SUFFOLK COUNTY
OFFICE FOR THE AGING

PROGRAM & SERVICES GUIDE
FOR SENIOR CITIZENS

STEVEN BELLONE
Suffolk County Executive

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Director
Office for the Aging

04-0103-4/3/14lt

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P.O. BOX 6100
HAUPPAUGE, NEW YORK 11788-0099

RIVERHEAD COUNTY CENTER OFFICE
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/

PROGRAMS FUNDED BY
THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
THE NEW YORK STATE OFFICE FOR THE AGING
AND SUFFOLK COUNTY

TELEPHONIC INTERPRETING

Over the phone interpretation service is available at no cost for Suffolk County residents by calling Suffolk County Office for the Aging at 631-853-8200.

Un servicio de interpretación telefónica está disponible de forma gratuita para los residentes del Condado de Suffolk llamando a la Oficina del Condado de Suffolk para Personas Mayores al 631-853-8200

Nou gen sèvis entèpretasyon disponib gratis pou rezidan konte Suffolk ki gen 60 ane oswa plis. Pou jwenn sèvis sa a rele Biwo Konte Suffolk pou Moun Aje nan 631-853-8200.

萨福克县为60岁及以上的居民免费提供电话口译服务，请致电萨福克郡办公室631-853-8200。

O serviço de interpretação por telefone está disponível gratuitamente para residentes do condado de Suffolk, com 60 anos e mais de idade, ligando para o Escritório do Condado de Suffolk para o Envelhecimento, pelo número 631-853-8200.

Mieszkańcy hrabstwa Suffolk, którzy ukończyli 60 rok życia mogą korzystać bezpłatnie z usług telefonicznych tłumaczeń ustnych dzwoniąc do Biura do Spraw Osób Starszych Hrabstwa Suffolk pod numer telefonu 631-853-8200.

Il servizio di interpretariato telefonico è disponibile gratuitamente per i residenti della Contea di Suffolk di età pari o superiore a 60 anni, telefonando all'Ufficio della Contea di Suffolk per gli Anziani al numero 631-853-8200.

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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,

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 for East End residents.

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. 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 functionally impaired seniors living in the community 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 the office at: 853-8200. Please be advised that there may be a waiting list for services.

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. These services are designed to complement, not replace, family care. For information and assistance, call 853-8200. Please be advised that there may be a waiting list for services.

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. VIBS also maintains a 24 hour hotline at (631) 360-3606.

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

HIICAP has been established to assist Medicare beneficiaries 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 Medicare beneficiaries 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 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-
Day Haven Adult Day Services

400 Sheep Pasture Road
Port Jefferson, NY 11777.....Phone: 476-9698 x213

2210 Smithtown Avenue
Ronkonkoma, NY 11779.....Phone: 585-2020 x207

Away From Home Adult Day Care
1660 Route 112, Suite G
Port Jefferson Station, NY 11776.....Phone: 743-9200

St. Johnland Social Adult Day Care Program
395 Sunken Meadow Road
Kings Park, NY 11754 ..... Phone: 663-2421

Town of East Hampton Day Care
328 Accabonac Highway
East Hampton, NY 11937..... Phone: 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 11743 ..... Phone: 351-3293

Town of Southampton Adult Day Care
25 Ponquogue Avenue
Hampton Bays, NY 11949..... Phone: 728-1235 x309

Town of Southold Senior Adult Day Care
750 Pacific St.
Mattituck, NY 11952 ..... Phone: 298-4470

RES Company
1461 Lakeland Avenue
Bohemia, NY 11716……. Phone: 732-4794

Adult Day Health Care

Adult Day Health 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 x 781

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

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

San Simeon by the Sound
Adult Day Healthcare
61700 Route 48
Greenport, NY 11944
Phone: 631-477-2110 x 225

Broadlawn Adult Day Health Ctr.
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

45 Rocky Point Rd.
Middle Island, NY 11953
Phone: 924-0700

St. Johnland Health Care Services
395 Sunken Meadow Road
Kings Park, NY 11754
Phone: 663-2474

MATURE WORKERS ASSISTANCE PROGRAMS

The Senior Community Services Employment Program (SCSEP)

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 is defined as part-time, temporary employment through which participants engage 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 Phone: 631-422-7615
Mature Worker's Program of Long Island
281 Phelps Lane
North Babylon, N.Y. 11703

The Suffolk County Department of Labor One-Stop Employment Center

The Suffolk County Department of Labor One-Stop Employment 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 Family Service League at 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 ext. 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.

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 Office for Aging 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 funding source.

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. Please be advised that there may be a waiting list for services.

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. Please call 853-8200 for assistance.

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.

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.

NUTRITION PROGRAMS

There are thirty two 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 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
2 Tanner Park
Copiague, NY 11726
842-7773 Congregate

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

Rainbow Center
293 Buffalo Avenue
Lindenhurst, NY 11757
957-7526 Congregate
(Mon.& Thurs.)

Nutrition sites continued:

BROOKHAVEN

Bay Area Senior Nutrition
15 Herkimer Street
Mastic, NY 11950
281-7679 Congregate & Home Delivered

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

Moriches Nutrition 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
476-6442 Congregate & Home Delivered

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

EAST HAMPTON

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

Montauk Community Senior Nutrition Center
240 Edgemere Street
Montauk, NY 11954
668-1023 Congregate

Nutrition sites continued:

HUNTINGTON

Huntington Senior Nutrition
423 Park Avenue
Huntington, NY 11743
351-3253 Ext. 4014 or 4015 Congregate 421-1273 Home Delivered

ISLIP

Adelante Senior Nutrition
10 Third Avenue
Brentwood, NY 11717
434-3481 Ext. 16 Congregate

Caesar Trunzo Senior Center
16 Second Avenue
Brentwood, NY 11717
436-6072 Congregate 595-3510 Home Delivered

East Islip Joyce Fitzpatrick Senior Nutrition
50 Irish Lane
East Islip, NY 11730
224-5396 Congregate 595-3510 Home Delivered

Oakdale Senior Nutrition
Ockers Gardens Housing
963 Montauk Highway
Oakdale, NY 11769
472-7023 Congregate 595-3510 Home Delivered

Ronkonkoma Senior Nutrition
299 Rosevale Avenue
Ronkonkoma, NY 11779
467-3324 Congregate 595-3510 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
893-8932 Congregate 595-3510 Home Delivered

Nutrition sites continued:

RIVERHEAD

Riverhead Senior Nutrition
60 Shadetree Lane
Aquebogue, NY 11931
722-4444 Ext. 736 Congregate & Home Delivered

SHELTER ISLAND

Shelter Island Senior Nutrition
Presbyterian Church Hall
Route 114
Shelter Island, NY 11964
749-0805 Ext.3 or 749-0291 Ext. 2104 Congregate (Mon. & Fri.) & Home Delivered (Mon., Wed. & Fri.)

SMITHTOWN

JASA Senior Nutrition
Suffolk Y Jewish Community Center
74 Hauppauge Road
Commack, NY 11725
462-9800 Ext. 147 Congregate & Home Delivered - Kosher

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 (Tues., Wed. & Thurs.)

Nutrition sites continued:

SOUTHAMPTON

Bridgehampton Senior Nutrition
Southampton Community Center
585 Sag Harbor Turnpike
Bridgehampton, NY 11932
537-3027 Congregate (Tues. – Fri. only) & Home Delivered

Flanders Senior Nutrition
Southampton Community Center
655 Flanders Road
Flanders, NY 11901
702-2375 Congregate & Home Delivered

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

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

SOUTHOLD

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

Peconic Recreation Center
970 Peconic Lane
Peconic, NY 11958
765-5182 Congregate (2nd and 4th Thursday

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)

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	329-6939
HUNTINGTON	351-3253
ISLIP	224-5340
RIVERHEAD	722-4444
SHELTER ISLAND	749-1059
SMITHTOWN	360-7616
SOUTHAMPTON	728-1235
SOUTHOLD	298-4460

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 7209
Huntington ..... 351-3253 X 4002
Islip ……...224-5335
Riverhead ..... 722-4444 X 205
Shelter Island ……749-0291 X 2104
Smithtown 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.

RECREATION PROGRAM

The Suffolk County Office for the Aging hosts a luncheon to celebrate Older Americans month each year in May. 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.

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.

Institutional and Live-in Respite

Caregiver services may be available at Woodhaven Adult Home in Port Jefferson Station and at the Nesconset Center for Nursing and Rehabilitation in Nesconset, or in-home 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 (All of Suffolk County)……979-9490 ex.21
Babylon…… (**Telephone Reassurance Only**)……....422-7633
Brookhaven…….. (**Telephone Reassurance Only**)… 451-9191
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. (www.sct-bus.org)

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. The fee is $4.00 exact change each way.

LEGAL ASSISTANCE

An attorney is available for personal legal consultation. The services may 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.

SERVICES AND ADVOCACY FOR GAY, LESBIAN, BISEXUAL, TRANSGENDER (GLBT) ELDERS- LONG ISLAND (SAGE-LI) is a not-for-profit organization dedicated to meeting the unique needs of the Long Island GLBT older adult community by providing education, advocacy, and social support services. SAGE-LI creates a safe space for GLBT older adults and offers weekly Mingles, monthly outings to restaurants and museums, Health Education Series, bimonthly dances, entitlement and benefit counseling through Suffolk County Office for the Aging, as well as other social, recreational, and supportive services that create rich social networks for GLBT older adults. For information call SAGE 665-2300

CHRONIC DISEASE SELF MANAGEMENT-*"Living Healthy with Better Choices"*

53% of seniors over 60 have at least one chronic condition which can range from obesity to arthritis to heart disease. This evidence–based six week series of workshops, developed by the University of Stanford, is taught locally by certified Master Trainers. The workshop series is designed to enable participants to manage their chronic conditions by nutrition, self-awareness, exercise, relaxation techniques and peer support, resulting in fewer ER visits and less hospitalizations. The workshop holds a maximum of 18 participants. For information on this program call 631- 979 -9490 ext.11

HELPFUL INTERNET SITES FOR SENIORS

www.abledata.com	**Provides objective information about assistive technology products and rehabilitation equipment.**
www.acl.gov	**Administration for Community Living Website directs you to local and regional agencies for senior services. It connects you to your local area agency on aging**
www.adrcinc.org	**The Alzheimer's Disease Resource Center provides a variety of programs and services for people with Alzheimer's Disease or for families, direct care professionals and health care professionals.**
www.alz.org	**Alzheimer's Association. Information about caring for a loved one with Alzheimer's. Tips available on coping, bathing, financial planning, and medical insurance. Site can be translated into several languages.**
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 and learn what benefits are available. Information given is completely confidential.**
www.brightfocus.org	**BrightFocus Foundation is a nonprofit organization supporting research and providing public education to help educate brain and eye diseases, including Alzheimer's disease, macular degeneration, and glaucoma. We are working to save mind and sight.**
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	**Resource library for caregivers.**

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 a public service of the US Administration on Aging. Local information, referral resources and contact information for state and local agencies.

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.

www.healthfinder.gov When making decisions about your health, it's important to know where to go to get the latest, most reliable information. healthfinder.gov has resources on a wide range of health topics selected from approximately 1,400 government and non-profit organizations to bring you the best, most reliable health information on the Internet.

www.health.ny.gov 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 This web site, a university-based and non-profit effort, is dedicated to promoting aging in place and independent living for persons of all ages and abilities. It offers training and education opportunities for professionals who wish to respond to the increasing demand for home equip professionals and consumers with a comprehensive inventory of resources such as a National Directory of Home Modification and Repair Resources.

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.ny.gov	**Finding the right long term services and supports to help you can be very confusing. NY Connects: Choices for Long Term Care is your trusted place for information and assistance about long term services and supports whether you are paying for services yourself, through insurance, or eligible for a government program. This website provides a tool to search for general information on different types of long term services and supports.**
www.nextstepincare.org	**Provides information and advice to help family caregivers and health care providers plan safe and smooth transitions for patients.**
www.caregiveraction.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.nyspltc.org	**Comprehensive information about long term care insurance, and the New York State Partnership program.**
www.liglbtnetwork.org/sage-li	**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 US Department of Veterans Affairs website. This website describes a full range of benefits, eligibility and contact information. It also has descriptions of medical services.**