



2020 Senior Resource Guide

Brooklyn – Spring Edition



Sarah and Baindu with elderly friend Audrey Hertz, 85.

Dear Friends,

Welcome to the sixth edition of **Little Brothers – Friends of the Elderly** Senior Resource Guide!



Once again, I would like to thank all our volunteers, partners, and senior advocates who make the printing and distribution of our seasonal Resource Guide possible. To access the digital version, or download and print the PDF file, please go to: littlebrothersnyc.org/resources/

At Little Brothers, we serve homebound elders in the spirit of our motto **“flowers before bread”**. It symbolizes how, in addition to the basic necessities of life, everyone has a strong need for the special pleasures and social interactions that make life worth living.

As our caring volunteers make 1-1 friendly visits to elders in need of companionship, some beautiful friendships develop over time. We also celebrate birthdays together and advocate for specific needs when possible. In doing so, Little Brothers becomes a vital social link in our elders’ circle of care.

In this Spring Edition, we have added valuable new resources, such as Professional services (Estate Planning on Page 31), Fun Activities for Seniors (Cardio Dance Aerobics on Page 33) and Caregivers support (Respite services on Page 40).

If you are caring for a senior, or knows someone who does, please use this Guide and share it with friends, neighbors, colleagues, and loved ones. My best wishes to all of you,

Jérôme Michaux



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Little Brothers – Friends of the Elderly

Our Mission

Little Brothers – Friends of the Elderly (LBFE)
is a national, non-profit, volunteer-based organization
committed to relieve loneliness and isolation among the

elderly. We offer to people of good will the opportunity to join the elderly in friendship and celebration of life.

Our Philosophy

“Flowers before bread”. This motto expresses our belief that love, dignity, and beauty in life are as essential as physical needs. At LBFE, **service begins by being a friend.**

Our History

Little Brothers was founded in Paris in 1946 by French nobleman **Armand Marquiset**. After witnessing the suffering of the elderly in war-ravaged Europe, Marquiset began delivering hot meals and flowers to his elderly neighbors in Paris. The first US chapter started in Chicago in 1959. Little Brothers now serves the elderly in Cincinnati, Boston, Minneapolis/St. Paul, Michigan’s Upper Peninsula, Philadelphia, San Francisco, and New York City.

New York City Expansion Site

Jérôme Michaux | littlebrothersnyc@gmail.com
718 395 5722 | www.littlebrothersnyc.org

Making a Donation to support the Elderly

Please join us in getting a new chapter of **Little Brothers – Friends of the Elderly** officially incorporated in New York. Our sponsoring LBFE chapter in Cincinnati has agreed to act as our fiscal agent. With your help, we can become fully incorporated as a New York non-profit organization. If you wish to support our mission and make a charitable donation, please write a check to **Little Brothers** and mail it to:

Little Brothers Cincinnati

**Attn: New York City Expansion Site
5530 Colerain Ave, Cincinnati, OH 45239**

Disclaimer

Little Brothers – Friends of the Elderly (LBFE) publishes and maintains its printed and online Senior Resource Guide to improve public access to information about services, programs and discounts available to seniors residing in New York City. The inclusion of any organization, agency or service in the Senior Resource Guide does not imply an endorsement or recommendation.

Little Brothers – Friends of the Elderly (LBFE) does not claim responsibility for any actions taken by any of the organizations or agencies included in the Senior Resource Guide. Under no circumstances shall LBFE, its employees or volunteers be liable for any direct, indirect, incidental, punitive or consequential damages, which may result from the use of the information included in the printed or online Senior Resource Guide.



SENIOR HOUSING SUPPORT

FIND ALTERNATIVES IN SENIOR HOUSING, WAYS TO CONTROL RENT, AND GET HELP WITH MINOR REPAIRS

Local Development Corp. of Crown Heights

252 Kingston Ave, Brooklyn, NY 11213

Tel: 718 467 8800 | **Fax:** 718 467 8803

Hours: Monday – Friday 9AM – 5PM

Email: LDCCH@LDCCH.org

LDCCH provides **low-income Senior Housing Apartments** for seniors 62 and over. For applications at:

- Kings County Senior Residence on 600 Albany Ave please call Grenadier Realty Corp at 718 240 4176
- David Chavis Apts on 230 Kingston Ave please call 718 493 5200
- Crown Heights Apts on 1055 St. John’s Pl please call Wavecrest Management at 718 463 1200
- For low-income families please call LWC Management at 212 665 5500

Department for the Aging (DFTA)

Tel: 212 602 4180

Hours: Monday – Friday 9AM – 4PM

Website: www.nyc.gov/aging

The **DFTA** maintains borough-based guides to Alternatives in Senior Housing. Guides include explanations of different housing types. They also list contact information for adult homes, assisted living programs, Mitchell-Lama, public housing, Section 202, Section 8, and SROs for the elderly located in Brooklyn. You can access the digital guide here: <http://www1.nyc.gov/assets/dfta/downloads/pdf/publications/HousingBrooklyn2017v2.pdf>

SCRIE: Senior Citizen Rent Increase Exemption SENIORS, STOP YOUR RENT FROM INCREASING

New York City has a special program to protect limited-income seniors from certain kinds of rent increases.

To file an application and find out about eligibility, visit:

www1.nyc.gov/site/rentfreeze/tools/scrie-applications.page

Housing Court Answers

Brooklyn Housing Court

141 Livingston Street, Brooklyn, NY 11201

2nd Floor Clerk's office, Room 202

Tel: 212 962 4795 – Helpline

Hours: Monday – Friday 9AM – 5PM

Website: www.housingcourtanswers.org

Non-profit organization that provides information to unrepresented parties in Housing Court proceedings and works to improve the Housing Court system. The hotline provides information regarding Housing Court proceedings, enforcement of housing code violations and other landlord/tenant issues for residents, community-based organizations and other service providers. Also provides referrals to legal service providers and resources for rent arrears for tenants facing eviction.

Personal Homeowner Tax Exemptions

Visit www1.nyc.gov/site/finance/benefits/landlords.page to apply for exemptions or check which exemptions you already have. Call 311 to see if you qualify to save money on your property tax, or to have an application mailed to you.

Types of Exemptions/Credits:

1. *Senior Citizen Homeowners' Exemption (SCHE)*
2. *Disabled Homeowners' Exemption (DHE)*
3. *Veterans Exemption*

Free or Low-Cost Home Maintenance and Repair Programs

Met Council’s SenioRepair

Tel: 212 453 9542

Hours: Monday – Thursday 9AM – 5PM, Friday 9AM – 2PM

Website: www.metcouncil.org

For renters, homeowners or qualified condominium or co-op owners. Eligible for free minor safety and security home repairs if aged 60 or over (or have permanent physical disability) and if annual income is less than \$25,000 for a one-person household or less than \$31,000 for a two-person household.

Please call 212 453 9542 or 212-453-9657 to ask for an application or email SenioRepair@metcouncil.org. After sending the application, and providing proof of income, the project coordinator will contact you to schedule a repair appointment. This is a permanent service: you apply only once and can schedule several visits each year.

NYC Housing Connect

Tel: 212 863 5610

Website: www.nyc.gov/housingconnect

NYC Housing Connect is a central portal to search and apply for affordable housing opportunities in all five boroughs. On the site, residents can learn how to apply for affordable housing, view current and upcoming housing opportunities, apply to housing options and sign-up to receive email alerts about new affordable housing lotteries.



SUPERMARKETS

GET FRESH PRODUCE & SAVE MONEY ON FOOD

FineFare Supermarkets

261 Kingston Ave (between Lincoln and St John's Pl.)
Brooklyn, NY 11213 | **Tel:** 718 363 7600

Hours: MON – SUN 7AM – 10PM

10% off for seniors on Wednesdays. Excludes sale items. Accepts Food Stamps and EBT cards.

Urban Market by Key Food

651 Nostrand Ave (between St Marks Ave and Prospect Pl.),
Brooklyn, NY 11216 | **Tel:** 718 774 0200

Hours: MON – SAT 7AM – 10PM, SUNDAY 7AM – 8PM

Spend \$60 and Get FREE home delivery within 6 blocks.
10% off for seniors on Tuesdays and Wednesdays from 8:30AM until 1:30PM. Excludes sale items. Accepts Cash, Credit/Debit, Food stamps/EBT, Coupons.



FOOD ASSISTANCE, PANTRIES & SOUP KITCHENS

FOOD PANTRIES

Bed-Stuy Campaign Against Hunger

2010 Fulton St (btw Howard & Saratoga) Brooklyn, NY 11233
Tel: 718 773 3551 | **Contact:** Daniel

Supermarket style Food Pantry on Mondays & Thursdays (10AM – 3PM), Tuesdays & Wednesdays & Fridays (10AM – 6PM). Bring ID and an empty bag. Serves all 5 Boroughs.

Bedford Central Presbyterian Church

1200 Dean St, Brooklyn, NY 11216
Tel: 347 256 6544 or 718 467 0740
Contact: Bernice Layne

5 Zip codes served: 11216, 11213, 11225, 11238, 11233
First and Second Thursday of the month (1PM – 2:30PM)

Church of God Seventh Day Pentecostal

922 St Marks Ave, Brooklyn, NY 11213
Tel: 718 221 9718 | **Contact:** Joy Tikili

Zip codes served: 11216, 11213
Tuesdays (4PM – 6:30PM)

Shiloh SDA Church

449 Eastern Pkwy, Brooklyn, NY 11216
Tel: 718 771 4103 | **Contact:** Denise

Zip codes served: Serves all of Brooklyn.
Thursdays (9:30AM – 1PM). Food Pantry walk-in.

SOUP KITCHENS

Bethany United Methodist Church

1208 St Johns Pl, Brooklyn NY 11213

Tel: 718 774 6753 | **Contact:** Vera Burnett

LUNCH ON TUESDAYS (12:30PM – 2:30PM)

Bethel SDA Church

457 Grand Ave, Brooklyn, NY 11238

Tel: 718 783 3630 or 718 450 1842 | **Contact:** Olga Manns

LUNCH ON SUNDAYS (1:00PM – 2:00PM)

Food Pantry every Wednesday (3PM – 5PM)

Hebron SDA Church

1256 Dean St, Brooklyn, NY 11216

Tel: 718 778 6454 | **Contact:** Serge Obas

LUNCH ON SUNDAYS (12:30PM – 2:00PM) Food Pantry every First and Third Wednesday (9AM – 10:30AM)

St Johns Bread and Life

795 Lexington Ave, Brooklyn, NY 11221

Tel: 718 574 0058 x 115 | **Contact:** Kathy Martinez

All zip codes are served. **Monday through Friday.**

Breakfast 8AM – 9:30AM. Lunch 10:30AM – 12:30PM.

The food pantry is open Mon – Fri 8AM – 12PM, Tuesdays and Thursdays 3PM – 6:30PM. Registration for food pantry is Mon – Fri 8AM – 12PM, Tuesdays and Thursdays 3PM – 6:30PM. Proof of address and household size are required.

For information about our **mobile soup kitchen**, please visit: www.breadandlife.org

New Haven SDA Church

634 Prospect Pl, Brooklyn, NY 11216

Tel: 347 421 8664 | **Contact:** Irma Hillaire

LUNCH ON SUNDAYS (11:30AM – 1:30PM)

Food Pantry every First and Third Thursday (9AM – 11AM)

MEALS-ON-WHEELS

City Meals On Wheels

355 Lexington Ave, New York, NY 10017

Tel: 212 687 1234 | **Hours:** Mon – Fri 9AM – 5PM

Website: www.citymeals.org

Those who are homebound and older than 60, physically or mentally incapacitated, can **get meals delivered up to 7 days/week**. Income does not affect eligibility.

How to Apply: Call your case management agency. For the appropriate local agency, contact Citymeals on Wheels at **212 687 1234** or visit: www.citymeals.org/get-meals

God's Love We Deliver

166 Avenue of the Americas, New York, NY 10013

Tel: 212 294 8102 | **Hours:** Mon – Fri 9AM – 5PM

Website: www.glwd.org

God's Love We Deliver provides nutrition therapy, and cooks and home delivers medically tailored meals for people living with severe illness in the New York City metropolitan area. We are a non-sectarian organization. All of our services are provided free to clients and full of love.



DRUGSTORES, CLINICS & HEALTHCARE RESOURCES

SAVE MONEY ON OTC DRUGS, GET VACCINATED BEFORE GETTING SICK, KNOW WHERE TO GO FOR HOMECARE, MEMORY CARE AND HOSPICE CARE

DRUGSTORES

Compashione Pharmacy

636 Nostrand Ave, Brooklyn, NY 11216

Tel: 718 363 1095 | **Fax:** 718 363 3070

Contact: Joy

Hours: Mon – Sat 10AM – 6PM, Sunday Closed

Saturdays Senior Citizen Day 10% off. Free delivery. Most African languages spoken. Serving your needs from DME.

CRJ Pharmacy

1341 Fulton St, Brooklyn, NY 11216

Tel: 718 676 0157 | **Fax:** 718 676 0159

Contact: Mei Tong, Pharmacist

Hours: Mon – Sat 10AM – 7PM, Sunday Closed

Thursdays Senior Citizen Day 10% off. Proof of ID required. Free delivery within a 5-mile radius.

Kingston Pharmacy

1106 St Johns Pl, Brooklyn, NY 11213

Tel: 718 221 4805 | **Fax:** 718 221 4811

Contact: Jane and Mary

Hours: Mon – Sat 9AM – 7:30PM, Sunday Closed

Senior Citizen Day 10% off every day. Free delivery within 2 miles. Languages spoken: Spanish, Russian and Arabic.

Fulton Drugs, Inc.

1548 Fulton St, Brooklyn, NY 11216

Tel: 718 735 3784 | **Fax:** 718 735 6019

Contact: Amad Mirza, Pharmacist

Hours: Mon – Fri 9AM – 7PM, Sat 10AM – 6PM

Senior Citizens 10% off every day. Free and same-day delivery within a 2-mile radius. OTC cards accepted. Western Union and Money orders.

Rite Choice Pharmacy

1484 Fulton St, Brooklyn, NY 11216

Tel: 718 773 3700 | **Fax:** 718 773 4425

Contact: Chirag Parikh, RPh

Hours: Mon – Fri 9AM – 7:30PM, Sat 9AM – 5PM, Sun 10AM – 3PM

Offers 10% off to seniors on OTC drugs everyday. Same-day delivery of prescriptions within a 1-mile radius. Free delivery anywhere in Brooklyn. Spanish speaker available.

CLINICS

SUNY Downstate Health Sciences University

Center of Excellence for Alzheimer's Disease (CEAD)

445 Lenox Road, Suite CTSC, 5th floor, NS 52

Geriatric Psychiatry, MSC 1203, Brooklyn, NY, 11203

Website: www.downstate.edu/alzheimers-cead/

For appointments, information, and clinical trials contact:

Tel: 718 270 2003 | **Fax:** 718 270 2619

Email: cead.downstate@downstate.edu

- **Subway:** Take #2 or #5 to Winthrop Street.
- **Bus:** Take #12 or #44 bus to Clarkson Avenue.

The center offers a multi-lingual interdisciplinary team of physicians (geriatric psychiatry, geriatric medicine, neurology), nurses, care managers, and social workers that evaluate and treat older adults with memory and psychiatric disorders. CEAD has a strong partnership with Sunnyside Community Services and the Alzheimer's Association.

CEAD is also a core training site for the HRSA-funded Brooklyn Initiative to Develop Geriatrics Education (BRIDGE), an educational program that is preparing the next generation of interprofessional healthcare professionals to provide comprehensive care for older adults.

Fort Greene Health Center

295 Flatbush Ave. Ext., 5th Floor, Brooklyn, NY, 11201

Corner of Willoughby St. and Flatbush Ave. Ext., near Fulton Mall and Long Island University.

Tel: 347 396 2400

Hours: Mon – Fri, 8:30AM – 2:30PM

Directions: A, C, and F to Jay St., or 2,3,4 and 5 to Nevins St. or R, Q, & B to DeKalb Ave.

For adults and children (age 4 and over). No appointments. People are seen on a first-come, first-serve basis. **Please bring your vaccination record and insurance information.**

NYU College of Dentistry

345 East 24th Street, New York, NY 10010

Tel: 212 998 9800



For emergency services: 212 998 9660

General Clinic Hours: Mon – Thu 8:30AM – 8:00PM, Friday 8:30AM – 3:30PM

Directions: 4,6 to 23rd St. or L to 1st Avenue.

Website: www.nyu.edu/dental/patientinfo/index.html

Wheelchair accessible. Medicare is not accepted, but Medicaid, Medicaid Managed Care, and many other forms of insurance are accepted.

NYU Dentistry Brooklyn Patient Care

445 Albee Square West (Enter on Flatbush Ave.)

Brooklyn, NY 11201

Hours: Mon – Fri 8AM – 6PM, Saturday 8AM – 2PM

Directions: C Train to Hoyt-Schermerhorn, 2/3 to Hoyt St., or B, Q, R to DeKalb Av.

NYU Dentistry is opening a new patient care center at City Point, in Downtown Brooklyn on April 1.

Along with general dental care, we offer specialized care in pediatric dentistry, orthodontics, oral surgery, implant dentistry and root canal treatment. We accept most insurance, including Medicaid and Medicaid Managed Care. We even provide translation services, so no matter what language you speak, you're always welcome here.

Call now to schedule an appointment: 646 997 4300, or visit dental.nyu.edu/brooklyn

CABS Homecare

44 Varet Street, Brooklyn, NY 11205

Tel: 718 388 0220

Hours: Monday – Friday 9AM – 5PM

Website: www.cabshomecare.org

CABS brings innovative healing, teaching, and discovery together with over 40 years of quality home care services including home health aides and light housekeeping. We support your needs for a few hours or with full-time staff.

We have built a reputation advocating for clients beyond home care needs by partnering with community services and organizations to provide a full and comprehensive circle of care to each client. Our non-profit is committed to working with families, current aides and health plans to provide a seamless transition for you or your loved ones.

CABS is a leading home care service to the elderly and disabled throughout the five boroughs of New York City.

We are licensed by the NYS Department of Health and maintain an A+ rating with the Better Business Bureau. We continually hire and train our aides who are fluent in many languages including Spanish, French, Chinese, and Russian.

For fast-tracked intake call 718 388 0220 Ext. 330 or Ext. 363

Mental Health First Aid Trainings

Learn to support New Yorkers who are struggling by taking a **Free Mental Health First Aid Course**.

Provides a proven five-step action plan on how to listen without judgment and choose the best words when talking to someone. The 8-hour course is offered throughout all five boroughs in English, Spanish, and Mandarin. In the course you will:

- Learn a simple, effective way to provide initial help
- Practice how to approach someone in distress
- Learn about other resources available through ThriveNYC

Sign up for a course at nyc.gov/mhfa today!

NYC Well

Trouble coping? Don't struggle alone. We're here to listen and help with problems like stress, depression, anxiety or drug and alcohol misuse. For you or someone you care about. NYC Well is helping New Yorkers in crisis and is your connection to free, confidential mental health support.

Speak to a counselor via phone, text or chat and get access to mental health and substance misuse services, in more than 200 languages, 24/7.

Talk **1-888-NYCWELL** (1-888-692-9355), Text WELL to 65173 or Chat at: nyc.gov/nycwell



SOCIAL SERVICES & SUPPORT GROUPS

*CLAIM YOUR BENEFITS, REMAIN CONNECTED
WITH YOUR NEIGHBORS, JOIN A SUPPORT GROUP,
DON'T TRY TO DO IT ALONE*

Bereavement Support Groups

Calvary Hospital – Bronx Campus

1740 Eastchester Road, Bronx, NY 10461

Tel: 718 518 2125 | **Contact:** Maria Georgopoulos, LMHC

Hours: Mon – Fri, 8:30AM – 5PM

Calvary Hospital offers support groups in **Manhattan, Brooklyn** and the **Bronx** for those who have experienced the death of a loved one. The groups are **free of charge** and are integral to Calvary's mission of compassion and non-abandonment. In these groups, adults, children, and teens of all faith traditions and backgrounds are welcomed.

Calvary's adult groups are organized by one's relationship to the deceased; such as groups for young bereaved spouses, older bereaved spouses, adult children, parents, siblings, and a Spanish-speaking group.

For a comprehensive list of the groups and the facilitators contact information, please visit www.calvaryhospital.org under the Patients & Families Page > Bereavement Support.

Before attending your first meeting, please contact the bereavement counselor in Brooklyn below:



Contact: Ms. Rashida Sanchez, MA, FT

Tel: 347 504 2704 | **Hours:** Mon – Fri 9AM – 5PM

WHEN:

Tuesdays: 6:00 pm - 7:30 pm | Adult Death of a Parent

Thursdays: 4:00 pm - 5:30 pm | Death of a Spouse /Partner

WHERE: St. Joseph High School

80 Willoughby Street, Brooklyn, NY 11201

To find other support groups in NY visit: www.griefshare.org

CancerCare

275 Seventh Avenue, 22nd Floor, New York, NY 10001

Tel: 800 813 4673

Hours: Monday – Thursday 10AM – 6PM, Friday 10AM – 5PM

Website: www.cancercares.org

CancerCare provides free professional support services to individuals, families and caregivers to help them cope with and manage the emotional and practical challenges of cancer. Services include counseling support groups, workshops and financial assistance, such as small financial grants. CancerCare provides face to face and on the phone counseling and support groups.

Center for Hearing and Communication

50 Broadway, 6th Floor, New York, NY 10004

Tel: 917 305 7700 | **TTY:** 917 305 7999

Hours: Monday – Friday 9AM – 5PM

Website: www.chchearing.org



This non-profit, hearing rehabilitation center offers a wide array of services including free hearing screenings, complete hearing evaluations, hearing aid fittings, sales and repair, speech therapy, tinnitus retraining therapy, counseling, and the evaluation and treatment of auditory processing disorders. Medicaid is accepted and fee adjustments are available for low-income patients.

Health Information Tool for Empowerment

Tel: 866 370 4483

Hours: Monday – Friday 9M – 5PM

Website: www.hitesite.org

HITE is a free online directory offering information on more than 5,000 health and social services available to low-income, uninsured, and underinsured individuals in the Greater New York area.

It currently lists programs and services in the five boroughs of New York City and Long Island, and provides verified information on services, eligibility, addresses, phone numbers, hours, languages spoken, and other information needed to access services. HITE is designed to be helpful in the following areas:

- Education & Employment
- Housing & Homelessness
- Financial Assistance
- Immigrant Support
- Food Assistance
- Mental Health & Substances
- Healthcare & Medicine
- Social Supports & Services
- Youth & Family Services
- Hotlines

HITE users include staff at healthcare and community-based organizations, community advocates, nurses and counselors, social workers, and other community members.

Little Brothers – Friends of the Elderly (LBFE)

New York City Expansion Site

Tel: 718 395 5722

Contact: Jérôme Michaux

Home Visiting Hours: Monday – Saturday 10AM – 6PM

Website: www.littlebrothersnyc.org

Little Brothers – Friends of the Elderly (LBFE) is a national non-profit, volunteer-based organization committed to relieve loneliness and isolation among the elderly. We offer to people of good will the opportunity to join the elderly in friendship and celebration of life.

Program/Service Description:

Eligibility: Age 70 and older, with limited social contacts and with few visiting family members. Primarily serving seniors residing in Central Brooklyn and Manhattan.

Friendship and Flowers Visiting Program:

On the **3rd Saturday of every month** volunteers make in-home visits to homebound elders with donated flowers from

BloomAgainBklyn. These visits help reduce social isolation, bring joy and promote inter-generational friendships.

1-1 Friendly Visiting Program:

Friendly visitors develop a meaningful and lasting friendship with elders in need of companionship. Elders receive visits **twice a month** from their volunteer match.

Birthday Visiting Program:

Visiting volunteers celebrate an elderly friend birthday and honor their legacy by bringing a cake, flowers and gifts.

If you know an elder who could benefit from our services, please call Little Brothers at **718 395 5722** to discuss further.

LiveOnNY: Making NYC a better place to age

Older adults shouldn't have to choose between food and other living expenses. The LiveOnNY Benefits Outreach Center is **offering screening and application assistance for first time applicants**, re-certifications, as well as questions about Medicare, SCRIE, DRIE, SNAP, HEAP and referrals.

Please call the benefit line at **347 815 5930** and a specialist will return your call within 24h, or visit: www.liveon-ny.org



LEGAL SERVICES

Brooklyn Legal Services Corporation A

1471 Fulton Street
Brooklyn NY 11216

Tel: 718 487 2300 | **Hours:** Mon – Fri 9AM – 5PM

Contact: Please call or come to the office

Website: www.bka.org

Brooklyn Legal Services Corporation A (Brooklyn A) has provided high-quality legal services (full legal representation, brief advice/services, and legal education) to low-to-middle income individuals and not-for-profit community-based organizations (CBOs) in Brooklyn and throughout New York City for over 51 years.

Our mission is to advance social and economic justice and empower communities through innovative, collaborative, high-quality, and neighborhood-based legal representation and advocacy. Examples of what we can help with include representation in foreclosure and eviction proceedings, fair housing education and enforcement to combat discrimination in housing, organization and legal representation for tenant associations working together to preserve housing or demand repairs, commercial lease assistance for small business owners and advice and representation on tax issues.

Service area: Low-to-middle income individuals throughout Brooklyn. Some program areas are available to people from all five boroughs. Contact our office to learn more.

Brooklyn Defender Services

566 Livonia Ave, Brooklyn, NY 11207

Tel: 646 971 2722

Contact: Maurice Crawford

Hours: Mon – Fri 9AM – 5PM

Website: www.bds.org

BDS Community Office in East New York provides legal information and assistance on a wide range of issues affecting people across the entire borough of Brooklyn.

The Community Office accepts walk-ins, phone calls and appointments from people seeking assistance with criminal, civil, family, immigration, child education, employment and re-entry help. In addition, the Community Office hosts *Know Your Rights* workshops in regards to the child welfare system/ACS, immigration, child education and employment.

Criminal, family and re-entry services can be accessed every day. Below are when attorneys are present in the Community Office for 1-on-1 services:

Civil (housing/public benefits): Every 1st and 3rd Thursday.

Immigration: Weekly, every Monday and Thursday.

Child Education (IEP's/school suspension): Every 1st Monday.

Employment (discrimination/sealing criminal records): Monthly, every 1st Wednesday.

Legal Hand Crown Heights

250 Kingston Ave, Brooklyn, NY 11213

Tel: 718 619 4248

Contact: Hannah Margolin

Hours: Mon 12PM – 8PM, Tue, Wed, and Thu 10AM – 5PM, Fri 10AM – 1PM, Sat 11AM – 2PM.

Website: www.legalhand.org

Legal Hand's trained, non-lawyer volunteers operate out of neighborhood storefront centers in New York's most vulnerable neighborhoods, providing free legal information, assistance, and referrals to community members.

Volunteers help residents navigate the social services systems, assist in completing online legal forms, and more.

Each center is managed by a volunteer coordinator, and a legal services attorney is on-site to train and assist volunteers. Other Legal Hand offices are located at:

Brownsville | 650 Rockaway Avenue, Brooklyn, NY 11212
Tel: 347 404 9585 | **Contact:** Yvette Rouget

Jamaica | 149-13 Jamaica Avenue, Jamaica, NY 11435
Tel: 646 741 6411 | **Contact:** Omolola Kuye

Highbridge | 1759 Jerome Avenue, Bronx, NY 10453
Tel: 929 222 2015 | **Contact:** James Coger

Tremont | 713 E Tremont Ave, Bronx, NY 10457
Tel: 929 222 2014 | **Contact:** Erica Maldonado

LawHelp/NY

Website: www.lawhelpny.org

LawHelpNY.org is an online tool for helping low-income New Yorkers solve their legal problems. Their mission is to provide and promote access to quality information about:

- Free legal services throughout NY State.
- Legal rights in a range of substantive areas.
- The New York State court system.
- Advocacy groups, government offices, and social service organizations that help low-income New Yorkers.

LawHelpNY helps low-income and other vulnerable New Yorkers achieve equal access to justice by providing user-friendly information in English, Spanish & other languages.

Legal Aid Society

199 Water Street, Suite 400, New York, NY 10038

Tel: 212 577 3300 | **Fax:** 212 509 8761

Hours: Mon – Fri 9AM – 4:30PM

Website: www.legal-aid.org

Legal Aid Society is the nation's oldest and largest private not-for-profit organization and **provides free legal services** to low-income individuals and families in NYC; in the areas of housing, immigration, benefits, family law, employment law, criminal defense, child protection, and juvenile rights.

Pro bono referrals are made on behalf of Legal Aid's clients. Cases are screened by attorneys for legal merit and financial eligibility. **If you are in need of legal assistance and live in NYC**, call **212 577 3300** to receive information in English and Spanish on how to access our services.

For Brooklyn residents, contact the following practices:

Brooklyn Office for the Aging

111 Livingston Street, 2nd Floor, Brooklyn, NY 11201

Tel: 718 645 3111

Hours: Monday to Friday: 8:30AM – 4:30PM

NYC Housing Court Office

141 Livingston Street, 2nd Floor, Brooklyn, NY 11201

Tel: 646 386 5730

Mobilization for Justice (MFJ)

100 William Street, 6th Floor, New York, NY 10038

Tel: 212 417 3700

Hours: Mon – Fri 9AM – 5PM

Website: www.mobilizationforjustice.org

MFJ provides legal advice and representation to low-income residents with eviction prevention, public benefit, Medicare & Medicaid, discrimination, civil & disability rights, consumer, and elder abuse cases. Numerous fact sheets and self-help guides are available on their website. Intake hours vary by program.

Adult Home Advocacy Project: 877 417 2427 (Monday – Friday: 10am – 5pm)

Disability & Aging Rights Project: 855 444 6477 (Tuesday 10am – 5pm)

Housing: 212 417 3888 (Monday & Wednesday: 2pm – 4:30pm)

Mental Health Law Project: 212 417 3830 (Monday, Tuesday & Thursday: 10am – 5pm)

Nursing Home Residents Project: 855 444 6477 (Tuesday 10am – 5pm)

New York Legal Assistance Group

7 Hanover Square, 18th Floor, New York, NY 10004

Tel: 212 613 5000

Hours: Mon – Fri 9AM – 5PM

Website: www.nylag.org/gethelp/

NYLAG provides free civil legal services to New Yorkers who cannot afford a private attorney. Through its network of paid staff, 1,200 pro bono attorneys and other volunteers, NYLAG provides hope for thousands of New Yorkers in need each year. For example, they:

- Assist chronically ill and disabled patients to access lifesaving healthcare.

- Fight for elderly New Yorkers to receive the public benefits and homecare needed to live dignified lives.
- Prevent foreclosure and eviction by advocating to keep people in their homes.
- Provide legal services for cancer patients: 212 946 0357 (Mon, Wed, Thu, and Fri: 10am-2pm)
- Provide legal assistance to veterans: 212 946 0343 (Mon, Wed, and Thu: 9am-3pm)

Call **212 613 5000** for general intake and a case handler.

Volunteers of Legal Services (VOLS)

40 Worth Street, Suite 820, New York, NY 10013

Tel: 212 966 4400

Hours: Mon – Fri 9:30AM – 5:30PM

Website: www.volsprobono.org/projects/elderly-project

Free legal services with life-planning documents (Living wills, Wills, Power of Attorney, Health Care Proxy) for low-income New Yorkers aged 60 and over, and to the social workers and advocates who assist them. Please call 212 966 4400 for an intake. If eligible you will be referred to a private attorney.



LOCAL BUSINESSES FOR SENIORS

Luther Burbank said: “Flowers are sunshine, food and medicine for the soul”. **Mother Teresa once declared:** “The hunger for love is much more difficult to remove than the hunger for bread”.

Barbara's Flowers

1096 Bergen Street, Brooklyn, NY 11216

Tel: 718 773 6644

Hours: Mon – Sat 9:30AM – 5:30PM

Website: www.barbarasflowershop.net



Wednesdays Senior Citizen Day 10 % Off.

Longstanding floral shop where intelligent expression meets beauty, passion, and style. Barbara's Flowers is committed to offer only the finest floral arrangements and gifts, backed by service that is friendly and prompt.

Creed Esthetics

1131 St Johns Place, Brooklyn NY 11213

Tel: 347 858 5351

Hours: Tue – Fri 10AM – 6PM, Sat 10AM – 3PM



Seniors aged 60 and over get a special discount on all facial treatments.

Creed Esthetics is dedicated to providing high-quality, naturally-derived skincare to all of our clients. Servicing the Crown Heights area, Creed Esthetics specializes in facials and other skincare treatments. Pamper your loved ones.

Jenny's Restaurant

233 Kingston Ave, Brooklyn, NY 11213

Tel: 718 604 9376 and 347 435 0656

Hours: Mon – Fri 7AM – 7:30PM, Sat 7AM – 6:30PM, Sun 8AM – 4PM



10% off for Senior Citizens on weekends. Free delivery between Fulton St, Empire Blvd, Nostrand and Utica Ave. Minimum order \$7 for seniors only.

Home-cooked Spanish and American food with friendly staff.



Perspective Family Eyecare

629 Eastern Pkwy (btw New York Ave and Brooklyn Ave)
Brooklyn, NY 11216

Tel: 718 708 5360

Hours: Mon – Fri 10AM – 6PM, Sat 10AM – 5PM

Thursdays Senior Citizen Day 10 % Off.

Full service eyecare practice providing comprehensive vision and eye examination (e.g. glaucoma, diabetic, red eye)
Designer frames, lenses, frame adjustments and repairs also available. Most insurances accepted. **Ask for Dr. Ben Arthur.**



Mayday Hardware

755 Washington Ave (btw Sterling Place and St Johns Pl)
Brooklyn, NY 11238

Tel: 718 783 7171 | **Hours:** Mon – Sat 10AM – 6PM

25% off every day for seniors aged 60 and over. Proof of Age required. Must mention “FRIENDS OF THE ELDERLY”.

Friendly, courteous, and knowledgeable service available in this classic hardware store. Opened since 1964, offering paint, plumbing, tools and garden supplies, plus a locksmith.

Keys accurately made. Referrals for local repairs and handyman available. **Ask for Jerry.**



PROFESSIONALS & FREELANCERS FOR SENIORS

*SOME SERVICES REQUIRE PROFESSIONAL HELP.
SPECIAL RATES FOR 60 AND OVER.*



Reverend Karl A. Delk / Servant of the Elderly

Rev Karl Delk is a Baptist minister that has been humbly serving the needs of seniors in NYC for the past 40 years. He is available for **hospital visitation** and **prays for the sick**. Rev Karl Delk is also a guest preacher, Eucharistic minister, and **calls thousands on their birthdays every year**.

When asked, Rev Delk helps grieving families plan and officiate funerals of loved ones. Planning a funeral in advance is a wise thing to do. It does offer many advantages, such as wanting your final wishes to be followed. To discuss details further **please call Rev Karl Delk at 917 696 9585**.



Douglass Rademacher LLP

ESTATE PLANNING ESTATE ADMINISTRATION
ESTATE LITIGATION

Lori Anne Douglass, Esq.
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Kerry D. Archer, Esq.
kerry@drestatecounsel.com



Our practice begins and ends with family. Whether we are assisting our clients in planning for their family’s financial future, guiding them through the administration of a loved one’s estate, or representing their rights and interests in court, our work is guided by a single goal: to provide your family with the high-quality, practical service we would expect from for our own families.

Douglass Rademacher’s attorneys have first-rate knowledge and experience, which they bring to a wide range of clients, offering everyone the high level of legal service typically available to the top 1% while maintaining affordable rates.

We firmly believe that everyone should be able to afford the highest quality estate planning and estate administration.

www.drestatecounsel.com

(347) 474-8164

Older Adults Technology Services (OATS)

Senior Planet Exploration Center

127 West 25th St, New York, NY 10011

Tel: 646 590 0615 or 718 502 9203

Hours: Mon – Fri 10AM – 5PM

Website: www.seniorplanet.org and www.oats.org

Are you interested in improving your computer skills, in learning how to find a job in the digital age, or in leveraging the power of technology to improve the way you age?

Be informed about all services and events that take place at the Senior Planet Exploration Center and have a one-on-one tech talk for personalized help! Walk-ins are welcome. Interested seniors can call beforehand at 646 590 0615.

To increase training opportunities, Senior Planet has partnered with 22 community-based sites around NYC to maintain state-of-the-art technology labs. These are open to the public and host Senior Planet courses. Call 718 502 9203 to find a lab near you, info on offerings and how to register.



Fun for Seniors

SENIOR CENTERS ARTS & CRAFTS

MOVIES, FITNESS,
MUSIC, GAMES,

**TAKE TIME TO PLAY!
IT IS THE SECRET OF STAYING YOUNG**

Staying active & engaged in your community adds years onto your life. A recent health study showed the effects of prolonged isolation are as detrimental to your health as smoking 15 cigarettes a day. Simply put loneliness kills.

Bethany United Methodist Church

1208 St Johns Pl (between Albany and Troy Ave)

Brooklyn NY 11213

Tel: 718 774 5689 | **Contact:** Rev. Narcisse Philips

Hours: Tue – Fri 11:30AM – 3:30PM

Website: www.bethanyumcbk.org

Thursdays: Senior Vibes Program.

From 1PM to 3:30PM.

Lite Lunch provided. Spiritual teaching, Fellowship, Music, Nutrition, Age coping skills, Movie clips, Mind games, Self Help, Sharing Information, Health Screening and Aerobics.

Eligibility: Age 55 and older.

Bus Lines: B45, B43

Bus Stops: St Johns Pl/Albany Ave, Kingston Ave/St Johns Pl.

Subway Stops: 3/4 to Kingston Ave.



Betsy Head Cardio Dance Group

Betsy Head Gymnasium

694 Thomas Boyland St (between Livonia and Dumont Ave)

Brooklyn NY 11212

Tel: 917 589 0873 | **Contact:** Carolyn

Hours: Mon, Wed, Fri, and Sat mornings 9:00AM – 11:00AM

Eligibility: Adults and Seniors

Bus Lines: B15

Bus Stops: E98 St/Clarkson Ave

Subway Stops: 3 to Rockaway Ave

Low Impact/Cardio Dance Aerobics/Toning
LOSE WEIGHT, BURN INCHES, and TONE YOUR BODY

CLASSES START PROMPTLY AT 9:00AM

Light Weight Training: 9:00AM – 10:00AM

Cardio: 10:00AM – 11:00AM

Monday: Back and Biceps

Wednesday: Chest and Triceps/Push-ups

Fridays: Shoulders, Arms & Legs

Saturday: Total Body

Abdominal/Obliques and Waist Exercises are performed each day we meet.

Brooklyn Public Library

10 Grand Army Plaza, Brooklyn, NY 11238

Tel: 718 230 2100 | **Hours:** Mon – Thu 9AM – 9PM,
Fri – Sat 9AM – 6PM, Sunday 1 – 5PM



Services for Older Adults include inclusive programming and services tailored to visitors over 50, including lectures, films, performances, and educational programs that reflect the wide interests of today’s older adults.

Books-to-Go supply reading and viewing materials to older adults in nursing homes, senior centers and adult day-care centers. Materials include books in English and other languages (some in large print), DVDs, and audiobooks.

Books by Mail provides books, audiobooks, and videos to people who are homebound or have a visual disability.

For additional information call **718 236 1760**, or visit:
www.bklynlibrary.org/seniors

Brower Park Library branch

725 St. Marks Ave. at Nostrand Ave.

Brooklyn, NY 11216

Tel: 718 773 7208 | **Contact:** Morris Denmark

Hours: Mon – Tue/Fri 10AM – 6PM, Wed 10AM – 8PM,
Thu 1PM – 8PM, Sat 10AM – 5PM, Sunday Closed.



Services for Older Adults (50+) include:

Computer Training – Refresh and Improve Your Skills

Please call beforehand to schedule a computer session.

Training introduces new PC users to hardware, applications, and techniques used to navigate a computer.

Basic Phone training Tuesdays from 10:30am until 11:30am.

Fort Greene Albany Senior Center

196 Albany Ave, Brooklyn, NY 11213

Tel: 718 773 2600

Hours: Monday – Friday 9AM – 5PM

Program Manager: Nolan Lazarus

Assistant Manager: Lois James



Eligibility: Age 60 and older. To join bring proof of DOB, medications taken and emergency contact information.

Bus Lines: B15, B65, B45

Nearest Bus Stop: Dean St/Albany Ave.

Subway Stop: 3 to Kingston Ave, C to Kingston-Throop Ave.

Zip Codes: Serving 11213, 11216, 11225, 11233, and more.

Services include **Breakfast** for a voluntary contribution of **\$0.50** from 9:30AM to 10:30AM, **Lunch** for a voluntary

contribution of **\$1** from 12:30PM to 1:30PM, and **Dinner** for a voluntary contribution of **\$1** from 4PM to 5PM (Tuesdays and Thursdays).

Fitness and Health activities: Monthly Dance Parties, Exercises, Health and Fitness, Nutrition, Blood Pressure Screening, Diabetes Monitoring, and Line Dancing.

Educational and other activities: Computer Classes, Art, Workshops, BAM Cultural trips, Health presentations, Movies, Beading, Sewing, Painting, Social Hour, Bingo.

Special Events: On the last Friday of every month, from 12 to 3PM, senior residents gather together to enjoy a festive birthday celebration. Soul food served, birthday gift bags, music, dancing and good vibes. First-time guests welcome.

Mark your calendars on April 24, May 29, June 26, July 31, August 28 and September 25.

Miller Evangelical Christian Union Church

1110 President St (between Bedford and Rogers Ave)
Brooklyn, NY 11225

Tel: 718 363 7160 ext 202

Contact: Margaret Orakwue



Tuesdays: Senior Adult Fellowship 11AM until 2PM.

Lunch provided. Bible Study, Fellowship, Music, Arts & Crafts, Exercises, and Day trips.

Eligibility: Age 50 and older | **Bus Lines:** B45, B49

Bus Stops: St Johns Pl/Rogers Ave, President/Rogers Ave.

Subway Stops: 3 to Nostrand Ave, 2/5 to President St.

St. John's Senior Group

1251 Prospect Pl (between Troy Ave & Schenectady Ave)

President: Richard Armstrong

Tel: 718 771 2787

Meets the **1st Friday of every month** from **9:30AM** until **11:30AM**, 3rd Floor of the **St. John's Recreation Center**, at 1251 Prospect Pl.

Get info pertaining to Medicare, sporting events, physical and health-related activities (e.g. swimming, yoga, cardio), advocacy, cultural events, and other age-related topics.

The application deadline for the **Empire State Senior Games** (June 13-21, 2020) is on **May 11th**. For more information on the calendar of events and to register call Machell Phelps at 800-859-2227 or visit www.nyseniorgames.com



VETERANS BENEFITS

“Let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free”

- Dan Lipinski

VA New York Harbor Healthcare System

Brooklyn Campus, 800 Poly Place

Brooklyn, NY 11209

Tel: 718-836-6600 | **Hours:** Mon – Fri 8AM – 4:30PM

Veterans Crisis Line: 800-273-8255 Press 1 to be connected to a veterans' crisis counselor.

Website: www.nyharbor.va.gov

VA NY Harbor Healthcare System is deeply committed to address the medical and mental health needs of the men and women who so proudly served our nation. Services are available to veterans living in the 5 boroughs. This system works to be the provider of choice of veterans and the community by offering an efficient, integrated, and quality health care system, capable of providing timely access to a full range of primary, specialty and chronic health care services.

New York State Division of Veterans Affairs

245 W Houston St, New York, NY 10014

Tel: 888 838 7697

Hours: Mon – Fri 8AM – 5PM

To learn more about the benefits and services you may be eligible for as a Veteran, service member, or as a family member of a Veteran or service member, please call the NYS Division of Veterans' Affairs Help Line at 888 838 7697.

Also visit www.veterans.ny.gov to learn about employment opportunities for veterans with disabilities, and about the support offered to current service members, family members and caregivers.



CAREGIVERS

“IT IS NOT HOW MUCH YOU DO, BUT HOW MUCH LOVE YOU PUT IN THE DOING” – Mother Teresa

“To care for those who once cared for us is one of the highest honors”. Seek the support you need and tap into the resources below on your caregiving journey.

AARP Caregiving Resource Center

Tel: 877 333 5885 – Caregiver Hotline

Hours: Mon – Fri 7AM – 11PM

Website: www.aarp.org/caregiving/

AARP offers a wide variety of resources and information on issues facing current and future caregivers.

Aging with Dignity

Tel: 850 681 2010

Hours: Mon – Fri 9AM – 5PM

Website: www.agingwithdignity.org and www.fivewishes.org

A leading advocate for the needs of elders and those who care for them, Aging with Dignity is dedicated to helping our elders make their own educated choices in their later stages of life. The "Five Wishes" program assists all people ages 18 and up in writing their own personal preferences in times of serious illness.

Five Wishes is more than just an advance care planning document. It is a complete approach to discussing and documenting your care and comfort choices. It's about connecting families, communicating with healthcare providers, and showing your community what it means to care for one another.

Care NYC: Support for Caregivers

Tel: 877-577-9337

Hours: Mon – Fri 9AM – 5PM

Website: www.scsny.org

Care NYC is a program that provides caregiver support to anyone who is caring for a friend, relative, or other loved one with memory loss caused by Alzheimer's or another form of dementia. Care NYC has a dedicated team of social workers available throughout the five boroughs to help those with the unique challenges of providing care, including staff at SUNY Downstate Medical Center. We can help caregivers enjoy the time they spend with their loved one while providing care.

Support Specialists: Caregiver support specialists provide reliable information and access to services including:

- Respite services, including in-home or adult day care
- Long-term care planning to help you prepare for the road ahead
- Applying for Medicaid and other benefits
- Counseling with understanding professionals
- Peer support groups
- Education and caregiver skills workshops
- Wellness activities, and more

Our staff speaks languages such as English, Spanish and Haitian Creole and can further assist in finding help for you in another language if needed. We have a social worker at SUNY Downstate in Brooklyn who can provide in-person consultation in the Brooklyn area.

Call **877-577-9337** or email carenyc@scsny.org for any info regarding our caregiver services.

CaringKind

360 Lexington Ave, Suite 3

New York City, NY 10017

Tel: 646 744 2900 | **Hours:** **24-Hour Helpline**

Website: www.caringkindnyc.org

CaringKind provides free information, assistance and support for those with Alzheimer's disease and related dementias, and for their families and caregivers in all 5 boroughs. CaringKind can be reached 24 hours a day, 365 days a year, in 200 languages.

Call their **24/7 Helpline at 646 744 2900** and talk to New York City's dementia experts.

Caregivers Support Group

Brooklyn, NY 11216

Designed to provide support for Caregivers to share, interact and learn from each other in a safe and supportive environment. Who can benefit? Those taking care of loved ones suffering from chronic conditions, such as Alzheimer's, Dementia, Stroke, Parkinson's and other illnesses.

Monthly meetings help empower Caregivers to improve care for themselves and others.

WHEN: 2nd Monday of each month from 6:30pm until 8pm.
Upcoming meeting dates: 4/13, 5/11, 6/8, 7/13, 8/10, 9/14.

WHERE: Bedford Central Presbyterian Church
1200 Dean Street (corner of Nostrand Ave)

CONNECT: For more information and to register, contact Shawn Forde, LMSW, at 917 836 8206 or call 718 467 0740.

Heights and Hills Caregiver Program

81 Willoughby Street, Suite 302

Brooklyn, NY 11201

Tel: 718 596 8789 | **Hours:** Mon – Fri 9AM – 5PM

Website: www.heightsandhills.org

Our caregiver program focuses on those family members, friends or neighbors who provide unpaid assistance such as emotional support, shopping, cooking, bathing, and bill paying for the older adults in their lives. Our social workers are available to provide information and offer assistance in a supportive and confidential setting. We help hundreds of caregivers navigate the healthcare maze, obtain information on benefits for the elderly, and get the emotional support they need to take on the challenges related to caregiving.

Support Groups: Offered both in person and by phone, designed to accommodate a range of schedules.

Seminars: Heights and Hills leads the following seminars in your workplace or community setting:

- Demystifying Dementia
- Legal and Healthcare Planning

- Caregiving 101
- Caring for Loved Ones When They Aren't So Loveable
- Long-Distance Caregiving

We can also customize content to your organization's needs as they relate to eldercare.

Call **718 596 8789** or email info@heightsandhills.org for more information or to schedule a seminar.

ShareTheCaregiving Inc Aka Share The Care™

Tel: 212 991 9688

Hours: Mon – Fri 9AM – 5PM

Website: www.sharethecare.org

Email: info@sharethecare.org

Share The Care is a cost effective, evidence-informed, and caregiving model (book) that empowers ordinary people with the information, guidance, and tools they need to organize and maintain a "caregiving family" to support someone they know facing a medical, health or aging issue. Share The Care prevents caregiver burnout and turns offers of "What can I do to help?" into action.

New York State Caregiving and Respite Coalition (NYSCRC)

Statewide coalition focused on supporting caregivers, professionals and providers across New York State.

More at: www.nyscrc.org or by calling 585 287 6393, Monday through Friday, from 8:30am to 4:30pm.



ADVOCACY GROUPS

“Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth.”

— **William Faulkner**

AARP

750 Third Avenue, 31st Floor, New York, NY 10017

Tel: 866 227 7442

Hours: Mon – Fri 7AM – 11PM

Website: www.aarp.org/ny

AARP is a national organization providing benefits, advocacy, and resources for people 50 years and over.

American Diabetes Association

Greater New York City

880 3rd Ave, 12th Floor

New York, NY 10022

Tel: 800 342 2383 or 212 725 4925

Hours: Monday – Friday 9AM – 5PM

Website: www.diabetes.org

Works to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Provides nutrition information and recipes, as well as assistance for caregivers.

American Cancer Society

Brooklyn Chapter

503 5thAve, Suite 2A

Brooklyn, NY 11215

Tel: 800 227 2345 - 24 hour helpline

Website: www.cancer.org

Offers a list of services providing free cancer information and resources, including reduced-fee cancer screenings and support programs for people living with cancer.

Community Health Advocates

633 Third Avenue, 10th Floor, New York, NY 10017

Tel: 888 614 5400

Hours: Mon – Fri 9AM – 4PM

Website: www.communityhealthadvocates.org

Community Health Advocates is a program of the Community Service Society, which exists to help guide individuals, families, and businesses through the healthcare system. The program provides free information, advice, advocacy on all types of healthcare issues.

Consumers Advocate

Website: www.consumersadvocate.org

ConsumersAdvocate.org does rigorous research and testing so you don't have to. We generate helpful, honest, and accurate information to match you with companies that are best for your specific situation so you can find what you need, when you need it.

Medical Alerts Review: A comprehensive guide to understanding how to find the right medical alert system for someone close to you.

www.consumersadvocate.org/medical-alerts

Hearing Aids Review: Before you decide which hearing aid is best for you, learn about the available options & compare the top-rated hearing aid companies on the market.

www.consumersadvocate.org/hearing-aids

Cell-Phones for Seniors: A careful analysis of the equipment and plans currently available for mobile phones for seniors.

www.consumersadvocate.org/cell-phones-for-seniors

Medicare Rights Center

Hotline: 800 333 4114 (Spanish available)

Hours: Monday – Friday 10AM – 3PM

Website: www.medicarerights.org

The Medicare Rights Center is the largest independent source of health care information for people with Medicare. It provides direct assistance to older adults and people with disabilities, as well as friends, family, caregivers, and professionals who have Medicare questions or problems.

Trained counselors respond to questions about available health plan options, rights and benefits, and can help people get the care and medicine they need. When appropriate, staff represent clients who cannot secure the care or coverage they need on their own.



VOLUNTEER OPPORTUNITIES

“You make a living by what you get. You make a life by what you give” – Winston Churchill

Little Brothers – Friends of the Elderly

Tel: 718 395 5722 | **Hours:** Mon – Sat 9AM – 7PM

Website: www.littlebrothersnyc.org

Email: littlebrothersnyc@gmail.com

Little Brothers Friendly Visiting Program is looking for friendly visitors, young and old, to offer companionship and support to the elderly homebound at risk of social isolation.

For current volunteer opportunities please call 718 395 5722 or fill out a form online at: littlebrothersnyc.org/volunteer/

New York Cares

65 Broadway, 19th Floor

New York, NY 10006

Tel: 212 228 5000 | **Hours:** Mon – Fri 9AM – 5PM

Website: www.newyorkcares.org

Non-profit organization that matches people of all ages with thousands of volunteer opportunities across the city.

Opportunities available for those who want to help out for as little as one day. First create an account online and fill out a Volunteer Information form, then call to register for a volunteer orientation in Brooklyn. After completing orientation you can sign up for volunteer projects online.

Retired & Senior Volunteer Program (RSVP)

633 3rd Avenue, 10th Floor

New York, NY 10017

Tel: 212 614 5489 | **Hours:** Mon – Fri 9AM – 5PM

Website: www.cssny.org/programs/entry/retired-and-senior-volunteer-program

Email: iwanttovolunteer@cssny.org

Hosted in NYC by the Community Service Society of New York, RSVP helps older adults aged 55 and over find meaningful volunteer opportunities across the City. Potential volunteers can choose from over 250 RSVP partners (e.g. hospitals, literacy programs, or soup kitchens) or signature projects (e.g. mentoring, benefits counseling, and financial coaching).

Start your search today by calling to schedule a one-on-one placement interview or to register for a presentation-style Learn and Link.

Long Term Care Ombudsman Program for New York City at the Center for Independence of the Disabled (CIDNY)

841 Broadway, Suite 301

New York, NY 10003

Tel: 212 812 2913

Contact: Mary Jane Wolper, Volunteer Coordinator

Email: mwolper@cidny.org

The **New York State Long Term Care Ombudsman Program** is looking for volunteers to serve as certified

Ombudsmen to improve the quality of care and quality of life for New Yorkers who live in long-term care facilities.

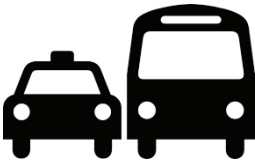
Contact your local ombudsman to assist you with any concerns:

Bronx and Manhattan- 212-812-2901

Brooklyn- 212-812-2911

Queens- 212-812-2908

Staten Island and Adult Homes- 212-812-2928



TRANSPORTATION

*GET AROUND SAFELY AND
WITHIN YOUR BUDGET*

Unable to take public transportation and cannot afford a cab? Consider carpooling with a neighbor or apply to Access-A-Ride.

Access-A-Ride



- Whether you are applying or recertifying for Access-A-Ride (AAR), call 877-337-2017 **(9AM – 5PM)**. Toll-free number for area codes 212, 929, 718, 347, 516, 631, 646, 914, 917, 332 and 845) or 718-393-4999 (from other area codes).
- **Website:** www.mta.info

Reduced Fare MetroCards

Tel: 718 330 1234 or 511 (automated)

Website: <http://web.mta.info/nyct/fare/rfindex.htm>

Reduced Fare MetroCards currently offer \$1.35 fare to adults 65 and older or who have qualifying disabilities. Reduced Fare cards work like standard MetroCards, but are personalized with your name and photo. Pay-per-ride and unlimited-ride options available, as well as EasyPay.

Call for an application form, or apply in person at 3 Stone Street (at Broadway). Take 4/5 train to Bowling Green in Manhattan. Two valid forms of identification are needed. Check website for where to use reduced fare MetroCards.



EMERGENCY & HELPFUL PHONE NUMBERS

- Adult Protective Services: 718-722-4812
- AIDS Hotline: 800-541-2437 or Spanish 800-233-7432
- Alcoholics Anonymous: 212-647-1680
- CaringKind Helpline: 646-744-2900
- Alzheimer’s Association 24/7 Helpline: 800-272-3900
- American Psychiatric Association: 888-357-7924
- American Red Cross in New York: 800-733-2767
- Safe Home Project: 718-499-2151 or 718-788-6947
- Adult Protective Services: 718-722-4830
- Citymeals-on-Wheels: 212-687-1234
- Crime Victim: 212-577-7777 or 800-621-4673
- NYC Domestic Violence Hotline and Emergency Intervention Services: 800-621-4673
- Victim Connect Resource Center: 855-484-2846
- Elderly Crime Victims Resource Center (NYC Department for the Aging): 212-442-3103

- Federal Communications Commission: 888-225-5322
- Fire Safety Education Unit: 718-281-3870
- Food Stamps: 718-557-1399 English and Spanish
- Emergency Shelter, Public Assistance: 3-1-1
- Employment Law Project Hotline: 888-218-6974
- Gamblers Anonymous: 855-222-5542
- BRC Homeless Helpline: 800-994-6494 or 212-533-5151
- DOROT Homelessness Prevention: 212-580-0001
- Homeless Family Rights Hotline: 800-649-9125
- Housing Court Answers Hotline: 212-962-4795
- HRA Infoline: 718-557-1399
- New American Hotline: 800-566-7636
- Immigration Law Unit Hotline: 212-577-3456
- IRS Tax Assistance: 212-436-1000
- Legal Aid Society: 212-577-3300
- LIFENET 24-Hour Mental Health Hotline: 888-692-9355
- LiveOn NY Benefits Center: 347-815-5930
- Low-Income Taxpayer Clinic: 212-426-3013
- Medicare: 800-633-4227
- Medicaid (via HRA Infoline): 718-557-1399
- Narcotics Anonymous: 212-929-6262
- New York Legal Assistance Group: 212-613-5000
- NYS Office of the Attorney General: 800-771-7755
- NYC Elder Abuse Center of Weill Cornell Medical: 212-746-7211
- NYS Department of Health Helpline: 866-881-2809
- NYS Department of Health Nursing Home Abuse Hotline: 888-201-4563, Home Care/Hospice Hotline: 800-628-5972, Adult Home Hotline 866-893-6772, Doctors Professional Misconduct 800-663-6114

- NYS Public Service Commission: 800-342-3377 (for emergencies: 800-342-3355)
- NYC Well: 888-692-9355
- Police, Fire or Ambulance: 9-1-1
- Poison Control Center: 800-222-1222 or 212-764-7667
- Safe Horizon (domestic violence, human trafficking, and stalking): 800-621-4673
- Shelter Services / Weinberg Center for Elder Abuse Prevention: 800-567-3646
- Senior Hotline: 800-342-9871
- SNAP Benefits Infoline: 718-557-1399
- Social Security Administration: 800-772-1213
- NY Smokers Quit Line: 866-697-8487
- National Suicide Prevention: 800-273-8255
- Veterans Crisis Line: 800-273-8255 x1

NOTES

A BIG THANKS

TO ALL DONORS, SUPPORTERS and VOLUNTEERS WHO MADE THE 6th EDITION OF OUR 2020 SENIOR RESOURCE GUIDE POSSIBLE BY THEIR PARTICIPATION & CONTRIBUTION.

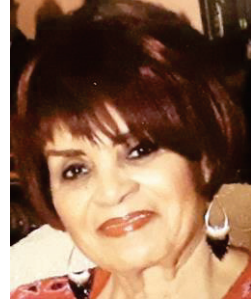
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Rebekah with elderly friend Joyce Bolden, 80.

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