

March 2020

Services & Rights & Benefits

Directory for Westchester's Seniors



Westchester
gov.com

George Latimer, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services



From the County Executive



Westchester County's Directory of Services, Rights and Benefits offers a range of programs to all senior citizens living in the County. We have compiled this directory to help outline valuable and practical information on everything from Adult Daycare Centers, to the Widowed-to-Widowed Network.

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

A handwritten signature in cursive script that reads "George Latimer".

George Latimer
Westchester County Executive

From the Commissioner



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

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

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

A handwritten signature in cursive script that reads "Mae Carpenter".

Mae Carpenter
Commissioner
Department of Senior Programs and Services

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

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

George Latimer
County Executive

Mae Carpenter
Commissioner

Information and Assistance
(914) 813-6300

Medicare Information Line
(914) 813-6100

Para informacion en Espanol
(914) 813-6393

Elder Abuse Helpline
(914) 813-6436

Telecommunications Device for the Deaf (TDD) Relay NY
1 (800) 662-1220 or 711

March 2020
Westchester County Department of
Senior Programs and Services
9 South First Avenue
Mount Vernon, NY 10550-3414

WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

Who We Are

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

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

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

Our Mission

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

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

- ***Sufficient income to meet basic needs***
- ***The best physical and mental health possible***
- ***Appropriate housing according to individual needs and wishes***
- ***Services to restore health to the best possible state***
- ***Employment opportunities***
- ***Dignified, honorable and healthful retirement***
- ***Freedom to pursue meaningful activities***
- ***Adequate community services***
- ***Benefits from social and medical research as soon as possible***
- ***Initiative, freedom and independence to manage and plan their own lives***

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

A WEALTH OF SERVICES

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

Department Publications

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

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

Livable Communities Brochures

At the Crossroads: Residential and Health Care Facility Options

Directory of Services, Rights and Benefits

Directorio de Servicios, Derechos y Beneficios

Financial Benefits and Savings Guide

Guía de Beneficios y Ahorros

Generaciones (boletín)

Nutrition Site Brochures

Planning for Driving Retirement

Older Driver Family Assistance Program (Online Only)

Planning for Driving Retirement

Westchester County Senior Housing Sites

Guía de Vivienda para Personas Mayores en Westchester

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Adult Day Care Centers

These centers feature activities to improve and maintain the physical, mental and social well-being of frail elderly persons who live in their own homes. Support Services include supervision, socialization, transportation and nutrition.

For additional Information, call:
(914) 813-6300

Adult Protective Service

APS provides assistance to persons 18 or older who, due to a physical or mental impairment, are unable to protect themselves from abuse, neglect, financial exploitation or other harm and have no one available who is willing and able to assist them. Services provided (directly or through referral) may range from investigation and assessment of the individual's needs and risk of harm, advocacy, counseling, help in obtaining medical care or benefits, legal assistance and money management. For additional Information, call:

(914) 995-2259

After Hours:

(914) 995-2099

Advanced Directives

Caring Connections is a program of the National Hospice and Palliative Care Organization (NHPCO). It is a national consumer engagement initiative to improve care at the end of life. For additional information, call Caring Connections:

(800) 658-8898

www.caringinfo.org

Alzheimer's Disease

Information regarding symptoms, diagnosis, treatment and services.

For additional information, call:

Westchester/Putnam County:

(914) 253-6860

For the 24/7 helpline:

1(800) 272-3900

AARP (formerly the American Association of Retired Persons)

Organization advocating for people age 50 and over. Provides legislative advocacy, research, educational programs and community services through local chapters and experienced volunteers.

For additional Information,

1(888) 687-2277

For Automobile Insurance

1 (888) 808-5254

Bus Fare (MetroCard)

See Metro Card on page 15

Caregiver Service Centers

Full- Service Caregiver Centers are staffed by professionals who provide direct services, referrals, advice and services to assist caregivers of elderly family members.

For additional Information,
(914) 813-6441

Caregiver Service Centers:

Westchester County Dept. of Senior Programs and Services
9 South First Avenue,
10th floor
Mount Vernon, NY 10550
(914) 813-6300

Yonkers Office for the Aging
435 Riverdale Ave
Yonkers, NY 10705
(914) 377-6823

Alzheimer's Association
2900 Westchester Ave #306
Purchase, NY 10577
(914) 253-6860

WJCS
845 N. Broadway
White Plains, NY 10603
(914)761-0600

Case Management

Through the Expanded In-Home Services Program (EISEP) a professional case manager will assess the needs of a senior seeking services such as, care at home, social adult day, and personal emergency response systems. The EISEP case manager will discuss the eligibility guidelines, a safe plan of care and how to obtain other services and benefits. For additional Information, call:
(914) 813-6442

Citizen Services Westchester County Information

The Westchester County Executive Citizen Services Office is a central source for most services available in the county to young and old alike. For additional information, call:
(914) 995-2127

ConEdison CONCERN Program

ConEdison customers who are 62 or older, blind or have a permanent disability are invited to enroll in the CONCERN program. This program provides a 3rd party billing notification, Medical equipment to sustain life equipment registration and other ways to reduce the cost of energy bill. To enroll in **CONCERN**, call: **(877) 582-6633**
Senior Direct (800) 404-9097
ConEd (800) 752 6633
TDD (877) 423 4372

Consumer Protection

The Westchester County
Department of Consumer
Protection

urges you to resist attempts at fraud, overcharges or other schemes designed to cheat you. Be especially wary of offers that appear too good to be true. If you think you are being scammed, have a complaint or question, call the Consumer Protection Department:
(914) 995-2155

Crime Prevention and Victim's Assistance

The Victims Assistance Service of WestCOP, Inc. provides information about safety, security and neighborhood crime prevention programs. If you are a crime victim, trained professional workers provide supportive counseling, filing for compensation and other services. For additional Information, call:

Main Office:

(914) 345-3113

24-Hour Crisis Hotline:

(914) 345-9111

Toll Free:

1(855) 827-2255

Department of Social Services

The Department of Social Services (DSS) provides an array of services to Westchester residents in need of help, including the areas of child support, food, housing, medical services and home energy costs. It also provides protective and preventive services for vulnerable children and adults. For additional Information, call:

(914) 995-3333

Nursing Home and Personal Care

(914) 813-6080

DSS District Offices:

Mount Vernon District Office

100 East First Street

Mount Vernon, NY 10550-3442

Peekskill District Office

750 Washington Street

Peekskill, NY 10566-5499

White Plains District Office

85 Court Street

White Plains, NY 10601-4201

Yonkers District Office

131 Warburton Avenue

Yonkers, NY 10701

Direct Deposit (Go Direct)

Consider direct deposit for your Social Security checks that will go directly to your checking or savings account. Most banks will open an account of this type for you with a small opening deposit and no charge for checks. A direct deposit is electronically credited to your account after you fill out a simple form authorizing Social Security Administration.

For additional Information, call:

Go Direct helpline:

(800) 333-1795

(See Social Security on page 20)

Direct Express

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

(877) 212-9991

Department of Motor Vehicles

Can obtain a non-driver ID information and the application form. For additional information, call:

(718) 477-4820

Telecommunications Device for the Deaf (800) 368-1186

www.nysdmv.com

DOROT(Generations) Friendly Visiting Program

Seniors who are interested in meeting a new person and cultivating a new friendship are welcome to contact DOROT Westchester to learn more about this program. This is a great program if you have stopped driving, at times feel like you would like some company or are lonely. We recruit and train volunteers to make social visits either weekly or biweekly. For additional Information, call:

DOROT Westchester

(914) 485-8354

Education

To help senior citizens satisfy their desire to learn, a wide range of educational opportunities are available. Nutrition sites and senior clubs frequently provide courses and speakers. Local school systems offer educational programs free or at reduced rates to older adults. For additional information, call:

(914) 813-6300

(See Mainstream on page 14)

Elder Abuse Help Line

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

You can also contact **Adult**

Protective Services:

(914) 995-2259. After Hours

(914) 995-2099

Eldercare Locator

The Eldercare Locator is a nationwide directory assistance service designed to help older persons and caregivers locate local support resources for aging Americans anywhere in the United States. For additional Information, call: **(800) 677-1116**

(Monday - Friday, 9 a.m. to 11 p.m)

www.eldercare.gov

Emergency Financial Assistance

If you receive Supplemental Security Income (SSI), emergency financial assistance may be granted to take care of situations endangering your life, safety or personal welfare. They can include eviction, lack of money to pay rent, utility bills or buy food and lost benefit checks. Those not on SSI may apply for Safety Net Assistance (SNA). Department of Social Services: **(914) 995-3333**
For additional information, call: **(914) 813-6300**

Emergency Response Systems (PERS)

There are various personal emergency response systems that assure persons living alone that help is just moments away. With an emergency response system device, the person presses a special button at the first sign of trouble. Devices worn around the neck or on the wrist sends a signal to a central emergency response center, 24 hours a day, 7 days a week. A control person arranges for help to be dispatched to the client as soon as the message is received. For additional Information, call: **(914) 813-6300**

(See Case Management on Page 2 and Project Lifesaver on page 18)

Employment

The Westchester County Department of Senior Programs and Services is a partner with The Urban League of Westchester which offers programs in job search assistance, training to learn new skills and upgrading current skills. For additional Information, call: contact: The Urban League of Westchester
(914) 428-6300 ext. 227

(See Mainstream on page 14)

EmPower New York Program

EmPower New York offers no-cost energy services for income-qualified households. They can replace old, inefficient appliances, install high- efficiency lighting, provide tips on how to save energy and in some cases offer insulation and other home energy efficiency measures at no cost. For additional Information, call:
(855) 838-7818

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

Escort Respite Program

Project Time-Out, a program of Westchester Jewish Community Services, offers compassionate escorts who accompany your senior family member to a doctor's visit, errands, shopping, movie, etc. There is no fee for the escort but you must pay for transportation for the senior and escort if they travel by taxi or bus. If Para Transit is used, the escort may ride free. For additional information, call:
(914)761-0600, ext. 2310
ckobroff@wjcs.com

Escorted Shopping

A limited transportation assistance program is available in some communities. Ambulatory seniors are taken in groups to supermarkets, nutrition sites and sometimes

individually to medical appointments. For information call ***your local Office for the Aging or nutrition site listed in the back of this brochure.***

Family-Type Homes for Adults

Typically a private home in which the homeowner (host) provides a room, meals and some supportive services to self-directing ambulatory adult. For additional Information, call:
(914) 995-2299

Family Counseling

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

For additional Information, call:
(914) 813-6300

Family Justice Center

The Family Justice Center is a network of hope for victims of domestic and dating violence, sexual assault, stalking and elder abuse. Bilingual advocates offer safety planning; assistance with orders of protection, child custody/support and emergency shelter; court accompaniment; and referrals for legal assistance, long term counseling and other services. Walk-ins welcome. The FJC is open Monday – Friday, 9 am-4:30 pm. For additional information, call **(914) 995-1880.**

Food Stamps (SNAP)

Food stamps can help you stretch your food dollar. A Food Stamp Identification Card is issued to people who are eligible, based on family income and other guidelines. A debit card is issued for use in participating supermarkets. For information and eligibility requirements call:

Department of Social Services:

(914) 995-3333

Emergency line 24/7

(866) 888-8777

Feeding Westchester (In Home Application Service)

(914) 923-1100

Foster Grandparents Program

If you are interested in volunteering with children in need of individual care in an elementary school/day care centers, and are 55 years of age or older and have a limited income, consider the Foster Grandparents Program. This federally sponsored-program provides a tax-free stipend. For additional Information, call:

WestCOP **(914) 592-5600 Ext. 114**

Guardianship Support Services

Guardianship Support Services provide assistance to family members and/or caregivers with completing Affidavits, Petitions, Orders to Show Cause, Affidavits of Services and other documents required in the Guardianship court process.

Appointed Caregiver Guardians also receive assistance in managing bank accounts, assets and income of the

disabled person. For additional Information, call: **(914) 963-5118**

Grandparents Raising Grandchildren

The Grandparents Coalition of Westchester County provides information and referral services to Grandparents raising grandchildren or relative caregivers raising children up to age 18. Services include assistance, support groups, counseling, advocacy, etc. For additional information, call: **(914) 813-6393**

Health Department

The Westchester County Health Department works to promote public health, prevent the spread of disease and prolong meaningful life for all Westchester residents. In addition, the Westchester County Department of Health offers Home Health Care Agency services, seasonal flu immunizations and mammography screening to senior citizens in Westchester through these district health centers:

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

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

Yonkers **(914) 231-2500**

Yonkers Community

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

(Available 24 hours a day, 7 days a week) (914) 813-5000

Health Care Centers

There are various Health and Dental care clinics throughout Westchester County.

Greenburgh Neighborhood Health Center

295 Knollwood Road
White Plains, NY 10607
(914) 989-7600
Dental Services:
(914) 421-5993

Mount Vernon Neighborhood Health Center

107 W. 4th Street
Mount Vernon, NY 10550
(914) 699-7200
Dental Services:
(914) 699-7200

Port Chester Open Door

5 Grace Church Street
Port Chester, NY 10573
(914) 937-8899
Dental Services:
(914) 937-8899

Yonkers Neighborhood Health Center

30 S. Broadway
Yonkers, NY 10701
(914) 968-4898
Dental Services:
(914) 968-4898

HRHCare Health Center

1037 Main Street
Peekskill, NY 10566
(914) 734-8800
Dental Services:
(914) 734-8800

Ossining Open Door

165 Main Street
Ossining, NY 10562
(914) 632-2737
Dental Services:
(914) 632-2737

Sleepy Hollow Open Door

300 N. Broadway
Sleepy Hollow, NY 10591
(914) 631-4141
Dental Services:
(914) 631-4141

Westchester Medical Center

100 Woods Road
Valhalla, NY 10595
(914) 493-7000
Dental Services
(914) 493-7625

Please note that services are on a sliding scale basis.

You must provide:

- Proof of income
- Proof of residence

Health Care Proxy

The New York Health Care Proxy Law allows you to appoint someone you trust to decide your medical treatment if you lose the ability to decide for yourself. You can do this by using a Health Care Proxy Form to appoint your “health care agent.”

For additional information, call:

(914) 813-6300

Health Insurance Information, Counseling and Assistance Program (HIICAP)

Trained volunteers and professional counselors provide information and counseling at various sites throughout Westchester County. Counseling is provided on Medicare coverage and benefits; advocacy assistance in negotiating disputes with medical offices and insurance companies; Medicare supplemental insurance; Medicare Advantage Plans; Long- Term Care Insurance, as well as obtaining appropriate referrals to other related benefits. For additional information, call:

(914) 813-6100

Health Promotion and Disease Prevention

The Westchester Department of Senior Programs and Services provides health promotion and disease prevention services to medically underserved communities. Exercises, health education and screenings are presented by subcontracted health educators at designated nutrition, health and wellness centers and at senior outreach programs located in senior congregate living facilities. For Information, call: **(914) 813-6300**

Health Tests

Most hospitals in Westchester County schedule free blood pressure testing as well as other health screening procedures. Call your local hospital for details. For additional information, call:

(914) 813-6300

Hearing Difficulties

For advice and the names of qualified audiologists, call the Westchester County Office for People with Disabilities:

(914) 995-2957/(914) 995-7397(TTY)

To see if you are eligible for a low-cost hearing-aid, call the following organizations: Starkey Hearing Foundation: **(800) 328-8602**

AUDIENT – An Alliance for Accessible Hearing Care:

(866) 956-5400 Ext. 2

Helpline of Volunteer New York

Trained professionals assist callers with confidential information and referrals to specialized organizations in Westchester and Putnam.

Bilingual staff available 7am – 7pm

United Way 2-1-1 or (845) 278-9400

Home-Care Services

These services represent an option for those who can manage at home with some help and thus avoid placement in a nursing home or other institutional setting. Registered nurses, home-health aides, homemakers and other services are available. Care planning/case management services can be provided as well. Non- medical home care is available on a sliding-fee scale. For information on public or private agencies, call:

(914) 813-6300

Home Delivered Meals:

Home-delivered meals are available for homebound, frail, elderly persons, age 60 or over, through most Westchester County Department of Senior Programs and Services nutrition sites. A suggested voluntary contribution for meals is posted at each site. Check the local listings in the back of this booklet to see if Home-Delivered Meals are available in your area. For additional Information, call:

(914) 813-6300

Home Energy Assistance Program (HEAP)

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

For additional Information, call:

(914) 995-3333

(914) 592-5600

(914) 813-6300

Home Repair

For information call:

(914) 813-6300

Housing Assistance

For information regarding housing assistance programs available for Westchester County senior citizens, call: **(914) 813-6300**

(See also Westchester Residential Opportunities on page 25)

Housing Choice Voucher Program

Section 8 Housing Choice Voucher program is available to individuals and families having household incomes within guidelines established by HUD. The voucher, usable throughout the U.S., allows its holder to secure rental in most residential building. Rent is usually 30% to 40% of the individual household's income. Acceptance of a voucher by landlord or management agency of any privately owned building is strictly voluntary. Call the local city or town hall to apply if you reside in any of the following municipalities:

- Eastchester
- Town of Greenburgh
- Town of Mamaroneck/Larchmont
- Mount Kisco
- New Rochelle
- Ossining
- Peekskill
- Tuckahoe
- White Plains
- Yonkers and
- Yorktown

You may obtain an application and apply through New York State office for Section 8 Housing Choice Voucher Program administered in Westchester County by CVR New York. For additional Information, call: **(914) 995-5110**

Human Rights Commission

The Westchester County Human Rights Commission ensures individual rights against discriminatory acts based on race, color, religion, ethnicity, creed, age, national origin, citizenship status, gender, marital status, sexual orientation, disability, or victims of domestic violence and stalking. If you think your rights have been violated, call:

(914) 995-7710

ID Cards for Senior Citizens

Residents age 60 and over can apply for a Senior ID card. Applicants must bring proof of age, residency and photo ID. There is a \$4 fee. The card entitles its holder to discounts with many merchants and reduced bus fare at age 65. Cards are available on weekdays between 10 a.m. and 4 p.m. at the Westchester County Center, 198 Central Avenue, White Plains. For additional information, call:

(914) 995-4050

Legal Services

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

1(877) 574-8529

Monday to Thursday
8am-6pm and Friday 8am-4pm.
An answering machine takes calls after 4 p.m.

For other legal issues, call:

(914) 949-1305

Monday to Friday
9am-5pm

Libraries

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

Westchester Library System:

(914) 674-3600

www.westchesterlibraries.org

Livable Communities: A Vision for All Ages Initiative – Title

The goal of the Livable Communities: A Vision for All Ages, is to keep people in their homes and their communities as they grow older with independence and dignity. The initiative works through the grassroots Livable Communities Connections (LCCs). The Livable Communities Villages and the Livable Communities Collaborative.

The LCCs were established to provide local and focused support education and advocacy. We are diverse in many ways that makes it essential to avoid a uniform approach to local programming. The LCCs provide information about unique regional and local priorities and are able to implement programming that is most relevant to the immediate geographical area. There are six regional LCCs responding and taking action on all aspects of aging.

The Livable Communities Village Approach is another grassroots component of the initiative. Ultimately through the villages, members are given education and tools so that they can take a neighbor-to-neighbor approach to looking out for one another and so that they can have a choice in sharing local policies and priorities. Currently, there are 304 villages comprised of over 250,000 members.

The Livable Communities

Collaborative included 18 groups composed of organization and seniors with an interest in serving the needs of older people and their caregivers.

The goals of LC Collaborative are to: (1) improve coordination of services (2) reduce duplication and fragmentation of services (3) share information and resources to fulfill common group needs, such as training and community education forums and (4) included a wider variety of organizations in the network to serve seniors. The LC Collaborative meets regularly throughout the year to organize and implement services and advocate for issues important to their area of focus.

For more information contact:
cap2@westchestergov.com
(914) 813-6441
jqsu@westchestergov.com
(914) 813-6263

Caregiver Coaching Program (L3C)

Trained volunteers provide one-on-one support to family caregivers enabling caregivers to better care for an older or disabled person and to make more informed decisions.

cap2@westchestergov.com
(914) 813-6441

CarePrep Westchester

Under the large Livable Communities umbrella Care-Prep Westchester, is a comprehensive website launched in 2017. It is committed to helping people prepare for the journey ahead...caregiving. It is designed to meet the ever-increasing needs of family caregivers. The website has extensive online resources including webinars on demand, links to information and quizzes. Caregiver can access this information anytime it is convenient for them.

For more information contact:
cap2@westchestergov.com
(914) 813-6441

Care Circles of Westchester: Step Forward and Give Back

A care circle is a group of volunteers who assist an individual, perhaps an elderly person with the basic needs of daily living, such as giving rides to the doctor's office. Westchester resident are trained on how to solicit the help that they need and they are guided by the step-by-step Care Circles of Westchester Manual, developed by member of the Caregiver Collaborative.

cap2@westchestergov.com
(914) 813-6441

Livable Communities Health for Life Program (HELP) – Chronic Disease Self-Management Program

Helping seniors get healthy and remain health is the goal of HeLP. HeLP offers six-week peer-to-peer education designed to help people or their caregivers manage their chronic illnesses such as arthritis, high blood pressure, diabetes, cardiovascular disease and stroke. Participants feel better and learn to take greater control of their health. These free workshops focus on techniques to deal with problems such as fatigue, pain and isolation, physical activity to improve strength, flexibility and endurance, appropriate use of medications, communicating effectively with family and friends. Five versions of the program are offered, one version is offered in both English and Spanish.

For more information contact:
mqqc@westchestergov.com
(914) 814-6427

The Speakers Bureau Directory

An on-line listing of over 185 professionals who volunteer their time and expertise to present free programs on more than 17 categories, such as health care, legal services and money management.

Brochures with details about villages and programs are available.

For additional Information, call:
contact:

cmn9@westchestergov.com
(914) 813-6407

Mainstream

Mainstream offers exciting educational programming and lifelong learning options designed for mature adults over 50. Course topics include enrichment, and personal growth, history and culture, and sports and fitness. Non-credit courses are tailored to meet the needs of mature adults. For additional information, call:

(914) 606-6793 / (914) 606-6830

Email:

workforceandcommunity@sunywcc.edu

Managed Long-Term Care (MLTC)

Managed long-term care (MLTC) is a system that streamlines the delivery of long-term services to people who are chronically ill or disabled and who wish to stay in their homes and communities. These services, such as home care or adult day care, are provided through managed long-term care plans that are approved by the New York State Department of Health. The entire array of services to which an enrolled member is entitled can be received through the MLTC plan the member has chosen. For additional information, call: **(888) 401-6582 or (888) 329-1541 (TTY)**

Mediation and Eviction Prevention

The Westchester Mediation Center provides trained, neutral mediators to help people resolve their own disputes. The disputes may be in areas including neighbor disputes, landlords and tenants, merchants and customers, dissolving a

business partnership, divorce, custody visitation, trust and estates, special education and parent/teen. Mediation sessions may be free in some cases. In others, financial qualification may be used to determine a fee. There is a sliding scale fee chart for divorce mediation and a per hour fee for private business disputes. If conflict has you stuck, we can help. For additional information, call:

(914) 963-6500 Ext. 201

Medicaid

Medicaid is a medical assistance program that provides help with medical expenses in the event that you are unable to pay privately or with health insurance. To qualify, your income and assets must fall within certain guidelines. If Income is over the guidelines a Pooled Income Trust may be utilized.

For additional Information, call:

(914) 813-6300

Department of Social Services:

(914) 995-3333

Medic Alert System

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

For additional Information, call:

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

Monday to Friday 8am-4:30pm

Medicare

Medicare is a federal health insurance program for people age 65 or older, people with permanent kidney failure, people with ALS, people under 65 and have a disability (24 month waiting period applies)

Medicare has three primary parts:
Part A (Hospital Insurance) – Helps cover inpatient hospital care, skilled nursing facility care, hospice care, home health care
Part B (Medical Insurance) – Helps cover doctors services, outpatient care, home health care, and various other covered services
Part D (Prescription Drug Coverage) – Helps cover prescription drug costs (Part D drug plans are run by private insurance companies that follow Medicare rules)

Those with Medicare (Original) may elect to add Medicare Supplement (Medigap) coverage; OR elect to join a Medicare Advantage Plan (Part C), which offers combined Part A, Part B and Part D benefits.

For additional information, call:
(914) 813-6100 / (800) 633-4227

To ensure that your Medicare coverage starts the month you turn 65, contact the Social Security office at least three months before you reach the age of 65. For more information, call: **(800) 772-1213**

Mental Health

The Westchester County Department of Community Mental Health plans, oversees and coordinates services for individuals and their families with mental illness, developmental disabilities and substance abuse disorders. For additional Information, call: **(914) 995-5220**

Metrocard

Seniors age 65 or older may ride the Bee-Line buses for a reduced fare of \$1.35. Please bring the reduced fare eligibility certification form or a Medicare card, along with identification. A \$4 photograph fee is required. Exact change or a MetroCard is needed. No dollar bills or pennies will be accepted. For discounts you must show a senior reduced-fare MetroCard, a senior picture ID (see page 11) or a Medicare Card when boarding the bus. For additional information, call: **(914) 813-7777**

Reduced Fare Cards are available weekdays from 10 a.m. to 3:30pm. At Westchester County Center, 198 Central Ave, White Plains.

For additional Information, call:
(914) 995-4050

Nursing Homes

For information on nursing homes in Westchester County, including the placement process and facilities guide. For additional Information, call: **(914) 813-6300**

Nutrition Programs

The Westchester County Department of Senior Programs and Services, through its Nutrition, Health and Wellness Program provides a variety of services at sites throughout the county for those ages 60 and older. Hot nutritious midday meals are served five days a week at local sites. Weekend meal programs are also offered in several localities (**see listings in the appendix**). Nutrition education literature prepared by our certified nutritionists and registered dietitians are distributed regularly at these sites to provide the latest information on good nutrition. All sites are barrier-free for the disabled. For additional information, call: **(914) 813-6300**

NY Connects

New York Connects (Westchester Choices for Long-Term Care) is a partnership of various community and government agencies that collaborate together to streamline access to long-term care services and supports for older individuals as well as people of all ages with disabilities. Callers can receive information on a wide range of topics, including in-home and out-of-home care, Medicaid and Medicare, transportation, health, recreation, advocacy, insurance and financial planning. For additional information, call:

(914) 813-6300

Office for the Aging and Local Senior Programs and Services

The Westchester County Department of Senior Programs and Services is the Area Agency on Aging for the entire county. It administers many programs and supports local activities through grants to Offices for the Aging and local Senior Programs and Services. If you wish to contact your local aging services office please consult the appendix in the back of this booklet. For additional information, call: **(914) 813-6300**

Office for People with Disabilities

ParaTransit

This is a shared ride, curb to curb, origin to destination public transportation service. ParaTransit is designed to remove the barrier for persons that are unable to use the regular fixed bus either fully or partially. Request for applications and information call **(914) 995-1935**
Main number **(914) 995-2957**

Reduce Fare for Public buses

Westchester County Reduce fare card only accepted in Westchester County Bee Line Buses only. Must pay exact change when entering the bus. Please note there is an application process for this Reduced Fare Card. Contact the Office for People with Disabilities:
(914) 995-2956.

Ombudsman Program for Long-Term Care

The Ombudsman Program Advocates for residents of nursing homes, boarding facilities and care homes, assisted living facilities and other similar adult care facilities. The goal is to improve the quality of life for elderly persons requiring long-term care. The program is sponsored by the New York State Office for the Aging and administered by the Westchester Independent Living Center Inc. For information, call:

(914) 682-3926 ext. 2121
Statewide: (855) 582-6769

Pace Women's Justice Center

The Pace Women's Justice Center provides free civil legal services and education through their Elder Justice Unit. This program provides services for Westchester County residents, male or female, aged 60+, who have experienced some form of elder abuse or mistreatment. Legal services can include: family court orders of protection, financial powers of attorney, advanced health care directives, wills, voluntary guardianship, assistance with abusive housing situations and consumer issues. Additionally, clients may be referred to appropriate agencies and professionals for supportive services. For information and assistance call the free Legal Helpline at **(914) 287-0739**

Parks New York State - Golden Park Program

The Golden Park Program is for New York State residents on any weekday (except holidays), age 62 and older. You can obtain free vehicle access to state parks, boat launch sites and arboretums (except at Walkway Over the Hudson State Historic Park, Earl W. Brydges Artpark State Park, Fahnestock Winter Park, Lake Superior State Park, and Oak Orchard State Marine Park and), fee reduction to state historic sites and state-operated golf courses, simply by presenting your currently valid New York State Driver License or New York State Non-Driver Identification Card (See page 11). For additional information, call:

(518) 474-0456/711 TTY/TDD
www.nysparks.com

Parks (Westchester County)

Westchester County Department of Parks, Recreation and Conservation oversees many parks and recreation facilities throughout Westchester. For a fee, Westchester County issues a special Park Pass to Westchester residents age 60 and over for 6 years. Your Park Pass enables you to use all county-owned park facilities and provides discounts in user and parking fees, where applicable. For additional Information, call: **(914) 231-4500**

PERS

Please see page 5 for Emergency Response System.

Pharmaceutical Assistance Program (EPIC)

EPIC program is the New York State pharmaceutical assistance program. This program can provide financial assistance with the cost of your prescription medications (both generic and brand names) by supplementing your Medicare Part D plan. Individual must be 65 years or older and meet eligibility guidelines. Seniors can apply for EPIC **at any time of the year** and must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC benefits and maintain coverage. For Information, call: **(914) 813-6100 / (800) 332-3742**

Project Lifesaver

A free program sponsored by Westchester County Department of Senior Programs and Services that uses radio-frequency technology to find seniors who suffer from Alzheimer's disease and other forms of dementia and are prone to wandering. Bracelets with special batteries are placed on the seniors' wrists or ankles. For additional Information, call **Westchester**

Jewish Community Services:

Isabel M. Pettersen

(914) 761-0600 Ext 2230

Recreation Programs

The Westchester County Department of Senior Program and Services and Department of Parks, Recreation and Conservation sponsor many countywide programs. The department's annual countywide events include the Salute to Seniors, Senior Pool Party, Golden Harvest Dance and Talent

Show, and Senior Citizen Hall of Fame. For additional Information, call: **(914) 231-4500**

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

In 14 Westchester communities, persons age 62 or older with annual income of \$50,000 or less who live in rent-regulated apartments are protected against an increase in their rent. These communities are Dobbs Ferry, Greenburgh, Hastings-on-Hudson, Irvington, Larchmont, Mamaroneck, Mount Vernon, New Rochelle, Sleepy Hollow, Pleasantville, Tarrytown, White Plains and Yonkers. For additional Information, call: The New York State Division of Housing and Community Development, call: **(914) 948-4434**

Respite Care (Institutional)

Programs have been established to help ease the burden on families who care for elderly relatives or to provide a temporary home for the frail elderly. For additional information, call: **(914) 813-6442**

Respite Care (In-Home) – Project Time-Out

Project Time-Out is a program of Westchester Jewish Community Services that provides trained companions for in-home care, allowing respite to caregivers of frail elderly relatives or friends providing socialization, supervision, meal preparation, and support. For additional Information, call: **(914) 761-0600 ext. 2310**

Road Scholar

Road Scholar is the collection of programs developed and offered by Elderhostel, Inc. The programs bring together instructors and participants from diverse backgrounds to foster dynamic interaction, engaging discourse and warm camaraderie. For additional Information, call: **(800) 454-5768**

Safe Centers for Seniors

Westchester County's Safe Center for seniors provides one-stop support for at-risk elderly or a family member overwhelmed by the demands of caregiving. Signs that may signal an at-risk senior include isolation, depression, fear, poor hygiene, hunger and unexplained bruises or burns. Services provided include counseling and case management. For additional Information, call: **(914) 368-5506**
(914) 813-6300

Senior Benefits Information Centers

The Westchester Library System has walk-in, one-on-one Medicare counseling available in a number of local libraries. The counselors will also help seniors connect to benefits that can save them money. If you can't visit the library in person, you can leave a message on the SBIC helpline at **(914) 231- 3260**

Senior Clubs and Centers

Provide leisure time activities, recreation, education, physical exercise and more. These clubs and centers are located in every Westchester community. For additional Information, call: contact: **(914) 813-6300**

Senior Benefits Information Centers:

Greenburgh Public Library
300 Tarrytown Road, Elmsford
Mondays, 10 a.m. – 1 p.m.

John C. Hart Memorial Library
1130 Main St., Shrub Oak
Tuesdays, 10 a.m. – 1 p.m.

Grinton I. Will Library
1500 Central Park Ave., Yonkers
Tuesdays, 10 a.m. – 1 p.m.
Thursdays, 11 a.m. – 1 p.m.

Somers Public Library
Route 139, Reis Park,
Wednesdays, 10am -1pm

The Warner Library, Tarrytown
121 N. Broadway, Tarrytown
Wednesdays, 10am -1 p.m.

The Field Library
4 Nelson Avenue, Peekskill
10am-1pm (1st & 2nd Thursdays)

Port Chester-Rye Brook Library
1 Haseco Avenue, Port Chester
Thursdays, 11 a.m. – 2 p.m.(1st & 3rd Thursday)

Ossining Public Library
53 Croton Avenue
Ossining, NY 10562
1:30pm – 3:30pm
(3rd, 4th and 5th Thursdays)

New Rochelle Public Library
1 Library Plaza, New Rochelle
Fridays, 10 a.m. – 1 p.m.

Senior Crime Busters

Senior Crime Busters is a proactive elder fraud and crime prevention program that provides tips to seniors on how to stay safe and avoid financial exploitation and other scams. Seniors also learn how to protect their physical safety at shopping malls or walking in a neighborhood park. Senior Crime Busters is marketed to leaders of senior clubs, nutrition centers, houses of worship and other sites. Leaders looking to arrange a program for their members should call: **(914) 995-2190**

Social Security Benefits

Monthly Social Security benefits go to workers and their dependents when the worker retires, becomes disabled or dies. A worker must earn credits for 40 quarters or 10 years for full retirement benefits. For additional information, call Social Security office 7 a.m. to 7 p.m.: **(800) 772-1213/(800) 325-0778**
www.ssa.gov

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

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

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

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

Special Needs Registry

If you, or someone you know, might require additional assistance to leave home during an emergency, consider registering with the Special Needs Registry. The registry is for individuals with physical or mental disabilities who live on their own. The database will be provided to local municipalities to use in their emergency planning efforts.

Can register via online link or contacting **United Way 2-1-1**

Star School Tax Relief Programs

The Enhanced Star Program provides an average school property tax reduction of 45 percent to homeowners age 65 or over with annual income below \$86,300 on the adjusted gross income for year 2019. For the latest income guidelines call your local tax assessor.

The Basic Star Program is available to all New Yorkers on their primary residence with annual income of \$500,000 or less. The income limit applies to the combined incomes of only the owners and owners' spouses who reside at the property. For additional information, call: **(518) 457-2036**

Supplemental Nutrition Assistance Program (SNAP)

The Westchester County Department of Senior Programs and Services - with funding from the state's Supplemental Nutrition Assistance Program (SNAP) – provides funding to municipalities to identify and serve frail elderly persons, 60 years and older, who are at nutritional risk. They can receive a nutritious meal in their homes or at expanded congregate nutrition sites. Meals will be delivered five days a week and in some communities six or seven days a week. Special dietary needs will be considered. For additional information, call: **(914) 813-6300**
(Also see Home Delivered Meals in Appendix as per Municipality)

Supplemental Security Income (SSI)

People with limited income who are age 65 or older or who are blind or disabled at any age may be entitled to Supplemental Security Income (SSI) in addition to Social Security benefits. This benefit provides monthly cash benefits to meet food, clothing and shelter needs and automatically qualifies you for Medicaid. Income and resource guidelines vary each year. For more information, call your local Social Security office:
(800) 772-1213

Tax Abatement for Homeowners

Most Westchester communities have adopted the New York State Property Tax law for residential

property owners. Under this law, up to a 50 percent tax reduction may be granted to seniors who are 65 years old or older with incomes up to \$37,400 or more, depending on the municipality. The property must have been owned for at least two years. For additional Information, call: **(914) 813-6300**

Tax Refund - IT-214

Real property Tax Credit for Homeowners and Renters provides tax credits or cash payment of up to \$375 to eligible homeowners and renters if at least one member of the household is 65 or older. If all members of household are under 65, the credit can be as much as \$75.

For additional Information, call:

Housing Assistance Program:

(914) 428-4507

NYS/Department of Taxation and Finance **(518) 457-5181**

Telephone Discount

Verizon offers a special reduced rate to qualifying customers through its Life Line service that can save you more than \$100 a year on your phone bill. If you qualify for any of the following programs, you're eligible for Life Line: food stamps, Medicaid, HEAP, SSI, Veterans Disability Pension, Veterans Surviving Spouse Pension, AFDC or Home Relief. Call Verizon Monday-Friday, from 9 a.m. to 5 p.m:

(800) 837-4966

Life Line Support

(800) 234-9473

Free Cell Phone Providers in New York

You are eligible if you receive benefits from any of these programs in New York: Medicaid, Food Stamps/SNAP, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Federal Public Housing Assistance (FPHA) or Section 8, Low Income Home Energy Assistance Program (LIHEAP). For additional information, call Assurance Wireless: **(888) 898-4888**

Safelink Wireless: (800) 723-3546

Tenant-Landlord Relations

The Westchester County Tenant-Landlord Relations Line provides information and referrals but not legal assistance/advice for matters including: apartment repairs, evictions, tenant rights and landlord responsibilities, heating inquiries and housing. For additional information, call:

(914) 995-2738

Telehealth Intervention Programs for Seniors (TIPS)

Electronic information and communication technologies to provide and support health benefits to increase quality of care, expand healthcare access, and reduce healthcare costs.

TIPS combines three key elements to help seniors age successfully:

- First – clinical monitoring of vital signs, including blood pressure, pulse, oxygen levels and weight.
- Second – a complete social check-up to make sure seniors are aware of all the services

and programs available – whether it be housing, transportation, caregiving or any of our other support programs.

- Third – hands-on, Intergenerational support from a network of volunteers, including student technicians and nurses from various colleges and universities.

TIPS participants have their vital signs – blood pressure, pulse, blood oxygen levels and weight – checked twice a week by a trained technician. The data is transmitted to a nurse who reviews it remotely and sends messages back to be reviewed at the next session. If there is cause for immediate concern, the nurse may contact the patient, caregiver, primary care physician or on-site administrator directly.

Participants leave each session with a “TIPS Sheet” that includes their vital signs, an explanation of what the results mean, and any relevant referrals. This information can help seniors self- manage their own health and be proactive if they see any negative changes. Telehealth solutions are not intended for emergency use or real- time monitoring of patient vital signs.

Eligibility: Westchester County residents aged 60+ who have access to a community setting

Agency: Westchester County Department of Senior Programs and Services, call: **(914) 813-6408**

www.westchestergov.com/seniors

Transportation

Special transportation for senior citizens is provided in many parts of Westchester County:

ParaTransit (BeeLine)

A ParaTransit program for frail and disabled persons is available through the Office for the Disabled. For information and applications, call:

(914) 995-2957

(914) 995-7397 (TTY)

For reservations, call:

(914) 995-7272

Bus Fare (MetroCard)

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

RideConnect

RideConnect of FSW is a volunteer transportation program providing free services to older adults, 60+ throughout Westchester County. Volunteer drivers give the gift of mobility by driving seniors to medical appointments, shopping, or other errands. Our offices are open Monday-Friday from 9-5, but rides are also available on weekends, depending on volunteer availability. In addition to the volunteer driver program, RideConnect offers a shopping bus

in select communities, as well as an information and referral database of many other providers throughout the County. Please call **(914) 242-7433** or visit

www.RideConnectWestchester.org

for more information.

Medicaid Transportation

(866)-883-7865

www.medanswering.com

For additional transportation information, call:

(914) 813-6300

University Without Walls

DOROT'S University Without Walls offers older adults telephone and online programs in a wide range of areas or topics. For additional information, call:

(877) 819-9147

Veterans Information

Veterans, widows of veterans and parents of veterans may be eligible for many benefits, including pensions. For additional information, call:

The Westchester Veterans Service Agency:

(914) 995-2145/ (914) 995-2146

Vision/Low Vision Services

Lighthouse Guild offers vision rehabilitation and orientation and mobility services. For additional Information, call:
(800) 284-4422

New York State Commission for the Blind

The mission of the New York State Commission for the Blind is to enhance independence and employability, and to assist in the development of the capacities and strengths of people who are legally blind. In Valhalla, call:
(914) 993-5370 / (866) 871-3000

Guiding Eyes for the Blind

Guiding Eyes for the Blind is dedicated to enriching the lives of blind and visually impaired men and women by providing them with the freedom to travel safely, thereby assuring greater independence, dignity and new horizons of opportunity. For additional Information, call:
(914) 245-4024 / (800) 942-0149

The National Deaf-Blind Equipment Distribution Program (iCanConnect)

The goal of iCanConnect is to get technology into the hands of people with combined hearing and vision loss so they can connect with family, friends and community. To find out if you qualify for free technology equipment used for distance communication, call:
(800) 825-4595 / (888) 320-2656

Volunteer New York

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

The Retired Senior Volunteer Program (RSVP) invites older adults to put their lifetime experience to work solving problems in Westchester County. For additional Information, call:

(914) 948-4452

Retired Senior Volunteer Program

(914) 227-9318

www.volunteernewyork.org/adults

Westchester Community Opportunity Program, Inc. (WestCOP)

Westchester Community Opportunity Program Inc. is a private, not-for-profit, multi-purpose social services organization, having proudly operated community programs combating poverty and it's adverse effects in the Hudson Valley for over 50 years. Our Mission is to mobilize and efficiently manage resources through partnerships and collaborations to help the low-income and at-risk populations in the Hudson Valley region to achieve greater self-sufficiency. For additional information please call: **(914) 592-5600.**

Westchester-Putnam Weatherization Program

The NYS Weatherization Assistance Program (WAP) is the largest residential energy conservation program in the country.

NYS WAP assists income-eligible homeowners and renters in our state by reducing heating and cooling costs through energy- conservation measures, while also addressing health and safety issues in their homes. For additional detailed information, call: **(914) 375-7887**

Westchester Residential Opportunities, Inc. (WRO)

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

(914) 428-4507

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Amawalk
(also see Somers)
Town Hall: (914) 277-3323
Senior Services:
(914) 232-0807
Home-Delivered Meals
(also Somers, North Salem
& Lewisboro)
(914) 232-0807
Transportation (Medical &
Shopping):
(914) 232-0807

Ardasley
(also see Greenburgh)
Village Hall: (914) 693-1550
Nutrition Program
(914) 989-1807
Office for the Aging
11 Olympic Lane, Ardsley

Armonk
(also see North Castle)
Town Hall: (914) 273-3000

Bedford
Town Hall: (914) 666-4534
Senior Services:
(914) 666-7203
(914) 666-7004

Briarcliff Manor
(also see Ossining or Mt. Pleasant)
Senior Services: (914) 941-6560

Bronxville
(also see Eastchester)
Senior Citizens: (914) 793-2222
The Reformed Church
180 Pondfield Road, Bronxville
Meals-on-Wheels: (914) 787-3027

(See Eastchester Department of
Senior Programs and Services)

Buchanan
(also see Cortlandt)
Senior Services: (914) 737-1033
Home-Delivered Meals:
(914) 528-8377
Senior Nutrition & Transportation:
(914) 528-5164

Chappaqua
(also see New Castle)
Senior Services: (914) 238-2093
Home-Delivered Meals:
(914) 238-8888
Transportation: Shopping and
Medical: (914) 238-8888

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Cortlandt

Town Hall: (914) 734-1000
Senior Services: (914) 528-1572
Community Center,
29 Westbrook Drive, Cortlandt
Home-Delivered Meals:
(914) 528-1572
Nutrition Program and exercise
programs:
(914) 528-8377
Transportation (Medical):
(914) 528-8377

Cortland Manor

Town Hall: (914) 734-1000
Senior Services: (914) 528-1464
Home-Delivered Meals:
(914) 528-8377

Cross River

(also see Lewisboro)
Town Hall: (914) 763-3511

**Croton-on-Hudson (also see
Cortlandt)**

Village Hall: (914) 271-4781
Senior Services: (914) 271-5804
Home-Delivered Meals Registration:
(914) 528-8377
Transportation: (914) 271-5804

Crugers

(also see Cortlandt)
Town Hall: (914) 734-1020
Senior Services: (914) 528-1572
Home-Delivered Meals:
(914) 528-8377
Transportation (Medical):
(914) 528-8377

Dobbs Ferry

(also see Greenburgh)
Village Hall: (914) 231-8504
Senior Services: (914) 231-8529
Nutrition Program: (914) 231-8529
Home-Delivered Meals:
(914) 989-1807
Transportation:
(914) 231-8529

Eastchester

Dept. of Senior Programs & Services:
(914) 771-3340
40 Mill Road
Nutrition Program and Exercise
programs:
Senior Center at Lake Isle Park
660 White Plains Road
(914) 337-0390
Home-Delivered Meals:
(914) 771-3340
Transportation: Shopping and
Medical: (914) 771-3340

Elmsford

(also see Greenburgh)
Senior Center: (914) 592-6555

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Greenburgh

Office for the Aging

11 Olympic Lane, Ardsley

(914) 989-1807

Multipurpose Center: (914) 989-1821

Senior Services: (914) 989-1807

Nutrition Programs and exercise programs:

- **Dobbs Ferry Senior Center**
112 Main Street, Dobbs Ferry
(914) 231-8529
- **Theodore Young Comm. Ctr.**
32 Manhattan Avenue, White Plains
(914) 989-3640
- **The Neighborhood House**
43 Widley Street, Tarrytown
(914) 330-3855

Home-Delivered Meals:

(914) 989-1807

Transportation is available to Greenburgh seniors for morning daily activities and classes, and grocery shopping Tuesdays and Fridays.

(914) 989-1807

Harrison

Town Hall: (914) 670-3000

Senior Center: (914) 835-0374

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

Department of Community Services:
(914) 670-3026

Transportation:

(914) 670-3028

(914) 670 3026

Hastings-on-Hudson (also see Greenburgh)

Village Hall: (914) 478-3400

Senior Services:

(914) 478-2380 ext. 644

Nutrition Programs:

Community Center

44 Main Street

Hastings on Hudson, NY

Home Delivered Meals (Meals on Wheels): (914) 693-8997

Transportation (Recreation):

(914) 478-2380 ext. 0

Medical Transportation:

(914) 478 0688

Hawthorne

(also see Mount Pleasant)

Town Hall:

(914) 742-2300

Senior Services: (914) 742-2310

Home-Delivered Meals:

(914) 592-6441

Irvington

(also see Greenburgh)

Village Hall: (914) 591-7070

Senior Program: (914) 591-7786

Jefferson Valley

(also see Yorktown)

Yorktown Town Hall: (914) 962-5722

Katonah**(also see Bedford)**

Town of Hall: (914) 666-4534

Senior Services: (914) 666-7203

Home-Delivered Meals:

(914) 666-8931

Larchmont**(also see Mamaroneck)**

Village Hall: (914) 834-6230

Community Services: (914) 381-7840

Home-Delivered-Meals:

(914) 381-7840

Nutrition Program: (914) 834-8840

Lewisboro

Town Hall: (914) 763-3511

Senior Program: (914) 232-6162

Nutrition Program: (914) 232-0807

Home-Delivered Meals:

(914) 232-0807

Transportation: (914) 232-6162

Mamaroneck, Town of

Town Clerk: (914) 381-7870

Senior Program: (914) 381 -7840

Nutrition Program: (914) 834-8840

Senior Center:

1288 Boston Post Road

Larchmont, NY

(914) 834-8840

Home Delivered Meals:

(914) 381-7849

Transportation (Medical):

(914) 381-7840

Mamaroneck, Village of**(also see Town of Mamaroneck)**

Village Hall: (914) 777-7784

Millwood**(also see New Castle)**

Town Hall: (914) 238-4771

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Mohegan Lake
(also see Yorktown)
Town Hall: (914) 962-5722

Montrose
(also see Cortlandt)
Town Hall: (914) 734-1000

Mount Kisco
Village Hall: (914) 241-0500
Nutrition Program, Exercise and Shopping programs:
The Fox Center,
198 Carpenter Avenue,
(914) 666-8931
Home-Delivered Meals:
(914) 666-8931
Senior Recreation Center:
(914) 666-8766
Transportation:
(914) 666-8931

Mount Pleasant
Office of Elder Americans:
(914) 742-2310
Senior Clubs: (914) 742-2310
Nutrition and Exercise:
• **Bradhurst Community Center**
63 Bradhurst Avenue
(914) 592-6441 (T and TH)
• **Mt. Pleasant Senior Center**
125 Lozza Drive
(914) 769-0155 (M, W, F)
Home-Delivered Meals:
(914) 592-6441
Transportation: (914) 742-2310

Mount Vernon
Office for the Aging: (914) 665-2315
Nutrition Programs and exercise programs:

- **Armory**
144 No. 5th Avenue Home
(914) 665-2454
Exercise Program
(914) 665-2315

- **Rev. Shelton E. Doles Community Center**
250 South Sixth Avenue
Nutrition and Transportation:
(914) 665-2447 / 665-2446
Yoga: Mondays
Live Dancing: Tuesdays
Exercise: Mon, Wed, Thurs
Bingo: Mon and Friday

- **WJCS**
(Kosher Only) Home Delivered Meals
550 N. Columbus Avenue
(914) 668-4350

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

New Castle

Town Clerk: (914) 238-4772
Nutrition Program and
exercise programs: (914)
238-2093
10 Senter Street, Chappaqua
(914) 238 - 8888
Recreation Department:
(914) 238-3909

New Rochelle

Office for the Aging: (914) 235-2363
City Hall: (914) 654-2000
Recreation Information:
(914) 235-2363
Nutrition Program:
(914) 235-2363
Hugh A. Doyle Senior Center
94 Davis Avenue
(914) 235-2363
Meals-on-Wheels: (914) 576-3865
(Kosher Only) Home Delivered
Meals: (914) 668-4350

North Castle

Town Hall: (914) 273-3000
Senior Recreation Services:
(914) 273-3000 Ext. 305
Home-Delivered Meals:
(914) 273-3000 Ext. 303
Transportation (Town Van to Senior
Centers and Shopping):
(914) 273-3000 Ext 305
(914) 438-5629

North Salem

Town Hall: (914) 669-5577
Nutrition Program: (914) 232-0807
Home-Delivered Meals:
(914) 232-0807
Transportation:
(914) 232-0807

Ossining

Senior Services: (914) 762-1350
Nutrition Program: (914) 762-1350
Ossining Senior Center
95 Broadway
(914) 762-7655
Home-Delivered Meals:
(914) 762-1350

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Peekskill

City Hall: (914) 737-3400
Senior Services: (914) 734-4254
Nutrition Program:
Senior Center at the
Neighborhood Facility
4 Nelson Avenue
(914) 734-4250
Home-Delivered Meals:
(914) 734-4250/ 734-4251
Transportation for Shopping:
(914) 734-4250 / 734-4251

Pelham

Town Hall: (914) 738-1021
Senior Citizens' Advocate:
(914) 738-5004;
Recreation: (914) 738-0153
Meals-on-Wheels: (914) 738-2842
(Kosher) Home Delivered Meals:
(914) 668-4350
Medical Van: (914) 864-1155
Weekday's 9 a.m. - 3 p.m.

Pleasantville, Village of (also see Mount Pleasant)

Village Hall: (914) 769-1900
Senior Services: (914) 769-2021
Nutrition Program: (914) 769-2021
Information and Referral:
(914) 769-2021
Home-Delivered Meals:
(914) 769-2021
Transportation/Recreation:
(914) 769-2021

Port Chester

Village Hall: (914) 939-5200
Senior Community Center,
222 Grace Church St.
(914) 939-4975
Home Delivered Meals:
(914) 939-4975

Pound Ridge

Town Hall: (914) 764-5511
Senior Services:
(914) 764-8201
Home-Delivered Meals:
(914) 764-8201
Transportation (Medical and
Shopping):
(914) 764-8201
Telephone Reassurance:
(914) 764-8201

Rye, City of

City Hall: (914) 967-5400
Recreation: (914) 967-2535
Meals on Wheels:
(914) 925-0778

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Rye Brook

Village Hall: (914) 939-1121

Senior Center:

32 Garibaldi Place

(914) 939-7904

Meals-on-Wheels:

(914) 925-0778

Transportation (Medical and Shopping):

Tuesday and Thursday

(914) 939-7904

Senior Citizen Recreation:

(914) 939-7904

Scarsdale

Village Clerk: (914) 722-1100

Senior Program:

(914) 722-1160

Family Counseling Service:

(914) 723-3281

Recreation Department:

(914) 722-1160

Meals-on-Wheels: (914) 723-4342

Shrub Oak

(also see Yorktown)

Town Hall:

(914) 962-5722

Sleepy Hollow

(also see Mount Pleasant)

Senior Services: (914) 366-5109

Home-Delivered Meals: (914)

366-5109

James Galgano Senior Center:

55 Elm St.

(914) 366-5109

Somers

Town Clerk: (914) 277-3323

Nutrition Program:

Van Tassel Memorial Park,

98 Primrose Street, Route 139

(914) 232-0807

Home-Delivered Meals:

(914) 232-0807

Transportation:

(914) 232-0807

South Salem

(also see Lewisboro)

Town of Hall: (914) 763-3511

Tarrytown (also see Greenburgh)

Village Hall: (914) 631-8389

Senior Service: (914) 631-8347

Nutrition Program:

The Neighborhood House

43 Wildey Street

(914) 330-3855

Senior Van:

Nutrition, Shopping, Medical,

Senior Meetings, Special Trips

(914) 631-7873

Tuckahoe

(also see Eastchester)

Village Hall: (914) 961-3100

Dept. of Senior Programs and

Services: (914) 771-3340

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Valhalla

(also see Mount Pleasant)

Town Clerk:

(914) 742-2300

Senior Program:

(914) 742-2310

Recreation:

(914) 742-2310

Home-Delivered Meals:

(914) 592-6441

- **North Yonkers Preservation**

(Mon- Fri 10am-2pm)

219 Ridge Avenue

(914) 377-6825

- **YWCA OF Yonkers**

YWCA Senior Center

87 South Broadway

(914) 963-0640

White Plains

City Clerk: (914) 422-1227

Senior Center: (914) 422-1423

65 Mitchell Place,

Meals-on-Wheels: (914) 946-6878

Transportation Assistance and

Shopping: (914) 422-1423

Home-Delivered Meals

(914) 963-2460

Transportation: (914) 963-4411

Victims' Assistance: (914) 965-0217

Veterans Services: (914) 377-6700

Yonkers

Office for the Aging:

(914) 377-6823

Nutrition Program:

- **Bronx River Road Scotti Center** (Mon-Wed, Fri and Sun 10:30am-1:30pm)
680 Bronx River Road
(914) 377-6490

- **Chema Center**
(Mon-Fi 10am-2pm)
435 Riverdale Avenue
(914) 963 6662

- **Nepperhan Community Center**
(Tues, Thurs 11am-2pm)
342 Warburton Avenue
(914) 965-0203

Yorktown

Town Hall: (914) 962-5722

Nutrition Program: (914) 962-7447

Albert A. Capellini Community and Cultural Center

1974 Commerce St.

(914) 962-7447

Home-Delivered Meals:

(914) 962-7447

Medical Transportation:

(914) 962-7447

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

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