

Directory of Services, Rights & Benefits

For Senior Citizens
in Westchester County
(914) 813-6300



Advocacy Housing Job Training
Wellness Transportation
Health Outreach Elderly
Information & Assistance
Housing Job Training
Caregivers Support
Nutrition Advocacy Outreach
Housing Job Training Information & Assistance
Health Transportation
Support Outreach Housing Elderly Enrichment
Information & Assistance Nutrition Advocacy
Job Training Elderly Health & Wellness Elderly
Transportation Caregivers Support Outreach &
Elderly Enrichment Information & Assistance
Nutrition Advocacy Housing Job Training Elderly
Health & Wellness Transportation Caregivers
Support Outreach Elderly Enrichment Housing
Information & Assistance Nutrition Advocacy
Housing Transportation Support Outreach

Directory of Services, Rights & Benefits For Senior Citizens in Westchester County

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Director of Operations**

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Department of Senior Programs and Services

www.westchestergov.com/seniors

Information and Assistance

(914) 813-6300

Medicare Information Line

(914) 813-6100

Northern County Senior Services

(914) 245-2088

Caregivers Resource Center

(914) 245-9167

Para información en Español

(914) 813-6393

Elder Abuse Helpline

(914) 813-6436

Telecommunications Device for the Deaf (TDD) Relay

(800) 662-1220

**Published 2008 by
The Westchester County
Department of Senior Programs and Services
9 South First Avenue
Mount Vernon, NY 10550-3414**

THE WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

Who We Are

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

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

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

Our Mission

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

The Westchester County Department of Senior Programs and Services also 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 in the following critical areas:

1. ***Sufficient income to meet basic needs***
2. ***The best physical and mental health possible***
3. ***Appropriate housing according to individual needs and wishes***
4. ***Services to restore health to the best possible state***
5. ***Employment opportunities***
6. ***Dignified, honorable and healthy retirement***
7. ***Freedom to pursue meaningful activities***
8. ***Adequate community services***
9. ***Benefits from social and medical research as soon as possible***
10. ***Use of 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.**

“Generations,” the senior citizens’ newspaper published by the Westchester County Department of Senior Programs and Services, is sent to persons 60 years of age and older. It lists the Department’s Information Center phone **(914) 813-6300** and other important numbers.

The Westchester County Department of Senior Programs and Services is also the local link for Eldercare Locator Services of the National Network on Aging. The Eldercare Locator is a nationwide service to help families and friends find information about community services for older people.

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

A Guide for Caregivers: Respite Services and Support Groups

A Guide for Caregivers: What you Need to Know

Caring Newsletter

At the Crossroads

Directory of Services, Rights & Benefits

Directorio de Servicios, Derechos y Beneficios

Financial Benefits & Savings Guide

Directorio de Beneficios y Ahorros

Generations Newspaper

Generaciones Hispanas (Boletín)

Medical Information Bags....

 'If I get Sick

Nutrition Site Brochures

Older Driver Family Assistance Program

Senior Citizen Guide to Mental Health Services

Services Outstationed to Seniors brochure

VOCAL Brochure

Westchester County Senior Housing Sites

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ADULT DAY CARE CENTERS

These centers feature activity programs designed to improve and maintain the physical, mental and social well being of frail elderly persons who live in their own homes. Essential support functions of the centers include transportation and nutrition. Core services include supervision and socialization. For further information, please call:
(914) 813-6300

ADULT PROTECTIVE SERVICE

The Department of Social Services provides assistance to persons 18 years of age or older who are physically or mentally ill, or disabled. These adults have been threatened with harm or harmed by the actions of themselves or others. Many have no one able or willing to help them. Services available include counseling, housing, help in obtaining medical care, legal assistance and money management. There is no income limit for these services. For more information, please call your local Department of Social Services listed in the appendix of this directory, or call:
(914) 995-5441

ALZHEIMER'S DISEASE

For information regarding symptoms, diagnosis, treatment and services, please call the Alzheimer's Disease and Related Disorders Association:
(914) 428-1919

AARP- (FORMERLY THE AMERICAN ASSOCIATION OF RETIRED PERSONS)

AARP is the nation's leading organization advocating for people age 50 and over. The organization provides legislative advocacy, research, educational programs and community services administered by a network of local chapters and experienced volunteers. AARP offers members a wide range of special membership benefits, including the AARP magazine and the monthly bulletin. For more information, please call:
1-(888)-687-2277

BUS FARE (METROCARD)

Westchester residents age 65 or older may ride the Bee-Line buses for a reduced fare of \$1 per trip; transfers are free. Exact change is needed (no dollar bills or pennies are allowed.) To obtain a discount, you must show a senior MetroCard, senior picture ID, or a Medicare card when boarding. A reduced fare MetroCard is available to seniors. Seniors, who make a deposit on their MetroCard will receive a 14% bonus. For example: \$7 buys 8 trips. The Central Avenue Express Bus that goes into the City has a reduced fare of \$5 at all times. For seniors, the discount for Bee-Line express buses to NYC is \$2.50 per

trip only during off-peak hours, which are weekdays between 10 a.m. and 3 p.m. and weekends.

For MetroCard applications and bus schedule information, call:
(914) 813-7777

CAREGIVER SERVICE CENTERS

Caregiver Service Centers have been established throughout Westchester to provide advice and services to assist caregivers of elderly family members. Our Full-Service Caregiver Centers are staffed by professionals who care and recognize your special needs and provide direct services and referrals. Our Resource Centers at local libraries provide a designated section where extensive literature on topics of interest to caregivers can be found.

Full-Service Centers:

Westchester County Dept. of Senior Programs & Services
Mount Vernon

(914) 813-6300

Northern County Senior Services
Yorktown Heights

(914) 245-2094

Yonkers Office for the Aging
Yonkers

(914) 377-6822

Alzheimer's Association
White Plains

(914) 428-1919

ElderServe
White Plains
(914) 683-7530

Caregiver Resource Centers: Field Library-Peekskill

(914) 737-1212

Greenburgh Public Library

(914) 993-1600

Katonah Village Library

(914) 232-3508

John C Hart Memorial Library
(Shrub Oak)

(914) 245-5262

New Rochelle Public Library

(914) 632-7878

Ossining Public Library

(914) 941-2416

Port Chester Public Library

(914-939-6710

Rye Free Reading Room

(914) 967-0480

Scarsdale Public Library

(914) 722-1300

Somers Public Library

(914) 232-5717

Warner Library-Tarrytown

(914) 631-7734

White Plains Public Library

(914) 422-1400

Please call for individual library hours.

CASE MANAGEMENT

If you need assistance to continue living at home or to plan for the future, case management is available. Under this program, the needs of the individual older person are assessed and services are coordinated. The Expanded In-Home Services for the Elderly Program (EISEP) provides services for those who require help in their home. For more information, please call:

(914) 813-6442

CITIZEN SERVICES WESTCHESTER COUNTY INFORMATION

The Westchester County Citizen Services and Public Information is a central source for most services available in the county to young and old alike. For information, please call:

(914) 995-4636

www.westchestergov.com/seniors

CON EDISON CONCERN PROGRAM

Con Edison customers who are 62 or older, blind or have a permanent disability are invited to enroll in the CONCERN program. This program provides (at no cost to the customer) a specially-trained representative who will answer questions about your bill, suggest more convenient bill payments, explain government aid programs, and help you contact other organizations that offer special

assistance. To enroll in CONCERN, please call:
1-(800) 404-9097

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 any schemes that appear too good to be true! If you think you are being cheated or defrauded in any way, don't hesitate to report this to the Consumer Protection Department. If you have a complaint or a question, please call:

(914) 995-2155

CRIME PREVENTION AND VICTIM'S ASSISTANCE

The Victims Assistance Service of WESCOP, Inc. provides information about safety, security and neighborhood crime prevention programs. If you are a crime victim, agency professionals provide advice on where to go and what help to expect. Trained professional workers provide supportive counseling and help with filing for compensation and other services. For further information and assistance, please call:

(914) 345-3113

DIRECT DEPOSIT

If you have difficulty cashing your Social Security check or if you worry about the arrival of your check IN THE MAIL, consider direct deposit 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 the Social Security Administration to handle this transaction. Inquire at your bank.

EARLY ALERT/WATCH

Immediate assistance for elderly people who become ill is often delayed for lack of regular contact with friends or family. The post office, in cooperation with local organizations, provides a vital service to people who need help. When a senior citizen registers with the post office, a special label, not visible to anyone else, is placed inside his or her mailbox. If mail is not picked up regularly, the mailman will notify the Westchester County Chapter of the American Red Cross. The Red Cross will contact a specified friend or relative. **Please check the local directory in the back of this pamphlet to see if this service is available in your area.** Applications for the Early Alert program can be obtained at post offices, nutrition sites and the American Red Cross in White Plains.

For further information, please call:
(914) 946-6500

EDUCATION

Thirst for knowledge does not stop with age. To help senior citizens satisfy their desire to learn, a wide range of educational opportunities is available in Westchester. Nutrition sites and senior clubs and centers frequently provide courses and speakers. Local school systems offer educational programs at reduced rates or free to older adults. Many colleges permit senior citizens to audit courses. Going back to school means making new friends, finding new purpose in life and can mean a brand-new career. Call your local school system, a college near you or **(914) 813-6300** (also see Mainstream)

ELDER ABUSE HELP LINE

The Westchester County Department of Senior Programs and Services provides this special phone line. A trained caseworker will provide information and referrals to anyone 60 and older who may be a victim of abuse or neglect (Monday through Friday, 8:30 a.m. to 4:30 p.m.) For more information, please call:
(914) 813-6436
After Hours: **(914) 995-2099**

ELDERCARE LOCATER

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. Anyone can call the Eldercare Locator at its toll-free number, Monday through Friday, 9 a.m. to 11 p.m., Eastern Time, at: **1-(800) 677-1116**
Website: www.eldercare.gov

ELDERHOSTEL

Elderhostel provides special educational programs on college campuses. Senior citizens live on campus for a week or more at very reasonable rates and attend courses. Most programs take place during the summer, but courses during other seasons are available. For further information, please write to Elderhostel, 75 Federal Street, Boston, MA 02110, or call: **1-(877) 426-8056**
www.elderhostel.org

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).

For information call your local Department of Social Services office listed in back of this booklet. For information on other financial resources call:
(914) 813-6300

EMERGENCY MEDICAL INFORMATION DOOR BAG

Help ensure that first responders have the information they need-fast by filling out an Emergency Information Card and hanging the "**If I Get Sick or Injured**" bag on your entrance/exit door. For information, or to request the card and the bag call:
(914) 813-6300

EMERGENCY RESPONSE SYSTEMS

There are various devices that enable persons living alone to have assurance 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 send a signal to a central emergency response center. These centers operate 24 hours a day, seven days a week. A control person arranges for help to be dispatched to the client as soon as the message is received. Friends and relatives are notified immediately. Several programs are in operation in Westchester. For further information, please call:
(914) 813-6300

EMPLOYMENT

The Westchester County Department of Senior Programs and Services is a partner with a network of senior employment agencies and programs offering expert job search assistance and training to learn new skills or to upgrade current skills. Please contact one of the network partners for job placement assistance:

The Urban League of Westchester

(914) 428-5850 ext. 227

Also see Senior Personnel Employment Council (SPEC) The Senior Personnel Placement Bureau (SPPB) and Mainstream: The Institute for Mature Adults at Westchester Community College

EMPOWER NEW YORK PROGRAM

EmPower New York Program 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. Funding is limited. For more information, please call: 1-(800) 263-0960.

Tell them you heard about their program through the Westchester County Department of Senior Programs and Services!

If you are over-income for EmPower New York and HEAP, (see page 15 for HEAP information) you may still be eligible for help from New York State's Assisted Home Performance with Energy Star Program. For further information call: **Energy Finance Solutions: 1-800-361-5663**

ESCORT RESPITE PROGRAM

Project Time-Out, a program of Westchester Jewish Community Services, makes available compassionate escorts who accompany your senior family member to a doctor's visit, movie or shopping. There is no fee for the escort's time. You are only responsible to pay for the transportation cost for the senior and escort if they travel by taxi or bus. If ParaTransit is used, the escort may ride free. For further information, please call:

(914) 761-0600, Ext. 340

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 further information, call your **local Office for the Aging or nutrition site listed in the back of this brochure.**

FAMILY TYPE HOMES FOR ADULTS

Typically a private home in which the homeowner (host) provides a private room and supportive services to a self-directing ambulatory adult. This county-certified program has limited capacity. For more information call: **(914) 995-5415**

FAMILY COUNSELING

Better solutions for family, financial and health crises can usually be found by consulting a counseling service. We will be happy to assist you in finding a suitable organization. For further information, please call: **(914) 813-6300**

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 your local office of the Department of Social Services.** Consult the local listings in the back of this directory to find the telephone number of the office nearest you or call the Hunger Action Network **1-866-526-2978**

FOSTER GRANDPARENTS

If you are interested in working in schools with children in need of individual care, and are age 60 or older and have a limited income,

consider the Foster Grandparents program. This program is federally sponsored and pays a tax-free stipend. For further information, please call: **(914) 592-5600 and select option Ext.114**

FRIENDLY VISITING

Homebound seniors are matched with volunteers for weekly or biweekly visits, through DOROT. Telephone (toll free)

1-800-499-0940

GRANDPARENTS RAISING GRANDCHILDREN

The Grandparents Coalition of Westchester County provides information and referral to grandparents raising grandchildren or relative caregivers raising children up to age 21. Information includes support groups, advocacy, benefits, recreational and educational activities, etc. For additional information, call: **(914) 813-6393**

HEALTH-CARE CLINICS

There are several health-care clinics at the Westchester Medical Center

Dental Clinic:

(914) 493-7625

Speech and Hearing Clinic:

(914) 493-7294

Vision and Eye Care:
(914) 493-7662
Main Switchboard:
(914) 493-7000

In addition, the Westchester County Department of Health offers Home Health Care Agency services, seasonal flu immunizations and mammography screening to senior citizens in Westchester through these district health centers:

New Rochelle: (914) 813-5000
Mammogram: (914) 813-5260
Rye/Port Chester: (914) 995-5800
White Plains: (914) 995-5800
Yonkers: (914) 231-2504
Yonkers Community Health Center:
(914) 968-4898

HEALTH-CARE PROXY

A law called 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.” This law gives you the power to make sure that health-care professionals follow your wishes. Your agent can also decide how your wishes apply as your medical condition changes. Hospitals, doctors and other health-care providers must follow your agent’s decisions as if they were your own. For forms and further information, please 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 on questions regarding Medicare, Medigap; Medicare HMOs and Long-Term Care Insurance. Seniors are assisted in negotiating disputes with medical offices and insurance companies. For written materials, information and assistance, please call:
(914) 813-6100

HEALTH PROMOTION & DISEASE PREVENTION

The Westchester County Department of Senior Programs and Services-through contracts with agencies and municipalities-provides health promotion and disease prevention services to targeted 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. Statistical data show that exercise, good nutrition and a healthy lifestyle significantly promote health and reduce the incidence or severity of disease. For further information, please call:
(914) 813-6300

HEALTH TESTS

Most hospitals in Westchester County schedule free blood pressure testing as well as other health screening procedures. **Please call your local hospital for details.**

HEARING DIFFICULTIES

As people advance in age, they may encounter problems with their hearing. These difficulties may include having to ask others to repeat words, not hearing the doorbell ring or getting complaints about your television or radio annoying the neighbors. To receive the proper advice and the names of qualified audiologists, call the Westchester County Office for the Disabled:

(914) 995-2957

TTY- hearing impaired number

(914) 995-7397

HELP LINE of THE VOLUNTEER CENTER of UNITED WAY

Trained professionals provide assistance to callers by linking them to organizations in Westchester and Putnam that can help. Callers receive confidential information and referrals and a direct telephone connection to specialized referral services for more in-depth information. Bilingual staff available. 7 a.m. – 7 p.m.

2-1-1 or dial

1-800-899-1479

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, please 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. Each meal served provides one-third of the daily Recommended Dietary Allowance (RDA). Homebound frail, elderly persons are encouraged to attend the congregate site, if at all possible. Transportation frequently is available to drive them to the local nutrition site. Educational materials concerning healthful foods and other nutrition tips are often distributed with the meals as an additional benefit. A suggested voluntary contribution for congregate and home-delivered 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 further information, please 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 utilities. HEAP may be able to help you by providing a once per-year grant toward meeting these expenses. Eligibility is based on income as well as other guidelines. There is also a special grant available for emergency situations. A mail-in application is available for those age 60 and older and for the disabled. The program usually begins in November and ends in April. For further information, please call:
(914) 813-6300

HOME REPAIR

Minor Home Repair-Last Resort Funds Program provides a grant to low-income qualified homeowners for energy savings and critical home repairs. Examples are furnace and roof replacement or repair, or any repair that will save energy. For more information about this grant or additional grants that may be offered in your area, please call:
(914) 813-6300

HOUSING ASSISTANCE

For information regarding housing assistance programs available for

Westchester County senior citizens, please call:
(914) 813-6300

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 or disability.

If you think your rights have been violated because of discrimination call:

(914) 995-7710

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's lock-outs, 72-hours vacate orders or denials of governmental emergency benefits, etc. call:

1-877-574-8529

Mon-Thurs 9 am – 4 pm

An answering machine takes calls after 4 PM

For other legal issues call:

(914) 949-1305

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 more information, visit:

www.westchesterlibraries.org or call your local library or the Westchester Library System at:

(914) 674-3600

LONG-TERM CARE INSURANCE

Generally, a long-term care insurance policy provides coverage for people who are unable to meet their basic needs over a prolonged period due to physical illness, cognitive impairment and disability. Services may be provided at home or in a residential facility. They may include assistance with activities of daily living, home-health care, adult day care, respite care or hospice care. Benefit caps apply to all long-term care policies. However, a special type under the New York State Partnership for Long-Term Care allows continuation of benefits under Medicaid without forced spend down of assets. For information and literature, please call:

(914) 693-9386

MAINSTREAM

Mainstream, the Retirement Institute of Westchester Community College, has become a favorite learning

facility for mature adults. For further information and literature, please call:

(914) 606-6793

MEDIATION

The Westchester Mediation Center, authorized by the New York State Office of Court Administration, provides trained, neutral mediators to help people resolve their own disputes. The disputes may be between neighbors, landlords and tenants or merchants and customers. Mediation sessions are held all over Westchester and are free.

Talk It Out; Don't Fight It Out. For information, please call:

(914) 963-6500

MEDICAID

Medicaid is a medical assistance program funded by county, state and federal governments to provide help with medical expenses in the event that you are unable to pay for medical care privately or with health insurance. To qualify for assistance, your income and assets must fall within certain guidelines that change every year. In addition, a burial fund account is allowed for each individual in the amount of \$1,500. If you are eligible for, or receive Supplemental Security Income (SSI), you automatically qualify for Medicaid. However, you must notify the Department of Social

Services of your eligibility for SSI and Medicaid. For further information, refer to the local listings in the back of this booklet for the telephone number of the nearest Social Services office, or call The Westchester County Department of Senior Programs and Services: **(914) 813-6300**

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. This enables emergency medical personnel to access your medical information, the name of your personal physician and the name of your nearest relative whom you selected to be notified. For further information, please call: **1-(800)-ID-ALERT (432-5378)**

MEDICARE

Medicare is a federal health insurance program for people age 65 or older, people with permanent kidney failure and certain disabled people. Medicare has four parts: (Part A) Hospital insurance – in-patient hospital care and certain follow-up care after you leave the hospital; (Part B) Medical insurance that helps pay for your doctor's services and certain other items; (Part C) Medicare Advantage Plans

(HMO's) Health Maintenance organizations or (PPO's) Preferred Provider Organizations; and (Part D) Prescription Drug coverage. For information and assistance regarding Medicare call the Westchester County Department of Senior Programs and Services: **(914) 813-6100**

For information and to ensure that your Medicare coverage starts the month you become 65, contact the Social Security office at least three months before you reach the age of 65. The toll-free number is: **1-(800)-772-1213**

MENTAL HEALTH

Mental health services are available throughout Westchester County, provided by the County Department of Community Mental Health and agencies in the community that work with the department. These services help older people deal with unusual stress, depression, and problems or emotions that feel overwhelming. Fees are based on the individual's ability to pay. For the location of one of the Department's Community Service Centers, or for the name of an agency in your area, please call: **(914) 995-5220**

METROCARD

Please see Bus Fare on page 6

MOTOR VEHICLE BUREAU

Non-driver I.D. information and the application form can be obtained by visiting the bureau's website

www.nysdmv.com

You may also call:

1-(212)-645-5550 or

1-(800)-342-5368

NEWSPAPER "GENERATIONS"

"Generations" is a newspaper published by The Westchester County Department of Senior Programs and Services. Articles of special interest to older Westchester residents are featured. It also publishes vital information about services, rights and benefits for senior citizens. "Generations" is mailed automatically to holders of the Senior Citizen ID card. If you already subscribe and have moved or if you do not receive

"Generations," please write to:

"Generations", Address Change, Westchester County Department of Senior Programs and Services, 9 South First Avenue, 10th floor, Mt. Vernon, NY 10550, or send us an e-mail at:

bab6@westchestergov.com or call:

(914) 813-6406 or (914) 813-6300

NURSING HOMES

For information on nursing homes in Westchester County, including the placement process and facilities available, please call:

(914) 813-6300

NUTRITION SITES

The Westchester County Department of Senior Programs and Services, through its Nutrition, Health and Fitness 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). Educational pamphlets 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. Sites are listed in the local directory in the back of this directory. For further information, please call:
(914) 813-6300

NY CONNECTS

New York Connects (Westchester Choices for Long-Term Care) is a new state program that lets callers get information about long-term care for seniors and disabled adults and children by dialing one toll-free number.

The state-funded program streamlines the calls people must make to learn about such care, and helps avoid the frustrations that process can cause.

New York Connects is a joint initiative of Westchester County's

Department of Senior Programs and Services, Department of Social Services and Office for the Disabled. The County is working in partnership with specialists trained by United Way of Westchester and Putnam and certified by the Alliance of Information and Referral Systems. 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.

One free call is all it takes!

1-877-914-4040

24 Hours a Day

7 Days a Week

Confidential

Talk with a person who knows and cares

OFFICES FOR THE AGING

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 in Eastchester, Greenburgh, Mount Pleasant, Mount Vernon, New Rochelle and Yonkers. Our satellite office in Yorktown also provides services. If you wish to contact a local Office for the Aging, or locate an agency, consult the appendix in the back of this booklet. If you have a question or cannot find information about any service or benefit listed

in this booklet, please call our main number or one of our satellite numbers listed inside the cover of this directory.

(914) 813-6300

OFFICE FOR THE DISABLED

Information about all services for the disabled is available from this office. Among them are: telephone communication for the hearing impaired (TTD), the Para - Transit system (special transportation for those who cannot use the "Bee-Line" bus system), a bimonthly newsletter, and "Hard Copy," a quarterly newsletter that reviews services, products, devices and technological developments of interest to the disabled community. No matter what problem prevents you from functioning as fully as you feel you can, the Office for the Disabled may have a solution for you. For further information, please call:

(914) 995-2956

(914) 995-7937(TDD-

Telecommunication Device for the hearing impaired.)

OMBUDSMAN PROGRAM FOR LONG-TERM CARE

The Ombudsman Program establishes a link between the community and residents of long-term care facilities. After completing a 36-hour training program, the volunteer advocate receives New York State ombudsman certification. The goal

is to improve the quality of life for elderly persons requiring long-term care. The program is administered by the New York State Office for the Aging and The Westchester County Department of Senior Programs & Services and is sponsored by the Mental Health Association of Westchester County. For information, please call the Mental Health Association at:
(914) 345-3993 Ext. 234

PARATRANSIT

A ParaTransit program for frail and disabled persons is available through the Office for the Disabled. For information and applications;
(914) 995-2957
For Reservations for:
(914) 995-7272
TTY number for the hearing impaired
(914) 995-7397

PARKS (NATIONAL) GOLDEN AGE PASSPORT ACCESS TO NATIONAL PARKS

The Golden Age Passport is issued to gain admission to any of the National Parks, for those who are age 62 or over. You can apply in person at any national park. There is a nominal fee for the Golden Age Passport.

PARKS (NEW YORK STATE)

If you are a New York State resident, age 62 or over, it is no longer necessary to obtain a Golden Park Pass to enjoy access to state parks and arboretums, free entrance to state historic sites and a 50 percent

fee reduction for state-operated swimming, golf and tennis facilities and boat rentals, on any weekday except holidays. It is only necessary to show a valid New York State Driver's License or a New York State Non-Driver's Identification Card. For information about facilities where this program is valid, contact the New York State Parks Department at:
1-(518)-474-0456 or
1-(518)-486-1899 (TDD)

PARKS (WESTCHESTER COUNTY)

Westchester County Department of Parks, Recreation and Conservation oversees 40 parks and recreation facilities throughout Westchester. Activities you may enjoy at these locations include boating, cross-country skiing, fishing, golf, hiking trails, museums, nature study, picnicking and swimming. For a fee of \$45, Westchester County issues a **special Park Pass** to Westchester residents age 60 and over for six years. Your Park Pass enables you to use all county-owned park facilities and provides discounts in user and parking fees, where applicable. For a \$4 fee, Westchester residents may obtain a Senior ID Card (age 60 and over) or a Reduced Fare Card (age 65 and over) at the Westchester County Center. See Senior ID Card and Reduced Fare Card for details. Please call the Westchester County Department of

Parks, Recreation and Conservation for more information:
(914) 864-Park or (914) 864-7275

PHARMACEUTICAL ASSISTANCE PROGRAM (EPIC)

EPIC Program participants can save a substantial portion of their costs for prescription drugs.

Recent changes have simplified the Program. **You can use EPIC for even more savings with the Medicare Prescription Drug Program.** Have you thought about joining a plan and then been discouraged because it seems too complicated? We will be able to give you all the necessary information about guidelines, payment schedules, processing your application and registering for this program. Please call:
(914) 813-6300 or 1-(800)-332-3742

RECREATION PROGRAMS

The Westchester County Department of Parks, Recreation and Conservation sponsors many countywide programs in addition to helping local clubs and centers with leadership training. The department's annual countywide events include the Salute to Seniors (jointly with the Department of Senior Programs & Services, and the Department of Transportation), or Bocce Tournament, Boat Rides, Golf and Bowling Tournaments, the Fishing Frolic, Senior Games, many outings and the Golden Harvest Ball. The Senior Citizens' Orchestra attracts members from all

parts of the county. For further information, call the Westchester County Department of Parks, Recreation and Conservation at:
(914) 864- PARK (914) 864-7275

REDUCED FARE CARD

Westchester County residents age 65 and over may obtain the county Reduced Fare card, which entitles its holder to reduced fare on the Bee-Line bus system. A \$4 fee includes the cost of the photograph. Reduced Fare Cards are available weekdays from 10 AM to 4 PM at the Westchester County Center, 198 Central Ave, White Plains. For details and further information, please call the Westchester County Department of Senior Programs and Services:
(914) 813-6300

RENT INCREASE PROTECTION- SENIOR CITIZEN RENT INCREASE EXEMPTION, (SCRIE)

In 14 Westchester communities, persons age 62 or older with annual incomes of up to \$27,000, who live in rent controlled or stabilized apartments, are protected against an increase in their rent. These communities are Dobbs Ferry, Greenburgh, Hastings-on-Hudson, Irvington, Larchmont, the Village and Town of Mamaroneck, Mount Vernon, New Rochelle, Sleepy Hollow, Pleasantville, Tarrytown, White Plains and Yonkers. This protection varies from community to community and applies if one

third or more of the household income goes toward rent. For further information about this program, please call New York State Division of Housing and Community Development at:
(914) 948-4434

RESPIRE 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 the names of institutions that provide short-term care at their facilities for ambulatory frail elderly persons, please call:
(914) 813-6442

RESPIRE CARE (IN-HOME) PROJECT TIME-OUT

Project Time-Out is a service of Westchester Jewish Community Services. Project Time-Out trains and provides workers for in-home care, thus offering respite to caretakers of frail elderly relatives or friends. For further information, please call:
(914) 761-0600 Ext. 340

REVERSE MORTGAGE PROGRAM

Under the Reverse Mortgage Program, home equity is available without selling your home or refinancing it with a conventional mortgage. The Westchester County Department of Senior Programs and Services and participating financial institutions sponsor this program. Applicants must be age 62 or older

and live in their own home in Westchester County. For further information or to begin the process, please call the Senior Housing Assistance Program at:
(914) 428-0953

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, health and mental screenings, adult and consumer protection services and case management. For more information, call:
(914) 683-7530 or (914) 813-6300

For those in Northern Westchester, call:
(914) 245-9167

SENIOR BUS (GROUP TRIPS ONLY)

The Department of Senior Programs and Services has a Community Group Transportation Program for groups of 16 to 28 for shopping trips, visits to theatres, museums, historic sites and special events. Transportation is provided from a central location to the group's destination. A nominal voluntary contribution is requested.

For information and reservations,
please call:
(914) 813-6001

SENIOR CITIZEN (ID) CARD

Residents age 60 and over are encouraged to apply for our Senior ID card. You must bring proof of age and proof of residency. A \$4 fee includes the cost of the photograph and a subscription to our newspaper, "Generations." The card entitles its holder to discounts with many merchants and reduced bus fare at age 65. You may obtain a card on weekdays between 10 AM and 4 PM at the Westchester County Center, 198 Central Avenue, White Plains. For more information, please call:
(914) 813-6300 or (914) 995-4050

SENIOR CLUBS AND CENTERS

Provide leisure time activities, recreation, education, physical exercise and more. These clubs and centers are located in every Westchester community. Contact your local recreation department or call:

(914) 813-6300
or visit website
www.westchestergov.com/seniors

SENIOR PERSONNEL EMPLOYMENT COUNCIL (SPEC)

SPEC is a no-fee referral source for mature, experienced individuals, 50 and over, seeking paid employment. **SPEC** also has a **Paid Neighbor** Program that provides reliable mature persons to assist seniors to live independently in their own

homes. Assistance includes cooking, light house keeping, shopping/errands, etc. at reasonable rates for full-time or part-time. For further information, call: **(914) 948-8004 Ext: 246**
9 a.m. - Noon weekdays
www.fsw.org

Yonkers residents and employers call:
(914) 375-9154
9 a.m. - Noon weekdays

SENIOR PERSONNEL PLACEMENT BUREAU (SPPB)

Serving the Sound Shore communities, SPPB provides job opportunities for individuals ages 55 and over seeking gainful employment. Individuals skilled in office work, housekeeping, companion services, etc are available.

For information call:
(914) 235-7725
9 a.m. - Noon weekdays

SERVICES OUTSTATIONED TO SENIORS (S.O.S.)

Services Outstationed to Seniors (S.O.S.) was developed to enhance the quality of life for thousands of senior citizens who live in apartment buildings and other housing complexes throughout Westchester County. It provides information, programs, services and activities to each apartment building in direct response to the interests of the seniors who live there. S.O.S. is

supported by senior volunteers, civic and community organizations, corporations and service providers. S.O.S. helps seniors win the war against loneliness, isolation and loss of independence. For more information please call:
(914) 813-6300

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 further information and current guidelines, please call the Social Security office 7 a.m. to 7 p.m. week days (toll-free):
1-(800)-772-1213
Hearing Impaired TDD
1-800-325-0778
www.socialsecurity.gov

Mount Vernon Social Security Office
5 Stevens Ave,
Mount Vernon, NY 10550
(914) 663-9306

New Rochelle Social Security Office
85 Harris Street
New Rochelle, NY 10801
1-800-772-1213

Peekskill Social Security Office
One Park Place, 3rd Floor
Peekskill, NY 10566
(914) 736-1475

White Plains Social Security Office
297 Knollwood Road
White Plains, NY 10605
(914) 682-6205

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

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 \$70,650.

The Basic Star Program is available to all New Yorkers on their primary residence, regardless of income. For more information call your local Tax Assessor.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

With funding from New York State's Supplemental Nutrition Assistance Program (SNAP), the Westchester County Department of Senior Programs and Services funds municipalities to identify and serve frail elderly persons, 60 years of age or 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 further information, call:

(914) 813-6300

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. The amount of this benefit depends on the beneficiary's income and whether the person lives alone, with others, in the household of another person or in a residential care facility. Income and resource guidelines vary each year. For the most current information, call the Social Security office
7 a.m. to 7 p.m. (toll-free):
1-(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 \$24,000 or more, depending on the municipality. The property must have been owned for at least two years. Application must be made each year and closing dates vary

among communities. If you believe you are eligible, call your local tax assessor.

TAX REFUND - IT-214

The Circuit Breaker Program provides tax credits to both homeowners and renters with incomes of not more than \$18,000 a year. Property value cannot exceed \$85,000. A person who rents an apartment cannot pay an adjusted monthly rent of more than \$450. For more information, and current guidelines please call the Senior Housing Assistance Program:
(914) 428-0953

TELEPHONE DISCOUNT

A limited income doesn't have to mean limited telephone services. 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. To speak to a Verizon representative about this program Monday through Friday, from 9 a.m. to 5 p.m., please call:
1-(800)-555-5000

TENANT/LANDLORD RELATIONS

The Westchester County Rent Guidelines Board provides information and assistance in matters pertaining to tenant/landlord protection, regulations, apartment and building repairs, laws and regulations pertaining to co-op/condo conversions and guidance in matters of certain court proceedings such as evictions, rent arrears lockouts. Please call: **(914) 995-2738**

TRANSPORTATION (SPECIAL)

Special transportation for senior citizens is provided in many parts of Westchester County. In some areas there may be a reduced fare. Transportation to nutrition sites throughout the county and to special events is also available, if needed. Call your local nutrition site for further information. For more information about special transportation programs, please call: **(914) 813-6300**
(See also: Senior Bus, ParaTransit, Bus Fare Discount and services listed by municipality in directory's appendix)

UNIVERSITY WITHOUT WALLS

University Without Walls enables homebound individuals to participate in more than 250 educational courses through use of the telephone. There is a one-time registration fee of \$10 per semester. Call DOROT University Without Walls (toll free)

1-800-499-0940

VETERANS INFORMATION

Veterans, widows of veterans and parents of veterans may be eligible for many benefits, including pensions. For further information, call The Westchester Veterans Service Agency:
(914) 995-2146

VOLUNTEER WORK

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. Volunteers in groups may be transported to membership sites by van and other means of transportation. For more information on volunteering, call RSVP:
(914) 948-6069

WESTCHESTER COUNTY INFORMATION CENTER

The Westchester County Information Center is a central source for most services available in the county to young and old alike. If you need information on matters not listed in this directory, please call:
(914) 995-4636

WESTCHESTER-PUTNAM WEATHERIZATION PROGRAM

The Weatherization Assistance Program enables low-income families to permanently reduce their energy bills by making their homes more energy efficient. It is the country's longest running, and perhaps' most successful energy program. During the last 30 years, the U.S. Department of Energy's Weatherization Assistance program has provided weatherization services to more than 5.5 million low-income families. For more information call: **(914) 375-7888 or (914) 813-6300**

WIDOWED-TO-WIDOWED NETWORK

Providing help for the recently widowed, the Network is a one-to-one telephone support program with volunteers trained by professional staff. For more information, please call the Westchester Self-Help Clearinghouse at:

(914) 761-0600 x 314 or 308

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Social Security: 1-(800)-772-1213

Amawalk

Department of Social Services
(see Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Ardasley

Senior Services (see Greenburgh)
Department of Social Services
(see White Plains)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Armonk

Department of Social Services
(see Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Bedford

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Home-Delivered Meals:
(914)666-7203
Social Security: 1-(800)-772-1213

Briarcliff Manor

Department of Social Services
(See White Plains)
Home-Delivered Meals:
(914)762-8953 (Ossining)

Bronxville

(See Eastchester Department of
Senior Programs and Services)
Department of Social Services
(See Mount Vernon)
Meals-on-Wheels: (914)787-3027
Social Security: 1-(800)-772-1213

Buchanan

Senior Services: (914) 737-1033
Department of Social Services
(see Peekskill)
Home-Delivered Meals:
(914) 528-5164
Social Security: 1-(800)-772-1213

Chappaqua

Senior Recreation: (914) 238-3909
Department of Social Services
(see Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Home-Delivered Meals: (914) 238-
6612
Social Security: 1-(800)-772-1213

Cortlandt

Town of Cortlandt Office for the
Aging: (914) 528-1464
Senior Services: (914) 528-1464
Department of Social Services
(See Peekskill)
Nutrition Site and exercise programs:
(914) 528-5164
Community Center, Westbrook Drive

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Home-Delivered Meals:
(914) 528-5164
Transportation (Medical):
(914) 528-8377
Social Security: 1-(800)-772-1213

Cross River

Department of Social Services,
(see Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1(800)772-1213

Croton-on-Hudson

Senior Services (914) 271-5804
Department of Social Services
(See White Plains)
Transportation: (914) 271-5804
Home-Delivered Meals (914)528-5164
Social Security: 1-(800)-772-1213

Crugers

Senior Services: (914) 528-8377
Department of Social Services
(See White Plains)
Home-Delivered Meals:
(914) 528-5164
Transportation: (914) 528-8377
Social Security: 1-(800)-772-1213

Dobbs Ferry

Senior Services (see Greenburgh)
Department of Social Services
(See White Plains)
Nutrition Site: Embassy Club,
60 Palisade St., (914) 693-0787
Home-Delivered Meals:
(914) 693-8997
Social Security: 1-(800)-772-1213

Eastchester

Town of Eastchester Dept. of Senior
Programs & Services: (914) 771-3340
Department of Social Services
(See Mount Vernon)
Nutrition Site and exercise programs:
Lake Isle Park, 660 White Plains
Road, (914) 337-0390
Home-Delivered Meals:
(914) 337-0390
Sunday Nutrition Program:
(914) 771-3340
Early Alert:
(914) 946-6500 (see page 9)
Transportation, Shopping and
Medical: (914) 771-3340
Social Security: 1-(800)-772-1213

Elmsford

Senior Services (see Greenburgh)
Department of Social Services
(See White Plains)
Early Alert:
(914) 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Greenburgh

Town of Greenburgh Office for the
Aging, (914) 693-8997
Multi-purpose Center:
(914) 693-8985, ext.116
Department of Social Services
(See White Plains)
Nutrition Sites & exercise programs:

- **Dobbs Ferry**
60 Palisade Street
(914) 693-0787
- **Theodore Young Comm. Ctr.**
32 Manhattan Avenue
(914) 989-3622
- **Tarrytown**

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

114 Washington Street
(914) 631-2717

Transportation is available to Greenburgh Seniors for the following: Daily activities & classes, doctor's appointments on Monday mornings, and grocery shopping on Tuesday and Friday. To register for a ride, please call: (914) 693-8997

Home-Delivered Meals:
(914) 693-8997

Early Alert:
(914) 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Harrison

Senior Center: (914) 835-0374
Department of Social Services
(See White Plains)
Early Alert:
(914) 46-6500 (see page 9)
Meals-on-Wheels: (914) 670-3027
Department of Community Services:
(914) 670-3026
Social Security: 1-(800)-772-1213

Hastings-on-Hudson

Meals on Wheels (see Greenburgh):
(914) 693-8997
Early Alert:
(914) 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Hawthorne

Senior Services (see Mount Pleasant):
(914) 592-6441
Department of Social Services
(See Peekskill)
Nutrition Site (see Mount Pleasant)
Home-Delivered Meals:
(914) 592-6441

Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Irvington

Senior Services (see Greenburgh)
Department of Social Services
(See White Plains)
Early Alert:
(914) 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Jefferson Valley

Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213

Katonah

Department of Social Services
(See Peekskill)
Early Alert:
(914) 946-6500 (see page 9)
Home-Delivered Meals:
(914) 666-7203
Social Security: 1-(800)-772-1213

Larchmont

Community Services: 381-7840
Department of Social Services
(See Mount Vernon)
Senior Center: (914) 834-8840
Meals-on-Wheels: (914) 381-7840
Social Security: 1-(800)-772-1213

Lewisboro

Department of Social Services
(See Peekskill)
Nutrition Site: (914) 232-0807
(See Somers)
Home-Delivered Meals:
(914) 232-0807
Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Mamaroneck, TOWN OF

Community Services: (914) 381-7840
Department of Social Services (see
Mount Vernon)

Mamaroneck, VILLAGE OF

Nutrition Site and exercise programs:
Mamaroneck Town Center,
740 W. Boston, Post Rd.
(914) 698-8477
Home Delivered Meals:
(914) 777-7715
Early Alert: 946-6500 (see page 9)
Department of Social Services (see
Mount Vernon)
Social Security: 1-(800)-772-1213

Millwood

Department of Social Services
(see Peekskill)
Early Alert:
(914) 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Mohegan Lake

Department of Social Services
(see Peekskill)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Montrose

Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213

Mount Kisco

Department of Social Services
(See Peekskill)

Nutrition Site exercise and shopping
programs:
Fox Center, Carpenter Avenue,
(914) 666-8931
Home-Delivered Meals:
(914) 666-8931
Senior Recreation: (914) 666-8766
Transportation-(FISH):(914) 666-2255
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Mount Pleasant

Office of Elder Americans:
(914) 592-6441
Nutrition Sites (two) and exercise
programs:

- **Bradhurst Adult Day Care**
63 Bradhurst Avenue
(914) 592-6441 (T, W, TH)
- **Mt. Pleasant Community
Center (M,W,F)**
Lozza Drive, (914) 769-0155

Home-Delivered Meals:
(914) 592-6441
Adult Day Care: (914) 592-6441
Early Alert:
(914) 946-6500 (see page 9)
Department of Social Services
(See Mount Kisco)
Transportation: (914) 592-6441
Social Security: 1-(800)-772-1213

Mount Vernon

City of Mount Vernon Office for the
Aging: (914) 665-2315
Nutrition Sites (three) and exercise
programs:

- **Armory**
144 No. 5th Avenue
Home-Delivered Meals:

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

(914)665-2429

- **Rev. Doles Center**

250 So. 6th Avenue

(914) 665-2447

Home-Delivered Meals:

(914) 665-2434

- **WJCS**

550 N. Columbus Avenue

(914) 668-4350

(Kosher Congregate Meals)

Kosher Home Delivered Meals

Westchester Jewish Community

Services (WJCS) Senior Programs

Serving – Mount Vernon,

New Rochelle and Yonkers:

(914) 668-4350

Dept. of Social Services: 100 E. First

Street, Mount Vernon (914) 813-6000

Social Security: 1-(800)-772-1213

New Castle

Recreation Department:

(914) 238-3909

Department of Social Services

(See Peekskill)

Home-Delivered Meals:

(914) 238-6612

Nutrition Site and exercise programs:

10 Senter Street

(914) 238-6612

Social Security: 1-(800)-772-1213

New Rochelle

City of New Rochelle Office for the

Aging: (914) 235-2363

Recreation Information:

(914) 235-6447

Nutrition - Congregate Meals :

(914) 235-6463

- **Doyle Center**

94 Davis Avenue

(914) 235-2363

Meals-on-Wheels: (914) 576-3865

Kosher Home Delivered Meals

(See Mount Vernon)

Dept. of Social Services

(See Mount Vernon)

Employment: (914) 235-7725

Social Security: 1-(800)-772-1213

North Castle

Senior Services: (914) 273-1771

Senior Center: Exercise and

Socialization Mon., Wed., Thu.

Home-Delivered Meals:

(914) 273-3325

Transportation: Town Van to Senior

Centers & Shopping: (914) 273-2944

Department of Social Services

(See White Plains)

Social Security: 1-(800)-772-1213

North Salem

Department of Social Services

(See Peekskill)

Nutrition Site: (914) 232-0807

(See Somers)

Home-Delivered Meals:

(914) 232-0807

Social Security: 1-(800)-772-1213

Ossining

Nutrition Site and exercise programs:

Community Center, 95 Broadway

(914) 762-8953

Home-Delivered Meals:

(914) 762-8953

Senior Services: (914) 762-1350

Department of Social Services:

(See White Plains)

Social Security: 1-(800)-772-1213

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Peekskill

Nutrition Site and exercise programs:
Neighborhood Center, 4 Nelson
Avenue, (914) 734-4250
Home-Delivered Meals:
(914) 734-4250
Transportation for Shopping:
(914) 734-4250
Dept. of Social Services:
750 Washington St., (914) 862-5078
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213
Senior Services: (914) 734-4250

Pelham

Senior Citizens' Advocate:
(914)738-5004
Meals-on-Wheels: (914) 738-5004
Department of Social Services
(See Mount Vernon)
Social Security: 1-(800)-772-1213

Pleasantville, Village of

Senior Services:
1-A Clinton Street, 769-2021
Transportation/Recreation: 769-2021
Escort Services: 769-2021
Home-Delivered Meals: 769-2021
Department of Social Services
(See Peekskill)
Nutrition Site: 769-2021
Early Alert: 946-6500 (see page 9)
Social Security: 1-(800)-772-1213

Port Chester

Nutrition Site and exercise programs:
Senior Center, 222 Grace Church St.,
(914) 939-4975
Home-Delivered Meals:
(914) 939-4975

Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Pound Ridge

Senior Services: (914) 764-5472
Home-Delivered Meals:
(914) 764-5472
Transportation Assistance to
Shopping & Medical Appts:
(914) 764-5472
Telephone Reassurance:
(914) 764-5472
Exercise Program: (914) 764-0947
Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Rye

Senior Citizen Recreation:
(914) 967-2535
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 9)
Meals-on-Wheels: (914) 925-0778
Social Security: 1-(800)-772-1213

Rye Brook

Senior Center: (914) 939-7904
Transportation (Medical & Shopping):
(914) 939-7904
Senior Citizen Recreation:
(914) 939-3235

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Meals-on-Wheels: (914) 925-0778

Scarborough

Department of Social Services
(See White Plains)
Home-Delivered Meals
(See Ossining): 762-8953
Social Security: 1-(800)-772-1213

Scarsdale

Senior Citizens' Advocate:
(914) 722-1160
Family Counseling Service:
(914) 723-3281
Recreation Department:
(914) 722-1160
Department of Social Services
(See White Plains)
Meals-on-Wheels: (914) 723-4342
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Shrub Oak

Senior Services: (See Yorktown)
Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213

Sleepy Hollow

Senior Services (see Mount Pleasant)
Nutrition Site: 114 Washington
Avenue, (914) 631-2717(Tarrytown)
Recreation: (914) 366-5109
Home-Delivered Meals:
(914) 366-5109
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Somers

Nutrition Site: Wayne Van Tassel
Memorial Park, Rte 139,
(914) 232-0807
Home-Delivered Meals:
(914) 232-0807
Transportation:
(914) 232-8441
Department of Social Services
(See Peekskill)
Early Alert: 946-6500 (See page 9)
Social Security: 1-(800)-772-1213

South Salem

Department of Social Services
(See Peekskill)
Early Alert: (914) 946-6500
(See page 9)

Tarrytown

Nutrition Site: 114 Washington Ave.,
(914) 631-2717
Home-Delivered Meals:
(914) 693-8997
Senior Services (see Greenburgh)
Department of Social Services
(See White Plains)
Early Alert: (914) 946-6500
(See page 9)
Social Security: 1-(800)-772-1213

Tuckahoe

Town of Eastchester Dept. of
Senior Programs & Services:
(914) 771-3340
Department of Social Services: Mount
Vernon – if you live east of Bronx
River Parkway
Yonkers – if you live west of the
Bronx River Parkway

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

Valhalla

Senior Services (see Mount Pleasant)
Department of Social Services
(See White Plains)
Home-Delivered Meals:
(914) 592-6441
Social Security: 1-(800)-772-1213

Verplanck

Senior Services: (914) 528-8377
Department of Social Services
(See Peekskill)
Social Security: 1-(800)-772-1213
Home-Delivered Meals:
(914) 528-5164

White Plains

Senior Services: (914) 422-1423
Nutrition Site and exercise programs:
Senior Center, 65 Mitchell Place,
422-1423
Meals-on-Wheels: 946-6878
Transportation Assistance and
Shopping: (914) 422-1423
Early Alert: (914) 946-6500
(See page 9)
Dept. of Social Services: 85 Court
Street, (914) 995-5889
Social Security: 1-(800)-772-1213

Yonkers

City of Yonkers Office for the Aging:
(914) 377-6822

- **Park Care Pavilion**

Nutrition Site, exercise and
wellness programs:
2 Park Avenue
(914) 377-6822 (daily and
weekends)

- **Scotti Center**
680 Bronx River Road
(914) 377-6490
 - **Congregation Sons of Israel**
(Kosher)
155 Elliot Avenue
(914) 589-3938
 - **Sacred Heart High School**
34 Convent Avenue
(Mon. – Fri.)
(914) 963-2327
 - **Chema Center**
435 Riverdale Avenue
(914) 377-6464
 - **Nepperhan Community Center**
342 Warburton Avenue
(914) 965-0203 (Tues.; Thurs.)
 - **YWCA**
87 So. Broadway
(914) 963-0640
(Tues, Thurs, Fri)
Home-Delivered Meals:
(914) 963-2460 and (914) 963-6662
(Holidays & Weekends)
Kosher Home-Delivered Meals
(914) 963-2460
Early Alert: 946-6500 (see page 9)
Employment: Yonkers Office of
Employment/Training: (914) 964-0105
Recreation Department
(914) 377-6450
Transportation: (914) 963-4411
Victims' Assistance: (914) 965-0217
Social Security: 1-(800)-772-1213
Department of Social Services:
137 Alexander Street, 231-2000
-

Yorktown Heights

Northern County Senior Services:

APPENDIX: ALPHABETICAL LISTING OF SERVICES BY COMMUNITY

(914) 245-2088

Caregivers Resource Center:

(914) 245-9167

Department of Social Services

(See Peekskill)

Nutrition Site: Community Center,

1974 Commerce St., (914) 962-7447

Transportation: (914) 962-7447

Home-Delivered Meals:

(914) 962-7447

Early Alert: 946-6500 (see page 9)

Social Security: 1-(800)-772-1213

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

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