

**SUFFOLK COUNTY
OFFICE FOR THE AGING**

**PROGRAM & SERVICES GUIDE
FOR SENIOR CITIZENS**



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Suffolk County Executive

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COUNTY ROAD 51
RIVERHEAD, NEW YORK 11901-3397

INFO LINES:

Hauppauge
(631) 853-8200

Riverhead
(631) 852-1420

Visit our website at:
<http://www.suffolkcountyny.gov/>

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COUNTY OF SUFFOLK



OFFICE OF THE COUNTY EXECUTIVE

Steven Bellone
Suffolk County Executive

Dear Friends:

For forty years, Suffolk County has been committed to improving the quality of life for those residents age 60 or older. With 285,071 residents over age 60, it is important that we maximize service delivery to seniors through the effective use of Federal, State and local resources. Residents over age 60 now represent 19% of the county's population.

The Suffolk County Office for the Aging is responsible for coordinating the network of services available to seniors. These services include social, recreational, and assistance programs. The goal of these programs is to allow individuals to live independently and actively in their communities.

In order to assist you in accessing programs available in your community, I am pleased to provide you with this Program and Services Guide. If you have questions about any of the programs available to older residents, I would encourage you to call the Office for the Aging at 853-8200.

Sincerely,

A handwritten signature in black ink that reads "Steven Bellone".

STEVE BELLONE
Suffolk County Executive

OFFICE FOR THE AGING

Suffolk County began services for older residents in 1972 with a hotline for seniors. In April 1974, the Suffolk County Office for the Aging was officially designated as an Area Agency on Aging by the New York State Office for the Aging which derives such authority from the Federal Older Americans Act of 1965, as amended. In 1981, the office was expanded to include a satellite office in the Riverhead County Center to provide more convenient service to senior citizens living on the East End.

The Office for the Aging is charged with developing and implementing policies and programs for Suffolk residents 60 years of age and older. It interprets and carries forward the policies and procedures of the Federal and State governments as expressed in directives, regulations and statutory charges from these bodies.

The office develops a county-wide plan and allocates federal, state and county funding to provide services geared toward assisting older persons to remain independent in their own homes.

The Office for the Aging is responsible for representing the interests of older adults to local government and the County Executive. The office advocates for legislation and funding to improve the quality of life for Suffolk's older residents.

The Suffolk County Office for the Aging provides a range of services to older adults and their families. These services include information and referral, case management, guiding older individuals to needed services, and assisting them with applications for benefit programs. Through contracts with municipal and community-based agencies, the office administers a diversity of services, such as transportation, home care, respite, home-delivered meals and congregate nutrition programs. The Office for the Aging encourages residents to call for information on any of the services they may be interested in obtaining.

SUFFOLK COUNTY SENIOR CITIZENS ADVISORY BOARD

Federal mandate requires that an Area Agency on Aging establish a Senior Citizens Advisory Board. This was accomplished by Resolution of the Suffolk County Legislature. Board members are appointed by the County Executive, subject to approval by the Legislature. The Resolution states that the Board be composed of no less than ten members. Various county Departments, such as Health, Consumer Affairs and Social Services, are all ex-officio members of the Board. The Board meets each month with the Director of the Office for the Aging.

The goal of the Suffolk County Senior Citizens Advisory Board is to assist in developing policies for the physical, mental and social well-being of the senior citizens of the county. The Board assists in furthering public education forums on senior citizen problems and needs. The members provide feedback to the Office for the Aging on current issues and trends facing the elderly in Suffolk County. The Board's composition and the manner in which this prestigious body operates has enabled the Office for the Aging to go forward with new and innovative programs to enhance the quality of life for those over age 60 in Suffolk County.

The Office for the Aging's Senior Citizen Advisory Board co-sponsors Suffolk County's Older American's Month "Senior Celebration" in May and the annual senior citizen picnic each summer. Each year the Board selects a senior individual for recognition as Suffolk's "Senior of the Year" which is awarded at the May celebration.

CASE MANAGEMENT

Case Management is provided under the Expanded In-Home Services for the Elderly Program (EISEP). Case Management is a service designed to assist seniors access services which are suitable to meet individual needs. Case Management consists of five components:

- 1) Intake and Screening
- 2) Assessment and Reassessment
- 3) Comprehensive Services Planning
- 4) Services Acquisition
- 5) Monitoring and Follow-Up

Service plans are developed with clients and their support system to achieve a set of defined goals. The primary objective is to provide guidance to enable seniors to live in a safe environment.

For further information see Home Care Services on page 7 or call:
Western Suffolk: 853-8200

Family Caregiver Support Services

Services including case management, information and referral, counseling, support groups, training and respite have been developed under Title III-E of the Older Americans Act. This program helps sustain family caregivers in their efforts to care for an older relative who has a chronic illness or disability. The Office for the Aging coordinates a variety of services. These services are designed to complement, not replace, family care. For information and assistance, call 853-8200.

Elder Abuse

Elder abuse is a national problem affecting over one million older people. This abuse can be physical abuse, emotional abuse, financial exploitation, sexual abuse, or neglect by another individual. There are services available to help elder abuse victims. For non-emergency situations, the Suffolk County Office for the Aging can provide information and assistance to the victim. Adult Protective Services, which is a state-mandated program designed to assist adults 18 or older who are in danger, can be reached at (631) 854-3195, 3196 and 3197. There is also an Elder Abuse Counseling Program at the Victims Information Bureau of Suffolk, (631) 360-3730.

**The Health Insurance Information, Counseling and Assistance Program
(HIICAP)**

The HIICAP Program has been established to assist seniors through the maze of health insurance paperwork. Assistance is available with the whole range of health insurance programs including Medicare, Medicaid and Supplemental coverage. Trained volunteers provide elderly persons and their families with the information, counseling and assistance necessary to purchase, claim and appeal decisions about health insurance coverage. For information and scheduling, call the HIICAP hotline at 853-6651.

SENIOR ADULT DAY CARE

Social Model Adult Day Care

Senior Adult Day Care Services are community-based programs offering socialization, personal care, supervision, recreation, and a nutritious meal in a protective setting to those frail or impaired elderly adults who cannot remain alone, but do not require 24-hour residential care. Eligibility, fees and services provided vary. Programs are supported by federal, state, county and town funds, and private funding.

Birchwood Assisted Living Social Day Care Center

423 Clay Pitts Road
East Northport, NY 11731.....Phone: 368-5252

**Community Programs Center Of Long Island
Frail Elderly Program & Specialized Alzheimer's Program**

400 Sheep Pasture Road
Port Jefferson, NY 11777.....Phone: 476-9698

2210 Smithtown Avenue
Ronkonkoma, NY 11779Phone: 585-2020

St. Johnland Social Adult Day Care Program

395 Sunken Meadow Road
Kings Park, NY 11754Phone: 663-2421

Town of Brookhaven Adult Day Programs ...Phone 451-9142 or 451-9191

Centereach Adult Day Care
New Village Recreation Center
20 Wireless Road
Centereach, NY 11720

Mt. Sinai Adult Day Care
Rose Caracappa Senior Center
739 Route 25A
Mt. Sinai, NY 11766

Yaphank Adult Day Care
Swezey-Avey House
Mill Road
Yaphank, NY 11980

Town of East Hampton Intergenerational Day Care

328 Accabonac Highway
East Hampton, NY 11937Phone: 324-6449

Town of East Hampton/Montauk Adult Day Care

240 Edgemere Road
Montauk, NY 11954.....Phone: 668-3778

Town of Huntington Senior Day Care

423 Park Avenue
Huntington, NY 11743Phone: 351-3293

Town of Southampton Adult Day Care

25 Ponquogue Avenue
Hampton Bays, NY 11949Phone: 728-1235

Town of Southold Senior Adult Day Care

750 Pacific St.
Mattituck, NY 11952.....Phone: 298-4470

Medical Model Adult Day Care

Medical Adult Day Care provides transportation and a full range of therapeutic services to functionally impaired, but home-bound individuals. Medical adult day care programs are licensed by the New York State Department of Health.

Bellhaven Nursing Center & Adult Day Care Programs

110 Beaver Dam Road
Brookhaven, NY 11719
Phone: 286-8100

Carillon Adult Day Health Care

830 Park Avenue
Huntington, NY 11743
Phone: 271-5800 X 351

Gurwin Adult Day Program

68 Hauppauge Road
Commack, NY 11725
Phone: 715-2520

John J. Foley Skilled Nursing Facility Adult Day Health Care Program

14 Glover Drive
Yaphank, NY 11980
Phone: 852-4677

L. I. State Veterans Home Adult Day Care

State University of NY at Stony Brook
100 Patriots Road
Stony Brook, NY 11790
Phone: 444-8530, 1-800-Day Care

Huntington Hills Adult Day Health Care Services

400 S. Service Road
Melville, NY 11747
Phone: 631-439-3121

Broadlawn Adult Day Health Center

399 County Line Road
Amityville, NY 11701
Phone: 608-5650

Avalon Gardens Rehab. & Health Care Center

Route 25A
Smithtown, NY 11787
Phone: 724-1228

Maria Regina Adult Day Health Services

1725 Brentwood Road, Bldg. 1
Brentwood, NY 11717
Phone: 299-3069

Nesconset Nursing Center's Islip Adult Day Health Services Program

575 Clayton Street
Central Islip, NY 11722
Phone: 234-0550

St. Johnland Health Care Services

395 Sunken Meadow Road
Kings Park, NY 11754
Phone: 663-2474

San Simeon by the Sound Adult Day Healthcare

61700 Route 48
Greenport, NY 11944
Phone: 631-477-2110

MATURE WORKERS ASSISTANCE PROGRAMS

The Senior Community Services Employment Program (SCSEP) is a federally funded employment training program that is designed to assist unemployed, low-income individuals 55 years of age or older who are interested in re-entering the workforce. Community Service Employment training is defined as part-time, temporary employment through which participants are engaged in community service and receive on the job training that can lead to unsubsidized employment. In Suffolk County, please contact the local SCSEP sponsor:

National Urban League of Westchester Monday-Friday 9:00AM-5:00PM
Mature Worker's Program of Long Island Phone: 516-307-1820
175 Fulton Avenue, Suite 308
Hempstead, NY 11550

The Suffolk County Office for the Aging is a partner in the Suffolk County One-Stop Employment Center. The Center provides comprehensive employment services including access to services such as job listings, assessment of skill levels, employment search and placement assistance. For more information call:

The Suffolk County One-Stop Employment Center
Suffolk County Department of Labor
North County Complex, Building #17
Hauppauge, New York 11788
Hours: Mon. - Fri. 8:30am - 5:00pm
Phone: 853-6600

OMBUDSERVICE

Trained and certified community volunteers advocate on behalf of nursing home and adult home residents and their families. These advocates are the link between the residents who are isolated from the mainstream of society and the community. Certified ombudspersons have legal access to the facilities at all times. They investigate residents' complaints and help resolve problems to assure quality of care for long term care residents. For information, call 427-3700 X 273.

EPIC

(Elderly Pharmaceutical Insurance Coverage)

If you are 65 years of age or older, a resident of New York State, and you meet income guidelines, the New York State EPIC Program may save you money on your prescription needs. This cost-sharing program applies to low-to-moderate income seniors. The program is state funded. For eligibility and enrollment, call EPIC at 1-800-332-3742.

FOSTER GRANDPARENT PROGRAM

The Foster Grandparent Program receives a supplemental grant from Suffolk County to enhance its program. Low income senior volunteers are paired with special needs children for 20 hours each week. Activities range from reading, story-telling, tutoring, to playing games and listening. Volunteers receive a small stipend, a meal and transportation assistance. For further information, or to volunteer, call 321-8229 xt. 1224.

HOME ENERGY ASSISTANCE PROGRAM (HEAP)

This program is essential to protect the health and safety of our senior population. Most of the income eligible people are living on fixed incomes and are vulnerable to the impact of rising energy costs.

The Office for the Aging provides assistance and makes referrals to energy assistance programs such as HEAP (Home Energy Assistance Program) and the New York State Weatherization Assistance Program.

Both homeowners and renters may apply. Applications are accepted each program year beginning in the fall and continues until the federal funds are exhausted.

For information, current income guidelines, and benefit amounts, contact the HEAP HOTLINE at 853-8326.

HOME-CARE SERVICES

Expanded In-Home Services for the Elderly Program (EISEP)

Case management and limited non-medical in-home care may be provided when funds are available to persons aged 60 and over who can no longer perform the day to day tasks involved in managing a home. Services may range from shopping, laundry assistance and light housekeeping, to bathing and grooming. These persons cannot be eligible to receive similar service from Medicaid, or any other governmental program.

Case managers interview the applicant and complete a detailed in-home assessment of the individual's functional impairments, unmet needs, informal supports, and finances in order to formulate a written care plan to safely meet the person's home care needs.

There is no charge for case management, but the client may be required to cost-share for the home care services. Please call 853-8200. There is a waiting list.

HOME EQUITY CONVERSION

Suffolk County residents, age 62 or older, may be able to utilize the equity in their homes by obtaining a Home Equity Conversion Mortgage (HECM). A HECM is a federally insured mortgage in which a homeowner can borrow money against the value of his or her home. The borrower can receive a lump sum, a monthly payment and/or a line of credit. No repayment of the mortgage (principal or interest) is required until the borrower dies or the home is sold.

Counseling is essential to ensure that all parties understand the legal and financial obligations involved. For information and referral to organizations that provide the required counseling, call 853-8200.

SENIOR CITIZEN I.D. CARD

The Suffolk County Senior Citizen I.D. Card is issued free of charge to Suffolk County residents aged 60 and over. It is available upon proof of age and residence at many locations, including your local county legislator's office.

Many businesses offer discounts to seniors with a valid I.D. Card. Be sure to inquire at the time of purchase. The card is required for the reduced fare on the Suffolk County Bus System.

Call the Info Line for the nearest ID Card location: 853-8200.

INFORMATION AND REFERRAL

Info Lines

The Senior Citizen Info Lines will assist with requests for information Monday through Friday, 8:30 AM to 4:30 PM. Call 853-8200 in Hauppauge or 852-1420 in Riverhead.

Suffolk NY Connects: Choices for Long Term Care

Suffolk NY Connects is a reliable source of information on all long term care options for consumers of all ages. The aim is to provide comprehensive, objective, information for individuals and their caregivers about home, community based and institutional long term care services and linkage to services and resources to meet their needs. Please call 853-8200 Monday through Friday, 8:30 am – 4:30 pm.

LEGAL ASSISTANCE

An attorney is available for personal legal consultation. The services include representation at advocacy and administrative hearings. Call 761-7470 or write Touro Law Center, Senior Citizens' Law Program, 225 Eastview Drive, Central Islip, NY 11722. It is requested and recommended that you call for an appointment.

NUTRITION PROGRAMS

There are thirty-one Senior Nutrition Programs throughout Suffolk County. The congregate programs provide seniors with a nutritious mid-day meal and the opportunity to socialize. Limited transportation is available. Home delivered meals are available to eligible homebound older residents age 60 or older. A client assessment is done to determine eligibility. Information and referral, nutrition education, nutrition counseling, recreation, and other supportive services are also available. A suggested voluntary contribution or food stamps are accepted. For further information on the meal program, call 853-8227. Nutrition education and nutrition counseling are available to all who are 60 and over by calling 853-8232.

NUTRITION SITES

BABYLON

Amityville Meals-on-Wheels
147 Schleigel Boulevard
Amityville, NY 11701
789-5219 Home Delivered

North Amityville Senior Nutrition
48-C Cedar Road
North Amityville, NY 11701
789-3524 Congregate

Spangle Drive Senior Nutrition
438 Spangle Drive
North Babylon, NY 11703
422-7610 Congregate

Tanner Park Senior Nutrition
Tanner Park
Copiague, NY 11726
842-7773 Congregate

Wyandanch Senior Nutrition
28 Wyandanch Avenue
Wyandanch, NY 11798
491-4889 Congregate

BROOKHAVEN

Bay Area Senior Nutrition
369 Neighborhood Road
Mastic Beach, NY 11951
281-7679 Congregate & Home Delivered

Nutrition Sites continued:

Gordon Heights Senior Nutrition
10 Teller Avenue
Coram, NY 11727
696-1671 Ext. 13 Congregate & Home Delivered

Mailing Address:
P.O. Box 151
Coram, NY 11727

Moriches Home Delivered Meal Program
P.O. Box 135
Center Moriches, NY 11934
874-3856 Home Delivered Meals in Eastern Brookhaven

Rose Caracappa Senior Citizen Cultural & Wellness Center
739 Route 25A
Mount Sinai, NY 11766
476-6446 Congregate & Home Delivered (Monday, Wednesday, & Thursday)

Prime Time Home Delivered Meals
146 So. Country Road - Suite 3
Bellport, NY 11713
286-7624 Home Delivered in Selden, Centereach, Farmingville, Patchogue
and Bellport

EAST HAMPTON

East Hampton Senior Nutrition
128 Springs Fireplace Road
East Hampton, NY 11937
324-6711 Congregate

Nutrition Sites continued:

Montauk Community Senior Nutrition Center
Montauk Community Church
240 Edgemere Street
Montauk, NY 11954
668-1023 Congregate (Monday- Friday)

HUNTINGTON

Huntington Senior Nutrition
423 Park Avenue
Huntington, NY 11743
351-3253 Congregate 421-1273 Home Delivered

Huntington Senior Nutrition
St. Hugh of Lincoln
1450 New York Avenue
Huntington Station, NY 11746
385-1906 Congregate

ISLIP

Adelante Senior Nutrition
River of Life Church
45 Pineaire Drive
Bay Shore, NY 11706
231-2049 Congregate

Caesar Trunzo Senior Center
16 Second Avenue
Brentwood, NY 11717
436-6072 Congregate & Home Delivered

East Islip Joyce Fitzpatrick Senior Nutrition
50 Irish Lane
East Islip, NY 11730
224-5396 Congregate 224-5340 Home Delivered

Oakdale Senior Nutrition
Ockers Gardens Housing
963 Montauk Highway
Oakdale, NY 11769
472-7023 Congregate

Nutrition Sites continued:

Ronkonkoma Senior Nutrition
299 Rosevale Avenue
Ronkonkoma, NY 11779
467-3324 Congregate & Home Delivered

St. Ann's Garden Senior Nutrition
80100 2nd Avenue
Brentwood, NY 11717
952-5411 Congregate (Tues., Thurs.)

West Islip Senior Nutrition
90 Higbie Lane
West Islip, NY 11795
893-8934/8932 Congregate 224-5340 Home Delivered

RIVERHEAD

Riverhead Senior Nutrition
60 Shadetree Lane
Aquebogue, NY 11931
722-4444 X 304 Congregate & Home Delivered

Mailing Address:
60 Shadetree Lane
Riverhead, NY 11901

SHELTER ISLAND

Shelter Island Senior Nutrition
Presbyterian Church Hall
Route 114
Shelter Island, NY 11964
749-0642 Congregate (Monday & Friday) & Home Delivered (Mon., Wed. & Fri.)

SMITHTOWN

JASA Senior Nutrition
Suffolk Y Jewish Community Center
74 Hauppauge Road
Commack, NY 11725
462-9800 X 220 Congregate & Home Delivered - Kosher

Nutrition Sites continued:

Smithtown Senior Nutrition
420 Middle Country Road
Smithtown, NY 11787
360-7616 Congregate & Home Delivered

Supper Club 60
Zan's Kosher Deli & Restaurant
135 Alexander Avenue
Lake Grove, NY 11755
979-8770 Congregate (Monday, Tuesday, Wednesday, Thursday-clubs)

SOUTHAMPTON

Bridgehampton Senior Nutrition
Southampton Community Center
585 Sag Harbor Turnpike
Bridgehampton, NY 11932
537-3027 Congregate & Home Delivered

Mailing Address:
P.O. Box 1059
Bridgehampton, NY 11932

Flanders Senior Nutrition
Southampton Community Center
655 Flanders Road
Flanders, NY 11901
727-0325 Congregate & Home Delivered

Hampton Bays Senior Nutrition
Southampton Community Center
25 Ponquogue Avenue
Hampton Bays, NY 11946
728-1235 Congregate & Home Delivered

Mailing Address:
PO Box 974
Hampton Bays, NY 11946

Shinnecock Family Preservation Center
Church Street
Shinnecock Hills
Southampton, NY 11969
283-0106 Congregate & Home Delivered

Nutrition Sites continued:

SOUTHOLD

Southold Senior Nutrition
750 Pacific Street
Mattituck, NY 11952
298-4460 Congregate & Home Delivered

Mailing Address:
P.O. Box 85
Mattituck, NY 11952

Voluntary/Non-Profit Program Meals-on-Wheels

The voluntary meals-on-wheels programs provide two nutritious meals a day, one hot, one cold, five days a week. Meals are delivered by volunteers. All clients are screened for eligibility prior to placement on the program. There is a fee for the service. Please call the voluntary/non-profit program for details.

Huntington Meals on Wheels, Inc.
423 Park Avenue
Huntington, NY 11743
271-5150

Three Village Meals-on-Wheels, Inc.
P.O. Box 853
Stony Brook, NY 11790
(E. Setauket, Setauket, Stony Brook, Terryville, Port Jefferson,
Miller Place, Mt. Sinai, North Selden, North Coram and North Centereach)
689-7070

Lake Nutrition Services, Inc.
P.O. Box 374
Lake Ronkonkoma, NY 11779
(Lake Ronkonkoma, Ronkonkoma, Holbrook)
467-8948

East Hampton Meals-on-Wheels, Inc.
33 Newtown Lane
East Hampton, NY 11937
329-1669 (Weekend meals available)

RECREATION PROGRAM

The Suffolk County Office for the Aging holds annual recreational events such as the Senior Celebration Luncheon and the Senior Citizen Picnic. For more information, call 853-8200.

Suffolk County Parks Information:

Hiking, camping, boating, fishing, golfing, horseback riding, hunting, swimming and picnicking may be enjoyed at the Suffolk County parks. Several park facilities are accessible to the disabled. For specific information such as listings of parks, brochures, permits (where necessary) and general information regarding County parks, call the Suffolk County Department of Parks, Recreation & Conservation at 854-4949 or the Parks Reservation System at 244-7275. Press "1" for camping, "2" for golf.

*Many fees to use the park facilities are discounted for senior citizens on weekdays, upon proof of age and residency. Every person using Suffolk County Parks must have a valid Suffolk County Green Key Card.

*Green Key Cards may be purchased at the Suffolk County Department of Parks. The current rate for Suffolk County senior citizens is \$11.00 for three years.

*All Suffolk County residents who have a valid Green Key Card with disabled status are entitled to free weekday admission to most County Parks and reduced fees for some activities. To obtain the Green Key Card, an application must be filled out on site at any of the County Golf Courses, Campgrounds, Major Parks or the Parks Administration Office in West Sayville. The Suffolk County Office For People With Disabilities also issues an I.D. card for disabled residents that can be used to obtain a discounted Green Key Card. For more information, please call at 853-8333 (voice) or 853-5658 (TTY).

For further information, call 854-4949.

New York State Parks

Disabled residents may obtain a NY State Access Pass for free admission to State parks and beaches. For eligibility requirements and information on benefits for the Access Pass, please call 518-474-2324 or go to the website: nysparks.com.

RESIDENTIAL REPAIR

Various small household maintenance and repair tasks are performed by senior craftsmen for the frail elderly. Participants are required to pay for the cost of materials. For further information, call the Town Senior Citizen Division:

Babylon	422-7680
Brookhaven	451-9092
East Hampton	329-6939 X 204
Huntington	351-3253 X 4002
Islip	224-5340
Riverhead	722-4444 X 205
Shelter Island	749-0291 X 2104
Smithtown (Town sponsored)	360-7616
Southampton	728-1235
Southold	298-4460

For larger housing rehabilitation needs which are beyond the scope of the residential repair program, inquire at your town Community Development Office.

RESPITE SERVICES

Respite Care provides caregivers of the elderly with temporary relief from the stresses and responsibilities which occur when providing care and support on a continuing basis. The suggested contribution is based on ability to pay. For additional information call Suffolk County Respite at 321-8229 ext. 1229.

Brief Respite Program

This limited respite service for family caregivers, provides "time-off" for brief periods, generally 4 hours.

Brookhaven	451-9139
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Institutional and Live-in Respite

Caregiver services may be available at Woodhaven Adult Home in Port Jefferson Station or in the home of the older relative on a limited basis. Older persons must meet certain eligibility criteria. The maximum stay is five to seven days in a 12 month period. For information and assistance, call 853-8200.

TELEPHONE REASSURANCE & FRIENDLY VISITING

For persons over age 60 who live alone, daily telephone contact is important to assure good health and emotional well-being. Friendly visiting provides person-to-person social contact which helps prevent isolation. Often these telephone calls and visits are an elderly person's primary contact with the outside world. The Retired and Senior Volunteer Program (RSVP) publishes a newsletter, "Seniors in Touch", containing information on volunteer activities and special events. To inquire about these services or to volunteer, call the service provider in your area:

RSVP (Smithtown, Riverhead, Islip, Southampton, East Hampton)	East	288-0754
.....	West	979-9490
Babylon.....(Telephone Reassurance Only).....		422-7633
Brookhaven.....(Telephone Reassurance Only)...		451-9140
Huntington.....(Telephone Reassurance Only).....		351-3253
Shelter Island		749-1059
Southold.....(Telephone Reassurance Only)..		298-4460

TRANSPORTATION

Bus service throughout Suffolk County is provided on 52 main and feeder lines. Reduced fares are available to seniors and the disabled with a valid I.D. Card. For additional information call the Public Transportation Information Center at 852-5200.

Essential Transportation

This program provides transportation for seniors who have no other means of transportation to a variety of essential services such as medical appointments, Social Services, Town Hall and shopping. In general, these vehicles do not cross town boundaries and medical appointments have priority. This service is heavily used, so please make your reservation two weeks in advance.

Town of Babylon:	422-7618
Town of Brookhaven:	451-6126
Town of East Hampton:	324-4443
Town of Huntington:	427-8287
Town of Islip:	224-5686
Town of Riverhead:	722-4444 ext. 290
Town of Shelter Island:	749-1059
Town of Smithtown:	265-8811/8826
Town of Southampton:	728-1110
Town of Southold:	298-4460

SCAT (Suffolk County Accessible Transportation) – provides curb to curb service to individuals with disabilities. You are eligible to ride SCAT if you have permanent or temporary disabilities that prevent you from using regular Suffolk Transit public bus service. Once registered with SCAT, you will be issued an ID card and number which will allow you to use SCAT. For applications and information, call: 853-8337 (voice) or 853-5658 (TTY) weekdays, 9:00-4:30 PM.

WELLNESS PROJECT

The Wellness Project provides older persons with in-home counseling. The services are under the professional supervision of the Suffolk County Department of Health Services, Division of Community Mental Hygiene.

Working under the supervision of a certified social worker, student interns meet with individuals, couples, and two-and-three generation families, providing mental health counseling. For more information, call 853-2767.

BENEFITS COUNSELING

Counseling regarding programs and services for people 60 and over as well as assistance in securing entitlements is available from senior advocates at senior citizens centers, nutrition sites, and other community locations. For the schedule, call 853-8200.

TOWN SENIOR CITIZEN DIVISIONS

For information regarding senior citizen centers, senior clubs and locations, contact the individual town senior citizen divisions.

BABYLON	422-7642
BROOKHAVEN	451-9191
EAST HAMPTON	324-4947
HUNTINGTON	351-3253
ISLIP	224-5340
RIVERHEAD	722-4444
SHELTER ISLAND	749-1059
SMITHTOWN	360-7616
SOUTHAMPTON	728-1235
SOUTHOLD	298-4460

HELPFUL INTERNET SITES FOR SENIORS

- www.abledata.com Provides objective information about assistive technology products and rehabilitation equipment.
- www.agenet.com Articles on various aspects of caregiving including legal, health, financial, housing, and insurance.
- www.ahaf.org American Health Assistance Foundation (AHAF) is a registered 501(c)(3) nonprofit charitable organization that has dedicated over 30 years to funding research on age-related and degenerative diseases. The website educates the public about these diseases, and provides emergency financial assistance to Alzheimer's disease patients and their caregivers.
- www.alz.org Informative site. Information about caring for a loved one with Alzheimer's. Tips available on coping, bathing, financial planning, and medical insurance. Information is given in Spanish and English.
- www.aoa.gov Administration on Aging (AoA) Website directs you to local and regional agencies for senior services. It connects you to your local area agency on aging. Caregiver section includes issues and information on many important programs.
- www.benefitscheckup.org National Council on the Aging (NCOA) website. Benefits Checkup is a free, easy-to-use service that identifies federal and state assistance programs for older Americans. Older adults and family members can quickly identify programs. Learn what benefits are available. Information given is completely confidential. For people 55 years of age and older, site includes BenefitsCheckupRx providing a search through state-funded pharmacy programs, every state's Medicaid program, and more than 100 drug company-sponsored discount programs.
- www.caregiver.org The Family Caregiver Alliance website features specialized information on Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease, ALS and other disorders and long-term care concerns. A Resource Center includes an online support group and online caregiver consultation. The site provides support to family caregivers.

www.caregiverslibrary.org One of the most extensive libraries for caregivers that exist today.

www.caregiving.org This National Alliance for Caregiving site was recognized by Modern Maturity magazine as one of the best online resources for family caregivers and was chosen to be a “Hot Site” by USA Today Online. The site currently has six online support groups. Informative website assisting caregivers in getting through the “phases” of caregiving. Caregiver Survival Kit and Caregiver Newsletter are available through this site.

www.eldercare.gov/ Eldercare Locator. Local information, referral resources and contact information for state and local agencies, from United States’ Health and Human Services Department.

www.gmhfonline.org The Geriatric Mental Health Foundation was established by the American Association for Geriatric Psychiatry to raise awareness of psychiatric and mental health disorders affecting the elderly, eliminate the stigma of mental illness and treatment, promote healthy aging strategies, and increase access to quality mental health care for the elderly.

The Foundation's Vision for America's aging population includes:

- Increased public awareness of the importance of mental health in the aging population;
- Removal of stigmas for those seeking mental health services;
- Increased access to quality mental health care for the elderly; and
- Promotion of healthy aging strategies for all seniors, family caregivers, and others devoted to the overall health of our communities.

www.healthfinder.gov Leads to selected online publications, websites, support and self-help groups. Special health topics organized by age from kids to seniors, by race and ethnicity, for men and women, and for parents, caregivers, health professionals, and others. Information given about doctors, dentists, public clinics, hospitals, long-term care, nursing homes, health insurance, prescriptions, health fraud, Medicare, Medicaid, and medical privacy. Hand-picked health information from A to Z — prevention & wellness, diseases & conditions, and alternative medicine — plus medical dictionaries, an encyclopedia, journals, and more.

www.health.state.ny.us Information about services available in New York State including: Nursing Home and Hospital Profiles, Medicaid, Medicare Part-D, EPIC (Prescription Protection for Senior’s), forms, and links to other information sites.

- www.homemods.org Promoting aging in place and independent living for persons of all ages and abilities.
- www.longtermcarelink.net Valuable information regarding long term care, including additional topics and links to other websites.
- www.medicare.gov Offers a complete guide on Medicare, including Nursing Home Compare, which posts national survey reports on all homes and allows you to compare them, and a comparison guide on managed care plans.
- www.mybenefits.ny.gov My Benefits is the fast and easy way to find out about many health and human services programs and how to apply for them. Information on programs such as Food Stamps, HEAP, WIC, Medicaid, EPIC, and Veterans Affairs.
- www.nyconnects.org The NY Connects website provides information on a wide range of services available to those in need of long term care that allow them to continue to participate in family and community life.
- www.nextstepincare.org Provides information and advice to help family caregivers and health care providers plan safe and smooth transitions for patients.
- www.nfcacares.org National Family Caregivers Association website provides information and education; support and validation; public awareness and advocacy. Family caregivers are invited to write short stories about their experiences as caregivers as part of the Family Caregiver Story Project. Caregivers are able to read other caregivers' stories and have a voice that can be heard by legislators, the media and health care professionals.
- www.nyhousecalls.org Offers doctor referral services for house calls in Brooklyn, Queens, Bronx, Nassau County, and Suffolk County, New York. They do not provide emergency services. Offers in-home x-rays, EKGs, lab services, ultrasounds, neurology, cardiology and family medicine. Accepts Medicare and senior discounts may be provided.
- www.nyspltc.org Comprehensive information about long term care insurance, and the New York State Partnership program.
- www.sageli.org Provides services and advocacy for Gay, Lesbian, Bisexual, and Transgender Elders.
- www.ssa.gov Social Security Administration website includes information on Social Security Retirement, Survivor's Benefits, Disability Insurance, and Supplemental Security Income (SSI). Website answers many questions.

www.va.gov

The federal Veterans Administration website. This website describes a full range of benefits, eligibility and contact information. It also has descriptions of medical services.

www.wellspouse.org

This is a nonprofit organization that provides services to spousal caregivers: husbands, wives or partners – current or former – of persons with chronic illness and/or disability. For a membership fee of \$30.00 you will receive a quarterly newsletter called Mainstay, written for and by well spouses. In this newsletter are helpful articles, information and letters written by others in similar situations. To contact Well Spouse Association call: 1-800-838-0879.

E-mail: info@wellspouse.org

Support groups: support@wellspouse.org