



2007 Older Americans Resource Guide

This resource guide has been compiled and updated in order to provide older Americans with information, guidance and assistance regarding local, state and federal resources that include web sites and toll-free numbers (800, 866, 877, and 888). This resource guide is not intended to be a comprehensive guide, but one of many resource tools available to you. In compiling this guide, sources used included: Web sites, telephone directories, local newspapers, the United Way Directory, and the 2005 RCLS Community Organizations database.

A meeting with the National Council of Senior Citizens resulted in President Kennedy designating May 1963 as “Senior Citizens Month,” asking the nation to pay tribute in some way to older people across the country. In 1980, President Carter’s proclamation changed the name to “Older Americans Month,” a time to celebrate those age 65 and older through ceremonies, events and fairs.

36.8 million

The number of people 65 and older in the United States on July 1, 2005. This age group accounted for 12 percent of the total population. Between 2004 and 2005, this age group increased by 457,000 people.

86.7 million

Projected population of people 65 and older in the year 2050. People in this age group would comprise 21 percent of the total population at that time.

147%

Projected percentage increase in the 65-and-older population between 2000 and 2050. By comparison, the population as a whole would have increased by only 49 percent over the same period.

495 million

Current world population age 65 and older. Projections indicate the number will increase to 997 million by 2030.

From US Census Press Release dated March 1, 2007 at www.census.gov

LOCAL RESOURCES

(all phone numbers listed are area code 845 unless noted otherwise)

“211” Information & Referral Services of the Hudson Valley

(free connection to health and human services 24/7)

2-1-1- or 800-899-1479

TTY available for hearing impaired

7-1-1 Statewide New York Telephone Relay

Connects standard (voice) telephone users with deaf, hard-of-hearing, deaf/blind and /or speech disabled people who use text telephones (TTYs)
www.nyrelay.com

Alzheimer's Association

- Middletown 342-2247
- Monticello 794-3774
- New City 639-6776
- Kingston 340-8474
- 1-800-872-0994 toll free
www.alzhusonvalley.org

American Association of Retired Persons (AARP)

New York City 212-758-1411

www.aarp.org/states/ny

American Cancer Society

- Orange County 343-5612 or 800-233-5049
- Rockland County 368-1251
- Sullivan County 794-2235
- Ulster County 331-8300
- www.cancer.org

American Heart Association

- Orange & Sullivan Region 342-1115 or 800-242-8721
- Rockland Region 369-1320
- Hudson Valley region 331-8300
- www.americanheart.org

American Lung Association Hudson Valley, Inc.

White Plains 914-949-2150

www.alahv.org/

American Red Cross – Help Center

Orange, Rockland and Sullivan counties

White Plains 914-294-9785

www.nyredcross.org/page.php/prmid/119

Association for the Visually Impaired

- Slate Hill 355-6119
- Spring Valley 574-4950
- www.avi-eyes.org

Boomers and Beyond

(links to resources)

Haverstraw King’s Daughters Public Library
786-3800

www.hkdpl.org/boomers.htm

Books by Mail

(see Home Delivery of Library Materials)

Caregiver Resource Centers

- Orange County 291-2150
- Rockland County 364-2110
- Sullivan County 794-3000
- Ulster County 340-3456

Castle Point Medical Center

New York 831-2000

www1.va.gov/directory/guide/facility.asp?ID=27&divisionId=ALL

Cornell Cooperative Extension of Orange County

Relatives as Parents Program (RAPP)

Middletown 344-1234

orange@cornell.edu

cce.cornell.edu/orange/rapp.htm

Cornell Cooperative Extension of Rockland County

Stony Point 429-7085

www.rocklandcce.org/index.htm

Cornell Cooperative Extension of Sullivan County

Liberty 292-6180

counties.cce.cornell.edu/sullivan/

Cornell Cooperative Extension of Ulster County

Kingston 340-3990

counties.cce.cornell.edu/ulster/

Crisis Services

New City 364-2200

CROC

(Citizens Reunited to Overcome Cancer)

New Hampton 291-8578

www.crocalumni.org/

Department of Mental Health

Goshen 291-2600 or Help Lines 294-9355

800-832-1200

www.orangecountygov.com/orgmain.asp?orgid=50&storyTypeID=&sid=&

Dial-a-Bus

- Towns of Chester and Goshen 294-8920
- Town of Highlands 446-RIDE
- Monroe 783-6222 monroedab@frontiernet.net
- Towns of Montgomery and Crawford 457-2622
- Town of New Windsor 563-4640
- Town of Newburgh 566-9498
- City of Port Jervis 856-7999
- Town of Wallkill 692-7852
- Town of Warwick 986-2877

Dispute Resolution Center

(Orange, Sullivan & Ulster counties)

- Goshen 294-8082
Donna Ramlow, Director - ext. 23
donna@drcservices.org
www.drcservices.org
- Sullivan County – 794-3377

- Ulster County – 331-6136

Elant, Inc.

(health & housing solutions)

- Goshen 291-3700 or 800-805-9724
- Middletown 342-2077
- Newburgh 564-1700
- www.elant.org
- info@elant.org

Emergency Housing Group, Inc.

Middletown 343-7115

Family Counseling of Occupations, Inc.

Middletown 343-5556

Family Empowerment Council, Inc.

(Services for people with disabilities)

343-8100 or 888-343-8181

www.familyempowerment.org

Food Stamps/Medicaid/Welfare/HEAP

- Goshen 291-4000
- Middletown 346-1120
- Newburgh 568-5100
- Port Jervis 858-1420
- Kingston 334-5200

Geriatric Evaluation Services

Rockland County 267- 2172, ext. 307

Glen Arden Health Care Center

Goshen 291-7868

Goldenarea Transportation Project

(seniors not driving)

Middletown 346-4071

www.middletown-ny.com

HEAP – Emergency Assistance

Rockland County 364-2108

Home Aides of Rockland, Inc.

New City 634-2024

Home Delivered Meals

(see New York State Office for the Aging)

Home Delivery of Library Materials

- Albert Wisner Public Library, Warwick
986-1047
www.albertwisnerlibrary.org/ask/homeboundpage.htm
- Cragsmoor Free Library
647-4611
www.rcls.org/crg/
- Gardiner Library
255-1255
www.rcls.org/gar/
- Goshen Public Library & Historical Society
294-6606
goshenpubliclibrary.org/adult.html
- Greenwood Lake
477-8377
www.gwllibrary.org/
- Highland Falls Library
446-3113
www.rcls.org/hfl/
- Liberty Public Library
292-6070
www.rcls.org/lib/
- Middletown Thrall Library
341-5454
www.thrall.org/
- Moffat Library of Washingtonville
496-5483
www.moffatlibrary.org/
- Palisades Free Library
359-0136
www.rcls.org/pal/
- Roscoe
607-498-5574
www.rcls.org/ros/
- Sloatsburg
753-2001
users.bestweb.net/~slolib/
- Tuxedo Park Library
351-2207
www.rcls.org/tuxpl/
- Valley Cottage Library
268-7700
www.vclib.org/
- Wallkill Public Library
895-3707
www.rcls.org/wak/

- West Nyack
358-6081
www.westnyacklib.org/
- Western Sullivan
482-4350
www.rcls.org/wspl/
- Woodbury
928-6162
www.rcls.org/wpl/

Homemaker Service of Orange County, Inc.

(homecare & personal care)
Middletown 343-0886

Hospice of Orange & Sullivan Counties, Inc.

- Newburgh 561-6111 or 800-924-0157
info@hospiceoforange.com
www.hospiceoforange.com/
- Rockland 634-4974
- Ulster 338-2273
- www.worldclassmedicine.com

Housing Guide for Seniors

White Plains 914-422-8755
www.oag.state.ny.us/seniors/housegu.html

Hudson Valley Veterans Affairs Medical Center

Castle Point 831-2000

Independent Living Centers *(for disabled)*

- Middletown 343-4284
ATI@warwick.net
- Monticello 794-4228
- Newburgh 565-1162
www.myindependentliving.org
- Rockland 426-0707
www.rilc.org
www.nysilc.org/directory.htm

Jewish Guild for the Blind

New York City 212-769-6200 or 800-284-4422
(toll free)

Jewish Family Service of Orange County, Inc.

Middletown 341-1173

Legal Aid Society of Orange County
877-574-8529; Goshen 291-2454

LifeLine

(personal response service)
800-380-3111
www.lifelinesys.com/

Lighthouse International, Hudson Valley Region

(comprehensive vision rehabilitation services)
Poughkeepsie 473-2660
www.lighthouse.org/

Literacy Volunteers of America

- Middletown 341-5460
- Sparrowbush 856-3896
- Newburgh 561-1985
www.newburghlibrary.org/lva.htm
- New City 708-9072
- Monticello 794-0017
- Kingston 331-6837

Loaves and Fishes Pantry

Wallkill 895-2181

Meals on Wheels of America Association (MOWAA)

- Goshen 291-2178
- Middletown 342-0088
- Newburgh 562-3490
- Nanuet 624-6325
- Spring Valley 425-8910
- Suffern 368-2950
- Warwick 986-3389, www.mowaa.org/

Mental Health Association in Orange County

Goshen 294-7411
www.mhaorangeny.com

Mental Health Association of Rockland County, Inc.

Valley Cottage 267-2172
www.mharockland.org/

The Mental Health Association in Ulster County, Inc.

Kingston 339-9090
www.mhainulster.com/

Mid-Hudson Managed Home Care

Newburgh 567-3022 or 800-505-6165

New York State Division of Veterans' Affairs

- Goshen 291-2470
- Kingston 340-3197
- Monticello 794-3000, ext. 3370
- New City 638-5244
- Spring Valley 356-6070
www.veterans.state.ny.us/

New York State Office for the Aging

- Orange County 615-3700
- Rockland County 364-2110
- Sullivan County 794-3000, Ext. 500
- Ulster County 340-3456
- 800-342-9871, aging.state.ny.us/

Occupations, Inc (human services agency)

Middletown, New Windsor, Goshen, Newburgh & Scotchtown
888-750-2266
www.occupations.org

Orange County Department of Health

Goshen 291-2332

Orange County Department of Mental Health

Goshen 291-2600

Orange County Social Services

Food Stamps / Medicaid / Welfare / HEAP

- Goshen 291-4000 – temporary assistance
- Middletown 346-1120
- Newburgh 568-5100
- Port Jervis 858-1420

Orange County Veterans Service Agency

(Veterans van)
Goshen 291-2470

Radio Vision

(Ramapo Catskill Library System)
(free radio reading service for the visually impaired in Orange, Sullivan & Ulster counties)
343-1131 ext. 245 or 233
or out of area 800-327-7343
www.rcls.org/rclshq/pubserv/radio.html

Recap Energy Program

- Middletown 343-4466
- Emergency Food Pantry 342-3978, ext. 30
- Weatherization Program 342-3978, ext. 27

Record People for People Fund, Inc.

(emergency funds)
Middletown 343-1663
800-295-2181 ext. 3800

ResponseLink of the Hudson Valley

(personal emergency response system)
Cornwall 534-5447

Retired Senior Volunteer Program (R.S.V.P.)

- Orange County 615-3728
- Rockland County 356-6818
- Sullivan County 794-3000 ext. 5000

Rockland County Social Services

Spring Valley 364-3300

Salvation Army

- Middletown 343-0821
- Monticello 794-2268
- Kingston 331-1803

Salvation Army Emergency Food Pantry

Middletown 343-0821

Senior Citizens

(links to resources)
Newburgh Free Library
563-3600
www.newburghlibrary.org/websites/senior.asp

Senior Companion Program

(support for adults with disabilities)
Orange, Rockland & Sullivan counties
Haverstraw 947-6180

Senior Support Services

(geriatric care management & consulting services)
Cornwall 534-3310

Services for Blind & Physically Impaired

(special telephone calling card)
Frontier 783-1400
Ask for Customer Service

60+ Employment

(Rockland County)
Nyack 358-9391

Social Security Districts

- Orange County 565-7041
- Rockland County 623-1245
- Sullivan County 794-1293
- Ulster County 338-2589

St. Francis Hospital Certified Home Health Services

Poughkeepsie 483-5550

Sullivan County Mental Health Clinic

Liberty 292-8770

Sullivan County Public Health Services

Liberty 292-5910

TRIPS

(special transportation for elderly & handicapped)
Spring Valley 364-8747

Ulster County Health Department

Kingston 340-3150

Ulster County Social Services Department

Kingston 339-5000

United Way of America

- Orange County 457-4774 www.uwoc.org
- Rockland County 358-8929 www.uwrc.org

- Sullivan County 794-1771
- Ulster County 331-4199 www.uwuc.org/

Veterans Affairs Hudson Valley
Castle Point 831-2000

Veterans' Service Agency

- Orange County 291-2470
- Rockland County 356-6070; 638-5244
- Sullivan County 794-3000 ext. 3370
- Ulster County 340-3197; 340-3190

Visiting Dental Associates
Suffern 368-0611

Volunteer Counseling Services
New City 634-5729

Wellness Home Care Ltd.

- Goshen 294-8364
- Newburgh 565-0127
- Sullivan County 292-2127

HOSPITALS

Bon Secours Community Hospital

Port Jervis 858-7000
<http://bonsecourscommunityhosp.org/index.asp>

Catskill Regional Medical Center

- Harris 794-3300
- Callicoon 887-5530, www.crmcny.org
- Health Information Library 794-3300 ext. 2187
- HealthMobile 794-3300 ext. 2929 schedule

Ellenville Regional Hospital

647-6400
www.ellenvilleregional.org/

Good Samaritan Hospital

- Suffern 368-5000
- Physician referral 800-435-7465
- www.goodsamhosp.org

Helen Hayes Hospital

West Haverstraw 786-4000
www.helenhayeshospital.org

The Kingston Hospital

331-3131
www.kingstonhospital.org

Northern Dutchess Hospital

Rhinebeck 876-3001
877-729-2444
www.northerndutchesshospital.com

Nyack Hospital

- 348-2000
- Home Care Services 638-8700
- Nyack Hospital Memorial Library 348-2514
- www.nyackhospital.org

Orange Regional Medical Center

- Goshen 294-5441
- Middletown 343-2424, 888-321-6762
- www.ormc.org

St. Anthony Hospital

- Warwick 986-2276
- Physician Referral 800-972-4023
- www.stanthonycommunityhosp.org

St. Luke's Cornwall Hospital

- Newburgh 561-4400
- Cornwall 534-7711
- www.stlukescornwallhospital.org/

Vassar Brothers Medical Center

- Poughkeepsie 454-8500
- Physician Finder 877-729-2444
- Medical Library 437-3121
- www.vassarbrothers.org

Westchester Medical Center

- Valhalla 914-493-7000
- Physician referral 493-8026
- www.worldclassmedicine.com

STATE RESOURCES

Commission for the Blind & Visually Handicapped

White Plains 914-993-5370; TDD 914-993-5327
www.ocfs.state.ny.us/main/cbvh/

Lighthouse International

(vision rehabilitation)

New York City 800-829-0500 or 212-821-9200
www.lighthouse.org

Mid-York Library System - Senior Corner

www.midYork.org/seniors/

Nassau Library System

(senior sites)

www.nassaulibrary.org/senior/seniorsites.htm

National Parkinson Foundation

Florida 800-327-4545
www.parkinson.org/

New York Commission for the Blind and Visually Handicapped

866-871-3000 or 866-871-6000 TDD

New York Organ & Tissue Registry

800-227-4771
www.unyts.org/registry.htm

New York Public Library

(related sites)

www.nypl.org – type in “senior citizens” in search

New York Relay Service

(blind and deaf communications)

800-421-1220 (Voice) 800-662-1220 (TTY)

New York Senior Prescription Plan

EPIC Program

(elderly Pharmaceutical Insurance Coverage)

800-332-3742

www.health.state.ny.us/health_care/epic/

New York State Division of Veterans Affairs

Albany 518-474-6784 or 1-888-838-7696 (toll free)

New York State Health Department Complaint Hotline

800-206-8125

New York State Office for the Aging Senior Housing

518-474-5731

seniorhousing.state.ny.us/

New York State Senior Citizens Hotline

800-342-9871

aging.state.ny.us/index.htm

New York State Talking Book & Braille Library

800-342-3688 or 518-474-5935

www.nysl.nysed.gov/tbbl/

New York State Veterans Hotline

888-VETSUNYS [888-838-7697]

www.veterans.state.ny.us/

Prendergast Library

(links to resources)

716-484-7135

www.prendergastlibrary.org/seniors.html

Queens Borough Public Library

(legal services)

718-990-0700

www.queenslibrary.org/

[index.aspx?page_nm=Elder+Law](http://www.queenslibrary.org/index.aspx?page_nm=Elder+Law)

The Senior Community Service Employment Program

aging.state.ny.us/findhelp/employment/index.htm

Senior Home Care, Inc.

White Plains 914-686-2683

info@seniorhomecareny.com

www.seniorhomecareny.com/index.htm

Senior Housing in New York State

- seniorhousing.state.ny.us/
- Southern Tier Library System
(caregiver information)
607-962-3141

www.stls.org/caregiver/index.htm

Verizon – Services for Customers with Disabilities

845-890-0550

www2.verizon.com/foryourhome/SAS/res_family_servfordis.asp

FEDERAL RESOURCES

AARP

(American Association of Retired Persons)

888-687-2277

New York State 518-434-4194

www.aarp.org/states/ny/

ActiveForever.com

(medical rehab aids)

Arizona 800-377-8033

www.activeforever.com/

American Council for the Blind

800-424-8666

www.acb.org/

American Diabetes Association

800-342-2383

www.americandiabetes.org

American Foundation for the Blind

800-232-5463

www.afb.org/

American Heart Association

800-242-8721

www.americanheart.org/presenter.jhtml?identifier=1200000

American Kidney Foundation

(programs and services for kidney patients)

800-638-8299

www.akfinc.org/

American Medical Association (AMA)

800-621-8335

www.ama-assn.org/ama/pub/category/4642.html

American Association of Homes and Services For the Aging

Washington, D.C. 202-783-2242

American Cancer Society Hotline

800-ACS-2345 [227-2345]

www.cancer.org

Arthritis Foundation

800-283-7800; Albany 518-456-1203

www.arthritis.org/

info.ny.hvb@arthritis.org

www.arthritis.org/

AT&T Disability Access

866-429-7889 TTY

www.consumer.att.com/relay/tty/index.html

Braille Institute

800-BRAILLE (800-272-4553)

www.brailleinstitute.org/

Cancer Information

1-800-422-6237

Canine Companions for Independence

800-572-BARK [800-572-2275]

www.caninecompanions.org/

**Dept. of Health and Human Services
Administration on Aging**

(resource directory)

800-677-1116

www.aoa.dhhs.gov/

Department of Health & Human Services

(Social Security Administration Publications)

800-772-1213; TTY 800-325-0778

www.ssa.gov/about.htm

Department of Veterans Affairs

800-827-1000

www.va.gov/

Disability Products

(service and products)

Arizona 800-688-4576

www.disabilityproducts.com/cgi-bin/disabilityproducts.cgi

Eldercare Locator

(nationwide directory assistance service)

800-677-1116

www.aoa.gov

Elderhostel

(education and travel)

Newburgh 565-2076

www.elderhostel.org/default.asp

EnableMart

(assistive technology devices)

888-640-1999

www.enablemart.com/about.asp

Experience Works

(formerly Green Thumb)

- 866-397-9757 – National office
- 1-800-854-1578 – Regional office
- www.experienceworks.org/index.html

Family Caregiver Alliance

(resources on long-term care)

800-445-8106 or 415-434-3388

www.caregiver.org/

FirstGov for Seniors

(access government services and information)

www.seniors.gov/

Glaucoma Foundation

New York City 800-452-8266 or

212-285-0080

www.glaucomafoundation.org/

Guide Dog Foundation for the Blind, Inc.

New York 631-930-9000 or 800-548-4337

www.guidedog.org/

Guiding Eyes for the Blind

800-942-0149

<http://www.guidingeyes.org/site/PageServer>

**New York Lighthouse Vision Rehabilitation
Services**

New York City 212-821-9200

800-829-0500 or 888-222-9320

www.lighthouse.org

rehab@lighthouse.org

Medicare – Empire Medicare Services

800-MEDICARE [800-633-4227]

www.medicare.gov/

Mobile Public Library

(senior links)

www.mplonline.org/seniors.htm

National Alliance for Caregiving

(provides support to family caregivers)

info@caregiving.org

www.caregiving.org

National Association of the Deaf (NAD)

301-587-1788 Voice; 301-587-1789 TTY

www.nad.org/about/index.html

National Cancer Institute

800-4CANCER [800-422-6237]

www.nci.nih.gov/

National Caregiving Foundation

(Alzheimer's)

Caregiver's Support Kit®

1-800-930-1357

www.caregivingfoundation.org/

National Center on Elder Abuse & Neglect

202-898-2586

The National Council on the Aging

New York 516-485-5431

www.ncoa.org/

National Hospice Organization

Virginia 800-658-8898

nho.org/templates/1/homepage.cfm

National Institutes of Health MedlinePlus

(seniors' health topics)

www.nlm.nih.gov/medlineplus/seniorshealth.html

National Kidney Foundation

800-622-9010 or New York City 212-889-2210

www.kidney.org/

National Stroke Association

800-STROKES [800-787-6537]

www.stroke.org/site/PageServer?pagename=Main

NEADS - National Education for Assistance Dog Services

(deaf or physically disabled)

• <http://www.neads.org/index.shtml>

• Larry Wallneau, Regional Representative

freefall@rochester.rr.com

585-721-2117

NIH Senior Health

U.S. National Library of Medicine and National Benefits of Health

<http://medlineplus.gov/>

Paws With A Cause®

(hearing, service and seizure response dogs)

www.pawswithacause.org/

1-800-253-PAWS [800-253-7298]

Recording for the Blind & Dyslexic

(educational library)

New Jersey 866-RFBD-585 [866-732-3585]

www.rfbd.org/

Retirement Net

(retirement resources)

www.retirenet.com/

The Seeing Eye (dogs to assist the blind)

New Jersey 973-539-4425

www.seeingeye.org/

Senior Citizens Hotline

800-342-9871

Social Security Administration

(general information and services)

800-772-1213

Starkey Hearing Foundation

(hearing aids)

Minnesota 1-800-648-4327

www.sotheworldmayhear.org/hearnow/

U.S. Dept. of Labor Senior Community Service Employment Program – SCSEP

(training & employment)

www.doleta.gov/seniors/

877-US-2JOBS (877-872-5627)

U.S. Dept. of Veterans Affairs
800-827-1000 or 212-807-4024 regional office
www.va.gov/

U.S. Hospice Directory
www.healthcarehiring.com/hospice_new_york.html

Women's Veterans Resources
www1.va.gov/visns/visn03/womenvets/wvc.asp
www1.va.gov/womenvet/
New York City 800-827-1000

RESOURCES FOR ONLINE SENIORS

Seniors who use the Internet can find reliable resources online through the RCLS library web site and their local RCLS public library. Especially valuable are the many health, medical and nutrition resources found under Science & Health or the General Information tabs: www.rcls.org/maggen.htm.

Medline Plus has a NIH Senior Health section with large text and audio capabilities as well as excellent information. Questions not answered here might be answered in **Health & Wellness Resource Center** with material from reference books, consumer and professional healthcare publications.

Gale Expanded Academic ASAP includes many full text publications such as *Alzheimer's Care Quarterly* and *Nursing Older People*. **EBSCO Masterfile Premier** includes *Better Nutrition*, *Harvard Health Letter*, *Nursing Homes Long Term Care Management*, *Psychology Today* among others.

You can also find reference books, magazines and journals to meet many interests such as history and politics, literature, the arts and sciences. From *Archaeology* to *Consumer Reports*, *Golf Magazine* to *Harper's Magazine*, *The New Yorker* to *Poetry*, *Scientific American* to *Technology Review*: all have full text articles available to view, read, print, download or e-mail.



HOME ACCESS through YOUR
public library website or
www.rcls.org/maggen.htm
Enter your RCLS library barcode
when requested.



Ramapo Catskill Library System
619 Route 17M
Middletown, NY 10940-4395

845-343-1131

800-327-7343 Outside the Middletown area
www.rcls.org

Robert Hubsher, Director
Ext. 242 or rhubsher@rcls.org

Revised 05.07

Desktop Publishing & Printing by RCLS

MCD

If you have any comments or questions, please contact

Dan Hulse, PR/Advocacy
ext. 245 - dan@rcls.org.

—OR—

Leslie S.W. Riley, Public Services Consultant
and Outreach Coordinator
ext. 239 - lriley@rcls.org.

Funded by New York State Library, Division of Library
Development Coordinated Outreach Library Services Aid 2007