

March 2022

# Services Rights & Benefits

Directory for Westchester's Seniors



Westchester  
gov.com

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

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## 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 "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](http://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 black ink that reads "Mae Carpenter".

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](http://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 2022  
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 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.

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### **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**

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## **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. Services provided (directly or through referral) may range from investigation and assessment of the individual's needs and risk of harm, to advocacy, counseling, referrals to appropriate service providers, help in obtaining medical care or benefits, legal assistance and money management. For additional Information, call:

**(914) 995-2259**  
**After Hours:**  
**(914) 995-2099**

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## **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](http://www.caringinfo.org)

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## **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**

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## **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**

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## **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:**

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Westchester County Dept. of Senior Programs and Services  
9 South First Avenue,  
10<sup>th</sup> 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**

## **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 3<sup>rd</sup> 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**

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## **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. Offices are located in Elmsford, Yonkers, Peekskill, Mount Vernon and White Plains. 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

#### **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

## **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)*

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## **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**

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## **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](http://www.nysdmv.com)

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## **DOROT (Generations)**

### ***Telephone Friends Conversation and Connection***

Telephone Friends connects seniors

and volunteers for a one- to-one connection on the phone. We will arrange for a volunteer who shares your interests to call you for a fun conversation. Call DOROT Westchester at **(914) 485-8354**

## ***Intergenerational Chess***

Ongoing and On Zoom

Since the pandemic started, Intergenerational Chess moved from in person to Zoom and meets weekly during the school year. Email [infowestchester@dorotusa.org](mailto:infowestchester@dorotusa.org) or call **914-485-8354**

## ***Together we zoom***

DOROT's Onsite@Home programs are getting rave reviews. From Chair Yoga to Poetry Revelations, Meditation to the Golden Age of Trivia, more people are joining in than ever before. Email us at: [DOROTprograms@dorotusa.org](mailto:DOROTprograms@dorotusa.org)

## ***Friendly Visiting Program* (Paused until face to face visits resume)**

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**

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## **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**

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## **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.acl.gov](http://www.eldercare.acl.gov)

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## **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 18)*

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## **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 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**

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## **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**

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## **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.***

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## **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**

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

## **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**

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## **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 Ext. 114**

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## **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: **(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**

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## **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	<b>(914) 813-5000</b>
White Plains	<b>(914) 995-5800</b>
Yonkers	<b>(914) 231-2500</b>
Yonkers Community Health Center	<b>(914) 968-4898</b>

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

## **Health Care Centers**

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**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) 493-7667**

**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**

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## **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**

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## **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**

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

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## **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 (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 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**

## **Housing**

Senior Housing Guide also available as a publication, call: **(914) 813-6300**

## **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**

## **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) 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

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 or (914) 995-5261**

**Email: [nyinquiries@cvrny.com](mailto: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: Westchester County Human Rights Commission **(914) 995-7710**

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## **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 Westchester County Center: **(914) 995-4050**

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## **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

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## **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](http://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:

**mqcq@westchestergov.com**

**(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@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](mailto:workforceandcommunity@sunywcc.edu)

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## **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)**

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## **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 Cluster Medication Center: **(914) 963-6440**

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## **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**

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## **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 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**

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## **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 Bee Line: **(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**

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## **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**

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## **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. 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. Contact your local Tri-County Long Term Care Ombudsman Coordinator **Judy Farrell (914) 500 3406** **Statewide: (855) 582-6769**

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## **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), fee reduction to state historic sites and state-operated golf courses, simply by presenting your currently valid New York State Driver License. For additional information, call: **(518) 474-0456/ 711 TTY/TDD**

New York State Non-Driver Identification Card (See page 11).

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## **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**

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## **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**

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## **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:**

**Isabel M. Pettersen**  
**(914) 761-0600 Ext 2230**

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## **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**

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## **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**

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## **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**

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## **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**

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## **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**

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## **Senior Benefits Information**

The Westchester Library System has free walk-in, one-on-one Medicare counseling available in a number of local libraries. The volunteer counselors will also help seniors connect to benefits that can save them money. Visit [seniors.westchesterlibraries.org](http://seniors.westchesterlibraries.org) to find locations and more information. For additional information leave a message for the SBIC helpline at (914) 231-3260 or [SBIC@wlsmail.org](mailto:SBIC@wlsmail.org).

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## **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**

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## **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 (1<sup>st</sup> & 2<sup>nd</sup> 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  
1:30pm – 3:30pm  
(3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> 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**

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## **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/**  
**TTY (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**

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## **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**

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## **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 \$90,550 on the adjusted gross income for year 2021. 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 \$250,000 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)*

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## **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**

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## **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**

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## **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. 303**  
NYS/Department of Taxation and Finance **(518) 457-5181**

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## **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**

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### **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**

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### **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](http://www.westchestergov.com/seniors)**

## **Transportation**

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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.

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### **Medicaid Transportation**

**(866)-883-7865**

**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. For additional information, call:

**(877) 819-9147 or email**

**uww@dorotusa.org**

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### **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**

## **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 TTY**

## **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\*\*](http://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 its 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**

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### **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

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

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

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**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)

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

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

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

**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

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### **Cortland Manor**

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

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### **Cross River**

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

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### **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

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### **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

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### **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

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### **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

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### **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

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### **Hawthorne** (also see Mount Pleasant)

Town Hall:  
(914) 742-2300  
Senior Services: (914) 742-2310  
Home-Delivered Meals:  
(914) 592-6441

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### **Irvington** (also see Greenburgh)

Village Hall: (914) 591-7070  
Senior Program: (914) 591-7786

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### **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

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**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

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**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

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**Mamaroneck, Village of**  
**(also see Town of Mamaroneck)**  
Village Hall: (914) 777-7784

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**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**  
Senior Programs:  
550 N. Columbus Avenue  
(Kosher Only) Home Delivered  
(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

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### 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

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### 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

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### Ossining

Senior Services: (914) 762-1350  
Nutrition Program: (914) 762-1350  
Ossining Senior Center  
95 Broadway  
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

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### **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

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### **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

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### **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

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### **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

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### 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

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### Shrub Oak

(also see Yorktown)

Town Hall:  
(914) 962-5722

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### 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

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### South Salem

(also see Lewisboro)

Town of Hall: (914) 763-3511

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### 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

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### 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) 377-6822/6823

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-Fri 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

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.

In accordance with 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.