

February 2025

Services Rights & Benefits

Directory for Westchester's Seniors



WESTCHESTER
COUNTY

Kenneth W. Jenkins, County Executive
Mae Carpenter, Commissioner
Department of Senior Programs and Services

#MyWestchester
post your pic



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 black ink that reads "Ken Jenkins".

Kenneth Jenkins
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) 813-6300. We'll be happy to mail one to you.

A handwritten signature in black ink 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

Ken Jenkins
County Executive

Mae Carpenter
Commissioner

Information and Assistance
(914) 813-6300

Medicare Information Line
(914) 813-6100

Para información en Español
(914) 813-6393

Elder Abuse Helpline
(914) 813-6436

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

March 2025
Westchester County
Department of Senior Programs and Services
9 South First Avenue
Mount Vernon, NY 10550-341

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, 59 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 2002, 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)

Westchester County Senior Housing Sites

Guía de Vivienda para Personas Mayores en Westchester

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Adult Day Care Centers

Centers feature activities to improve and maintain the physical, mental and social well-being of elderly persons. Support Services include supervision, socialization, transportation and nutrition.

For additional information, call: **(914) 813-6300**

Adult Protective Services

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.

For additional information, call: APS Intake Line: **(914) 995-2259**

Evenings after 4:30pm, holidays, and weekends call:

Emergency Services: **(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 / Alzheimer Association

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 / (888) 546-9099**

Bus Fare (MetroCard)

See Metro Card on page 20

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) 377-6822/6823

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 system. 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**

CLARO

The Civil Legal Advice and Resource Office (CLARO) provides limited legal advice for credit defaults, to low-income New Yorkers. Call **877-574-8529** for an eligibility screening.

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**

Large type or Braille, please call **1-800-752-6633**

Senior Direct **(800) 404-9097** / TDD **(877) 423-4372**

Consumer Protection

The Westchester County Department of Consumer Protection works to educate and protect consumers from fraud, overcharges, unfair business practices or other schemes designed to cheat consumers. If you think you are being scammed, call the Consumer Protection Department:

(914) 995-2155

Crime Prevention and Victim's Assistance

Victims Assistance Services, a program of WestCOP, Inc. provides free, comprehensive and confidential services to victims of crime, as well as community education and prevention activities. If you are a crime victim, trained professional staff provide advocacy, supportive counseling, and trauma focused therapy, assistance with filing for New York State Office of Victims Services compensation, court preparation, and accompaniment.

For additional information, call: Main Office: **(914) 345-3113**

Local 24-Hour Crisis Hotline: **(914) 345-9111**

Toll Free Hotline: **1(855) 827-2255**

Department of Public Service

The New York State Public Service Commission is responsible for regulating electric, natural gas, steam, telecommunications, and water utilities and overseeing the cable industry. Agency's primary mission is to ensure these industries provide safe, secure, and reliable service at just

and reasonable rates, while protecting natural resources. For more information, inquiries, or complaints about utility services, visit www.dps.ny.gov or contact us at: **1 800-342-3377**
8:30am-4:00pm Monday-Friday

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 / (914) 813-6618**

DSS District Offices:

Mount Vernon District Office

100 East First Street,
Mount Vernon, NY 10550

Peekskill District Office

750 Washington Street,
Peekskill, NY 10566

White Plains District Office

85 Court Street,
White Plains, NY 10601

Yonkers District Office

131 Warburton Avenue,
Yonkers, NY 10701

Department of Motor Vehicles

Can obtain a non-driver ID information and the application form.

For additional information, call: **(518) 486- 9786**

(800) 698-2931 Telecommunications Device for the Deaf **(800) 662-1220**

dmv.ny.gov

Direct Deposit (Go Direct®)

Direct deposit for your Social Security checks 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 25)

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: **(888) 741-1115**

Hearing Impaired: **(866) 569-0447**

DOROT (Generations)**Telephone Friends Conversation and Connection**

Telephone Friends connects seniors for a one- to-one connection on the phone, with a volunteer who shares their interests for a fun conversation.

Call DOROT Westchester at **(914) 485-8354**

Intergenerational Chess Whether you are an experienced chess player or a beginner, come together with a teen to play and have a conversation.

Email infowestchester@dorotusa.org or call: **(914) 485-8354**

In person again DOROT's Onsite@Home programs offer from Chair Yoga to Poetry Revelations, Meditation to the Golden Age of Trivia.

Email us at: info@dorotusa.org

Friendly Visiting Program Seniors who are interested in meeting a new person and cultivating a new friendship can contact DOROT Westchester to learn more at **(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 18)

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 8:30am-4:30pm.

You can also contact **Adult Protective Services: (914) 995-2099**

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, 8 a.m. to 9 p.m.

www.eldercare.acl.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, and 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 23)

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: The Urban League of Westchester

(914) 428-6300

(See Mainstream on page 18)

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: **(518) 862-1090** or **866-NYSERDA**

For assistance with EmPower, and the application process please contact Sustainable Westchester at **914-242-4725 ext. 122**

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 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 offers assistance to 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 Family Justice Center is open Monday - Friday, 9am-4:30pm. For additional information, call **(914) 995-1880**

Financial Literacy / Financial Counseling Services

The **Mount Vernon Financial Empowerment Center** located in Mount Vernon (FEC) offers one-on-one, confidential professional financial counseling as a free public service. Services are available to all residents regardless of income.

FEC helps you reduce your debt, improve your credit, create a budget, grow your savings, connect to safe and affordable financial products, plan for home ownership, and much more.

914-813-7335

Savvy Ladies is a nonprofit organization providing free financial education to all women (18 years and older). Savvy Ladies offers free, unbiased advice from certified professionals to women of all backgrounds.

Volunteers answer questions covering divorce, family finances, budgeting, debt, retirement investing and more. Call: (917) 764-3644

info@savvyladies.org

SNAP (Food Stamps)

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 / Americorps Seniors

If you are interested in volunteering with children in need of individual care in a high school, Junior high school, elementary school and 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**

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 Family Service Society of Yonkers: Call **(914) 963-5118**

Grandparents Raising Grandchildren

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 / (914) 963-5118**

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 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

Community Health Centers

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

Greenburgh – Westchester Community Health Center

295 Knollwood Road, Greenburgh, NY 10607

(914) 989-7600

Dental Services: (914) 421-5993

Mamaroneck – Open Door

689 Mamaroneck Avenue, Mamaroneck, NY 10543

(914) 732-0233

Mount Kisco – Open Door

30 West Main Street, Mount Kisco, NY 10549

(914) 666-3272

Mount Vernon – Westchester Community Health Center

107 W. 4th Street, Mount Vernon, NY 10550

(914) 699-7200

Dental Services: (914) 699-7200

New Rochelle – Sun River Health

14 Lawton Street, New Rochelle, NY 10801

For an appointment call: (855) 681-8700

Ossining – Open Door

165 Main Street, Ossining, NY 10562

(914) 941-1263

Dental Services: (914) 632-2737

Peekskill – Sun River Health

1037 Main Street, Peekskill, NY 10566

For an appointment call: (914) 734-8800

Dental Services: (914) 734-8800

Port Chester – Open Door

5 Grace Church Street, Port Chester, NY 10573

(914) 937-8899 / (914) 632-2737

Dental Services: (914) 937-8899

Sleepy Hollow – Open Door

300 N. Broadway, Sleepy Hollow, NY 10591

(914) 631-4141

Dental Services: (914) 631-4141

Valhalla – Westchester Medical Center

100 Woods Road, Valhalla, NY 10595

(914) 493-7000

Dental Services: (914) 493-7667

White Plains – Sun River Health

360 Mamaroneck Avenue, White Plains, NY 10605

For an appointment call: (855) 681 8700

Yonkers – Westchester Community Health Center

30 S. Broadway, Yonkers, NY 10701

(914) 968-4898

Dental Services: (914) 968-4898

Yonkers – Sun River Health (Park Care)

2 Park Ave, Yonkers, NY 10703

For an appointment call: (914) 964-7862

Yonkers – Sun River Health (Valentine Lane)

503 South Broadway, Yonkers, NY 10705

For an appointment call: (914) 965-9771

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; Medicare-Part D, 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 resources 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

EPIC – (Ear Professionals International Corporation) Hearing Service: (866) 956-5400

Helpline of Volunteer New York

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

Bilingual staff available 8:30am-4:30pm

United Way 2-1-1 or (914) 997-6700

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 people 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 age 60 and older and also disabled. For additional Information, call: **(914) 995-3333 / (914) 995-5534**

(914) 592-5600 WestCop

(914) 813-6300

Home Repair

For information call, **(914) 813-6300**

Housing

For information regarding housing assistance programs and to receive a Senior Housing Guide publication, available for Westchester County senior citizens, call **(914) 813-6300**

(See also Westchester Residential Opportunities on page 31)

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) 995-5887**

Housing Choice Voucher Program (CVR)

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 buildings. 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

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) 995-2415** email: nyinquiries@cvrny.com

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 The Westchester County Human Rights Commission **(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 an \$8 application fee

and a \$7 photo card fee. The card entitles its holder to discounts with many merchants and reduced bus fare at age 65. Cards are available on weekdays from 8:30am to 4:00pm. For information, call Westchester County Clerk: **(914) 995-3088/3086**

Immigration Services

National Immigration Legal Services Directory search for immigration legal services providers by state, county, or detention facility. Only nonprofit organizations that provide free or low-cost immigration legal services are included in this directory.

<https://www.immigrationadvocates.org/legaldirectory/>

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: **Intake Unit: 1 (877) 574-8529**

Monday to Friday 9am-5pm. An answering machine takes calls after 4 pm. For other legal issues, call: **(914) 949-1305**. Monday to Friday 9am-5pm / Email: info@lshv.org

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.

These services are funded in part by the Westchester County Department of Senior Programs and Services. For information and assistance call the Free Legal Helpline at **(914) 287-0739** Monday-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 393 villages comprised of over 380,000 members.

The Livable Communities

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@westchestercountyny.gov

(914) 813-6441

jqsu@westchestercountyny.gov

(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@westchestercountyny.gov (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@westchestercountyny.gov**

(914) 813-6441 / careprepwestchester.org

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 residents 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@westchestercountyny.gov (914) 813-6441

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

Helping seniors get healthy and remain healthy 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: **mqcq@westchestercountyny.gov (914) 813-6427**

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@westchestercountyny.gov (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 Maximus: **(888) 401-6582 or (800) 505-5678 (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. For additional information, call: Cluster Mediation Center: **(914) 963-6440**

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:
(800) ID-ALERT (432-5378) Mon- Fri 6am-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 doctor's 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**

1-800-MEDICARE (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. 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 p. 14) or a Medicare Card when boarding the bus.

MetroCards can be purchased at Metro-North train stations, neighborhood stores and from the MetroCard van. For additional information, call Bee-Line Information Center: **(914) 813-7777**

Metrocard Refill Machines are available weekdays from 10am – 4pm 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:

Dept. of Senior Programs and Services **NY Connects line (914) 813-6300**

Westchester Independent Living Center **NY Connects line (866-715-4700)**

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

Offers resources, education and advocacy for people with disabilities

ParaTransit

This is a shared ride, curb to curb service for persons who are unable to use the regular fixed bus either fully or partially.

Main number: **(914) 995-2957**

Reduce Fare for Public Buses

Westchester County Reduce fare card is 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) 995-2957**

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. Contact your local Tri-County Long Term Care Ombudsman Coordinator

Tri-County LTC Ombudsman Program: (914) 500-3406

Statewide: (855) 582-6769

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 Parkand), fee reduction to state historic sites and state-operated golf courses, simply by presenting your currently valid New York State Driver License. For more information, call: **(518) 474-0456/ 711 TTY/TDD** New York State Non-Driver Identification Card (*See page 14*).

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: Pass valid for 1 year \$15 / Pass valid for 6 years (\$90). 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 6 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 transmitters are placed on the seniors' wrists or ankles. For additional Information, call Westchester Jewish Community Services: **(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 some Westchester communities, individuals aged 62 or older living in rent-regulated apartments are protected from an increase in their rent. Income limits vary by municipality. For additional Information, call: The New York State Division of Housing and Community Development **(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) 813-6300**

Senior Benefits Information

The Westchester Library System has free walk-in, one-on-one Medicare counseling available in local libraries. The volunteer counselors will also help seniors connect to benefits that can save them money. To find locations and more information, call: **(914) 813-6100**

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: **(914) 813-6300**

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 www.ssa.gov 8 a.m. to 7 p.m.:
(800) 772-1213 / TTY (800) 325-0778

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. For additional Information, call **United Way 2-1-1**

Star School Tax Relief Programs

The Enhanced Star Program provides school property tax reduction to homeowners age 65 or over with annual income below \$107,300 for 2025. 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 for the STAR credit and \$250,000 or less for the STAR exemption. 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 at home or in an 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 \$58,000 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 ext. 337** 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

(844) 666-6270

www.medanswering.com

For additional transportation information, call: **(914) 813-6300**

University Without Walls

Connect by Phone from Home

Life at home can be full of stimulating conversation and camaraderie — all you need is a telephone. Dial in to discussions on a variety of topics with

University Without Walls, DOROT's engaged community for connections from home. Join popular 50-minute programs on the arts, literature, current events and more. Advance registration is necessary. For additional Information, call: **(877) 819-9147** or email **uww@dorotusa.org**

Veterans Information

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

The Westchester County Veterans Agency:

914-813-5145 / 5146

email: **veteran@westchestercountyny.gov**

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 / TDD (866) 871-6000

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 TTY**

Visions

Social service organization for the blind and visually impaired, offering vision rehabilitation, counseling, job training, resources and more. For additional information, call: 888-245- 8333

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. 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) 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 counsel 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

Ardsley

(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

(See Eastchester Department of Senior Programs and Services)

Buchanan

(also see Cortlandt)

Clerk's office: (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) 238-2093

Transportation: Shopping and

Medical: (914) 238-2093

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

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: (914) 989-3600

Harrison

Town Hall: (914) 670-3000
Senior Center: (914) 835-0374
Meals-on-Wheels: (914) 670-3026
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

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

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) 834-8840

Transportation (Medical):

(914) 834-8840

Mamaroneck, Village of

(also see Town of Mamaroneck)

Village Hall: (914) 777-7784

Millwood

(also see New Castle)

Town Hall: (914) 238-4771

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) 592-6441

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) 592-6441

Mount Vernon

Office for the Aging:

(914) 665-2315

Nutrition Programs and exercise programs:

- **Rev. Shelton E. Doles**

Community Center:

250 South Sixth Avenue

Nutrition and Transportation:

(914) 665-2315

(914) 665-2446/2447

Exercise/Recreation:

(914) 665-2447

- **WJCS Senior Programs:**

550 N. Columbus Avenue

(Kosher Only)

Home Delivered: (914) 668-4350

New Castle

Town Clerk: (914) 238-4772

Nutrition Program and exercise programs: (914) 238-2093

10 Senter Street, Chappaqua

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
Home-Delivered Meals:
(914) 273-3000
Transportation (Town Van to
Senior Centers and Shopping):
(914) 273-3000
(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
Home-Delivered Meals:
(914) 762-1350

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
Medical Van: (914) 864-1155

**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

Rye Brook

Village Hall: (914) 939-1121
Senior Center: 32 Garibaldi Place
(914) 939-7904
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

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

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

Yonkers

Office for the Aging:

(914) 377-6822/6823

Nutrition Program:

- **Bronx River Road Scotti Center:**

680 Bronx River Road

(Mon-Wed, Fri and Sun 10:30 am-
1:30 pm)

(914) 377-6490

- **Chema Center:**

435 Riverdale Avenue

(Mon-Fri 10 am-2 pm)

(914) 963-6662

- **Nepperhan Community Center:**

342 Warburton Avenue

(Tues, Thurs 11 am-2 pm)

(914) 965-0203

- **North Yonkers Preservation:**

219 Ridge Avenue

(Mon-Fri 10 am-2 pm)

(914) 377-6825

- **YWCA OF Yonkers:**

YWCA Senior Center:

87 South Broadway

(914) 963-0640

Home-Delivered Meals:

(914) 963-2460

Transportation: (914) 963-4411

Victims' Assistance:

(914) 965-0217

Veterans Services:

(914) 377-6700

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) 962-744

This project was supported, in part by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

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