Y. 11368	
Sunnywood Apartment	1-718-507-7347
44-20 64 th Street Woodside, N.Y. 11377	
Calvary Baptist Church Houses	1-718-657-7264
160-60 Claude Avenue Jamaica, N.Y. 11433	
Allen AME Senior Residence	1-718-523-1865
110-04 167 th Street Jamaica, N.Y. 11434	
St. Pius V Senior Housing	1-718-722-6079
105-12 Liverpool Street Jamaica, N.Y. 11435	
Evelyn & Louis Green Residence in the Far Rockaways	1-718-327-5759
1915 Seagirt Boulevard Far Rockaway, N.Y. 11691	
Israel Senior Citizen I	1-718-327-1960
1925 Seagirt Boulevard Far Rockaway, N.Y. 11691	

Israel Senior Citizen II	1-212-273-5230
155 Beach 19 th Street Far Rockaway, N.Y. 11691	
Self Help Senior Housing	1-718-886-1412
140-16 45 th Avenue Flushing, N.Y. 11355	
Scheuer House of Flushing	1-718-359-0860
138-52 Elder Avenue Flushing, N.Y. 11355	
Allen By the Bay	1-347-534-3200
22-20 Loretta Road Far Rockaway, N.Y.11691	
Council Towers VI	1-718-969-4932
155-25 71 st Avenue Flushing, N.Y. 11367	
Heyson Road LP Senior Residence	1-512-277-9310
14-10 New Haven, 249 Beach 15 Street, 1403-1420 Heyson Road Far Rockaway, N.Y. 11691	
ASSISTED LIVING RESIDENCES	
Flushing House Independent Living	1-718-762-3198
38-20 Bowne Street Flushing, N.Y. 11354	
Brandywine Senior Living at the Savoy	1-718-423-7900
55-15 Little Neck Parkway Little Neck, N.Y. 11362	
Castle Senior Living at Forest Hills	1-718-760-4600
108-25 Horace Harding Expressway Corona, N.Y. 11368	
Atria Senior Living	1-718-261-5300
112-50 72 nd Avenue Forest Hills, N.Y. 11375	
Atria Kew Gardens	1-718-441-0300
117-01 84 th Avenue Kew Gardens, N.Y. 11418	
Queen of Peace Residence	1-718-464-1800
110-30 221 st Street Queens Village, N.Y. 11429	
Allen AME Cathedral Senior Residence	1-718-297-4659
107-02 Merrick Boulevard Jamaica, N.Y. 11433	
Boulevard ALP Assisted Living	1-718-969-7500
7161 159 th Street Flushing, N.Y. 11365	

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 \$50,000 or less. Obtain applications either online or by calling 311, or contact:

N.Y.C. Department of Finance - SCRIE / DRIE Exemption
66 John Street, 2nd 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 Line1-212-331-3524
2 Lafayette Street - 4th Floor
New York, N.Y. 10007

ADULT HOMES

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

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

For complaints about adult homes, contact:

N.Y.S. Department of Health1-866-893-6772
or 212-863-6492

SENIOR CITIZEN HOME IMPROVEMENT & REPAIR PROGRAMS

N.Y.C. Department of Housing Preservation & Development: HIP1-212-639-9675
100 Gold Street
New York, N.Y. 10038
Or
1-212-863-6492

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.....1-212-863-6492

100 Gold Street
New York, N.Y. 10038

or

Parodneck Foundation1-212-431-9700

121 6th Avenue - Suite 501
New York, N.Y. 10013

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

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

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

Senior homeowners must also:

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

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

ADDITIONAL INFORMATION:

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

the New York City Department of Housing Preservation and Development.....1-212-863-6492

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 Impairments1-877-423-4372

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

N.Y.S. Public Service Commission.....1-518-474-7080

90 Church Street
New York, N.Y. 10007

KEYSPAN

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

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

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

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

CON EDISON

For inquiries, call the telephone number on your bill.

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

VERIZON

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

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

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

LONG ISLAND POWER AUTHORITY (LIPA)

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

EMPLOYMENT

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

THE FOSTER GRANDPARENT PROGRAM

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

Foster Grandparent Program1-212-442-1000
New York City Department for the Aging
2 Lafayette Street
New York, N.Y. 10007

JOB PLACEMENT AGENCIES

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

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

Jamaica Service Program for Older Adults1-718-657-6500
92-47 165th Street
Jamaica, N.Y. 11433

Federation Employment & Guidance Service1-212-366-8400
2 Park Avenue, 20th Floor
New York, N.Y. 10016

Hellenic American Neighborhood Action Committee, Inc.1-718-728-3586
27-40 Hoyt Avenue South
Astoria, N.Y. 11102

Chinese American Planning Council1-718-358-8981
150 Elizabeth Street
New York, N.Y. 10012

The New York School for Medical & Dental Assistants1-718-793-2330
33-10 Queens Boulevard, 2nd Floor
Long Island City, N.Y. 11101

Business Center for New Americans1-212-425-5051
78-27 37th Avenue, Suite 1
Jackson Heights, N.Y. 11372

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	511
Long Island Rail Road Information.....	1-718-217-5477
Metropolitan Suburban Bus Authority	1-516-222-1000
N.Y.C. Taxi & Limousine Commission (Queens).....	1-718-391-5501
Atlantic Express	1-800-775-7363 or 1-877-337-2017
Access-A-Ride.....	1-877-337-2017
Queens Community House: Queens Connection	1-718-592-5757
Queens Community Center in Kew Gardens.	1-718-268-5690 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.....	1-718-433-3100
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CRIME

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

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

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 54 th Street Arverne	
102nd Precinct	1-718-805-3200
87-34 118 th Street Richmond Hill, N.Y. 11418	
103rd Precinct	1-718-657-8181
168-02 91st Avenue Jamaica, N.Y. 11432	
105th Precinct	1-718-776-9090
92-08 222 nd Street Queens Village, N.Y. 11428	
106th Precinct	1-718-845-2211
103-53 101 st 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:

- 104th Precinct.....1-718-386-3004**
64-2 Catalpa Avenue
Ridgewood, N.Y. 11385

- 108th Precinct.....1-718-784-5411**
5-47 50th Avenue
Long Island City, N.Y. 11101

- 109th Precinct.....1-718-321-2250**
37-05 Union Street
Flushing, N.Y. 11354

- 110th Precinct.....1-718-476-9311**
94-41 43rd Avenue
Elmhurst, N.Y. 11373

- 111th Precinct.....1-718-279-5200**
45-06 215th Street
Bayside, N.Y. 11361

- 112th Precinct.....1-718-520-9311**
68-40 Austin Street
Forest Hills, N.Y. 11375

- 114th Precinct.....1-718-626-9311**
34-16 Astoria Boulevard
Astoria, N.Y. 11103

- 115th Precinct.....1-718-533-2002**
92-15 Northern Boulevard
Jackson Heights, N.Y. 11372

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 Council1-718-544-9033**
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**

89-00 Sutphin Boulevard 5th Floor
Jamaica, N.Y. 11435

Queens Legal Services.....**1-718-392-5646**

89-00 Sutphin Boulevard, 5th Floor
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**

28 Liberty Street
New York, N.Y. 10005

Department of Consumer Affairs.....**1-212-487-4110**

42 Broadway
New York, N.Y. 10004

Queens District Attorney Consumer Frauds Bureau.....**1-718-286-6000**

28 Liberty Street
New York, N.Y. 10005
or **212-416-8300**

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.

EDUCATION

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

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

If you are 65 years or older and a New York City resident, you may enroll in all college courses for a \$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 College1-718-997-5600

York College1-718-262-2165

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

Queensborough Community College1-718-631-6262

SPECIAL CUNY PROGRAMS FOR SENIORS:

CENTER FOR UNLIMITED ENRICHMENT, INC. (QUEENS COLLEGE)

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

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.qc.cuny.edu/Academics/SpecialPrograms/SeniorCitizenProg
Admissions: 1-718-997-5600

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 LAW SCHOOL PREVENTIVE LAW PROGRAM FOR THE ELDERLY1-718-340-4210

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 EQUIVALENCY EXAMINATION.....1-718-485-5385

Webiste: 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

CULTURAL CENTERS & RECREATIONAL PROGRAMS

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**.....1-718-335-6049
53-37 72nd Street
Maspeth, N.Y. 11378
www.maspethtownhall.org
- Flushing Council on Culture and the Arts at Flushing Town Hall**1-718-463-7700
137-35 Northern Boulevard
Flushing, N.Y. 11354
www.flushingtownhall.org
- Langston Hughes Community Library & Culture Center**.....1-718-651-1100
100-01 Northern Boulevard
Corona, New York 11368
www.queenslibrary.org
- Black Heritage Reference Center.**1-718-651-7116
100-01 Northern Boulevard
Corona, New York 11368
- Queens Library Branches**1-718-990-0705
www.queenslibrary.org
- Queens Botanical Garden**.....1-718-886-3800
43-50 Main Street
Flushing, N.Y. 11355
www.queensbotanical.org
- Greek Cultural Center Inc**1-718-726-7329
26-80 30 St.Apt. B2
Astoria,NY 11102
www.greekculturalcenter.org
- Queens Council on the Arts**1347-505-3010
28-18 Steinway Street
Astoria, N.Y. 11103
- Jamaica Center for Arts & Learning**1-718-658-7400
161-04 Jamaica Avenue
Jamaica, N.Y. 11432
www.jcal.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

Alley Pond Environmental Center1-718-229-4000
228-06 Northern Boulevard
Douglaston, N.Y. 11363
www.alleypond.com

MUSEUMS

King Manor Museum - King Park1-718-206-0545
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 Museum1-718-347-3276
73-50 Little Neck Parkway
Floral Park, N.Y. 11004
www.queensfarm.org

Louis Armstrong House1-718-478-8274
34-56 107th Street
Corona, N.Y. 11368
www.louisarmstronghouse.org

The Bowne House1-718-359-0528
37-01 Bowne Street
Flushing, New York 11354
www.bownehouse.org

Queens Museum1-718-592-9700
Flushing Meadows Corona Park
New York City Building
Flushing, N.Y. 11368
www.queensmuseum.org

New York Hall of Science1-718-699-0005
47-01 111th Street
Corona, N.Y. 11368
www.nysci.org

Isamu Noguchi Garden Museum1-718-204-7088
32-37 Vernon Boulevard
Long Island City, N.Y. 11106
www.noguchi.org

Museum of the Moving Image.....1-718-777-6888
36-01 35th Avenue
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 Society1-718-278-0700
44-02 23 St.
Astoria, N.Y. 11106
www.astorialic.org

Greater Ridgewood Historical Society1-718-456-1776
1820 Flushing Avenue
Ridgewood, N.Y. 11385

Queens Historical Society1-718-939-0647
Kingsland Homestead
143-35 37th Avenue
Flushing, N.Y. 11354
www.queenshistoricalsociety.org

Bayside Historical Society (Fort Totten)1-718-352-1548
208 Totten Avenue
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

- Black Spectrum Theatre**1-718-723-1800
 Roy Wilkins Park
 177-01 Baisley Boulevard
 Jamaica, N.Y. 11434
www.blackspectrum.com
- Aktina Productions**1-718-545-1151
 PO Box 5869
 Astoria, N.Y. 11105
www.aktina.org
- Woodside-On-The-Move**.....1-718-476-8449
 39-42 59 Street
 Woodside, N.Y. 11377
www.woodsideonthemove.org
- LaGuardia Performing Arts Center**1-718-482-5151
 LaGuardia Community College
 31-10 Thomson Avenue
 Long Island City, N.Y. 11101
www.lagcc.cuny.edu/pac
- Queens Symphony Orchestra**1-718-570-0909
 Queens College
 65-30 Kissena Boulevard
 Flushing, N.Y. 11367
www.queenssymphony.org
- Southern Queens Park Association**1-718-276-4630
 Roy Wilkins Park
 177th Street & Baisley Boulevard
 Jamaica, N.Y. 11434
www.sqpa.org
- Kupferberg Center for the Arts**1-718-793-8080
 Queens College
 65-30 Kissena Boulevard
 Flushing, N.Y. 11367
www.kupferbergcenter.org
- Queensborough Performing Arts Center**.....1-718-631-6311
 Box Office
 222-05 56th Avenue
 Bayside, N.Y. 11364
www.visitqpac.org

Poppenhusen Institution1-718-358-0067
114-04 14th Road
College Point, N.Y. 11356
www.poppenhuseninstitute.org

African Poetry Theatre1-718-523-3312
176-03 Jamaica Avenue
Jamaica, N.Y. 11432-5503
www.afrikanpoetrytheatre.org

Latin American Cultural Center of Queens1-718-261-7664
120-55 Queens Boulevard - Room 333
Kew Gardens, N.Y. 11424
www.laccq.org

Kupfergerg Holocaust Resource Center & Archives1-718-281-5770
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.....1-877-733-2767
520 W 49th Street Btwn. 10th&11th Avenue
New York, N.Y. 10019

American Cancer Society: Queens Division.....1-718-263-2224
131-07 40th Road
Flushing, N.Y. 11354

SCORE1-212-264-4507
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)1-212-674-7787
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 NYC Human Resources Administration 1-718-752-4455
45-02 32nd Place - 3rd Floor
Long Island City, N.Y. 11101

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

Housing and Community Renewal1-718-739-6400
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:

VNS1-800-675-0391
75-20 Astoria Boulevard
East Elmhurst, N.Y. 11370

VIP Health Services1-718-849-2300
116-08 Myrtle Avenue
Flushing, N.Y. 11418

Tender Love and Care1-516-739-1270
100 Garden City Plaza, Suite 1000
Garden City, N.Y. 11530
or 1-800-237-0884

Sunnyside Home Care Project1-718-784-6160
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 Care1-212-604-1754
95-25 Queens Boulevard
Rego Park, N.Y. 11374

Personal Touch Home Care1-718-468-2500
36-36 33rd Street, Suite 501
Long Island City, N.Y. 11106

AHS Caring Communities1-718-441-6802
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 Institute1-718-289-2100
Long Term Home Health Care Program
271-11 76th Avenue
New Hyde Park, N.Y. 11040

Hillside Manor Long Term Home Health Care Program1-718-291-8200
182-15 Hillside Avenue
Jamaica, N.Y. 11432

NY Connects of Long Island, Inc......1-516-227-8900

SENIOR EMERGENCY SERVICES

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

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

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

For additional information, contact:

Emergency Senior Services1-877-733-2767

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

VETERANS ADMINISTRATION EXTENDED CARE CENTER

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

Contact:

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

179th Street & Linden Boulevard
Jamaica, N.Y. 11434

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 Lifeline1-800-345-4571

71 Grove Street
Glenwood Landing, N.Y. 11547

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

Lifeline Alert
92-47 147 165th Street Btwn. Jamaica Avenue & Archer Avenue
Jamaica, N.Y. 11433

Queens Jewish Community Council1-718-544-9033

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

HOME DELIVERED MEALS

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

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

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

The Department for the Aging1-212-602-4180

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.....1-877-733-2767

NURSING HOMES

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

N.Y.C. Department for the Aging**1-212-602-4180**
2 Lafayette Street
New York, N.Y. 10007

To complain about care, contact:

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

New York Foundation for Senior Citizens**1-212-962-2720**
New York City Long Term Care Ombudsprogram
11 Park Place, 11th & 14th Floor
New York, N.Y. 10007

N.Y.S. Department of Health**1-212-268-7001**
Patient Care Investigation Unit **1-212-268-6529**
5 Penn Plaza - 5th Floor
New York, N.Y. 10001

MISCELLANEOUS

IMPORTANT PAPERS—WHERE TO GET THEM

Birth Certificate:

New York City Department of Health: Vital Records Bureau**1-844-889-8228**
125 Worth Street
New York, N.Y. 10013
Fee: \$15.00
Or
1-212-639-9675

Marriage Certificate:

Marriage License Bureau: City Clerk's Office**1-718-286-2847**
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**
118-35 Queens Boulevard
Forest Hills, N.Y. 11375

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:

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