



Senior Guide

**A Directory of services of special interest
to our local Senior Citizens and their Families**



**By the Senior Guide Committee of
The Community Fund of Bronxville, Eastchester and Tuckahoe**

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15 Park Place, Bronxville, NY 10708
Telephone: 914-337-8808
e-mail: thecommunityfund@earthlink.net



Dear Senior Guide Reader,

You can access information in this guide in several ways. The first section of the guide contains **Senior Hot Lines for Quick Reference**. These hot lines are a variety of important services, mostly emergency services.

For less pressing matters, you can look up an area of interest in the **Topical Index**, such as Fitness Resources, and you can see which organizations are listed under this heading. The **Topical Index** is like the yellow pages of our guide. You can then turn to **Alphabetical Organizational Profiles** for detailed information about each of these organizations.

Alternatively, if you know the name of the organization you would like information on, you can turn right away to its listing in **Alphabetical Organization Profiles**.

We hope that this guide will be a handy tool for you in getting to know a great many of your community resources. However, it is not an exhaustive guide on every topic. If you should desire additional listings, you will need to consult your local phone book.

Sincerely yours,

The Senior Guide Committee

Senior Guide Committee

Vicki Ford
Juli Jackson
Debbie Kolb
Marjorie MacAllister
Kathy Moran
Gilda Press
Kathleen Smith
Linda Smith-Shearer
Barbara Stires
Kathy Studwell
Juliet Zygmunt

This book was compiled by Debbie Kolb and Marjorie MacAllister, with assistance from the other members of the Committee, and edited by Juli Jackson.

Committee's Notes

Websites:

Our research for this guide led us to several comprehensive websites for Seniors which we would like to mention as they contain a wealth of interesting information on a variety of topics and links to other helpful websites.

The website for Westchester County Department of Senior Programs and Services www.westchestergov.com includes a listing for **Other Websites for Seniors**. Among the most comprehensive:

New York State Office for the Aging website www.ofa.state.ny.us/sofa provides information on nutrition, medications and a variety of health and wellness topics.

The U.S. Department of Health and Human Services' Administration on Aging website www.aoa.dhhs.gov includes information on retirement, financial planning, and legislation. This site includes Eldercare Locator, a public service directory assistance service helping seniors and their caregivers locate local support resources. Eldercare Locator can also be directly accessed at www.aoa.dhhs.gov/elderspage/locator.html (see complete listing in the **Alphabetical Organization Profiles** section of this guide).

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Senior Hot Lines for Quick Reference

Emergency

Emergency (police, fire ambulance)	911
Victims Assistance Services.....	965-0217
Ambulance (EVAC) for residents of Eastchester, Tuckahoe, Bronxville...	337-3051
Lawrence Hospital Center	787-1000

Fire Department

Eastchester, Tuckahoe and Bronxville.....	793-6400
Yonkers	423-7100

Police Department

Bronxville	337-0500
Eastchester.....	961-3464
Tuckahoe.....	961-4800
Yonkers	377-7900

Benefits

EPIC (prescription plan)	(800) 332-3742
Food Stamps.....	995-5566
Home Energy Assistance Program (HEAP).....	813-6300
Medicaid	995-5468
Medicare	(800) 633-4227
The Medicare Rights Center	(212) 869-3850 or (212) 333-4114
New York State Insurance Department	(888) 697-7582
Social Security and Supplemental Social Security	(800) 772-1213
Veterans' Information	995-2146

Consumer Protection

Westchester County Consumer Protection Department.....	995-2155
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Elder Abuse Resources

Adult Protective Services: Bronxville, Tuckahoe, Yonkers and Eastchester (except Scarsdale 10583).....	231-2026
Adult Protective Services: Scarsdale 10583	995-4870
My Sister's Place	683-1333
Victims Assistance Services.....	965-0217
Westchester County District Attorney's Office Elder Abuse Unit	995-3000
Yonkers Office for the Aging Elder Abuse Hot Line	377-6806

Handicapped Parking Permits

Bronxville residents:	337-6500
Eastchester residents:	771-3300
Tuckahoe residents:	961-4800
Yonkers residents:	377-6185

Long Term Care Ombudsman Program

For elderly persons requiring long-term care	949-7035 ext.211
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Meals on Wheels

Bronxville, Tuckahoe and 10708 Yonkers residents	787-3027
Eastchester residents call Nutrition Center	337-0390
10583 Scarsdale/Eastchester residents	723-4342
Yonkers residents	377-6822, 377-6823

Offices for the Aging

Eastchester	771-3340
Yonkers	337-6822
Westchester County Department of Senior Programs	813-6300
New York State Office for the Aging	(800) 342-9871

Senior Citizens Centers

Bronxville Senior Citizens at The Reformed Church	793-2222
Eastchester Nutrition Center at Lake Isle	337-0390
Garth Road Senior Center	725-6406
Tuckahoe Senior Center	337-8487
Yonkers Public Library, Grinton I. Will Branch	337-1500, ext 348

Senior Discounts

Bee Line Bus Fare Discounts	665-5900
Con Edison CONCERN Program (for limited income)	(800) 872-8846
Bell Atlantic Life Line Telephone Discount (for limited income)	(800) 555-5500
Senior Citizen ID Card	995-4050

Senior Tax Exemptions

Eastchester residents: Eastchester Assessor's Office	771-3345 or
Eastchester receiver of Taxes	771-3346
Yonkers Residents	377-6198

Transportation

Bee Line Bus Schedules	813-7777
Metro North Train Information	(800) 638-7646
Yonkers residents' Transportation for the Elderly	963-4411
ParaTransit Service Applications	995-2956
ParaTransit Reservations	995-7272

Index by Topic

To use this index, find your area of interest, note the organizations which provide the service you seek, and then see **ALPHABETICAL ORGANIZATION PROFILES** for detailed information about each one.

Addiction – see **Substance Abuse Resources**

Advocacy & Public Education – see specific subject headings in this index

Alcoholism – see **Substance Abuse Resources**

Alzheimer's Resources

Alzheimer's Association of Westchester / Putnam
Burke Rehabilitation Center
Classic Residence by Hyatt
Directions in Aging
ElderServe of Westchester
The Esplanade
Fountains @ RiverVue
The Guild Home for Aged Blind
Hospice of Westchester
Nathan Miller Center for Nursing
Phelps Hospice
Sarah Neuman Center for Healthcare and Rehabilitation
Schervier Long Term Home Health Care Program
Sound Shore Medical Center Adult Day Services
Sound Shore Medical Center Health Access
Sunrise Assisted Living
Wartburg Adult Care Community
Westchester County Department of Senior Programs and Services
Westchester Medical Center's Taylor Care Center

Arthritis Resources

Arthritis Foundation Hudson Valley Branch

Assisted Living Resources – see also **Continuing Care Resources**

Classic Residence by Hyatt
ElderServe of Westchester
The Esplanade
Family Service of Westchester's Enriched Housing at Maple House
The Fountains @ RiverVue

The Osborn
Sound Shore Medical Center Health Access (information & referral)
Sunrise Assisted Living
Wartburg Adult Care Community

Benefits – see Entitlement Counseling

Bereavement Services

The Bereavement Center – see Lawrence Community Health Services
First Baptist Church, Bronxville
Family Service of Westchester’s Geriatric Outreach Program
Hospice Care in Westchester & Putnam
Hospice of Westchester
Immaculate Conception Church & Church of the Assumption
Jansen Memorial Hospice – see Lawrence Community Health Services
Jewish Community Center (JCC) of Mid-Westchester
Lawrence Community Health Services
Phelps Hospice
Saint Joseph’s Church, Bronxville
Saint Vincent Catholic Medical Centers
Sound Shore Medical Center Health Access
Victims Assistance Services
Westchester Funeral Home
Westchester Jewish Community Services Bereavement Program

Blindness Resources

Foundation Fighting Blindness
The Guild Home for Aged Blind
Lighthouse International
New York State Talking Book & Braille Library

Bus System

Bee-Line Bus System
ParaTransit – see Westchester County Office for the Disabled

Cancer Resources

American Cancer Society
Cancer Support Team
The Esplanade
FIRST (Family Information & Referral Service Teams, Inc.)
Gilda’s Club of Westchester
Hospice of Westchester
Jansen Memorial Hospice
Lawrence Community Health Services
Lawrence Home Care of Westchester – see Lawrence Community Health Services
Lawrence Hospital Center
Phelps Hospice

The Reformed Church support groups for cancer patients, family & friends
Schervier Long Term Home Health Care Program
Sound Shore Medical Center and Health Access Program
Visiting Nurse Services of Westchester, Inc.
Westchester County Department of Health cancer screenings

Cardiac Resources

Hospice of Westchester
St. John’s Riverside Hospital
Sound Shore Medical Center
Westchester Medical Center

Caregiver Support Resources

Alzheimer’s Association of Westchester / Putnam
Burke Rehabilitation Center
Cancer Support Team
Directions in Aging
Eldercare Locator directory assistance service
ElderServe of Westchester
Family & Community Services, Inc.
Family Service of Westchester’s Geriatric Outreach Program
Gilda’s Club of Westchester
Hospice Care in Westchester & Putnam
Hospice of Westchester
Immaculate Conception Church & Church of the Assumption
Lawrence Community Health Services
Lighthouse International
The Osborn
Phelps Memorial Hospital Center
Schervier Long Term Home Health Care
Westchester Coalition of Social Adult Day Services
Westchester County Department of Senior Programs Caregiver Resource Center
Westchester Medical Center
White Plains Hospital Center Senior Services Program

Care Planning

Alzheimer’s Association of Westchester / Putnam
Caregiver Resource Center of Westchester County Department of Senior Programs
Comprehensive Home Care
Directions in Aging
Eastchester Office for the Aging
ElderServe of Westchester
Expanded In-Home Services for the Elderly Program (EISEP)
Family Service of Westchester’s Geriatric Outreach Program
Lawrence Hospital Center
St. Joseph’s Long Term Home Health Care
Sarah Neuman Center for Healthcare and Rehabilitation

Schervier Long Term Home Health Care Program
Sound Shore Medical Center Adult Day Services
Sound Shore Medical Center Health Access
Visiting Nurse Services in Westchester, Inc.
Westchester Clearinghouse for Social Adult Day Services
Westchester Coalition of Social Adult Day Services
Westchester County Department of Senior Programs Caregiver Resource Center
White Plains Hospital Center Senior Services Program

Case Management Services

Adult Protective Services
Alzheimer's Association of Westchester / Putnam
Burke Rehabilitation Center
Cancer Support Team
Comprehensive Home Care
Directions in Aging
Eastchester Office for the Aging
ElderServe of Westchester
The Esplanade
Family Service of Westchester's Geriatric Outreach Program
Lawrence Hospital Center (in-hospital)
The Osborn
St. Cabrini Long Term Home Health Care
St. Joseph's Long Term Home Health Care
Schervier Long Term Home Health Care
Sound Shore Medical Center Adult Day Services
Victims Assistance Services
Visiting Nurse Services in Westchester, Inc.
Wartburg Long Term Home Health Care
Westchester Care at Home
Yonkers Office for the Aging

Companions & Home Health Aides – see **Home Care**

Continuing Care Residences – see also **Assisted Living** and **Extended Care Facilities**

Andrus on Hudson
Classic Residence by Hyatt
The Guild Home for Aged Blind
The Osborn
Wartburg Adult Care Community

Counseling – see also specific subject headings (Alzheimer's, cancer, etc.)

Adult Protective Services
The Counseling Center, Inc.
Directions in Aging
Eastchester Office for the Aging
ElderServe of Westchester

Family & Community Services, Inc.
Family Service of Westchester's Geriatric Outreach Program
First Baptist Church, Bronxville
Immaculate Conception Church & Church of the Assumption
Lawrence Community Health Services
Lawrence Hospital Center
The Maxwell Institute
My Sister's Place
The Reformed Church of Bronxville
St. Joseph's Long Term Home Health Care
St. Vincent Catholic Medical Centers
Sound Shore Medical Center Adult Day Services
Sound Shore Medical Center Health Access
Victims Assistance Services
Visiting Nurse Services in Westchester, Inc.

Crime Prevention

Adult Protective Services
Victims Assistance Service
Westchester County District Attorney's Office Elder Abuse Unit

Crisis Intervention

Adult Protective Services
Directions in Aging
Family & Community Services, Inc.
St. Vincent Catholic Medical Centers
Sound Shore Medical Center Adult Day Service
Victims Assistance Services
Westchester Medical Center
Yonkers Office for the Aging

Cultural Activities – see **Recreational, Cultural & Educational Activities**

Directory Assistance Service for Older Persons & Their Caregivers

Eldercare Locator

Disabled Resources

Adult Protective Services
Handicapped Parking Stickers – see **Senior Hot Lines**
New York State Talking Book and Braille Library
ParaTransit System – see **Westchester County Office for the Disabled**
Westchester County Office for the Disabled

Elder Abuse Resources

Adult Protective Services
Family Service of Westchester's Geriatric Outreach Program
The Maxwell Institute
My Sister's Place

Victims Assistance Services
Westchester County District Attorney's Office Elder Abuse Unit
Westchester County Department of Senior Programs and Services

Emergency

Adult Protective Services
American Red Cross
EVAC (Eastchester Volunteer Ambulance Corps.)
Lawrence Hospital Center
Mount Vernon Hospital
Phelps Memorial Hospital Center
St. John's Riverside Hospital
St. Joseph's Medical Center
Sound Shore Medical Center
Westchester Medical Center

Employment Resources

Eastchester Community Action Program
Family Service of Westchester's Senior Personnel Employment Council (SPEC)
Family Service of Westchester's Yonkers Senior Employment Council (YSPEC)
Westchester County Department of Senior Programs and Services

Entitlement Counseling

Adult Protective Services
Directions in Aging
Eastchester Office for the Aging
ElderServe of Westchester
Sound Shore Medical Center Health Access
Westchester County Department of Senior Programs and Services
Westchester County Veterans Service Agency
Yonkers Office for the Aging

Exercise – see **Fitness**

Extended Care Facilities

The Esplanade
The Guild Home for the Aged Blind
Nathan Miller Center for Nursing
The Osborn
St. Cabrini Nursing Home
Sarah Neuman Center for Healthcare and Rehabilitation
Schaffer Extended Care Center
Schervier Nursing Care Center
The Wartburg Adult Care Community
Westchester Medical Center's Taylor Care Institute
White Plains Center for Nursing – see Nathan Miller Center for Nursing

Fitness Resources

Arthritis Foundation, Hudson Valley Branch
Bronxville Adult School
Burke Rehabilitation Center
Garth Road Senior Center – see Eastchester Office for the Aging
Jewish Community Center (JCC) of Mid-Westchester
Lake Isle Park Senior Citizens Center – see Eastchester Office for the Aging
Lawrence Hospital Center
Riverside Health Advantage
Rose YM-YWHA
Yonkers Office for the Aging
YWCA of White Plains

Food Pantry

Eastchester Community Action Program

Grandparents' Support Group

Family Service of Westchester's Grandparents' Support Group

Group Dining – see **Nutrition Centers**

Handicapped Transportation – see **Disabled Resources**

Hearing Impairment – see **Disabled Resources**

Health Care Proxies

Lawrence Hospital Center
Westchester Department of Senior Programs and Services

Home Care Resources

Calvary Hospital Home Health Agency
Cancer Support Team
Comprehensive Home Care
Directions in Aging
ElderServe of Westchester's Licensed Home Care Agency
The Esplanade
Family & Community Services, Inc.
Family Service of Westchester Home Care
Hospice of Westchester
Lawrence Community Health Services
Lawrence Home Care of Westchester – see Lawrence Community Health Services
Nathan Miller Long Term Home Health Care Program
The Osborn
Phelps Hospice
St. Cabrini Long Term Home Health Care
St. Joseph's Long Term Home Health Care
Sarah Neuman Center for Healthcare and Rehabilitation

Schervier Long Term Home Health Care
Visiting Nurse Services in Westchester, Inc.
The Wartburg Adult Care Community
Westchester Care at Home
Westchester County Department of Health
Westchester County Department of Senior Programs and Services
White Plains Hospital Center Senior Services Program

Home – Delivered Meals

Eastchester Senior Citizens' Nutrition Program Home – Delivered Meals –
see Eastchester Office for the Aging
Meals-on-Wheels 10708, Inc.
Rose YM-YWHA (Kosher meals)
Scarsdale Meals on Wheels, Inc.
Westchester County Department of Senior Programs and Services
Yonkers Office for the Aging

Hospice Care

Calvary Hospital Hospice
Comprehensive Home Care
The Esplanade
Home Nursing Association of Westchester
Hospice Care in Westchester & Putnam
Hospice of Westchester
Jansen Memorial Hospice – see Lawrence Community Health Services
Phelps Hospice
Sarah Neuman Center for Healthcare and Rehabilitation
Schervier Long Term Home Health Care Program
The Wartburg Adult Care Community

Hospitals & Medical Centers

Burke Rehabilitation Center
Lawrence Hospital Center
Mount Vernon Hospital
Phelps Memorial Hospital Center
St. John's Riverside Hospital
St. Joseph's Medical Center
Sound Shore Medical Center
The Wartburg Adult Care Community (outpatient health services)
Westchester Medical Center
Yonkers General Hospital

Housekeeping and Repair Resources

Eastchester Office for the Aging
ElderServe of Westchester
St. Joseph's Long Term Home Health Care
Westchester County Department of Senior Programs and Services

Information and Referral Services

Alzheimer's Association of Westchester / Putnam
American Red Cross
Directions in Aging
Eastchester Community Action Program
Eastchester Office for the Aging
Eldercare Locator
FIRST: Family & Information Referral Service Teams, Inc.
Family Service of Westchester's Geriatric Outreach Program
Foundation Fighting Blindness
Lighthouse International
Riverside Health Advantage
Senior Citizens Services of Bronxville
Sound Shore Medical Center Health Access
Westchester Clearinghouse for Social Adult Day Services
Westchester Coalition of Social Adult Day Services
Westchester County Department of Senior Programs and Services
Westchester County Office for the Disabled
Westchester Self-Help Clearinghouse
White Plains Hospital Center Senior Services Program
Yonkers Office for the Aging

Intergenerational Opportunities

The Hudson River Museum Adult / Junior Docent Program
Rose YM-YWHA
Tuckahoe After School Care (TASC)
Yonkers Office for the Aging

Legal Assistance

Adult Protective Services
Lawyer Referral Service of the Westchester County Bar Association
My Sister's Place
Victims Assistance Services
Westchester County Department of Senior Programs Tenant / Landlord Relations
Westchester Mediation Center
Westchester / Putnam Legal Services

Meals – see **Home – Delivered Meals; Nutrition Centers**

Mediation – see **Legal Assistance**

Mental Health Services

Adult Protective Services
Family Service of Westchester's Geriatric Outreach Program
The Maxwell Institute
Phelps Memorial Hospital Center
St. Vincent Catholic Medical Centers
Visiting Nurse Services in Westchester, Inc.
Westchester Medical Center's Behavioral Health Center

Nursing Homes – see **Extended Care Facilities**

Nutrition Centers and Nutrition Counseling

Eastchester Nutrition Center at Lake Isle Park – see Eastchester Office for the Aging
Garth Road Senior Center – see Eastchester Office for the Aging
Lawrence Hospital Center: discount dining for seniors in Courtyard Café
Phelps Memorial Hospital Center
Rose YM-YWHA
St. Joseph's Long Term Home Health Care
Wartburg Long Term Home Health Care
Westchester County Department of Senior Programs and Services
Yonkers Office for the Aging

Outreach – see also **Telephone Reassurance** and **Religious Outreach**

Eastchester Office for the Aging: CHECKUP Program
Westchester County Department of Senior Programs and Services

ParaTransit Service

Westchester County Office for the Disabled

Personal Care – see also **Home Care**

Bronxville Senior Citizens Bed & Bath Program
Comprehensive Home Care
Directions in Aging
Eastchester Office for the Aging Bed & Bath Service
ElderServe of Westchester's Licensed Home Care Agency
Family & Community Services, Inc.
Family Service of Westchester Home Care
Lighthouse International
The Osborn
St. Joseph's Long Term Home Health Care
Schervier Long Term Home Health Care Program
Wartburg Adult Care Community
Westchester Care at Home
Westchester County Department of Senior Programs and Services
Yonkers Office of the Aging

Physician Referral Services

Alzheimer's Association of Westchester / Putnam
Arthritis Foundation Hudson Valley Branch
Lawrence Hospital Center
Phelps Memorial Hospital Center
Riverside Health Advantage
St. John's Riverside Hospital
Sound Shore Medical Center and Health Access Program
The Wartburg Adult Care Community
Westchester Medical Center

Pools – see **Fitness**

Protective Services

Adult Protective Services

Recreational, Cultural & Educational Activities

Bronxville Adult School, Inc.
Bronxville Public Library
Bronxville Women's Club
Concordia College: Sundays Alive – see Eastchester Office for the Aging
Eastchester Arts Council
Eastchester Community Action Program
Eastchester Office for the Aging
Eastchester Public Library
Elderhostel
Garth Road Senior Center – see Eastchester Office for the Aging
Gilda's Club of Westchester
The Hudson River Museum and its Seniors and the Arts Program
Jewish Community Center (JCC) of Mid-Westchester
Lake Isle Park Senior Citizens' Center see Eastchester Office for the Aging
Mainstream: Retirement Institute for Mature Adults at Westchester
Community College
New York State Talking Book and Braille Library
Philipse Manor Hall State Historic Site
Retired and Senior Volunteer Program (RSVP)
Riverside Health Advantage Yonkers Senior Net
Rose YM-YWHA
St. Joseph's Church, Bronxville
Sarah Lawrence College
Senior Citizens of Bronxville
Song Pipers
Sound Shore Medical Center Adult Day Services
Sound Shore Medical Center Health Access (55 Alive Mature Driving)
Tuckahoe Senior Center
Tuckahoe Public Library
Village Lutheran Church
Westchester Arts Council
Westchester County Department of Senior Programs and Services
Yonkers Office for the Aging
Yonkers Public Library
YWCA of White Plains

Rehabilitative Therapies (Physical, Occupational, Speech)

Burke Rehabilitation Center
ElderServe of Westchester
Guild Home for the Aged Blind
Lawrence Community Health Services
Lawrence Hospital Center

Lawrence Home Care of Westchester – see Lawrence Community Health Services
Lighthouse International
Phelps Memorial Hospital Center
St. Cabrini Long Term Home Health Care
St. Joseph's Long Term Home Health Care
Sarah Neuman Center for Healthcare and Rehabilitation
Schaffer Extended Care Center
Song Pipers (musical therapy)
Sound Shore Medical Center Adult Day Services
Visiting Nurse Services in Westchester, Inc.
The Wartburg Adult Care Community
Westchester Medical Center

Religious & Pastoral Outreach

For complete listing for Houses of Worship, check your local phone book. The following offer services for seniors in addition to services of worship.

Eastchester Presbyterian Church
First Baptist Church, Bronxville
Immaculate Conception Church & Church of the Assumption
The Reformed Church of Bronxville
St. Joseph's Church, Bronxville
Village Lutheran Church
The Wartburg Adult Care Community

Respite Care Resources

Comprehensive Home Care
The Esplanade
Family & Community Services, Inc.
Family Service of Westchester My Second Home
Nathan Miller Center for Nursing Care
The Osborn
"Our Place ElderServe"
Project Time – Out / Westchester Jewish Community Services (WJCS)
Saint Cabrini Nursing Home
Sarah Neuman Center for Healthcare and Rehabilitation
Sound Shore Medical Center Adult Day Services
The Wartburg Adult Care Community
Westchester Care at Home
Westchester County Department of Senior Programs and Services

Reverse Mortgage Counseling Program

Westchester County Department of Senior Programs Senior Housing Assistance Program

Senior Centers – see also **Recreational, Cultural & Educational Opportunities**

Eastchester Nutrition Center at Lake Isle Park – see Eastchester Office for the Aging

Garth Road Senior Center – see Eastchester Office for the Aging
Rose YM-YWHA
Senior Citizens of Bronxville
Sundays Alive at Concordia College – see Eastchester Office for the Aging
Tuckahoe Senior Center
Yonkers Office for the Aging
Yonkers Public Library, Grinton I. Will Branch

Senior Day Care Resources

Club Wartburg – see Wartburg Adult Care Community
ElderServe of Westchester
Family Service of Westchester My Second Home Adult Day Service
The Guild Home for Aged Blind Guild Care
Msgr. Terence Attridge Adult Day Health Center at St. Cabrini Nursing Home
"Our Place ElderServe" Social Adult Day Program
Rose YM-YWHA
St. Joseph's Geriatric Day Care
Sarah Neuman Center for Healthcare and Rehabilitation
Sound Shore Medical Center Adult Day Services
The Wartburg Adult Care Community
Westchester Clearinghouse of Social Adult Day Services
Westchester Coalition of Social Adult Day Services
Westchester County Department of Senior Programs Caregivers' Resource Center

Shopping Assistance

Comprehensive Home Care
Eastchester Office for the Aging Escort Shopping / List Shopping
ElderServe of Westchester
Schervier Long Term Home Health Care
Sound Shore Medical Center Health Access

Sign Language Interpreters

Westchester County Office for the Disabled

Skilled Nursing Facilities – see **Extended Care Facilities**

Social Work – see **Case Management**

Stroke Support Resources

Lawrence Hospital Center Stroke Support Group
Westchester Medical Center Stroke Support Group

Substance Abuse Resources

Al-Anon Info Service
Alcoholics Anonymous
Maxwell Institute of St. Vincent's Westchester
Phelps Memorial Hospital Center

St. John's Riverside Hospital / Yonkers General Hospital
St. Vincent Catholic Medical Centers
Visiting Nurse Services in Westchester, Inc.

Support Groups:

see also specific subject headings (**Alzheimer's, Bereavement, etc.**)
Westchester Self-Help Clearinghouse

Tax Abatement for Homeowners – see Senior Hot Lines

Telephone and Other Reassurance Programs

Alzheimer's Association of Westchester / Putnam
American Red Cross Telephone Reassurance &
Mail Watch / Early Alert Programs
Bereavement Center of Westchester
Comprehensive Home Care Voicecare
Directions in Aging
Eastchester Office for the Aging CHECKUP Program
Immaculate Conception Church & Church of the Assumption
Lawrence Community Health Services
Saint Joseph's Church, Bronxville
Sound Shore Medical Center Health Access
Westchester Self-Help Clearinghouse
White Plains Hospital Center Senior Services Program

Thrift Shops

The Clothing Closet at the Reformed Church
Eastchester Community Action Program
Family Closet Thrift Shop of Sacred Heart Church
Lawrence Hospital Center Bargain Box
Pennypincher Junior League Thrift Shop
Rags to Riches Thrift Shop for Asbury United Methodist Church

Transportation / Medical Escort Resources

Bee-Line Bus System
Eastchester Office for the Aging: transportation for shopping and medical visits
The Reformed Church of Bronxville: transportation for Sunday service
St. Joseph's Church, Bronxville: transportation to Sunday Mass
Sound Shore Medical Center Adult Day Services
Westchester County Department of Senior Programs and Services
Westchester County Office of the Disabled: ParaTransit Service
Yonkers Office for the Aging

Victims Assistance

Adult Protective Services
My Sister's Place
Victims Assistance Services

Visiting Nurses – see Home Care Resources

Volunteer Opportunities

American Red Cross
Eastchester Community Action Program
Eastchester Office for the Aging
Eastchester Public Library
Eastchester Senior Citizens Nutrition Program
ElderServe of Westchester
Family & Community Services, Inc.
Family Closet Thrift Shop of Sacred Heart Church
Family Service of Westchester's Senior Personnel Employment Council (SPEC) &
Yonkers Senior Personnel Employment Council (YSPEC)
Foundation Fighting Blindness
The Guild Home for the Aged Blind
Hospice Care of Westchester
The Hudson River Museum
Immaculate Conception Church & Church of the Assumption
Jewish Community Center (JCC) of Mid-Westchester
Lawrence Community Health Services
Lawrence Hospital Center
Lighthouse International
Meals-on-Wheels, 10708, Inc.
Phelps Memorial Hospital Center
Philipse Manor Hall State Historic Site
The Reformed Church of Bronxville
Retired Senior Volunteer Program (RSVP)
Riverside Health Advantage Senior Net Program
Rose YM-YWHA
St. Joseph's Church, Bronxville
St. Vincent Catholic Medical Centers
Sarah Neuman Center for Healthcare and Rehabilitation
Sound Shore Medical Center Adult Day Services
Sound Shore Medical Center Health Access
Tuckahoe After School Care (TASC)
Tuckahoe Senior Center
Victims Assistance Services
Visiting Nurse Services in Westchester, Inc.
The Wartburg Adult Care Community
Westchester County Department of Senior Programs and Services
Westchester Medical Center

Alphabetical Organization Profiles

A

Adult Protective Services of Westchester County Department of Social Services

westchestergov.com

231-2026 for residents of Bronxville, Tuckahoe, Yonkers, and Eastchester except Scarsdale 10583

fax **231-2145**

995-4870 for residents of Scarsdale 10583

fax **995-4943**

137 Alexander Street
Yonkers, NY 10701

Hours: Monday-Friday 9-5; call anytime with emergency

The Westchester County Department of Social Services provides assistance to physically or mentally ill or disabled adults regardless of income who are unable to meet their essential needs and in danger of harm from themselves or others and have no one willing and able to help in a responsible manner. Services include counseling and case management, housing and help in obtaining medical care or legal assistance, and money management, and applications for guardianships.

Crisis intervention services include obtaining protective orders and admission to psychiatric or developmental facilities.

Additional locations include: 100 E. First Street, Mt. Vernon, NY 10550 (residents of Scarsdale 10583).

Al-Anon 946-1748

e-mail alis@msn.com

PO Box 868
White Plains, NY 10602

Hours: 10:15-5:45

Local chapter of worldwide support group for family and friends of alcoholics.

Area served: Westchester; free.

Alcoholics Anonymous

www.nyintergroup.org

949-1200

(212) **647-1649** (TDD)

fax (212) **647-1648**

307 Seventh Avenue #201
(near W. 28th Street)
New York, NY 10001-6007

Hours: 8:30am-10:00pm daily

Call for information on local open AA meetings and other services.

Area served: Westchester; free.

Alzheimer's Association, Westchester/Putnam

www.alzheimers-westput.org
428-1919

fax 428-0983
e-mail director@alzheimers-westput.org
785 Mamaroneck Avenue
(at Burke Rehabilitation Center)
White Plains, NY 10605

Counseling, education and support groups are provided, as well as information and referral service, care planning, case management, a monthly socialization program, and telephone counseling and helpline. Safe Return Program is a nationwide network to locate, identify and expedite the return of lost Alzheimer's patients.

Area served: Westchester & Putnam; free except for registration fee of \$40.00 for Safe Return Program.

American Cancer Society

www.cancer.org
949-4800

2 Lyon Place
White Plains, NY 10601

Hours: 24 – hour phone access

Nationwide community-based voluntary health organization dedicated to eliminating cancer by prevention and diminishing suffering through research, education, advocacy and service.

Area served: Westchester; free.

American Red Cross

946-6500

106 North Broadway (two doors away from Pace University)
White Plains, NY 10603

Hours: 8:30-4:30

Office provides emergency services, information and referral and telephone reassurance. The Mail Watch Early Alert Program with the Post Office provides assistance for seniors who become ill and cannot call for help. Seniors registered with the program have special labels placed inside their mailboxes, and when their mail is not picked up regularly, the carrier will notify the American Red Cross, who then notifies a designated neighbor or family member.

Area served: Westchester; free. Volunteer opportunities are available.

Andrus on Hudson

478-4500

fax 478-2011
e-mail andrusonhudson@prodigy.net

185 Old Broadway
(north of Executive Boulevard)
Hastings-on-Hudson, NY 10706

Hours: Monday-Friday 9-5

A continuing care retirement community currently under development. Life Care Program offers a 90% refundable entrance fee, a selection of one- and two-bedroom apartments, on-site amenities and comprehensive services.

Arthritis Foundation, Hudson Valley Branch

www.arthritis.org
683-0842

fax 683-8462
e-mail asalman@arthritis.org

Burke House
785 Mamaroneck Avenue
(at Burke Rehabilitation Center)
White Plains, NY 10605

Hours: Monday-Friday 9-5

Local chapter of nationwide non-profit health organization providing research, public and professional education, exercise programs, support groups, physician referrals and advocacy, helping people to take control of over 100 diseases known as arthritis.

Burke House site offers:

- an arthritis exercise program – 597-2296;
- a fibromyalgia support group – 395-1003; and
- a fireside chat series – informal chats with medical professionals and patients on a variety of topics, on the second Wednesday every other month 7-8:30pm – 683-0842 for topic schedule and reservations.

Local Arthritis Foundation Aquatics Program sites include:

- Fairview Greenburgh Community Center, 32 Manhattan Avenue, White Plains 682-3622
- New Rochelle YMCA, 50 Weyman Avenue New Rochelle 632-1818

- White Plains YMCA, 250 Mamaroneck Avenue, White Plains 949-8030
- White Plains YWCA, 250 Mamaroneck Avenue, White Plains 949-6227

Local sites for People with Arthritis Can Exercise (PACE) Program include:

- Burke House, 785 Mamaroneck Avenue, White Plains 597-2296
- Fairview Greenburgh Community Center, 32 Manhattan Avenue, White Plains 456-1129
- Forme Rehabilitation, 1075 Central Park Avenue, Suite 301, Scarsdale 723-4900
- The Osborn, 149 Theall Road, Rye 925-8218
- Sound Shore Medical Center, 16 Guion Place, New Rochelle 637-1522

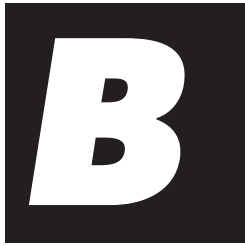
Local sites for Arthritis Self-Help Course (ASHC) include:

- The Osborn, 149 Theall Road, Rye 925-8218

Local sites for Arthritis Support Groups and Clubs include:

- Burke House, 785 Mamaroneck Avenue, White Plains 395-1003
- Our Lady of Fatima Church, 3 Strathmore Road, Scarsdale 946-6938

Area Served: Westchester; free. Volunteer opportunities are available in the office or on a committee assisting with special events including Golf Challenge, Family Fair, Joint Walk, Fall Fiesta and Joints in Motion Marathons.



Bee-Line Bus System

www.westchestergov.org

813-7777 (schedules)

682-2020 (senior discount fare)

e-mail ccs7@co.westchester.ny.us

Westchester County

Department of Transportation

100 East 1st Street, 8th & 9th Floors

Mt. Vernon, NY 10550

Hours: Monday-Friday 7-7 for trip planning; 24-hour automated schedule information.

Disabled persons and persons 65 and over are eligible for half-fare discount upon proper proof of age. Call for details. For information on ParaTransit, see Westchester County Office for the Disabled.

The Bereavement Center: see Lawrence Community Health Services

Bronxville Adult School, Inc. **793-4435**

fax 793-5248

P.O. Box 334

Bronxville, NY 10708

Office and Day Classes at
The Reformed Church (room 409)
180 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Evening Classes at
The Bronxville School
177 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Office Hours: Monday-Friday 9-12

A not-for-profit organization chartered by the NY State Board of Regents offering adults the opportunity for personal growth through life enhancing skills and providing cultural, intellectual, and recreational stimulation at a nominal cost.

Area served: Bronxville and surrounding communities; call for catalog and fees.

Bronxville Public Library **337-7680**

fax 337-0332

201 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Hours: Monday, Wednesday, Friday 9:30-5:30; Tuesday 9:30-9; Thursday 1-9; Saturday 9:30-5; Sunday 1-5. Modified hours for summer.

Public library providing books, audio books, compact discs, magazines, videos, computer & (internet access), programs and many other services.

Area served: Westchester; free.

Bronxville Women's Club, Inc. **337-3252**

fax 337-5722

135 Midland Avenue
(at Tanglewylde Avenue)
Bronxville, NY 10708

Hours: Tuesday – Friday 9-4

The Club has been a focal point for community activities, civic meetings and social events for than 70 years. Some cultural programs and exhibitions are open to the public; fees may apply. Other programs, trips and special events are open only to club members and their guests. Call for further information.

Burke Rehabilitation Center

www.burke.org

597-2500

fax 597-2822

e-mail burke@burke.org

785 Mamaroneck Avenue
(near Route 287 & Route 684)
White Plains, NY 10605

Hours: offices – daily 9-5;
hospital 24 hours daily

Burke is a private, not-for-profit hospital and medical research center providing medical rehabilitation services to persons recovering from disabling illnesses and injuries. Burke also offers numerous support groups and has a new fitness center and exercise programs geared to the needs of mature adults.

Area served: Westchester and beyond; support groups are free.

Volunteer opportunities are available.



Calvary Hospital Home Health Agency

calvaryhospital.org

(866) 888-6680

fax (718) 518-2185

e-mail home@calvaryhospital.org

1740 Eastchester Road
Bronx, NY 10461

Hours: Monday – Friday 8:30-4:30

Office provides home care and visiting nurses.

Area served: Westchester; Medicare/Medicaid and most private insurance accepted.

Calvary Hospital Hospice

calvaryhospital.org

(866) 888-6680

1740 Eastchester Road
Bronx, NY 10461

Hours: Monday – Friday 8:30-4:30

Office provides hospice care at home.

Area served: Westchester; Medicare/Medicaid and most private insurance accepted.

Cancer Support Team

www.cancersupportteam.com

777-2777

fax 777-2780

e-mail cst@cancersupportteam.com

933 Mamaroneck Avenue, Suite 102
Mamaroneck, NY 10543

Hours: Monday-Friday 9-3

The Cancer Support Team provides free, professional, in-home support services to cancer patients / families at all stages of illness. The free services include: care management by a registered nurse, pain and symptom control, emotional support, social work, counseling, financial and volunteer assistance. Cancer Support Team also offers support groups for ovarian and colorectal cancers, primary brain tumors and for women with lumpectomy surgery for breast cancer, an informational website, and a resource room with library and internet access, and Life Lines, A Guide to Help for Cancer Patients and Their Families.

Area served: Westchester; free.

Caregiver Resource Center of Westchester Department of Senior Programs:

see Westchester Department of Senior Programs and Services

Classic Residence by Hyatt

www.hyattclassic.com

**709-1234;
(888) 451-2244**

537 Riverdale Avenue
(next to College of Mt. St. Vincent)
Yonkers, NY 10705

Retirement living with three levels of care: independent living, personal care and memory support. A variety of rental apartments is available.

The Clothing Closet at The Reformed Church of Bronxville

180 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Hours: Monday 10-12 noon

Thrift shop offering gently used men's, women's and children's clothing at reasonable prices. Seasonal sales advertised in local papers.

Club Wartburg 7 Day Adult Day Services: see The Wartburg Adult Care Community.

Comprehensive Home Care

www.homehealthcare.com

682-3988

fax 682-4765

e-mail comphomecare@prodigy.net

1 East Post Road
(South Lexington Avenue)
White Plains, NY 10601

Hours: Monday-Friday 9-5 with 24-hour answering service

Licensed home care services for elderly and infirm. Office provides nurses, nurses aides, and hourly and live-in companions. Also available: care planning, case management, hospice care, personal care, respite care and Voicecare home emergency response system.

Area served: Westchester; call for fees.

Concordia College: see Eastchester Office for the Aging Sundays Alive

Con Edison CONCERN Program (800) 872-8846

For customers 62 or older and blind or permanently disabled, a representative is available to answer questions about their Con Edison bills, suggest payment options and explain government and other special assistance programs.

The Counseling Center, Inc.

www.counselingcenter.org

793-3388

fax 793-0094

The Reformed Church of Bronxville
180 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Full-service counseling center with special emphasis on marital therapy and spiritual issues.

Area served: Westchester; call for hours and fees.

Additional locations: Shore Road, Pelham Manor; White Plains Road, Scarsdale



Directions in Aging 636-7347

fax 654-8895

e-mail mirzuc2@aol.com

1333A North Avenue, 312
(near Quaker Ridge Road)
New Rochelle, NY 10804

Hours: Monday-Friday 9-5; weekends by appointment

Office specializes in meeting the needs of older adults and their families through geriatric assessment, coordination of services, monitoring, family consultation, residential nursing home selection and corporate eldercare seminars. Also offered: Alzheimer's sup-

port, benefits counseling, caregiver support, crisis management, geriatric care management, personal care and telephone reassurance.

Area served: Westchester; call for fees.

Additional location: 17 Quintard Place, Westport, CT 06880



Eastchester Arts Council **793-6946**

fax 738-2445

e-mail violinist2@msn.com

PO Box 74
Eastchester, NY 10709

Office supports the arts and provides cultural programming including concerts and lectures.

Area served: Eastchester and surrounding communities

Fees may apply to some activities; discounts available for certain activities with membership fee of \$10 for individual or \$15 for family.

Eastchester CAP (Community Action Program) **337-7768**

fax 337-2751

142-144 Main Street
(near Washington Street)
Tuckahoe, NY 10707

Hours: Monday-Friday 9-5

Program assists residents through services including employment, food pantry, recreational and cultural activities, and thrift shop.

Area served: Bronxville, Eastchester (including Scarsdale 10583), Tuckahoe, and Yonkers 10708; free. Volunteer opportunities are available.

Eastchester Office for the Aging **771-3340**

fax 771-3366

e-mail aging@eastchester.org

40 Mill Road (Town Hall Building)
Eastchester, NY 10709

Hours: Monday – Friday 9-5

Office administers nutrition program and senior centers offering recreational and cultural programs. Monthly calendar of activities is available at the Office for the Aging. Activities include arts and crafts, movies, travel, dance, aerobics, aqua toning, bridge, lectures, and non-credit college courses. Day trips are planned and escorted by senior trip committee.

Office for the Aging services include case management, home-delivered meals, telephone reassurance, assisted referrals, care planning, home to hospital program, checkup program, entitlement counseling, bed and bath program, shopping assistance, light housekeeping, small home repairs, and medical escort service.

Senior Transit System consists of a van for medical and shopping appointments and a handicapped equipped bus to transport participants to and from the Nutrition Center at Lake Isle. Reservations are required. There is a suggested voluntary

contribution varying with the destination but no one will be denied service due to inability to contribute.

Area served: Eastchester, Tuckahoe, and Bronxville; some services are available for non-residents – call for details.

Call for fees. Volunteer opportunities are available.

Senior Centers operated by Eastchester Office for the Aging:

Eastchester Senior Citizen Nutrition Center at Lake Isle **337-0390**

fax: 337-2584

e-mail nutrition@eastchester.org

660 White Plains Road (just south of Vernon Hills Shopping Center)
Eastchester, NY 10709

Hours: Monday-Friday 9-4

Lunch is served daily; reservation is required.

Monday, Wednesday and Thursday lunch is open to residents and nonresidents. Tuesday and Friday lunch is open only to residents of Eastchester, Bronxville and Tuckahoe. Suggested voluntary contribution for lunch. Additional home-delivered meal program is available for residents Monday through Friday. There is a suggested voluntary contribution, but no one will be denied service due to inability to contribute. Emergency food and food supplements are distributed to homebound residents through a grant from The Community Fund.

Garth Road Senior Center **771-3340**

235 Garth Road (near Harney Road)
Scarsdale, NY 10583

Hours: Wednesday and Friday 12-4

Lunch is served on Wednesday; reservation required.

Center offers a senior center for walk-in population, recreational, educational, exercise and wellness programs.

Area served: Eastchester and 10583 Scarsdale/Eastchester.

Co-sponsored by The Community Fund.

Sundays Alive at Concordia College **Reservations: 771-3343** **Information: 771-3340**

171 White Plains Road
(just north of Tanglewylde Avenue)
Bronxville, NY 10708

20 Sundays per year; 1:30-3:30

Concert series with luncheon; reservation required.

Donation: \$4.00 per lunch. Co-sponsored by The Community Fund.

Eastchester Public Library

www.westchesterlibraries.org

793-5055

fax 793-7862

11 Oak Ridge Place (off Mill Road)
Eastchester, NY 10709

Hours: Monday and Wednesday 9-9; Tuesday, Thursday, Friday and Saturday 9-5; Sunday 1-5; closed Sunday Memorial Day weekend

through end of September; closed Saturday during July and August.

Library circulates books, talking books, periodicals, compact discs, videos, DVD's and provides reference assistance, internet access and programs for adults and children.

Area served: Residents of Unincorporated Eastchester may get library cards from the Eastchester Public Library; anyone with valid Westchester Library System card may borrow materials; free.

Eastchester Senior Nutrition Center – see Eastchester Office for the Aging

EVAC (Eastchester Volunteer Ambulance Corps) www.eastchesterems.com **337-3051**

fax 779-1463

e-mail info@eastchesterems.com
PO Box 482 Scarsdale NY 10583
Office at 257 Main Street
(across from CVS store)
Eastchester, NY 10709

Corps provides 24-hour ambulance service to the community.

Area served: Bronxville, Tuckahoe, Eastchester (including Scarsdale 10583), and Tuckahoe. Call for fees.

Eldercare Locator www.aoa.dhhs.gov/elderpage/locator.html **(800) 677-1116** **(202) 855-1234 (TDD/TTY)**

e-mail aoainfo@aoa.gov

Hours: Monday-Friday 9am-8pm.

A public service of the Administration on Aging, US Department of Health and Human Resources, this is a nationwide directory assistance service helping seniors and caregivers locate local support resources throughout the United States. Have ready the city and county name or zip code and a brief description of the problem.

Elderhostel www.elderhostel.org **877-426-8056**

75 Federal Street
Boston, MA 02110

Hours: Monday-Friday 9-9

Elderhostel offers adventures in lifelong learning for adults 55 years and over through educational travel programs worldwide. Call for information and fees.

ElderServe of Westchester – see "Our Place ElderServe" Social Adult Day Program

ElderServe of Westchester Licensed Home Care Agency **472-3262**

fax 472-3184

128 Garth Road (opposite CVS store)
Scarsdale, NY 10583

Hours: Monday-Friday 9-5; on call 24 hours daily at 800-56 SENIOR

This home care agency is run by ElderServe of Westchester, an affiliate of The Hebrew Home for the Aged at Riverdale, 5901 Palisade Avenue, Riverdale, NY 10471. Services include home health care, personal care, housekeeping, skilled nursing and care management.

Area served: Westchester; call for fees.

The Esplanade **761-8100**

fax 761-5208

95 South Broadway
(near Saks Fifth Avenue)
White Plains, NY 10601

Hours: Daily, 24 hours

Senior residence providing Alzheimer's care, cancer resources, case management, home care, hospice care, recreational and cultural activities and respice care.

Area served: Westchester; call for fees.

Additional location: 305 West End Avenue, NY, NY 10023



The Family Closet Thrift Shop of Sacred Heart Church **965-0032**

34 Convent Avenue
(off Shonnard Place)
Yonkers, NY 10703

Hours: Wednesday 11-3;
Saturday 1-4 (Closed July & August)

Shop offers gently used women's and children's clothing, books, toys and small household items at reasonable prices. All proceeds benefit parish school.

Area served: Yonkers and local communities. Volunteer opportunities are available.

Family & Community Services, Inc.

fcs-e.org
961-4773

fax 961-7127
e-mail fcs1908@aol.com

551 White Plains Road
(across from Eastchester High School)
Eastchester, NY 10709

Hours: Monday – Friday 9-5

A not-for-profit, non-sectarian social service agency providing a broad range of services including early childhood education, home health programs, and other related services to

individuals and families of all economic levels throughout Westchester County. Caregiver support, counseling, crisis intervention, and respite care are among the services provided.

Call for fees. Volunteer opportunities are available.

Family Information and Referral Service Teams, Inc. (FIRST)

www.firstwp.org
949-6789

fax 948-1194

e-mail info@firstwp.org

470 Mamaroneck Avenue
(near Shapham Place)
White Plains, NY 10605

Hours: Monday-Friday 8-5

Office provides FIRST Health Connection – a phone service for information and referral

to a myriad of health and health related services throughout Westchester County.

Area served: Westchester County; free.

Family Service of Westchester's Enriched Housing at Maple House 941-9415

fax 941-4482

15 Maple Place
Ossining, NY 10562

Hours: 24 hours daily

Enriched housing provides assisted living services to older persons in a subsidized housing facility in

Ossining. Meals, personal care, laundry, housekeeping and shopping assistance are provided.

Area served: Westchester; call for fees.

Family Services of Westchester's Geriatric Outreach Program (GOP)

fsw@fsw.org

948-8004

fax 948-3009

e-mail mleffler@fsw.org

1 Summit Avenue (near intersection of Maple Avenue and Route 22)
White Plains, NY 10606

Hours: Monday-Friday 9-5

Program provides professional assessment, counseling, and support services for older people experiencing depression, anxiety, and stress over losses. Bereavement services, care planning, caregiver support, case management, elder abuse resources and grandparent support group are also available. Mental health and case management services provided to older people in their own homes include linkage to other appropriate resources.

Area served: Westchester; call for fees.

Additional locations include: Mt. Vernon, Pelham, and Yonkers.

Family Service of Westchester Home Care

fsw@fsw.org

668-9124

fax 668-0940

9 West Prospect Avenue Room 309
Mt. Vernon, NY 10550

Hours: Monday-Friday 9-5 (services available in-home 24 hours daily)

Program provides one-on-one assistance, personal care and support to those living at home requiring help with the activities of daily living. Certified home health aides and personal care aides work under the direction of a registered nurse.

Area served: Westchester; call for fees.

Additional locations: Pelham and Mount Kisco.

Family Service of Westchester's My Second Home Adult Day Service

fsw@fsw.org

241-0770

41 Kensico Drive
Mount Kisco, NY 10549

Hours: Monday-Friday 7:30-5:30

Social model adult day care program providing door-to-door transportation to older adults living in Westchester. Supervised social and educational activities, health monitoring, and socialization are provided to seniors requiring supervision and assistance in their daily lives.

Area served: Westchester; call for fees.

Family Service of Westchester's Personnel Employment Council (SPEC) and Yonkers Senior Personnel Employment Council (YSPEC)

fsw@fsw.org

948-8004 (SPEC)

375-9154 (YSPEC)

fax 375-8061 (SPEC and YSPEC)

e-mail mleffler@fsw.org

1 Summit Avenue
White Plains, NY 10606 (SPEC)

2 Park Avenue
Yonkers, NY 10703 (YSPEC)

Hours: Monday-Friday 9-12

SPEC and YSPEC (for Yonkers residents) are employment matching services. Since 1955, SPEC has matched over 28,000 workers (aged 50 & over) with full-time, part-time, temporary & permanent employment.

Area Served: SPEC – Westchester; YSPEC – Yonkers;

Fees: \$10 registration fee.

First Baptist Church, Bronxville 793-2560

407 New Rochelle Road
(near Southeast Way)
Bronxville, NY 10708

In addition to Sunday service, prayer meetings, Bible study, bereavement and counseling services are offered. Visits to homebound and those in convalescent homes are made by pastor and parish members.

Area served: greater southern Westchester area

Foundation Fighting Blindness 472-6644

fax 472-4470

7 Colvin Road
Scarsdale, NY 10583

Hours: Monday-Friday 9-5

Volunteer organization whose chief function is raising funds to fight retinal eye diseases.

The Fountains at RiverVue 771-8533

fax 771-7904

1 RiverVue Place (near Scarsdale Road / Hudson Valley Bank)
Tuckahoe, NY 10707

Hours: Daily 9-6

Assisted living apartments (studio, 1- and 2- bedroom units) and Alzheimer's studio apartments are available. Call for fees.



Garth Road Senior Center – see Eastchester Office for the Aging

Gilda's Club of Westchester

www.gildasclubwestchester.org

644-8844

fax 644-8284

80 Maple Avenue
(near Mamaroneck Avenue)
White Plains, NY 10601

Hours: Monday-Friday 9-5; call for evening hours

Club provides free social and emotional support to people with cancer and their families and friends. Caregiver support, counseling, lectures, workshops, social events and support groups are offered.

Area served: Westchester; free.

The Guild Home for Aged Blind

963-4661

fax 963-7433

75 Stratton Street South (at Saw Mill River Parkway and Palmer Road)
Yonkers, NY 10701

Hours: 24 hours daily

The Home is a private, not-for-profit, residential health care facility providing 24-hour skilled nursing, long-term care, short-term rehabilitation services and care for dementia patients. Guild Care is a medical-model day program for visually impaired adults.

Area served: Westchester; call for fees. Volunteer opportunities are available.



Hospice Care in Westchester & Putnam 666-4228

fax 666-0378

e-mail vnahv.com

100 South Bedford Road Suite 340
(near Main Street)
Mt. Kisco, NY 10549

Hours: 24 hours daily

Comprehensive hospice care for patients diagnosed with cancer and other life-threatening diseases. Services provided include medical, nursing, and care from nurses aides, social workers, chaplains, dietitians, volunteers and bereavement counselors. Care is provided at home, nursing home or hospital. Hospice maintains a special fund to assist financially eligible families with care.

Area served: Westchester & Putnam

Fees: covered by Medicare/Medicaid

Hospice of Westchester

www.hospiceofwestchester.com

682-1484

fax 682-9425

e-mail hospicewes@aol.com

The Esplanade, Fourth Floor
95 South Broadway
(near E. Post Road)
White Plains, NY 10601

Hours: Office hours: Monday-Friday 8:30-4:30; on-call 24 hours daily.

Hospice of Westchester provides a full range of services for patients suffering from life-threatening illnesses including cancer, cardiac illnesses and Alzheimer's disease. Services are provided to patients and their families in the comfort of their own homes.

Area served: Westchester; call for fees.

Volunteer opportunities are available.

The Hudson River Museum

www.hrm.org

963-4550

fax 963-8558

e-mail hrm@hrm.org

511 Warburton Avenue
(at Trevor Park)
Yonkers, NY 10701

Hours: Wednesday-Sunday 12-5

The Hudson River Museum is a general purpose museum offering experiences that range from tours of the 1876 Glenview Mansion and star shows in the Planetarium to exhibitions of contemporary art and explorations of the cultural and social history of Westchester. Seniors and the Arts is a bi-weekly program designed for senior citizens who are lifelong learners; individual programs, conducted every other Wednesday at 1:30pm (March-December), are designed to inform, inspire and entertain. Sessions include concerts, slide presentations, behind the scenes tours, and dance performances. Refreshments follow each performance.

Intergenerational opportunities include the museum's Adult / Junior Docent Program and its many family

programs. Senior participation is encouraged in Sunday Family Programs and opening parties.

Area served: Westchester and beyond

Fees: Seniors and the Arts Program events: \$1.50 (includes museum admission) per adult 62 years and older; members are free. General museum admission is \$3.00 per adult 62 years and older; members are free. Volunteer opportunities are available.



Immaculate Conception Church & Church of the Assumption

961-3643

fax 961-0283

53 Winterhill Road
(off White Plains Road)
Tuckahoe, NY 10707

Church offers friendly visits or phone calls. Volunteers may be available to run errands or spend time praying with those in need. Bereavement services, caregiver support and counseling are available.

Area served: Bronxville, Eastchester, Tuckahoe, 10708 Yonkers and 10583 Scarsdale / Eastchester; free. Volunteer opportunities are available.



Jansen Memorial Hospice – see Lawrence Community Health Services

Jewish Community Center (JCC) of Mid-Westchester

www.jccmidwestchester.org

472-3300

fax 472-9270

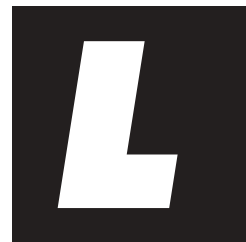
e-mail flaxerl@jcca.org

999 Wilmot Road (near Weaver Street & five corners intersection)
Scarsdale, NY 10583

Hours: daily

Cultural, social, and informational programs for adults 55 years and older include book club, bridge, mahjonn, creative writing, men's clubs, speaker's program, bereavement groups and Jewish studies. Fitness center and pool offer exercise classes.

Area served: Westchester; fees vary by program. Volunteer opportunities are available.



Lake Isle Park Senior Center – see Eastchester Office for the Aging

Lawrence Community Health Services

961-2818

fax 961-8837

69 Main Street (near Columbus Ave.)
Tuckahoe, NY 10707

Hours: Monday-Friday 8:30-4:30; 24 hours on call

Lawrence Home Care of Westchester provides certified home health care, registered nurses, therapists, health aides, an early intervention program and a senior nutrition program.

Jansen Memorial Hospice provides expert palliative care by registered nurses to keep terminally-ill patients as physically comfortable as possible and improve their quality of life.

The Bereavement Center of Westchester provides a safe and caring environment for adults and children to receive the special attention and support needed to move through the pain of grief towards hope and healing. Individual and group counseling are available, as well as telephone reassurance.

Area served: Westchester; call for fees for Lawrence Home Care of Westchester and Jansen Memorial Hospice. Medicare, Medicaid, and most private insurance accepted; sliding scale based on ability to pay. No fees are charged by The Bereavement Center, contributions only. Volunteer opportunities are available.

Lawrence Home Care of Westchester – see Lawrence Community Health Services

Lawrence Hospital Bargain Box

787-3195

fax 787-3020

e-mail along@healthstar.org

55 Palmer Avenue
Bronxville, NY 10708

Hours: Monday-Friday 9:30-4; Saturday 10-2

The Bargain Box is a thrift shop selling gently used clothing and furniture at inexpensive prices. All proceeds benefit Lawrence Hospital.

Area served: Westchester

Lawrence Hospital Center

www.lawrencehealth.org

787-1000

fax 787-3020

Physician referral: 787-5000

55 Palmer Avenue
(west of Bronxville Train Station)
Bronxville, NY 10708

Hours: 24 hours daily

A full range of in-patient, out-patient and emergency medical care services as well as health education classes are offered. Physician referral service is available – call 787-5000.

Discount dining is available at the Courtyard Café – call 787-1000, ext. 2555. Free blood pressure screening is offered on the first Thursday of every month from 1-3 pm in the clinic area. Free skin cancer screenings are done in early May; call 787-5044 for information and appointment. Senior Tai Chi Chuan exercise classes are offered; call 787-5044 for schedule and fees. For oncology support group, call 787-3095; for stroke support group, call 787-3373.

Area served: Westchester and beyond. Volunteer opportunities are available.

Additional location: rehabilitation and sports medicine at 770 White Plains Road, Scarsdale, NY 10583.

Lawyer Referral Service of the Westchester County Bar Association

761-5151

fax 761-9402

300 Hamilton Avenue, Suite 301
(near Church Street)
White Plains, NY 10601

Hours: Monday-Friday 10-4

A non-profit private organization providing the name of a lawyer in any area of Westchester County to handle particular types of legal matters.

Area served: Westchester County; fees: No fee for the referral. The client will call the lawyer directly to arrange for the first half-hour consultation in the

lawyer's office for the special fee of \$40.00 All subsequent additional fees are arranged directly with the lawyer.

Lighthouse International

www.lighthouse.org

683-7500

fax 686-5866

e-mail visionrehab@lighthouse.org

170 Hamilton Avenue (near Dr. Martin Luther King Boulevard)
White Plains, NY 10601

Hours: Monday, Tuesday, Wednesday, Friday 8-5; Thursday 8-8

New York Lighthouse Vision Rehabilitation Services is the major provider of comprehensive vision rehabilitation services in New York State. A division of Lighthouse International, it enables people of all ages who are blind or partially sighted to lead productive and independent lives. With locations throughout the New York City area, the Lighthouse serves thousands of local residents each year. Services include low-vision evaluations, services for people who are visually impaired, caregiver support, counseling, and personal care.

Area served: Westchester and beyond

Fees: the Lighthouse operates on a fee for service basis; a variety of payment options are available. Sliding scale payment plan is available; Lighthouse staff will develop an individual plan based on personal circumstances and will help identify funding sources including the NY State Commission for the Blind and Visually Handicapped and the NY State Board of Education.

Volunteer opportunities are available.



Mainstream: the Institute for Mature Adults at Westchester Community College

785-6793

75 Grasslands Road (near Sprain, Saw Mill and Bronx River Parkways)
Valhalla, NY 10595

Mainstream offers educational courses and life-long learning for mature adults 50 years and over. Specialized skill-based courses geared for employment are available, as well as trips and cultural programs.

Area served: Westchester; call for fees.

The Maxwell Institute of St. Vincent's Westchester

337-6033

92 Yonkers Avenue (near Main Street and Tuckahoe Railroad Station)
Tuckahoe, NY 10707

Agency specializes in prevention, education and treatment of alcohol and other substance abuse.

Area served: Westchester and beyond; call for hours and fees.

Meals-on-Wheels 10708, Inc.

787-3027

fax 787-3020

55 Palmer Avenue
(at Lawrence Hospital)
Bronxville, NY 10708

Hours: Monday-Saturday 11:30-2

Noon-time hot meal delivery service available to the homebound elderly, ill or disabled in 10708 and neighboring communities. Program operates 6 days per week and all holidays.

Area served: Bronxville, Tuckahoe, and 10708 Yonkers; call for fees.

Volunteer opportunities are available.

Msgr. Terence Attridge Adult Day Health Center at St. Cabrini Nursing Home

693-6800

115 Broadway
(near Ashford Avenue)
Dobbs Ferry, NY 10522

Hours: Monday – Friday 8:30-4:30

A medical model program providing health assessment, monitoring, rehabilitation therapy, recreation and nutrition to individuals over the age of 55 on a daily basis.

Area served: Westchester; call for fees.

Mount Vernon Hospital 664-8000

12 North Seventh Avenue
(between Prospect & Valentine)
Mount Vernon, NY 10550

A 245 bed teaching facility whose programs include a hyper-baric wound care center and AIDS designated center. Emergency facilities include an emergency psychiatric unit.

My Sister's Place www.mysistersplaceny.org 683-1333

2 Lyon Place, Suite 300
(at Waller Street)
White Plains, NY 10601

Direct service and advocacy for victims of domestic abuse and their children. Counseling, support groups, shelter and legal services are among services offered.



Nathan Miller Center for Nursing, Inc. 686-8880

37 Dekalb Avenue
White Plains, NY 10605

Skilled nursing facility offering short-term rehabilitation, dementia care and respite care.

Additional location: White Plains
Center for Nursing, 220 West Post
Road, White Plains, NY 10606

Nathan Miller Long Term Home Health Care Program 345-8605

45 Knollwood Road
Elmsford, NY 10523

Programs offers services of a nursing home without the walls.

NYS EPIC (Elderly Prescription Insurance Coverage) Program www.health.state.ny.us/nysdoh/epic/faq.htm (800) 332-3742

fax 518 452-3576
e-mail EPIC@health.state.ny.us

PO Box 15018
Albany, NY 12212-5018

Hours: Monday-Friday 8:30-5

Office administers New York State's Senior Citizen Prescription Plan.

Area served: New York State.

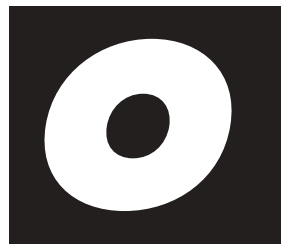
New York State Talking Book and Braille Library 800-342-3688

e-mail tbbl@mail.nysed.gov

Cultural Education Center
Albany, NY 12230

Persons who cannot read conventional printed matter, hold a book or turn its pages because of visual impairment, temporary or permanent physical disability or learning disability of physical origin are eligible for the free use of recorded and braille books and magazines (free shipment and return), loan of special play-back equipment, and use of information and referral services. This library offers the same kind of recreational reading available in the public library; call for application.

Area served: New York State; free.



The Osborn (Miriam Osborn Memorial Home) theosborn.org 921-2200

fax 921-2398
e-mail ruth@theosborn.org

Hours: Monday-Friday 9-5

101 Theall Road (near Boston Post
Road / Osborn Elementary School)
Rye, NY 10580

The Osborn, a century-old charitable organization, is a continuing care retirement community meeting the needs of seniors by offering a comprehensive array of services including levels of independent, assisted living, and skilled nursing care. The Osborn also has a licensed home care agency serving Osborn residents and the greater NY area. Respite care and caregiver support are available.

Area served: Westchester and beyond; call for fees.

"Our Place ElderServe" Social Adult Day Program

(Co-sponsored by Elder Serve of Westchester and St. Joseph's Hospital Medical Center)

771-5353

fax 771-6451

Highbridge Plaza
1801 Central Park Avenue
(near Tuckahoe Road)
Yonkers, NY 10710

Hours: Monday-Friday 8:30-4:30 and as scheduled for caregiver groups.

Services include professionally supervised discussion groups and therapeutic activities such as exercise and dance. Reminiscence therapy, computer class, nutritionally supervised lunch and snacks and door to door transportation provided. Care management and caregiver respite are available.

Area served: Includes Eastchester, Bronxville, Tuckahoe and Yonkers.

Call for fees.



Pennypincher Shop 961-3145

4 Depot Square (near corner of Main Street & Columbus Avenue)
Tuckahoe, NY 10707

Hours: Monday – Saturday 10-5

Thrift shop offers gently used clothing, decorative items, costume jewelry and furniture; 10% senior discount.

Phelps Hospice 366-3325

fax 366-1538

701 N. Broadway (at Phelps Hospital)
Sleepy Hollow, NY 10591

Hours: Monday – Friday 8-4; on call 24 hours daily at 366-3000

Hospice provides end-of-life care for patients with life-threatening illnesses; an interdisciplinary approach is taken to provide services in patient's home.

Area served: Westchester. Call for fees.

Phelps Memorial Hospital Center

phelpshospital.org

366-3000

Physician referral: 366-3367

701 North Broadway (Route 117)
Sleepy Hollow, NY 10591

This 235-bed not-for-profit acute care hospital provides medical and mental healthcare to residents of Westchester

and surrounding communities. Alcohol and substance abuse treatment is available. A variety of health screenings, and health and wellness education programs including an outpatient diabetes education program are among the many services offered. A caregiver support group is available. Free membership in Senior Privilege provides services, programs and benefits to persons 55 years and older. Call 366-3223 for details.

Volunteer opportunities are available.

Philipse Manor Hall State Historic Site 965-4027

29 Warburton Avenue (Dock Street)
PO Box 496, Yonkers, NY 10702

Hours: April through October, Wed.-Sat., 12-5, Sunday 1-4.

Groups by appointment year round.

A National Historic Landmark and official project of Save America's Treasures, this Georgian mansion, built in stages between 1680 and 1755, was home to the wealthy Loyalist Frederick Philipse III. The museum has an original papier-mache ceiling and exhibits from the Cochran Collection of American Portraiture. Concerts, lectures, and special programs are offered throughout the year.

Volunteer Opportunities include training to become a docent, help with special events, and membership in the Friends of Philipse Manor Hall. Members receive discounted admission to concerts and invitations to "members only" events.

Fees: Admission is free, donation suggested. Admission may be charged for some concerts and special programs.

Project Time-Out/ Westchester Jewish Community Services (WJCS) In-Home Respite Care

www.wjcs.com

949-7699 ext. 335

fax 949-3224

e-mail hartsdale@wjcs.com

141 N. Central Avenue
(at E. & W. Hartsdale Avenues)
Hartsdale, NY 10530

Hours: as needed

In-home respite care on a flexible day, evening, or overnight basis for families who are caring for an older dependent person. Respite allows the caregivers the opportunity to go out for recreation, medical appointments or business matters and also provides stimulating companionship, supervision and socialization to the client.

Program coordinator offers free assessments of a family's respite needs and information regarding other WJCS services, as well as programs through Westchester County that enrich the lives of seniors.

Area served: Westchester.

Fees: Cost is based on the Westchester County Department of Senior Programs EISEP sliding scale, determined by the income and expenses of the older adult or married couple. Seniors interested in becoming respite volunteers should call WJCS.



Rags to Riches Thrift Shop for Asbury United Methodist Church 779-3722

167 Scarsdale Road (Scarsdale exit off Bronx River Parkway)
Tuckahoe, NY 10707

Hours: Wednesday and Saturday 10-2; closed August

Gently used men's, women's and children's clothing for sale at reasonable prices.

The Reformed Church of Bronxville

www.reformedchurch.org

337-6776

180 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

fax 337-3417

e-mail rich@reformedchurch.org
(The Rev. Richard Lichti)

Hours: Monday – Friday 9-5 (office)

In addition to its worship and pastoral care, the church offers a cancer support group for persons diagnosed with cancer and a support group for friends and family of persons diagnosed with cancer. Church also runs the Clothing Closet, a thrift shop (see individual listing). Volunteer opportunities are available.

RSVP (Retired Senior Volunteer Program)
948-6069

fax 948-3032

e-mail info@volcenterwest.org

470 Mamaroneck Avenue
(near Bloomingdale Road)
| White Plains, NY 10710

Hours: Monday – Friday 8:30-4:30

Office places volunteers 55 years of age and older in volunteer assignments at nonprofit agencies throughout the county. RSVP provides volunteers with staff support, supplemental insurance coverage, transportation assistance, newsletters and an annual recognition event. The REP program (for Retired Executives and Professionals) provides management assistance and other services to nonprofit organizations. RSVP supports 1000 volunteers each year at more than 160 community service organizations throughout Westchester involved with children in schools, the environment, arts and culture, health care, employment and violence prevention. Free.

Riverside Health Advantage

riversidehealth.org

964-4247; 964-4444

fax 964-7777

St. John's Riverside Hospital
967 North Broadway
(near Executive Boulevard)
Yonkers, NY 10701

Riverside Health Advantage is a free, special community outreach program for adults 55 years and over, designed to promote healthy and

independent lifestyles. Benefits of the free membership include assistance with medical claims, a billing hot line, a program for the uninsured, a physician referral service, free health screenings and seminars, health education, mature driving classes, wellness and support groups, discounts on certain health care services, Supper for Seniors Program, tai chi and other exercise classes, free parking on premises, senior health newsletter and other special mailings.

A computer learning site for seniors, Yonkers Senior Net, is opening at the Yonkers General Hospital Wellness Center at 2 Park Avenue in Yonkers (at Ashburton Avenue). Senior Net assists older adults with introduction to word processing, spreadsheets, graphics and internet use, and assists those who want to learn more about a specific computer application program. Other courses include financial management and a genealogy program.

Area served: Yonkers and neighboring communities. Fees are charged for some services, including \$50 for 8-week session of tai chi classes (\$60 for non-members), \$25 for 8-week Senior Net computer course and \$10 for AARP 55 ALIVE / Mature Driving Course.

Volunteer instructors and coaches are needed for the Senior Net computer center. Some experience in working with computers is helpful, but not mandatory. Instructors and coaches will receive training. Volunteers to assist with administrative work are also welcome.

Rose YM-YWHA
664-0500

fax 664-0514

30 Oakley Avenue
(near Gramatan Avenue)
Mt. Vernon, NY 10550

Hours: Monday-Friday 10-2

The Rose Y offers a government-supported lunch program Monday through Friday at noon, a government-supported social model adult day care program Monday through Friday from 10 to 2, a traditional senior center on Tuesday and Thursday, free exercise class on Monday from 10:30 to 11:30, line dancing on Wednesday from 10:30 to 11:30, and bingo, 1st and 3rd Friday of each month, from 11 to 2. Intergenerational programs are available on a planned and an informal basis with the children who attend the day care program at the Y. Some transportation to the Y is available. Home delivery of kosher meals is available.

Area served: local communities. Fees vary; most are a suggested voluntary donation including lunch, \$2.75 a meal; senior day care, \$35 a day; transportation, \$1 a ride.

Volunteer opportunities are available.



St. Cabrini Long Term Home Health Care
693-6800 Ext. 550

fax 693-0188

115 Broadway
(near Ashford Avenue)
Dobbs Ferry, NY 10522

Hours: Monday-Friday 9-5

Services include nursing, physical therapy, paraprofessional services, social work, and pastoral care for complex chronic medical conditions.

Area served: Westchester; call for fees.

St. Cabrini Nursing Home
693-6800

115 Broadway
(near Ashford Avenue)
Dobbs Ferry, NY 10522

Skilled nursing facility overlooking the Hudson River.

St. John's Riverside Hospital

www.riversidehealth.org

964-4444

fax 964-4379

Alcohol & Substance Abuse Treatment 1-877-YGH-CARE

Physician referral: 964-7990
(Monday-Friday 8-4)

967 North Broadway
(south of Executive Boulevard)
Yonkers, NY 10701

Full-service hospital providing comprehensive inpatient and outpatient care in areas including cardiology and cardiac care, diabetes, and wound healing, and holistic care. Offers comprehensive inpatient and outpatient drug and alcohol abuse treatment programs in conjunction with its affiliate, Yonkers General Hospital (see listing). For services of interest to seniors, see listing for Riverside Health Advantage.

St. Joseph's Church, Bronxville

337-1342

fax 337-1342

15 Cedar Street (at Kraft Avenue)
Bronxville, NY 10708

Hours: Mon. – Fri. 8:30-4:30 (office)

Pastoral visits by and telephone reassurance from parish staff to elderly and homebound are available. Bereavement services are offered. A parish van transports the elderly to Sunday Mass. Parish auxiliary offers the opportunity to serve through caring for church linens and sewing. Arts and leisure activities offer the opportunity for socialization at monthly meetings and excursions.

Area served: Bronxville and 10708 Yonkers; volunteer opportunities are available.

St. Joseph's Geriatric Day Care

375-3333

fax 375-3346

e-mail yefi3388@aol.com

81 South Broadway
(Prospect Avenue)
Yonkers, NY 10701

Hours: Monday-Saturday 8:30-4:30

A medical model day program open six days a week with door to door transportation, providing nursing, physical therapy, occupational, speech and recreational therapies, personal care and hot meals.

St. Joseph's Long Term Home Health Care

375-3300

fax 375-3342

e-mail asmith@chcs.org

127 South Broadway
(near Nepperhan Avenue)
Yonkers, NY 10701

Hours: Monday-Friday 8:30-5;
services are available 24 hours daily

Comprehensive long-term home care services include case coordination, care planning, case management, home care nursing, social work, counseling, physical therapy, occupational therapy, nutritional services, personal care, housekeeping and repair services, and home health aide care.

Area served: Westchester; call for fees.

St. Joseph's Medical Center

378-7000

Physician referral: 378-7830

127 South Broadway
(near Nepperhan Avenue)
Yonkers, NY 10701

A 194-bed acute care hospital whose services include a broad spectrum of geriatric programs and services.

St. Vincent Catholic Medical Centers

(800) SVH-8004

fax 925-5163

e-mail rsomoza@saintvincents.com

275 North Street
(near Union and Halstead Avenues)
Harrison, NY 10528

Hours: 24 hours daily

St. Vincent's Westchester offers comprehensive inpatient and outpatient mental health services and substance abuse services for older adults and their families.

Area served: Westchester; call for fees. Volunteer opportunities are available.

Additional location: The Maxwell Institute, 92 Yonkers Avenue, Tuckahoe, NY (see listing)

Sarah Lawrence College

www.slc.edu

395-2411

fax 395-2661

One Mead Way (near Kimball Avenue and Glen Washington Road)
Bronxville, NY 10708

Hours: Monday-Friday 9-5

College offers arts and cultural events open to the public. College library may be used by members of the Friends of Sarah Lawrence Library.

Call for calendar and fees; some events are free.

Sarah Neuman Center for Healthcare & Rehabilitation

Westchester Division of
the Jewish Home &
Hospital

www.jewishhome.org

698-6005

845 Palmer Avenue
(near Rockland Avenue)
Mamaroneck, NY 10543

Hours: 24 hours daily

A 300-bed nursing home and rehabilitation center offering long-term, short-term and skilled nursing and sub-acute care. Medical and social adult day care, Alzheimer's and dementia care, hospice care and respite care are among other services provided.

The Jewish Home and Hospital has other locations; for Manhattan, call (212) 870-5000.

For the Bronx, call (718) 579-0500.

Scarsdale Meals on Wheels 723-4342

One Heathcote Road (near Route 22)
Scarsdale, NY 10583

Hours: Monday-Friday 9-noon

Office delivers two meals a day five days a week. Frozen meals are available for weekends.

Area served: 10583 Scarsdale / Eastchester / New Rochelle

Fee: \$3.35 per meal; subsidies are available. Volunteer opportunities are available.

Schaffer Extended Care Center (formerly Howe Avenue Nursing Home) Sound Shore Medical Center 632-5000 ext.3800

16 Guion Place (corner of Lockwood Ave. and Glover Johnson Place)
New Rochelle, NY 10802

Hours: 24 hours daily

Rehabilitation, sub-acute and long-term care available. Call for fees.

Schervier Long Term Home Health Care Program

www.scherviercares.org

(800) 260-5006

fax (718) 884-7548

2975 Independence Ave. (Exit 19 off Henry Hudson Parkway, 232nd St.)
Riverdale, NY 10463

Hours: 24 hours daily

Program endeavors to keep clients healthy and independent by providing compassionate care in their own homes. Services include geriatric assessment, care planning, case management, registered nurses, certified home health aides, hospice care, palliative care, Alzheimer's / dementia care, physical, occupational and respiratory therapy, personal care, shopping assistance, home respite care, caregiver support, and religious and pastoral outreach.

Area served: Westchester and beyond.

Fees: No fee for initial assessment by a registered nurse. Thereafter, client is billed an hourly rate; most insurance is accepted.

Schervier Nursing Care Center

www.scherviercares.org

718-548-1700

fax 718-884-7548

2975 Independence Ave. (Exit 19 off Henry Hudson Parkway, 232nd St.)
Riverdale, NY 10463

A newly-renovated 364-bed rehabilitation center and skilled nursing facility located on 9 acres overlooking the Hudson River. Call for fees.

Senior Citizens of Bronxville 793-2222

fax 337-2683

Village Hall
200 Pondfield Road
(at Midland Avenue)
Bronxville, NY 10708

Non-profit senior citizens organization provides social, educational and recreational activities for local seniors. Members are active volunteers, offering their time, leadership and experience in the community. Senior Citizens Center activities are held at the Reformed Church, 180 Pondfield Road, on Tuesday and Friday.

Area served: Bronxville and 10708 Yonkers. Call for information about programs and membership fees.

Senior Citizen Services provides an information and referral service for resident senior citizens and coordinates the activities of the Senior Citizens Center.

Volunteer opportunities are available.

Senior Citizens Council 793-2222

PO Box 24
Bronxville, NY 10708

The Senior Citizens Council is the parent organization that raises funds to support the Senior Citizens Centers of Bronxville and Tuckahoe. The Council is a volunteer board with a volunteer Community Advisory Board.

Area served: Bronxville, Tuckahoe and 10708 Yonkers

Senior Personnel Employment Council (SPEC) – see Family Service of Westchester

Song Pipers

PO Box 500
Bronxville, NY 10708

A musical therapy group of 20 singers performing songs from the 1920's to the present in four-part harmony with piano accompaniment.

Area served: local communities. A fee is charged; write for details.

Sound Shore Medical Center

www.ssmc.org
632-5000

Geriatric Institute: 637-1646

Physician Referral: 637-5463 (MDS-Line)

16 Guion Place (corner of Lockwood Avenue and Glover Johnson Place)
New Rochelle, NY 10802

The largest private teaching hospital in Westchester County, its services include emergency medicine, a cancer center, a cardiac rehabilitation center, and a geriatric institute. Support groups include cancer support groups for patients, family and friends – 637-1431; Heart to Heart cardiac support group for patients and family – 637-1431 and Sweet Talk diabetes support group – 632-5000, ext.4059. Two programs serving seniors are Adult Day Services and Health Access – see listings below.

Sound Shore Medical Center Adult Day Services

www.ssmc.org
637-1374

fax **637-1384**

e-mail phoward@ssmc.org

Hours: Monday – Friday 9-3

Adult Day Services provides comprehensive services to the frail elderly, the chronically ill or adults with disabilities. Services include case management, care planning, counseling, crisis intervention, elder abuse prevention, recreational and cultural activities, religious and pastoral outreach, respite care, senior day care, therapy, and transportation and medical escort. Area served: Westchester; call for fees. Volunteer opportunities are available.

Sound Shore Medical Center Health Access

www.ssmc.org
637-1638

fax **637-1384**

e-mail phoward@ssmc.org

Hours: Monday – Friday 9-4

A free membership program for people over 50 providing health care information and referral. Free health care lectures and classes are offered, including 55Alive, Safe Driving.

Area served: Westchester. Volunteer opportunities are available.

Sundays Alive –
see Eastchester Office of
the Aging

Sunrise Assisted Living

www.sunriseassistedliving.com
667-5660

fax **665-1488**

500 North Columbus Avenue
Mt. Vernon, NY 10552

Hours: 24 hours daily

Personalized care for seniors requiring assisted living support. Services range from light support to daily comprehensive care with a separate unit available for Alzheimer's care. Call for fees.



Tuckahoe After School Care (TASC) **337-5376 ext. 242**

William E. Cottle Elementary School
2 Siwanoy Boulevard (at Crawford St.)
Eastchester, NY 10707

Hours: Monday-Friday 7:15-8:30 am
and 3-6:15 pm

On-site program providing before- and after-school care and enrichment to children from kindergarten through sixth grade.

Volunteer opportunities are available for able-bodied seniors with their own transportation. Help is needed in tutoring reading and math, with specialty activities including woodworking and pasta making, as well as with storytelling and general care.

Tuckahoe Public Library

westchesterlibraries.org
961-2121

fax **961-3832**

e-mail dcoppola@wls.lib.ny.us

71 Columbus Avenue
(between Main Street and Circuit)
Tuckahoe, NY 10707

Hours: Monday & Wednesday 10:30-8:30; Tuesday, Wednesday & Thursday 10:30-5:30; Saturday 10-5 (September-June); 10-1 (July & August); Sunday 1-4:30 (October-May)

Library offers circulation and information services and recreational and cultural activities.

Area served: Westchester; free.

Tuckahoe Senior Center **337-8487**

4 Union Place
(near Main Street & Jefferson Place)
Tuckahoe, NY 10707

Hours: Tuesday and Thursday 10-3

Non-profit senior citizens organization provides social, educational and therapeutic recreational services and support for local seniors. Programming is designed to enrich, empower and support seniors' social life styles. Members are active volunteers offering their time, leadership and abilities.

Area served: Tuckahoe, Eastchester, 10708 Yonkers and 10583 Scarsdale / Eastchester. Call for information about programs and membership fees.

Volunteer opportunities are available.



Victims Assistance Services (VAS) **965-0217**

30 South Broadway, 5th floor
(at Getty Square)
Yonkers, NY 10701

Rape Crisis Helpline:
345-9111 (24 hour)

VAS is a component of Westchester Community Opportunity Program, Inc. (WestCOP), a private not-for-profit, multi-service organization. Crime victims assistance services include crisis intervention, safety planning, emergency assistance in obtaining money for food, rent and other necessities, counseling, referrals for long-term counseling, court assistance (accompaniment and information), help in replacing documents such as Medicare cards and birth certificates, and assistance in applying for Crime Victims Compensation for medical bills, lost income and funeral expenses. Support groups are available for rape and sexual abuse survivors and for friends and family of homicide victims. Elderly Victims Services include home visits, special needs assessment, case management, home security surveys and lock installations and linkage to caregiver services

The Sexual Assault Nurse Examiner (SANE) Program provides specially trained, sensitive nurse examiners who perform the forensic examination

for victims of sexual assault and offer the victim knowledgeable, empathetic support . The SANE Program is currently available in the emergency rooms of eight hospitals in Westchester County including St. John's Riverside Hospital, Sound Shore Medical Center, Westchester Medical Center and White Plains Medical Center.

Training and public education include elder abuse identification and prevention and crime prevention presentations for seniors.

Area served: Westchester; free.

Additional locations:

- 2269 Saw Mill River Road, Building #3, Elmsford, NY 10523, 345-3113
- c/o Mt. Vernon Police Department 322 Roosevelt Square North, Mt. Vernon, NY 10550, 665-2539
- Richard J. Daronco Courthouse c/o Victim Witness-Unit, 3rd floor, 111 Dr. Martin Luther King Blvd., White Plains, NY 10601, 285-3347
- Counseling Center, 99 Mamaroneck Avenue, 2d floor, White Plains, NY 10601, 949-9391.

Village Lutheran Church

vlc-ny.org

337-0207

fax 771-9711

e-mail pastaz1@aol.com

172 White Plains Road (at Tanglewylde Avenue, across from Concordia College)
Bronxville, NY 10708

Hours: vary

Senior Outreach & Fellowship offers monthly luncheons and cultural activities, also quarterly trips to local dinner theaters.

Area served: Bronxville and local communities

Visiting Nurse Services in Westchester

www.vns.org

682-1480

fax 682-1488

e-mail info@vns.org

360 Mamaroneck Avenue
(near Livingston Avenue)
White Plains, NY 10605

Hours: daily 8-5; on call 24 hours daily

A not-for-profit certified home health agency providing geriatric case management, care planning, and counseling. Services include registered nurses, home health aides, physical, occupational and speech therapists, medical social workers, wound, ostomy and continence specialists and mental health care specialists.

Area served: Westchester; call for fees.



The Wartburg Adult Care Community

www.thewartburg.org

699-0800

fax 699-2158

Wartburg Place
(off East Lincoln Avenue)
Mt. Vernon, NY 10552

Hours: daily, 24 hours

A healing ministry of the Lutheran Church on 36 acres offering an extensive array of services and housing options including a skilled nursing facility, short-term rehabilitation, Alzheimer's / dementia care, temporary and long-term home health care, assisted living (on campus and at home), Club Wartburg 7 Day Adult Day Services senior day care (medical and social models), outpatient health services, independent living, respite care and hospice care.

Area served: Westchester; call for fees. Volunteer opportunities are available.

Westchester Arts Council **428-4220**

fax 428-4306

e-mail westarts.com

31 Mamaroneck Avenue
(near Martine Avenue)
White Plains, NY 10601

Hours: Monday-Friday 9-5

Largest not-for-profit arts organization in the county, whose mission is to strengthen the county's cultural institutions and enrich the quality of life for Westchester residents.

Area served: Westchester; free.

Westchester Care at Home **997-7912**

fax 997-0024

360 Mamaroneck Avenue
(near Livingston Street)
White Plains, NY 10605

Hours: Monday – Friday 8:30-5; on call Saturday and Sunday

A licensed home care agency affiliated with Visiting Nurse Services in Westchester. Services include case management, home health aides, personal care aides and companions as well as a bath service. Respite care is offered.

Area served: Westchester; call for fees.

**Westchester
Clearinghouse for
Social Adult Day
Services
713-1256**

fax 472-3184

128 Garth Road
Scarsdale, NY 10583
and

**Westchester
Coalition of Social
Adult Day Services**
(Co-sponsored by
Westchester Department
of Senior Programs and
Services)
(718) 581-1778

fax (718) 581-1001

5901 Palisade Avenue
Riverdale, NY 10471

Hours: Monday – Friday 9-5 or by
appointment.

A voluntary coalition of 10 member agencies providing adult day services in Westchester County, whose activities include public education and advocacy for quality social day services to maintain skills in older adults and to provide respite for family care givers. Scholarships, client assessment and information and referral services are provided.

**Westchester County
Department of
Health
813-5256**

westchestergov.com/health

fax 813-5000

e-mail rgg7@westchestergov.com

145 Huguenot Street
(near Cedar Street / New Roc City)
New Rochelle, NY 10801

Hours: Monday-Friday 8:30-4:30

Free and low-cost breast cancer screening including mammograms is provided to women over 70 without health insurance. Free and low-cost colorectal cancer screening is provided for men and women over 50. Low-cost flu and pneumococcal vaccines are offered at various community clinics each fall. A home health agency providing home care is also available.

Area served: Westchester

Additional locations:

- 420 North Avenue,
New Rochelle NY 10801
- 20 South Broadway,
Yonkers, NY 10701
- 85 Court Street,
White Plains 10601

**Westchester County
Department of
Senior Programs
and Services**

www.westchestergov.com

813-6300

fax 813-6399

e-mail kab2@westchestergov.com

**Caregiver Resource Center:
813-6442**

9 South First Street, 10th floor
(near 1st Ave.)
Mt. Vernon, NY 10550

Hours: Monday-Friday 8:30-4:30

Programs are designed to help seniors maintain their health and independence in their homes. Information and referral service is provided for a wide variety of services including home health care, adult day programs, nutrition, and health and wellness. Benefit, insurance and reverse mortgage counseling are offered, as is employment assistance through Senior Community Employment Project. Senior ID Cards issued by the Department entitle holders to special rates at county owned parks and recreational facilities and to reduced bus fares on non-rush hour rides. Public information resources for Seniors include Westchester 60 Plus Senior Newspaper, "Living the Later Years" Video Series, broadcast by local cable public access channels, and the Directory of Services, Rights and Benefits for Senior Citizens in Westchester County, a booklet on current senior entitlements and benefits.

Area served: Westchester; some fees apply. Volunteer opportunities are available.

Additional location: 1974 Commerce Street, Yorktown Heights

**Westchester County
District Attorney's
Office Elder Abuse
Unit**

www.westchestergov.com

995-3000

fax 995-3422

111 Dr. Martin Luther King, Jr.
Boulevard (White Plains Courthouse)
White Plains, New York 10601

Hours: Monday – Friday 9-5

The Westchester County District Attorney's Office investigates and prosecutes all crimes committed in Westchester County. The Elder Abuse Unit is dedicated to the prosecution of violent crimes committed against persons over 60 years of age. Cell phones programmed to 911 only are available free of charge.

**Westchester County
Office for the
Disabled**

www.westchestergov.com

995-2957

682-3408 (TDD)

fax 995-2799

148 Martine Avenue Room 110
(across from Galleria Mall)
White Plains, NY 10601

Hours: Monday-Friday 8-5

Office provides informational and referral service, advocacy, sign language interpreter referral and a quarterly newsletter. Office also administers the Bee-Line ParaTransit Service for qualified persons whose disability prevents them from using regular bus service. ParaTransit is a curb-to-curb, shared-ride service within Westchester

County for which appointments must be made from one day to seven days in advance. Call for ParaTransit application and information.

Westchester County Veterans Service Agency

www.westchestergov.com/veterans
995-2145; 995-2146

fax 995-7735

e-mail jrk1@westchestergov.com

112 East Post Road (between Court Street and Grand Street)
White Plains, NY 10607

Hours: Monday – Friday 9-5

Agency works to ensure that veterans and their dependents receive the maximum benefits from the Veterans Administration and other agencies at all levels of government.

Area served: Westchester; free.

Westchester Funeral Home, Inc.

westchesterfuneralhome.com

337-4585

fax 337-4585

e-mail cab@wfh1832.com

190 Main Street
(near Midland Avenue)
Eastchester, NY 10709

Hours: daily 8-5

Bereavement support groups are offered for those who have lost a spouse or adult child; an 800 volume lending library of bereavement support materials is available.

Area served: Westchester; support groups are free.

Westchester Jewish Community Services (WJCS) Bereavement Program

949-7699, ext 366 or 367
fax 949-3224

141 North Central Avenue
(near Hartsdale Avenue)
Hartsdale, NY 10530

Call for hours.

This out-patient mental health clinic offers counseling and groups for the newly widowed and for parents who have lost adult children. Individual therapy is also available.

Area served: Westchester; call for fees.

Westchester Mediation Center

963-6500
fax 963-4566 (Yonkers Office)

20 South Broadway
(Yonkers City Hall)
Yonkers, NY 10701

Hours: Monday-Friday 9-5

Services include community mediation, custody / visitation mediation, Lemon Law arbitration, PINS (Persons in Need of Supervision) mediation and eviction prevention.

Area served: Westchester; call for fees.

Additional locations:

- 2 Fisher Court, White Plains, NY 10601
- 105 Stevens Avenue, 3rd floor, Mt. Vernon, NY 10550.

Westchester Medical Center

www.worldclassmedicine.com
493-7000

Geriatric Medicine: 493-7728
Physician Referral: 493-8026

Valhalla, NY 10595

University Hospital at Westchester offers a myriad of services including cardiac services, cancer institute, transplants (including kidney and liver), burn center, ambulatory care and acute rehabilitation.

Taylor Care Center at Westchester is a 400-bed long-term skilled nursing facility offering a complete range of medical and rehabilitative services including units for ventilator-dependent patients and services for dementia / Alzheimer's patients.

Behavioral Health Center at Westchester offers inpatient and outpatient services including a psychiatric emergency room and a Mobile Crisis Intervention team.

Cancer support resources include Cancer Support meetings every Wed. from 11-12 in the Conference Room, Radiation Medicine Department of Macy Pavillion; Cancer Caregiver Connection, every Wed. from 4-5 at Arlin Cancer Institute Resource Center, Suite 2000, 19 Bradhurst Avenue, Hawthorne, NY; and Women Living with Cancer, every Wed. from 5-6:15 at Arlin Cancer Institute (address above).

Stroke Support meetings are the fourth Tuesday of each month from 6 to 7:30 at the Medical Arts Atrium at Westchester Medical Center, 19 Bradhurst Avenue, Hawthorne, NY.

Volunteer opportunities are available – call 493-7850.

Westchester/Putnam Legal Services

949-1305
fax 949-6213

4 Cromwell Place (between East Post Road and Maple Avenue)
White Plains, NY 10601

Hours: Monday-Friday 9-5

Primary provider of civil legal services to low-income residents of Westchester, Putnam and Dutchess Counties. Representation provided for a full spectrum of civil legal problems.

Fee: Free.

Additional location:

- 30 South Broadway, 6th floor, Yonkers, NY 10701.

Westchester Self-Help Clearinghouse a program of Westchester Jewish Community Services (WJCS)

www.wjcs.com
949-7699

fax 949-3224

e-mail hartsdale@wjcs.com

141 North Central Avenue
(at E. & W. Hartsdale Avenues)
Hartsdale, NY 10530

Information and referral to more than 280 self-help groups in Westchester County. Clearinghouse assists in the formation of new groups, publishes a newsletter and directory of self-help groups and provides telephone networks for newly separated women and newly widowed men and women.

Area served: Westchester; free.

White Plains Center for Nursing – see Nathan Miller Center for Nursing

White Plains Hospital Center Senior Services Program
681-1249

fax 681-2283

77 East Post Road (Longview Avenue)
White Plains, NY 10601

Hours: Monday-Friday 8-4

This program is dedicated to improving the quality of life for adults 55 and older who have chronic health problems. Assistance is provided so that patients may stay at home and avoid unnecessary admissions to hospitals and extended care facilities. Services include a free evaluation by a gerontological nurse and a social worker, referral to suitable community resources, telephone reassurance for active patients, friendly visitors program and caregivers support group. Voice of Help emergency response device available for installation in patient's home to provide direct link with emergency help. Also provided are assistance with nursing home placement and applications, escorted visits, support during placement, and post-placement follow-up visits.

Area served: Central Westchester.

Yonkers General Hospital

www.riversidehealth.org

964-7300

Alcoholism and substance abuse treatment (877)YGH-CARE

fax 964-7777

2 Park Avenue (Ashburton Avenue)
Yonkers, NY 10703

Affiliated with St. John's Riverside Hospital, this community hospital offers a range of inpatient and outpatient services, including Alcoholism and Substance Abuse Units and an Alcohol Crisis Center. Outpatient drug and alcohol abuse treatment services are offered at a number of locations throughout Westchester County. For issues of special interest to seniors, see Riverside Health Advantage.

Yonkers Office for the Aging
377-6823

fax 377-6821

2 Park Avenue (4th floor
of Yonkers General Hospital)
Yonkers, NY 10703

Hours: Monday-Friday 8:30-4:30 or by appointment

Office offers entitlement and health insurance counseling, patients' and victims' rights counseling, information on adult day care resources and housing rights and benefits, case management, crisis intervention and elder abuse assistance services. The Office for the Aging also makes home visits to evaluate need and arrange for access to EISEP home care and personal care, and other services includ-

ing home-delivered meals, transportation to the supermarket and guidance and respite for family caregivers. Health-related services include health screenings, assisted referrals to specialized health assessment, diagnosis and treatment resources, and transportation to the doctor .

Educational, recreational, exercise, dance and choral programs are offered at sites throughout Yonkers. Intergenerational activities and special events are also held throughout the year. Call for details.

Yonkers Office for the Aging offers group dining by reservation at Group Dining Sites including:

- Sacred Heart HS Cafeteria, 34 Convent Avenue (Monday-Friday);
- Bronx River Road Community Center, 680 Bronx River Road (Monday-Friday); and
- Congregation Sons of Israel, 155 Elliott Avenue (Kosher meals Monday-Friday if 15 or more persons register).

Call 377-6824 or 963-2460 for information about hot lunch group dining or home-delivered meals or to register for a meal the following day at any Group Dining Site.

Transportation is available; call 963-4111.

Area served: Yonkers.

Fees: suggested voluntary contribution for home-delivered meals is \$3.00 per meal. Suggested voluntary contribution per congregate meal is \$2.00, plus \$.60 per trip if transportation is also provided.

Volunteer opportunities are available.

Yonkers Public Library

www.ypl.org

337-1500 (for all branches)

Crestwood Branch

16 Thompson Street (between Pennsylvania & Green Avenues)
Yonkers, NY 10707

Hours: Monday, Wednesday, Friday 9-5, Tuesday and Thursday 1-9, Saturday 9-5, Sunday 12-5. Closed Saturday and Sunday from 3rd Saturday in June until 3rd Saturday in September.

Books, videos, DVD's and CD's are circulated; programs of general interest are offered.

Grinton I. Will Branch

1500 Central Park Avenue
(south of Tuckahoe Road)
Yonkers, NY 10710

Hours: Monday-Thursday 9-9, Friday 10-5, Saturday 9-5, Sunday 10-5. Closed Sunday from 3rd Sunday in June through August.

In addition to the same services provided by the Crestwood Branch, above, homebound service is available for Yonkers residents. Call 337-1500, ext 357.

A Senior Center run by the Yonkers Parks Department is located in the Will Branch.

Hours for Senior Center:

Monday – Friday 12:30-4.

Call 337-1500, ext 348 for details.

Yonkers Senior Personnel Employment Council (YSPEC) – see Family Service of Westchester

YWCA of White Plains

www.ywcawhiteplains.com

949-6227

fax 949-8903

e-mail ywcawp@bestweb.net

515 North Street (Exit 25 of the Hutchinson River Parkway near Bryant Street)
White Plains, NY 10605

Hours: Daily 6:30am to 9pm

A not-for-profit social organization dedicated to the empowerment of women and children and the elimination of racism. Exercise programs offered at the fitness center and pool include tai chi and aqua arthritis exercise.

Area served: Westchester; call for fees.

Index of Organizations

For detailed information on each organization listed below, see **ALPHABETICAL ORGANIZATION PROFILES**.

A

Adult Protective Services
(Westchester County Department of Social Services)

Al-Anon Information Service

Alcoholics Anonymous

Alzheimer's Association of Westchester / Putnam

American Cancer Society

American Red Cross

Andrus on Hudson

Arthritis Foundation, Hudson Valley Branch

B

Bee-Line Bus System

The Bereavement Center of Westchester

Bronxville Adult School Inc.

Bronxville Public Library

Bronxville Women's Club

Burke Rehabilitation Center

C

Calvary Hospital Home Health Agency

Calvary Hospital Hospice

Cancer Support Team

Classic Residence by Hyatt

The Clothing Closet at The Reformed Church

Club Wartburg

Comprehensive Home Care

Concordia College: Sundays Alive – see Eastchester Office for the Aging

Con Edison CONCERN

The Counseling Center, Inc.

D

Directions in Aging

E

Eastchester Arts Council

Eastchester Community Action Program

Eastchester Nutrition Center at Lake Isle Park – see Eastchester Office for the Aging

Eastchester Office for the Aging

Eastchester Public Library

EVAC (Eastchester Volunteer Ambulance Corp)

Eldercare Locator Directory Assistance Service

Elderhostel

ElderServe of Westchester Licensed Home Care Agency

The Esplanade

F

The Family Closet Thrift Shop of Sacred Heart Church

Family & Community Services, Inc.

FIRST (Family Information & Referral Service Teams, Inc.)

Family Service of Westchester's Enriched Housing at Maple House

Family Service of Westchester's Geriatric Outreach Program

Family Service of Westchester Home Care

Family Service of Westchester My Second Home Adult Day Service

Family Service of Westchester SPEC (Senior Personnel Employment Council)

Family Service of Westchester YSPEC
(Yonkers Senior Personnel
Employment Council)
First Baptist Church, Bronxville
Foundation Fighting Blindness
The Fountains @ RiverVue

G

Garth Road Senior Center – see
Eastchester Office for the Aging
Gilda's Club of Westchester
The Guild Home for the Aged Blind

H

Hospice Care in Westchester &
Putnam
Hospice of Westchester
The Hudson River Museum

I

Immaculate Conception Church &
Church of the Assumption

J

Jansen Memorial Hospice – see
Lawrence Community Health
Services
Jewish Community Center (JCC) of
Mid-Westchester

L

Lake Isle Park Senior Center – see
Eastchester Office for the Aging
Lawrence Community Health Services
Lawrence Home Care of Westchester
– see Lawrence Community Health
Services
Lawrence Hospital Bargain Box
Lawrence Hospital Center
Lawyer Referral Service of the
Westchester County Bar Association
Lighthouse International

M

Mainstream: the Institute for Mature
Adults at Westchester Community
College
Maxwell Institute of St. Vincent's
Westchester

Meals-on-Wheels 10708, Inc.
Msgr. Terence Attridge Adult Day
Health Center at St. Cabrini Nursing
Home
Mount Vernon Hospital
My Sister's Place

N

Nathan Miller Center for Nursing,
Inc.
Nathan Miller Long Term Home
Health Care Program
NYS EPIC (Elderly Prescription
Insurance Coverage) Program
New York State Talking Book and
Braille Library

O

The Osborn (Miriam Osborn
Memorial Home)
"Our Place ElderServe" Social Adult
Day Program

P

Pennypincher Junior League Thrift
Shop
Phelps Hospice
Phelps Memorial Hospital Center
Philipse Manor Hall State Historic Site
Project Time-Out / Westchester Jewish
Community Services (WJCS)

R

Rags to Riches Thrift Shop for Asbury
United Methodist Church
The Reformed Church of Bronxville
(RSVP) Retired Senior Volunteer
Program
Riverside Health Advantage
Rose YM-YWHA

S

St. Cabrini Long Term Home Health
Care
St. Cabrini Nursing Home
St. John's Riverside Hospital
St. Joseph's Church, Bronxville

St. Joseph's Geriatric Day Care
St. Joseph's Long Term Home Health
Care
St. Joseph's Medical Center
St. Vincent Catholic Medical Centers
Sarah Lawrence College
Sarah Neuman Center for Healthcare
and Rehabilitation
Scarsdale Meals on Wheels
Schaffer Extended Care Center (for-
merly Howe Avenue Nursing Home)
Schervier Long Term Home Health
Care Program
Schervier Nursing Care Center
Senior Citizens of Bronxville
Senior Citizens Council
Senior Citizens Services – see Senior
Citizens of Bronxville
Senior Personnel Employment Council
(SPEC) – see Family Service of
Westchester

Song Pipers
Sound Shore Medical Center Health
Access
Sound Shore Medical Center Adult
Day Services
Sundays Alive at Concordia College
– see Eastchester Office for the
Aging
Sunrise Assisted Living

T

TASC (Tuckahoe After School Care)
Tuckahoe Public Library
Tuckahoe Senior Center

V

Victims Assistance Services
Village Lutheran Church
Visiting Nurse Services in Westchester

W

The Wartburg Adult Care Community
Westchester Arts Council
Westchester Care at Home

Westchester Clearinghouse of Social
Adult Day Services
Westchester Coalition of Social Adult
Day Services
Westchester County Department of
Consumer Protection – see Senior
Hot Lines
Westchester County Department of
Health
Westchester County Department of
Senior Programs and Services
Westchester County District Attorney's
Office Elder Abuse Unit
Westchester County Office for the
Disabled
Westchester County Veterans Service
Agency
Westchester Funeral Home
Westchester Jewish Community
Services Bereavement Program
Westchester Mediation Center
Westchester Medical Center
Westchester / Putnam Legal Services
Westchester Self-Help Clearinghouse
(Westchester Jewish Community
Services)
White Palms Center for Nursing –
see Nathan Miller Center for
Nursing, Inc.
White Plains Hospital Center

Y

Yonkers General Hospital
Yonkers Office for the Aging
Yonkers Public Library
Yonkers Senior Personnel Employment
Council (YSPEC) – see Family
Service of Westchester
YWCA of White Plains

Health Care Proxy Information:

The New York State Health Care Proxy Law allows an individual to appoint someone he or she trusts – for example, a family member or close friend – to make decisions about medical care if the individual is unable to do so. The person appointed must agree to act as a health care agent and should be willing and able to follow instructions on critical medical issues such as use of ventilators and orders not to resuscitate. An individual may also execute a New York Living Will, which sets forth his or her desires as to medical treatment and can be used in support of the Health Care Proxy.

Health Care Proxy Forms and Living Wills are available from the Social Work Services Department of Lawrence Hospital Center, 55 Palmer Avenue, Bronxville, NY 10708, telephone 787-3095.

Once the form has been filled out, it is critical that it be given for safekeeping to a family member, clergy person, doctor or other person who could be easily reached in the event of an emergency.