

55+ Resources Guide



Senior
Centers



Help Lines



Legal



Retirement



Social
Security



Health

Rehabilitation

Tax
Preparation
Assistance



Ramapo Catskill Library System
619 Route 17M
Middletown, NY 10940
845-243-3747
www.rcls.org



Robert Hubsher, Executive Director

2010 Census Bureau Reports Indicate that the Older Population has Increased by 5.3 Million from the 2000 Census



According to the 2010 Census, there were 40.3 million people 65 and older on April 1, 2010, increasing by 5.3 million since the 2000 Census when this population numbered 35.0 million. The percentage of the population 65 and older also increased during the previous decade. In 2010, the older population represented 13.0 percent of the total population, an increase from 12.4 percent in 2000. Between 2000 and 2010, the population 65 and older grew 15.1 percent, while the total U.S. population grew 9.7 percent.

Examining the growth of 10-year age groups within the older population shows that 85- to 94-year-olds experienced the fastest growth between 2000 and 2010. This group grew by 29.9 percent, increasing from 3.9 million to 5.1 million.

Among five-year age groups in the older population, 65- to 69-year-olds grew the fastest. This age group grew by 30.4 percent, rising from 9.5 million to 12.4 million. *The 65- to 69-year-old group is expected to grow more rapidly over the next decade as the first baby boomers started turning 65 in 2011.*

The only older population age group to decline between 2000 and 2010 was the 75- to 79-year-old age group. This group decreased by 1.3 percent from 7.4 million to 7.3 million. The changes in this group mainly reflect the relatively low number of births during the early 1930s as fewer numbers of people entered these ages between 2000 and 2010.

From the U.S. Census press release dated November 30, 2011. www.census.gov

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or questions, please contact

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—OR—

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55+ Resource Guide

The *55+ Resource Guide* has been compiled and updated in order to provide information, guidance and assistance regarding local, state and federal resources that include websites 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 include: websites, telephone directories, local newspapers, the United Way Directory, and other databases.

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Blind

American Council for the Blind

800-424-8666
www.acb.org

American Foundation for the Blind

800-232-5463
www.afb.org

Association for the Visually Impaired

- Orange County 845-355-6119
- Rockland County 845-574-4950
- www.avi-eyes.org

Braille Institute

800-BRAILLE (800-272-4553)
www.brailleinstitute.org

Caregiver Resources Center

VCS, Inc.
845-634-5729

Glaucoma Foundation

New York City
212-285-0080
www.glaucomafoundation.org

Jewish Guild Healthcare

New York City 212-769-6200 or
800-284-4422
www.guildhealth.org

Learning Ally

(educational library)
800-221-4792
www.learningally.org



Lighthouse International, Hudson Valley Region

(comprehensive vision rehabilitation services)
New York City 800-829-0500 or
212-821-9200
www.lighthouse.org

New York Relay Service

(blind and deaf communications)
800-421-1220 or TTY 800-662-1220

New York State Commission for the Blind

White Plains 914-993-5370;
TDD 914-993-5327
866-871-3000 or TDD 866-871-6000
www.ocfs.ny.gov/main/cbvh

New York State Talking Book & Braille Library

800-342-3688 or 518-474-5935
www.nysl.nysed.gov/tbbl

Telecommunications Assistance for the Elderly and Disabled

Frontier—Center for Customers with Disabilities
877-462-6606, 7 a.m. - 9 p.m. (EST), Mon. - Fri.

Web Captel

(captioned telephone online relay service)
www.sprintcaptel.com or www.hamiltoncaptel.com

See Also Service Dogs

Caregivers

Caregiver Resource Centers

- Orange County (Office for the Aging)
845-615-3700
- Rockland County (VCS, Inc) 845-634-5729
Alzheimer's Association 845-639-6776
- Sullivan County
(Office for the Aging) 845-807-0257
(Cornell Cooperative) 845-292-6180
- Ulster County (for all denominations: Jewish
Family Services) 845-338-2980

Cornell Cooperative Extension of Orange County

Relatives as Parents Program (RAPP)

Middletown 845-344-1234

www.cce.cornell.edu/orange/rapp.htm

counties.cce.cornell.edu/orange/rapp.htm

Cornell Cooperative Extension of Sullivan County

Liberty 845-292-6180

www.sullivancce.org

Cornell Cooperative Extension of Ulster County

Relatives as Parents Program (RAPP)

Kingston 845-340-3990, ext. 343

www.cceulster.org/FCS/Rapp%20home.htm

National Alliance for Caregiving

(provides support to family caregivers)

www.caregiving.org

National Caregiving Foundation (Alzheimer's)

Caregiver's Support Kit®

800-930-1357

www.caregivingfoundation.org

NYS Kinship Care Coalition

(services that address needs of kinship caregivers and their families)

NYS Kinship Navigator

877-454-6463

(New York's Source for Information and Assistance for kinship caregivers)

www.nysnavigator.org

Communication

AT&T National Center for Customers with Disabilities (NCCD)

866-241-6568 Voice

866-241-6567 TTY

www.wireless.att.com/learn/articles-resources/disability-resources/nccd.jsp

Frontier Center for Customers with Disabilities

877-462-6606



Verizon Center for Customers with Disabilities (VCCD)

800-974-6006 (Voice and TTY)

www.verizon.com/Support/Residential/generic/generic/130380.htm

Conflict Resolution

Dispute Resolution Center

- Goshen 845-294-8082
Donna Ramlow, Deputy Director - ext. 23
E-mail donnar@drcservices.org
www.drcservices.org
- Cluster Mediation Center
Nyack 845-512-8730
- Sullivan County 845-794-3377
- Ulster County 845-331-6136

Crisis

American Red Cross

- 800-733-2767
www.redcross.org/ny/new-york/about-us/contact-us
- Disaster Safety Guide
Prepare for Disaster – For Seniors, By Seniors
www.redcross.org/images/MEDIA_CustomProductCatalog/m13442518_bay_area_prepareseniors.pdf
- For People with Disabilities –
www.redcross.org/images/MEDIA_CustomProductCatalog/m4240199_A4497.pdf

Catholic Charities

(emergency funds)

845-294-5124

Weekdays 9 a.m.-5 p.m.

www.catholiccharitiesoc.org/Pages/Catholic_Charity_of_Orange_County_NY_1.aspx

Center for Safety & Change

845-634-3391

New City Hotline 845-634-3344

www.rocklandfamilyshelter.org

Housing

- HONOR EHG
formerly Emergency Housing Group
Orange County Middletown
845-343-7115
- Rockland County Community Development Agency Continuum of Care
Pomona 845-364-3939
- Sullivan County Continuum of Care County Housing Taskforce
Monticello 845-794-0348
- Family of Woodstock Continuum of Care
Kingston 845-331-7080

Mental Health Association of Orange County

845-342-2400

HELPLINE/RAPELINE 24 hour crisis intervention information and referrals

800-832-1200

calling outside of Orange County 845-346-HELP

www.mhaorangeny.com/rapecrisis/index.html

National Center on Elder Abuse & Neglect

855-500-3537 (ELDR)

Occupations, Inc.

(Mobile Mental Health)

888-750-2266

Rockland County Department of Mental Health Crisis Center

845-364-2200, 24 hours a day, seven days a week

Sullivan County Department of Community Services

Crisis Intervention/Outreach

845-292-8770

Times Herald-Record People for People Fund, Inc.

(emergency funds)

Middletown 845-343-1663

800-295-2181, ext. 3800

See Also General – United Way

Disability Services

See also Blind, Health (Diabetes, Parkinson's), Mental Health

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

American Diabetes Association

800-342-2383

www.diabetes.org

Family Empowerment Council, Inc.

(services for people with disabilities)

845-343-8100 or 888-343-8181

www.familyempowerment.org

Independent Living Centers

(for people with disabilities)

www.nysilc.org/directory.htm

- Action Toward Independence
www.atitoday.org
- Monticello 845-794-4228
- Independent Living Center
Newburgh 845-565-1162
www.myindependentliving.org
- Rockland Independent Living Center
New City 845-624-1366
www.rilc.org

Inspire – Cerebral Palsy Center (Orange County)

www.inspirecp.org

845-294-8806



Occupations, Inc.

(human services agency)

Middletown, New Windsor, Newburgh and
Scotchtown 888-750-2266

www.occupations.org

Sullivan County Action Toward Independence, Inc.

845-794-4228

Assistive Technology

ActiveForever.com

(medical rehab aids)

800-377-8033

www.activeforever.com

Disability Products

(service and products)

Arizona 480-220-1739

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

EnableMart

(assistive technology devices)

888-640-1999

www.enablemart.com

Education

Adult Learning Center of Rockland

Nanuet 845-623-5467

www.sunyrockland.edu/continuing-education/seniors/seniornet

C.L.S. (Center for Lifetime Study)

Marist College

Dyson Hall, 3399 North Road

Poughkeepsie, NY 12601-1387

845-575-3000, ext. 2011

Dominican College

Orangeburg 845-845-7909

www.dc.edu

ENCORE

Orange County Community College

115 South Street, Bldg. 13, Middletown, NY 10940

845-341-4896

www.sunyorange.edu/encore

Learning Collaborative

Hudson Graduate Center at Rockland, LIU

Orangeburg 845-359-7200 ext 5414

www.liu.edu/Hudson/About/News-Events/Press-Releases/2011/February/HGC-PR-Feb-18-2011

L.I.F.E. (Learning is Forever Enriching)

Mount Saint Mary College

Desmond Campus, 6 Albany Post Road

Newburgh, NY 12550

845-565-2076

www.msmc.edu/Academics/Community_Education/LIFE.be

Lifelong Learning Institute @ SUNY Ulster

Ulster County Community College

One Development Court

Kingston, NY 12401

845-338-2520

Lifespring: Saugerties Adult Learning Community

Saugerties Town Hall

Four High Street

Saugerties, NY 12477

845-246-2800 ext. 452

www.lifespringsaugerties.com



Lifetime Learning Institute @ SUNY New Paltz

1 Hawk Drive, P.O. Box 275

New Paltz, NY 12651-0275

845- 257-2892

www.newpaltz.edu/cpe/lifetime

Literacy Volunteers of America

- Literacy Orange

literacyorangeny.sharepoint.com

Middletown 845-341-5460

Port Jervis 845-858-1428

- Literacy Volunteers of Westchester/Rockland Counties

www.literacywestchester.org

New City 845-708-9072

- Literacy Volunteers of Sullivan County

www.literacysullivan.org

Monticello 845-794-0017

- Ulster Literacy Association

www.ulsterliteracy.org

Kingston 845-331-6837

Road Scholar (Elderhostel Inc.)

(Adventures in Life Long Learning)

800-454-5768

www.roadsscholar.org

Rockland County Community College Adult Learners

845-574-4151

www.sunyrockland.edu/prospective-students/adult-learners

Sullivan County Community College

845-434-5750

www.sullivan.suny.edu

Employment Assistance

Experience Works

(formerly Green Thumb)

www.experienceworks.org/site/PageServer

- National office 866-397-9757
- Regional office 877-314-3387

Family Counseling of Occupations, Inc.

Middletown 845-343-5556

www.occupations.org/occupations

New York State Office for the Aging

www.aging.ny.gov

- Orange County 845-615-3700
- Rockland County 845-364-2107
- Sullivan County 845-807-0241
- Ulster County 845-340-3456

Pathstone: Senior Training & Employment Services

www.pathstone.org

800-888-6770

- Orange County
845-343-0771
- Sullivan County
845-794-4880
- Ulster County
845-298-8998



Rockland-Tomorrow's Workplace

1 Perlman Dr. Spring Valley, NY
845-356-5100

Senior Community Service Employment Program – SCSEP

(training and employment)

877-872-5627

www.doleta.gov/seniors

Pomona 845-364-2107

Available through One-Stop Centers

www.dol.gov/dol/topic/training/onestop.htm

Sullivan Works–One Stop Center

50 North St. Monticello, NY

845-794-3340

Ulster Works–One Stop Center

651 Development Ct. Kingston, NY

845-340-3170

Food Stamps

Food Stamps/Medicaid/Welfare/HEAP

- Goshen 845-291-4000
- Middletown 845-346-1120
- Newburgh 845-568-5100
- Pomona 845-364-3480
- Port Jervis 845-858-1420
- Rockland 845-364-3100
- Liberty 845-807-0142
- Kingston 845-334-5200

Eligibility

www.mybenefits.ny.gov

Supplemental Nutrition Assistance Program–SNAP

www.otda.ny.gov/programs/snap

- Haverstraw 845-942-5791
- Kingston 845-334-5200
- Middletown 845-341-1173
- Newburgh 845-563-8000
- Pomona 845-364-3100

General

“211” Information – Referral Services of the Hudson Valley

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

2-1-1- or Outside Region 800-899-1479

TTY available for hearing impaired

www.hudson211.org/cms

American Association of Retired Persons (AARP)

888-687-2277

New York City 866-227-7442

New York State 518-434-4194

states.aarp.org/category/new-york

Eldercare

800-677-1116

www.eldercare.gov

EmPowering Port Jervis

Community Resources Center

11 Fowler Street, Port Jervis, NY

845-856-3991

www.emportjervis.com

Jewish Family Services

- Orange County
Middletown 845-341-1173

Newburgh 845-562-8372

jfsorange.org

- Rockland County
West Nyack 845-354-2121

- Ulster County
845-338-2980

www.jfsulster.org

LeadingAge—Information on Aging Services

Washington, D.C. 202-783-2242

www.leadingage.org

National Association of Area Agencies on Aging

(ways to improve quality of life by allowing seniors and the disabled to remain in their communities)

202-872-0888

www.n4a.org

The National Council on the Aging

www.ncoa.org

National Do Not Call Registry

888-382-1222

NY Statewide Senior Action Council

(grassroots advocacy group)

800-333-4374

www.nysenior.org

Lower Hudson Valley Chapter 845-359-0769

Salvation Army

www.salvationarmy.org

- Middletown 845-343-0821; 800-728-7825
- Newburgh 845-562-0413
- Port Jervis 845-856-3214
- Spring Valley 845-352-9577
- Kingston 845-331-1803
- West Nyack 845-620-7200

United Way Worldwide

- Orange County 845-457-4774
www.uwdor.org
- Rockland County 845-358-8929
www.uwrc.org
- Sullivan County 845-794-1771
www.unitedwayofsullivancounty.org
- Ulster County 845-331-4199
www.ulsterunitedway.org

USA.gov for Seniors

(access government services and information)

800-333-4636

www.usa.gov/Topics/Seniors.shtml

Health

Alzheimer's Foundation of America

866-232-8484

www.alzfdn.org

Alliance for Aging Research

(independent, not-for-profit organization to promote medical research into human aging)

202-293-2856

agingresearch.org

American Medical Association (AMA)

800-621-8335

www.ama-assn.org

Care Pathways

(information and resources for medical, homecare and long term care needs)

www.carepathways.com





Center for Medical Advocacy, Inc.

National Office 860-456-7790

www.medicaladvocacy.org

Health Literacy

www.health.gov/communication/literacy/olderadults/literacy.htm

Medicare

800-MEDICARE (800-633-4227)

TTY 877-486-2048

www.medicare.gov

National Institutes of Health MedlinePlus

(seniors' health topics)

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

NIH Senior Health

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

www.nlm.nih.gov/medlineplus

NYS Department of Health – Home Health and Hospice Profile

(information about home health care agencies and hospice programs in NYS)

www.homecare.nyhealth.gov

NYS Office of Long Term Care Ombudsman

Senior Citizens Help Line at 800-342-9871

www.ltombudsman.ny.gov/whatis/ombudsman.cfm

Orange County Department of Health

Goshen 845-291-2332

Rockland County Health Department

Pomona 845-364-2512

Sullivan County Public Health Services

Liberty 845-292-5910

Ulster County Health Department

Kingston 845-340-3150

Arthritis

Arthritis Foundation

800-283-7800; Clifton Park 518-456-1203

www.arthritis.org

Cancer

American Cancer Society

www.cancer.org

- Orange County 845-440-2500
- Rockland County 800-227-2345

American Cancer Society Hotline

800-ACS-2345 (227-2345)

www.cancer.org

CROC

(Citizens Reunited to Overcome Cancer)

New Hampton

www.crocalumni.org

National Cancer Institute

800-4CANCER (800-422-6237)

www.cancer.gov

Diabetes

American Diabetes Association

800-342-2383

www.diabetes.org

Hearing

The Center for Hearing and Communication

917-305-7700

www.chchearing.org

Hearing Loss Association of America

301-657-2248

www.hearingloss.org

National Association of the Deaf (NAD)

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

www.nad.org

PEPNet

(national network of regional centers provides resources, information, in-service training, and expertise to enhance educational opportunities to individuals who are deaf or hard of hearing)

www.pepnet.org

Sorenson Video Relay Service

www.sorensonvrs.com

Starkey Hearing Foundation

(hearing aids)

866-354-3254

www.starkeyhearingfoundation.org

Web Captel: Online Relay Service

(captioning for both outgoing and incoming calls, no telephone charge)

www.sprintcaptel.com

www.hamiltoncaptel.com

Heart

American Heart Association

800-242-8721

www.heart.org/HEARTORG

- Orange Rockland Sullivan Region
845-485-4703
- 301 Manchester Road Suite 105
Poughkeepsie, NY 12603
845-485-4703

Kidney

American Kidney Foundation

(programs and services for kidney patients)

866-300-2900

www.akfinc.org

National Kidney Foundation

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

www.kidney.org

Lungs

American Lung Association of the Northeast

800-586-4872; 518-465-2013

www.lungne.org

Parkinson's

National Parkinson Foundation

800-473-4636

www.parkinson.org

Stroke

National Stroke Association

800-STROKES (800-787-6537)

www.stroke.org

Health Care Assistance

HIICAP

NYS Health Insurance Information Counseling Assistance Program

- Orange 845-615-3700
- Rockland 845-364-2118
- Sullivan 845-794-3000 Ext 5000
- Ulster 845-340-3456
- www.aging.ny.gov/HealthBenefits

New York Senior Prescription Plan

EPIC Program

(Elderly Pharmaceutical Insurance Coverage)

800-332-3742

www.health.ny.gov/health_care/epic

HELP Lines

“211” Information & Referral Services of the Hudson Valley—See General

Emergency Services Center

22 Wells Farm Road

Goshen, NY 10924

845-615-0400



HEAP Emergency Assistance

- Orange
845-615-3700
- Rockland County 845-364-2101,
845-354-5973, 845-356-9600,
845-352-1400, 845-364-3480
- Sullivan 845-807-0142
- Ulster 845-334-5045

New York State Senior Citizens Hotline

800-342-9871

assembly.state.ny.us/member_files/032/20071204e

Orange Emergency Hotline Numbers

www.orangecountygov.com/content/1162/975/2095/2091/4276.aspx

Senior Care Helpline

Office for the Aging

Pomona 845-364-3444

Domestic Violence

NYS Domestic Violence & Sexual Assault Hotline

800-942-6906 English & Spanish

711 Deaf & Hard of Hearing Relay Service

Orange County – Safe Homes

24-Hour Hotline 888-503-4673 (HOPE)

SAFE

845-634-3344 Hotline 24/7

Sullivan County C.A.C.H.E.

(Community Action Commission to Help the Economy)

Domestic Violence

24 Hour Hotline 845-292-5700

Rape Crisis

Mental Health Association in Orange Co.

Orange County Rape Crisis Services

Hotline 800-832-1200 (within Orange)

NY State Department of Health – by county

www.health.ny.gov/prevention/sexual_violence/resources.htm

Planned Parenthood of Mid-Hudson Valley, Inc.

- Monticello 845-794-3704
- Goshen 845-294-8831
- Newburgh 845-562-7800
- Kingston 845-338-0840
- Spring Valley 845-426-7577
- Hotline 800-230-7526

Sullivan County C.A.C.H.E.

Rape Intervention Services and Education (RISE)

24-hour helpline 845-791-9595

Ulster County Probation

Kingston

Crime Victims Assistance Hotline 845-340-3442

Home Care

EISEP

Expanded In-home Services for the Elderly Program

Pomona 845-364-2115

Eldercare Locator

(nationwide directory assistance service)

800-677-1116

Locator www.eldercare.gov/Eldercare.NET/Public/Index.aspx

Family Caregiver Alliance

(resources on long-term care)

800-445-8106 or 415-434-3388

www.caregiver.org

New York Connects

www.nyconnects.ny.gov

- Orange 845-615-3710
- Rockland 845-364-2020
InfoRock (Information Rockland
informationrockland.com)
- Sullivan 845-807-0257
- Ulster 845-334-5307 or 845-334-5125



Home Delivery of Library Materials

- Albert Wisner Public Library, Warwick
845-986-1047
www.albertwisnerlibrary.org/content/books-mail
www.albertwisnerlibrary.org/content/newspaper-cassette
- Blauvelt Free Library
845-359-2811
- Cornwall Public Library
845-534-8282
- Cragsmoor Free Library
845-647-4611
- Fallsburg Library
845-436-6067
- Gardiner Library
845-255-1255
- Goshen Public Library & Historical Society
845-294-6606
- Greenwood Lake Public Library
845-477-8377
- Haverstraw King's Daughters Public Library
845-786-3800
- Highland Falls Library
845-446-3113
- Liberty Public Library
845-292-6070
- Middletown Thrall Library
845-341-5454
www.thrall.org/homedelivery
- Moffat Library of Washingtonville
845-496-5483
- Nanuet Public Library
845-623-4281
- New City Free Library
845-634-4997
- Nyack Library
845-358-3370
- Orangeburg Library
845-359-2244
- Palisades Free Library
845-359-0136
www.palisadeslibrary.org/palisades/services.asp
- Pearl River Public Library
845-735-4084
- Piermont Library District
845-359-4595



- Roscoe Free Library
607-498-5574
- Rose Memorial Library Association, Stony Point
845-786-2100
- Sloatsburg Public Library
845-753-2001
- Suffern Free Library
845-357-1237
- Sunshine Hall Free Library, Eldred
845-557-6258
- Tappan Library
845-359-3877
www.taplib.org/areas.asp?area_id=1&page_id=79
- Tomkins Cove Public Library
845-786-3060
- Tuxedo Park Library
845-351-2207
- Valley Cottage Library
845-268-7700
- Wallkill Public Library
845-895-3707
- West Nyack Free library
845-358-6081
- Western Sullivan Public Library
845-482-4350
- Woodbury Public Library
845-928-6162

Home Delivery of Meals

See Meals

Hospice

National Hospice and Palliative Care Organization

Help Line 800-658-8898

www.nhpco.org

Orange / Sullivan / Rockland / Ulster Counties

- Newburgh 845-561-6111
www.hospiceoforange.com
- Rockland 845-634-4974
www.hospiceofrockland.org
- Ulster and Dutchess 845-338-2273
www.hospiceinc.org

Hospitals

Bon Secours Community Hospital

- Port Jervis 845-858-7000
bonsecourscommunityhosp.org

Catskill Regional Medical Center

- Harris 845-794-3300
- Callicoon 845-887-5530, crmcny.org
Health Information Library
845-794-3300 ext. 2187

Ellenville Regional Hospital

- 845-647-6400
www.ellenvilleregional.org

Good Samaritan Hospital

- Suffern 845-368-5000
www.goodsamhosp.org

Helen Hayes Hospital

- West Haverstraw 845-786-4000 or 888-707-3422
www.helenhayeshospital.org

The Kingston Hospital

- Broadway Campus 845-331-3131
www.hahv.org/broadway-campus
- Mary's Ave Campus 845-338-2500
www.hahv.org/marys-ave-campus
- Woodland Pond at New Paltz 845-883-9800
877-505-9800
wpatnp.org



Northern Dutchess Hospital

- Rhinebeck 845-876-3001
www.health-quest.org/home_nd.cfm?id=9

Nyack Hospital

- 845-348-2190
www.nyackhospital.org
- Home Care Services 845-638-8700
- Nyack Hospital Memorial Library 845-348-2514

Orange Regional Medical Center

- Middletown 845-333-1000; 888-321-6762
www.ormc.org
- Orange Regional Medical Pavilion 845-695-5800

Putnam Hospital Center

- Carmel 845-279-5711
www.health-quest.org/home_phc.cfm?id=10

St. Anthony Hospital

- Warwick 845-986-2276
www.stanthonycommunityhosp.org

St. Luke's Cornwall Hospital

- www.stlukescornwallhospital.org
- Newburgh 845-561-4400
- Cornwall 845-534-7711

Vassar Brothers Medical Center

- www.health-quest.org/home_vb.cfm?id=11
- Poughkeepsie 845-454-8500
- Medical Library 845-437-3121

Westchester Medical Center

- Valhalla 914-493-7000; 877-962-3627
www.worldclassmedicine.com
www.westchestermedicalcenter.com

Housing

Elant, Inc.

(health and housing solutions)

- 800-501-3936
www.elant.org
- Goshen 845-360-1200
- Goshen Retirement Community 800-914-4051
- Newburgh 845-564-1700

Family of Woodstock Continuum of Care
Kingston 845-331-7080

**New York State Health Department
Complaint Hotline Long Term Care**
800-206-8125; 866-712-7197

**New York State Office for the Aging Senior
Housing**
800-342-9871
www.aging.ny.gov/HousingResources/Index.cfm

Orange County Affordable Senior Housing
www.co.orange.ny.us/filestorage/124/1350/1426/Orange_County_Affordable_Housing_For_Older_Adults.pdf

Rockland County Senior Housing
845-364-2110
rocklandgov.com/departments/aging/housing

Rockland Family Shelter
9 Johnsons Lane, New City, NY
845-634-3344
Rocklandfamilyshelter.org

Ulster County Senior Housing
www.co.ulster.ny.us/aging/housing.htm

Legal

AARP Legal Service Network
866-330-0753
www.aarpls.com/lisn/home.do

Cluster-Rockland Mediation Center
Nyack 845-512-8730
clusterinc.org

Legal Aid Society of Orange County
Goshen 845-291-2454
www.orangecountybarassociation.org/orange_county_legal_aid.php

Legal Aid Society of Rockland County Inc
2 Congers Road, New City, NY
845-634-3627; 800-454-3627
www.legalaidrockland.org



Legal Services of the Hudson Valley
90 Maple Ave, White Plains, NY
877-574-8529
www.lshv.org/contact.html

Orange County Connects—Legal Assistance
845-615-3710

**Rockland County Commission of Human
Rights**
2 New Hempstead Road, New City, NY
845-708-7200

Rockland County Office for the Aging
50 Sanatorium Rd, Bldg B, Pomona, NY
845-364-2110

Eviction & Foreclosure

Orange County—Eviction Assistance
1 Corwin Ct., Suite 102, Newburgh, NY
845-569-9110

Ulster County—Eviction Assistance
101 Hurley Ave., Suite 3, Kingston, NY
845-331-9373

Mediation

Dispute Resolution Centers
www.drcservices.org/page.cfm?ID=19

- Orange, Goshen
845-294-8082
- Rockland County Mediation Center
www.clusterinc.org/rocklandmediation.htm
845-512- 8730

- Sullivan, Monticello
845-794-3377; 845-741-2035
- Ulster, Kingston
845-331-6136

Libraries Online

- Boomers and Beyond
(links to resources)
Haverstraw King’s Daughters Public Library
845-786-3800
www.hkdpl.org/adult/boomers.html
- Mobile Public Library
(senior links)
www.mplonline.org/seniors.htm
- Nassau Library System
(senior sites)
www.nassaulibrary.org/senior/seniorsites.htm
- New York Public Library
(related sites)
www.nypl.org – at search box select “nyplorg”
and type in “seniors”
- Newburgh Free Library
Senior Citizens
www.newburghlibrary.org/websites/senior.asp
845-563-3600

Meals

See also Office for the Aging

Catholic Community Service of Rockland

78 Hudson Avenue, Haverstraw
845-942-5791
www.ccsrockland.org

Church of the Holy Cross

www.holycrosskingston.org
Kingston 845-331-6796
Sat. 11:30 a.m.-12:30 p.m.
Sun. 12:30 p.m.-1:30 p.m.

Congregate Dining Service–Orange County

- Reservations required 24-hours in advance
- Blooming Grove 845-496-4411
- Cornwall 845-534-4500
- Highland Falls 845-446-2212
- Kiryas Joel 845-783-8300, ext. 262
- Middletown 845-346-4073

- Montgomery 845-492-1245
- Port Jervis 845-858-4054

Congregate Dining Service–Ulster County

- Ashokan Reservoir United Methodist Church,
845-657-5107
- Ellenville, Trudy Farber Building, 845-647-1605
- Kingston Midtown Neighborhood Center,
845-339-4934
- Phoenicia United Methodist Church Hall,
845-688-5322
- Rosendale Recreation Center, 845-214-3740
- Saugerties, Robinson Street, 845-389-3476
- Town of New Paltz Community Center,
845-255-2512
- Town of Ulster, 845-389-0015; 845-336-7112

Crawford Nutrition Program–Montgomery

845-457-2660

Home Delivered Meals

Orange County NY Connects
845-615-3710

Local Meals on Wheels

- Nanuet 845-624-6325
- Newburgh 845-562-3490
- Warwick 845-986-3389



Meals on Wheels of America Association (MOWAA)

888-998-6325
www.mowaa.org

Recap Energy Program (Orange)

- Middletown 845-343-4466
- Emergency Food Pantry 845-342-3978
- Weatherization Program
845-342-3978, ext. 6266

Rockland County

- Clarkstown/Pearl River Senior Center
Nanuet 845-624-6334
- Martin Luther King Center
Spring Valley 845-425-8910
- North Rockland Senior Center
West Haverstraw 845-429-2090
- Nyack Senior Center
845-353-1311

- Ramapo Senior Center
New City 845-356-2244
- Thorpe Senior Center
Sparkill 845-359-5801

Salvation Army Emergency Food Pantry
Middletown 845-343-0821

Senior Nutrition Program—Port Jervis
Contact: Kathy Shertell 845-858-4080

Mental Health

Alzheimer's Association

- Middletown 845-695-2247
- New City 845-639-6776
- 800-272-3900 toll free
www.alzhusdsonvalley.org

Department of Mental Health

Goshen 845-291-2600
24 Hour Mobile Mental Health Team: 888-750-2266
www.orangecountygov.com/content/124/1348/default.aspx

Mental Health Association in Orange County

Middletown 845-342-2400
Help Line 800-832-1200
www.mhaorangeny.com

Mental Health Association in Ulster County, Inc.

Kingston
Children & Families
845-336-4747
Adult Services 845-339-9090
www.mhainulster.com

Mental Health Association of Rockland County, Inc.

Valley Cottage
845-267-2172
www.mharockland.org

National Alliance of Mental Illness (NAMI) dba Sullivan County Mental Health Association

20 Crystal Street, Monticello 845-794-1029
Rockland Psychiatric Center - Monticello Clinic
845-790-0919

Sullivan County Department of Mental Health Clinic

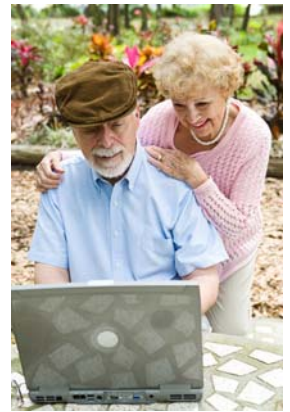
Liberty 845-292-8770

Office for the Aging

New York State Office for the Aging

www.aging.ny.gov

- Orange County
845-615-3710
www.orangecountygov.com/content/124/1350/default.aspx
- Rockland County
845-364-2110
rocklandgov.com/departments/aging
- Sullivan County
845-807-0241
www.co.sullivan.ny.us/Departments/OfficefortheAging/tabid/3210/default.aspx
- Ulster County
845-340-3456
www.co.ulster.ny.us/aging



Online Community

Facebook

www.facebook.com

Third Age

(guide to a life of health, happiness, passion and purpose)

www.thirdage.com

Organ Registry

New York Organ & Tissue Registry

866-693-6667

To register online—

<https://apps.health.ny.gov/professionals/patients/donation/organ/DonorRegistration.action>

New York Organ Transplant Services

800-227-4771

Rehabilitation

See Hospitals

Retirement

AARP

888-687-2277

www.aarp.org/work

Money Smartz

(personal finance)

www.moneysmartz.com

The Retirement Café

(links to websites and blogs)

www.retirement-cafe.com

Retirement Net

(retirement resources)

www.retirenet.com

Senior Centers

See also 211

- **Orange County**

www.orangecountygov.com/filestorage/124/1350/1426/Orange_County_Senior_Citizen_Centers_08-13-12.pdf

- **Rockland County**

rocklandgov.com/departments/aging/senior-centers-clubs

Service Dogs

Assist the Blind

Guide Dog Foundation for the Blind, Inc.

800-548-4337

www.guidedog.org

Guiding Eyes for the Blind

800-942-0149

www.guidingeyes.org

The Seeing Eye

New Jersey 973-539-4425

www.seeingeye.org



Assist In Other Capacities

Canine Companions for Independence

800-572-2275

TTY 631-561-0200

www.caninecompanions.org

NEADS - National Education for Assistance

Dog Services

(deaf or physical disabilities)

www.neads.org

978 422-9064 Voice or TDD

Paws With A Cause®

(hearing, service and seizure response dogs)

www.pawswithacause.org

800-253-7297

Social Groups

Orange County

- Cornwall Senior Center
845-534-3178
- Goshen Senior Center
845-294-8545
- Hamptonburgh Senior Center – Campbell Hall
Contact: Diane Fortuna
845-427-2424
towmofhamptonburgh.org
- Monroe Senior Center
845-783-9486
- Mulberry House Senior Center
845-346-4073
- Woodbury Senior Center – Highland Mills
845-928-9225

Rockland County

- North Rockland Senior Center – Garnerville
845-429-9027
- Nyack Senior Center
845-359-3074
- Orangetown Nyack Senior Club
845-358-6236
- Pearl River Senior Center
845-624-6334
- Ramapo Senior Center – New City
845-356-2244
- Rockland Community College Senior Citizens
845-356-3482

- Stony Point Senior Citizens Clubs
Recreation Department 845-947-5261
- Thorpe Senior Center – Sparkill
845-359-5801
- Town of Clarkstown
Elaine Apfelbaum, Senior Citizen Director
845-639-6200
- Town of Haverstraw
Club President: Judy O’Sullivan
845-354-2347
- Town of Ramapo
Antoinette Mariano, Senior Citizen Coordinator
845-369-1802
- Town of Orangetown
Josephine Urban, Senior Coordinator
845-359-3074

Sullivan County

- Bethel–Smallwood Senior Citizens
Contact: Jens Meyers
845-583-7478
- Forestburgh Senior Citizens
Contact: Mary Ann Toomey
845-794-4688
- Loch Sheldrake Seniors
Contact: Nancy Podhorzer
845-436-5179
- Mamakating Town–Senior Center
Contact: Rosemarie Amann
845-733-1245
- Monticello Senior Citizens
Contact: Roslyn Sharoff
845-794-8115
- Sunshine Senior Citizens
Contact: Ethel Hulse
845-932-8633

Ulster County

- Always There–Adult Day Program
www.alwaystherehomecare.org
845-339-6683
- Community Center–Town of Rochester
Contact: Ruth Osterhautd 845-626-2115

Social Security

Department of Health & Human Services
877-696-6775
www.hhs.gov

Social Security

www.socialsecurity.gov

800-772-1213

Recorded information and conducts some business
24 hours a day

TTY number - 800-325-0778, between
7 a.m. and 7 p.m. Monday through Friday

Benefits

www.mybenefits.ny.gov

- Orange
3 Washington Center, Suite 301
Newburgh 866-504-4801
National Toll-Free
800-772-1213
- Rockland
240 West Nyack Road
West Nyack – No local number
National Toll-Free
800-772-1213
- Sullivan
60 Jefferson Street, Ste 4
Monticello 855-794-4728
- Ulster
809 Grant Avenue
Lake Katrine 866-587-4415

Social Services

- Orange County Department of
Social Services
Goshen 845-291-4000
- Rockland County Department
of Social Services
Pomona 845-364-2000
- Sullivan County
Department of Family
Services
Liberty 845-292-0100
- Ulster County Social Services Department
Kingston 845-334-5000



Substance Abuse

**Catholic Charities Community Service of
Orange County**

845-294-5124

www.catholiccharitiesoc.org

Mental Health Departments

- Orange – Alcohol & Drug Abuse Council of Orange County
845-294-9000
- Rockland – Alcoholism Outpatient Rehab Program
845-364-2430
Hotline 845-364-2200
- Sullivan – Council on Alcoholism Drug Abuse of Sullivan County
845-794-8080, ext. 130
Hotline 845-794-8080, ext. 132
- Ulster – Mental Health Department
845-340-4000
www.co.ulster.ny.us/mentalhealth/substanc.html

Orange Regional Medical Center Program for Chemical Dependency

(substance abuse services)

707 East Main Street Middletown NY 10940
845-342-5300

RECAP Inc.

Middletown 845-342-3978
Rockland County Community Development
845-364-3939
Sullivan County Continuum of Care County Housing
845-794-0348

Rockland Council on Alcoholism and Other Drug Dependencies

845-215-9788

Tax Preparation Assistance

AARP Tax Aide

888-6787-2277

www.aarp.org/money/taxes/aarp_taxaide

Orange County

- Hudson Valley Cash Coalition
800-899-1479

Rockland County

Schedule during tax season --January-April only

- Finkelstein Library, Spring Valley
Mondays 10 a.m.-2 p.m.
- Kings Daughters Library, Garnerville
Tues. 3 p.m.-7 p.m., Wed & Thur. 10 a.m.-2 p.m.,
Saturday 10 a.m.-2 p.m.



- Martin Luther King Center, Spring Valley
Mondays 10 a.m.-2 p.m.
- Nanuet Library, Nanuet
Wednesdays 10 a.m.-2 p.m.
- New City Library, New City
Tuesday & Saturday 10 a.m.-2 p.m.
- Nyack Library, Nyack
Mondays 10 a.m.-2 p.m.
- Pearl River Library, Pearl River
Fridays 10:30 a.m.-2:30 p.m.
- Suffern Library, Suffern
Wednesday & Saturday 10 a.m.-2 p.m.
- United Church of Spring Valley, Spring Valley
10 a.m.-2 p.m.
- Valley Cottage Library, Valley Cottage
Fridays 10 a.m.-2 p.m.

Technology Assistance

Call your local library for information on computer classes, device help, etc.

See Home Delivery of Library Materials

Transportation

Dial-a-Bus

- Town of Blooming Grove 866-496-2877
- Towns of Goshen and Chester with Service in Hamptonburgh 845-294-8920
- Town of Highlands 845-446-7433
- Middletown 845-692-7852
- Monroe 845-783-6222
- Towns of Montgomery and Crawford
845-457-2622
- Towns of New Windsor and Cornwall
845-564-6084
- Town of Newburgh 845-564-6084
- City of Port Jervis 845-856-7999
- Town of Wallkill 845-692-7852
- Town of Warwick 845-986-2877

Reduced Fare Coupons/Vouchers

Rockland County Office for the Aging
50 Sanatorium Rd, Bldg B, Pomona, NY
845-364-2110

Senior Shuttle Bus

(seniors not driving)

Middletown 845-346-4070 or 845-346-4071

www.middletown-ny.com/community/senior-services.html

T.R.I.P.S.

(special transportation for elderly and disabled)

Rockland County 845-364-8747

rocklandgov.com/departments/public-transportation

Veterans

Castle Point Medical Center

845-831-2000

[www1.va.gov/directory/guide/facility.asp?](http://www1.va.gov/directory/guide/facility.asp?ID=27&divisionId=ALL)

[ID=27&divisionId=ALL](http://www1.va.gov/directory/guide/facility.asp?ID=27&divisionId=ALL)

Franklin Delano Roosevelt Campus

Montrose 914-737-4400

www2.va.gov/directory/guide/facility.asp?id=92

Middletown Vet Center

726 E. Main Street, Suite 203, Middletown, NY

845-342-9917

NEADS – Service Dogs for Disabled Veterans

978-422-9064 Voice or TDD

www.neads.org

New York New Jersey Healthcare

www.nynj.va.gov

New York State Division of Veterans' Affairs

- Albany 518-474-6784 or 888-838-7696
Hotline 888-VETSNYS (888-838-7697)
veterans.ny.gov
- Castle Point www.hudsonvalley.va.gov
- Goshen 845-291-2470
- Kingston 845-340-3190
- Monticello 845-794-3000, ext. 3370
- New City 845-638-5244
- Spring Valley 356-6070

Rockland County Veterans Service Agency

20 Squadron Boulevard, Suite 480, New City, NY

845-638-5244

SUNY Orange Advising and Counseling

Center – resources

845-341-4081

www.sunyorange.edu/advising/veterans/resources.shtml

U.S. Dept. of Veterans Affairs

800-273-8255

Regional Office 212-807-4024

888-442-4551 (Buffalo)

800-827-1000 (New York City)

VA Hudson Valley Healthcare System

30 Hatfield Lane, Suite 204, Goshen, NY

845-294-0937

www.hudsonvalley.va.gov

Women Veterans Program Manager

845-831-2000, ext. 5658

www.nynj.va.gov/womenvets.asp

Volunteer Opportunities

Idealist

Action Without Borders

(Connects people, organizations, and resources)

www.idealists.org/info/About

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

- Orange County 845-615-3728
www.orangecountygov.com/content/124/1350/1430/default.aspx
- Rockland County 845-356-6818
www.sunyrockland.edu/community/seniors/rsvp
- Sullivan County 845-794-3000 ext. 0241,
845-807-0251
co.sullivan.ny.us/Departments/OfficefortheAging/RSVPRetiredSeniorVolunteerProgram/tabid/3604/Default.aspx
- Ulster County 845-339-2137, 845-339-2181
people.sunyulster.edu/RSVP

Volunteer Counseling Opportunities (VCS)

(Foster Grandparents Program–Rockland)

845-634-5729

www.vcs-inc.org/fgp.htm

Volunteer Match

(Find a Place to Volunteer)

www.volunteermatch.org

NATIONAL Organizations

Category

Alzheimer's Foundation of America **Health**
866-232-8484

American Association of Retired Persons (AARP) **General**
888-687-2277
New York City 866-227-7442
New York State 518-434-4194
www.aarp.org

AARP Legal Service Network **Legal**
866-330-0753
www.aarp.lsn.com/lsn/home.do

AARP Tax Aide **Tax Assistance**
888-6787-2277
www.aarp.org/money/taxes/aarp_taxaide

Administration on Aging **General**
(*eldercare locator*)
800-677-1116
www.aoa.gov

American Cancer Society Hotline **Cancer**
800-ACS-2345 (227-2345)
www.cancer.org

American Council for the Blind **Blind**
800-424-8666
www.acb.org

American Diabetes Association **Diabetes**
800-342-2383
www.diabetes.org

American Foundation for the Blind **Blind**
800-232-5463
www.afb.org

American Heart Association **Heart**
800-242-8721
www.heart.org/HEARTORG

Organizations

Category

American Kidney Foundation **Kidney**
(*programs and services for kidney patients*)
866-300-2900
www.akfinc.org

American Medical Association (AMA) **Health**
800-621-8335
www.ama-assn.org

American Red Cross **Crisis**
800-733-2767
www.redcross.org/ny/new-york/about-us/contact-us

Arthritis Foundation **Arthritis**
800-283-7800; Clifton Park 518-456-1203
www.arthritis.org

AT&T National Center for Customers with Disabilities (NCCD) **Disabled**
866-241-6568 Voice
866-241-6567 TTY
www.wireless.att.com/learn/articles-resources/disability-resources/nccd.jsp

Braille Institute **Blind**
800-BRAILLE (800-272-4553)
www.brailleinstitute.org

Canine Companions for Independence **Service Dogs**
800-572-2275
TTY 631-561-0200
www.caninecompanions.org

The Center for Hearing and Communication **Hearing**
917-305-7700
www.chchearing.org

Center for Medical Advocacy, Inc. **Health**
National Office 860-456-7790

Department of Health & Human Services **Social Services**
877-696-6775
www.hhs.gov

Organizations **Category**

Eldercare Locator **Home Care**
(nationwide directory assistance service)
 800-677-1116
www.eldercare.gov/Eldercare.NET/Public/Index.aspx

Experience Works **Employment Assistance**
(formerly Green Thumb)
 866-397-9757 – National office

Family Caregiver Alliance **Home Care**
(resources on long-term care)
 800-445-8106 or 415-434-3388
www.caregiver.org

Glaucoma Foundation **Blind**
 New York City
 212-285-0080
www.glaucomafoundation.org

Guide Dog Foundation for the Blind, Inc. **Blind**
 800-548-4337
www.guidedog.org

Guiding Eyes for the Blind **Blind**
 800-942-0149
<https://www.guidingeyes.org>

Health Literacy **Health**
www.health.gov/communication/literacy/olderadults/literacy.htm

Hearing Loss Association of America **Hearing**
 301-657-2248
www.hearingloss.org

Idealist **Volunteer Opportunities**
 Action Without Borders
(Connects people, organizations, and resources)
idealist.org/en/about/firsttime.html

LeadingAge–Information on Aging Services **General**
 Washington, D.C. 202-783-2242
www.leadingage.org

Organizations **Category**

Learning Ally **Blind**
(educational library)
 800-221-4792
www.learningally.org

Meals on Wheels of America Association (MOWAA) **Meals**
 888-998-6325
www.mowaa.org

Medicare **Health**
 800-MEDICARE (800-633-4227)
www.medicare.gov

Money Smartz **Retirement**
(personal finance)
www.moneysmartz.com

National Alliance for Caregiving **Caregivers**
www.caregiving.org

National Association of Area Agencies on Aging **General**
 202-872-0888
www.n4a.org

National Association of the Deaf (NAD) **Hearing**
 301-587-1788 Voice; 301-587-1789 TTY
www.nad.org

National Cancer Institute **Cancer**
 800-4CANCER (800-422-6237)
www.cancer.gov

National Caregiving Foundation (Alzheimer’s) **Caregivers**
 Caregiver’s Support Kit®
 800-930-1357
www.caregivingfoundation.org

National Center on Elder Abuse & Neglect **Crisis**
 855-500-3537 (ELDR)

Organizations

Category

The National Council on the Aging
www.ncoa.org
General

National Do Not Call Registry
888-382-1222
General

National Hospice and Palliative Care Organization
Help Line 800-658-8898
www.nhpco.org
Hospice

National Institutes of Health MedlinePlus
(seniors' health topics)
www.nlm.nih.gov/medlineplus/seniorshealth.html
Health

National Kidney Foundation
800-622-9010 or New York City 212-889-2210
www.kidney.org
Kidney

National Parkinson Foundation
800-473-4636
www.parkinson.org
Parkinson

National Stroke Association
800-STROKES (800-787-6537)
www.stroke.org
Stroke

NEADS – National Education for Assistance Dog Services
(deaf or physical disabilities)
978 422-9064 Voice or TDD
www.neads.org
Service Dogs

NIH Senior Health
U.S. National Library of Medicine and National Benefits of Health
www.nlm.nih.gov/medlineplus
Health

Paws With A Cause®
(hearing, service and seizure response dogs)
800-253-7297
www.pawswithacause.org
Service Dogs

Organizations

Category

The Retirement Café
Links to websites and blogs
www.retirement-cafe.com
Retirement

Retirement Net
(retirement resources)
www.retirenet.com
Retirement

Road Scholar (Elderhostel Inc.)
Adventures in Life Long Learning
800-454-5768
www.roadscholar.org
Education

The Seeing Eye
New Jersey 973-539-4425
www.seeingeye.org
Service Dogs for the blind

Senior Community Service Employment Program – SCSEP
(training and employment)
877-872-5627
www.doleta.gov/seniors
Available through One-Stop Centers
www.dol.gov/dol/topic/training/onestop.htm
Employment

Social Security Retire Online
800-772-1213
www.socialsecurity.gov
Social Security

Starkey Hearing Foundation
(hearing aids)
866-354-3254
www.starkeyhearingfoundation.org
Hearing

Third Age
(guide to a life of health, happiness, passion and purpose)
www.thirdage.com
Online Community

USA.gov for Seniors
(access government services and information)
800-333-4636
www.usa.gov/Topics/Seniors.shtml
General

Organizations

Category

U.S. Dept. of Veterans Affairs **Veterans**
800-273-8255

Verizon Center for Customers with Disabilities (VCCD) **Disabled**
800-974-6006 (Voice and TTY)
www.verizon.com/Support/Residential/generic/generic/130380.htm

Volunteer Match **Volunteer Opportunities**
(find a place to volunteer)
www.volunteermatch.org

Web Captel **Hearing**
(captioned telephone online relay service)
www.sprintcapitel.com or
www.hamiltoncapitel.com

ORANGE COUNTY

Organizations

Category

Alcohol & Drug Abuse Council of Orange County **Substance Abuse**
845-294-9000

Alzheimer's Association **Mental Health**
Middletown 845-695-2247

American Cancer Society **Health/Cancer**
845-440-2500

American Heart Association **Health/Heart**
Orange/Rockland/Sullivan Region
845-485-4703

Caregiver Resources Center—Office of the Aging **Caregivers**
845-615-3700

Catholic Charities **Crisis / Substance Abuse**
845-294-5124

Cornell Cooperative Extension of Orange County –Parents Program **Caregivers**
Middletown 845-344-1234

Dial a Bus **Transportation**

- Goshen & Chester 845-294-8920
- Middletown 845-692-7852
- Monroe 845-783-6222
- Montgomery 845-457-2622
- New Windsor & Cornwall 845-564-6084
- Newburgh 845-564-6084
- Port Jervis 845-856-7999
- Wallkill 845-692-7852
- Warwick 845-986-2877

Dispute Resolution Center **Legal/Mediation**
845-294-8082

Elant Inc. **Housing**
Goshen 845-360-1200
Newburgh 845-564-1700

Organizations **Category**

Empowering Port Jervis **General**
845-856-3991

ENCORE **Education**
Orange County Community College
Middletown 845-341-4896

Family Counseling of Occupations, Inc. **Employment**
Middletown 845-343-5556

Family Empowerment Council Inc. **Disability Services**
845-343-8100

HEAP **Food Stamps**

- Goshen 845-291-2002
- Middletown 845-346-1120
- Newburgh 845-568-5100
- Port Jervis 845-858-1420

HEAP Emergency Assistance **Help Line**
845-615-3700

HIICAP **Health Care / Assistance**
Middletown 845-615-3700

Home Delivered Meals **Meals**
845-615-3710

Honor EHG **Housing**
Middletown 845-343-7115

Hospice of Orange **Hospice**
Newburgh 845-561-6111

Independent Living Center **Disability Services**
Newburgh 845-565-1162

Inspire **Disability Services**
845-294-8806

Jewish Family Services **General**
Middletown 845-341-1173
Newburgh 845-562-8372

Organizations **Category**

Legal Aid Society of Orange County **Legal**
845-291-2454

L.I.F.E. (Learning is Forever Enriching) **Education**
Mount Saint Mary College
Newburgh 845-565-2076

Literacy Volunteer of America **Education**
Middletown 845-341-5460
Port Jervis 845-858-1428

Meals on Wheels **Meals**
Newburgh 845-562-3490
Warwick 845-986-3389

Mental Health Association in Orange County **Crisis/Health / Mental Health**
845-342-2400 or 845-346-HELP

Mental Health Association in Orange County **Rape Crisis**
800-832-1200

Middletown Vet Center **Veterans Services**
845-342-9917

New York Connections **Home Care**
845-615-3710

New York State Division of Veterans' Affairs **Veterans**
Goshen 845-291-2470

Occupations, Inc. **Crisis/Health**
888-750-2266

Occupations, Inc. **Disability Services**
888-750-2266

Office of the Aging **General**
845-615-3710

Organizations **Category**

**Orange County Connects/
Legal Assistance** **Legal**
845-615-3710

**Orange County Department
of Health** **Health**
Goshen 845-291-5910

**Orange County
Department of Social Services** **Social Services**
Goshen 845-291-4000

**Orange County
Eviction Assistance** **Legal / Eviction &
Foreclosure**
845-569-9110

**Orange County--
Safe Home** **Domestic Violence**
888-503-4673

**Orange County Veterans
Service Agency** **Veterans**
Goshen 845-291-2470

**Orange Emergency
Services Center** **Help Line**
845-615-0400

**Orange Regional
Medical Center** **Substance Abuse**
Middletown 845-342-5300

PathStone **Employment Assistance**
845-343-0771

**Planned Parenthood of
Mid Hudson Valley** **Rape Crisis**
Goshen 845-294-8831
Newburgh 845-562-7800

Recap Energy Program **Meals**
Middletown 845-343-4466

RECAP Inc. **Substance Abuse**
Middletown 845-342-3978

Organizations **Category**

R.S.V.P. **Volunteer Opportunities**
845-615-3728

Salvation Army **General**
Middletown 845-343-0821
Port Jervis 845-856-3214
Newburgh 845-562-0413

**Salvation Army Emergency
Food Pantry** **Meals**
Middletown 845-343-0821

Senior Nutrition Program **Meals**
Port Jervis 845-858-4080
Montgomery 845-457-2660

Senior Shuttle Bus **Transportation**
845-346-4101

SNAP **Food Stamps**
Newburgh 845-563-8000
Middletown 845-341-1173

Social Security local office **Social Security**
Newburgh 866-504-4801

**SUNY Orange Veterans
Academic Advising Office** **Education**
845-341-4081

**Times Herald-Record People for
People Fund, Inc.** **Crisis**
Middletown 845-343-1663
800-295-2181 Ext. 3800

United Way Worldwide **General**
Montgomery 845-457-4774

ROCKLAND COUNTY

Organizations

Category

Adult Learning Center of Rockland

Nanuet 845-623-5467

Education

Association for the Visually Impaired

Spring Valley 845-574-4950

Blind

Caregiver Resources Center–VCS, Inc.

845-634-5729

Caregivers

Center for Safety and Change

845-364-3391

Hotline 845-634-3344

Crisis

Cluster-Rockland Mediation Center

Nyack 845-512-8730

Legal

Dominican College

Orangeburg 845-845-7909

Education

EISEP

Pomona 845-364-2115

Home Care

VCS, Inc.

Foster Grandparent Program

New City 845-634-5729

Volunteer Opportunities

HEAP

Pomona 845-364-3480

Food Stamps

HEAP

Pomona 845-364-2101

Help Lines

HIICAP

Pomona 845-364-2118

Health Care Assistance

Independent Living Center

New City 845-624-1366

Disability Services

Legal Aid Society of Rockland County Inc

800-454-3627

Legal

Organizations

Category

Learning Collaborative

Hudson Graduate Center at Rockland, LIU
Orangeburg 845-359-7200 ext 5414

Education

Literacy Volunteer of

Westchester/Rockland Counties

New City 845-708-9072 or 914-375-7964

Education

Meals on Wheels

845-624-6325

Meals

Mental Health Association of Rockland County

Valley Cottage 845-267-2172

Mental Health

New York State Office for the Aging

845-364-2110

Employment Assistance

R.S.V.P.

845-356-6818

Volunteer Opportunities

Rockland Council on Alcoholism and Other Drug Dependencies

845-215-9788

Substance Abuse

Rockland County

Community College Adult Learning

Suffern 845-574-4151

Education

Rockland County Community Development Agency Continuum of Care

Pomona 845-364-3939

Housing

Rockland County

Department of Health

Pomona 845-364-2512

Health

Rockland County Department of Mental Health Crisis Center

845-364-2200

Crisis

Rockland County

Department of Social Services

845-364-2000

Social Services

Organizations **Category**

Rockland County Senior Housing Housing
845-364-2110

Rockland County Veterans Service Agency Veterans
New City 845-638-5244

Rockland Family Shelter Housing
845-634-3344

SAFE Help Lines
845-634-3344

SCSEP Employment Assistance
Pomona 845-364-2107

Senior Care Helpline Help Lines
Pomona 845-364-3444

SNAP Food Stamps
Pomona 845-364-3100
Haverstraw 845-942-5791

Social Security Social Security
800-772-1213

Tomorrow's Workplace Employment Assistance
845-356-5100

Transportation Passes Transportation
NJ Half Fare 845-364-2110

T.R.I.P.S. Transportation
845-364-8747

United Hospice of Rockland Hospice
845-634-4974

VCS Foster Grandparent Program Volunteer Opportunities
New City 845-634-5729

Note:
For more detailed information on senior services in Rockland County, contact the Rockland County Office for the Aging. 845-364-2110

SULLIVAN COUNTY
Organizations **Category**

Action Toward Independence Disability Services
Monticello 845-794-4228

Caregiver Resources Center-Office of the Aging Caregivers
845-807-0257

Catskill Regional Medical Center Hospital
• Harris 845-794-3300
• Callicoon 845-887-5530

Cornell Cooperative Extension of Sullivan County Caregivers
Liberty 845-292-6180

Dispute Resolution Center Conflict Resolution
845-794-3377

HEAP Food Stamps
Liberty 845-807-0142

Literacy Volunteers of Sullivan County Education
Monticello 845-794-0017

New York State Office for the Aging Employment Assistance
845-807-0241

PathStone Employment Assistance
845-794-4880

Sullivan County Community College Education
845-343-5750

Sullivan County Department of Community Services Crisis
845-292-8770

Organizations **Category**

Sullivan County Department of Health **Health**
Liberty 845-292-5910

Sullivan Works— One Stop Center **Employment Assistance**
845-794-3340

United Way Worldwide **General**
845-794-1771

ULSTER COUNTY
Organizations **Category**

Caregiver Resources Center- Jewish Family Services **Caregivers**
845-338-2980

Cornell Cooperative Extension of Ulster County **Conflict Resolution**
Kingston 845-340-3990, ext. 343

Dispute Resolution Center **Mediation**
845-331-6136

Family of Woodstock Continuum of Care **Housing**
Kingston 845-331-7080

HEAP **Food Stamps**
Kingston 845-334-5045

HEAP Emergency Assistance **Help Lines**
845-334-5045

Hospice Organization **Hospice**
845-338-2273

Jewish Family Services **General**
Kingston 845-338-2980

The Kingston Hospital

- Broadway Campus 845-331-3131
www.hahv.org/broadway-campus
- Mary's Ave Campus 845-338-2500
www.hahv.org/marys-ave-campus
- Woodland Pond at New Paltz 845-883-9800
877-505-9800
wpatnp.org

Life Spring **Education**
Saugerties Adult Learning Community
845-246-2800, ext. 452

Lifelong Learning Institute @ SUNY Ulster **Education**
Kingston 845-338-2520

Organizations ***Category***

Mental Health Association of Ulster **Mental Health**
845-339-9090

New York Connects **Home Care**
845-334-5307 or 845-334-5125

New York State Division of Veterans' Affairs **Veterans**
Kingston 845-340-3190

Office of the Aging **General**
845-340-3456

PathStone **Employment Assistance**
845-298-8998

Planned Parenthood of Mid-Hudson Valley **Health**
Kingston 845-338-0840

R.S.V.P. **Volunteer Opportunities**
845-339-2137 or 845-339-2181

Salvation Army **General**
Kingston 845-331-1803

SNAP **Food Stamps**
Kingston 845-334-5200

Social Security local office **Social Security**
Lake Katrine 866-587-4415

Ulster County Department of Health **Health**
Kingston 845-340-3150

Ulster County Department of Social Services **Social Services**
Kingston 845-334-5000

Ulster County Eviction Assistance **Legal/Eviction & Foreclosure**
845-331-9373

Organizations ***Category***

Ulster County Senior Housing
www.co.ulster.ny.us/aging/housing.htm

Ulster Literacy Association **Education**
Kingston 845-331-6837

Ulster Mental Health Department **Mental Health**
845-340-4000

Ulster Works—One Stop Center **Employment Assistance**
845-340-3170

United Way Worldwide **General**
845-331-4199

RESOURCES ONLINE

Find reliable online resources through the RCLS website (www.rcls.org) and your local public library 24 hours a day, 7 days a week.

Health Reference Center Academic: Millions of articles from full-text nursing and allied health journals, newspapers, magazines, newsletters; and select consumer health information sources, and hundreds of health-related multimedia.

Medline Plus: Information of over 650 diseases and conditions. It includes lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials.

PubMed Central: National Library of Medicine's digital archive of life sciences.

Academic OneFile: More than 13,000 titles, including over 7,300 peer-reviewed journals and more than 5,000 in full text with strong coverage of hard sciences, medicine, engineering and business.

EBSCO Masterfile Premiere: Searchable full-text for over 1,850 journals, covering nearly all subjects including general reference, business, health, academic subjects and much more. *It includes Consumer Reports.*

General OneFile: More than 7,100 general interest periodical full-text titles and 3,600 refereed journals, newspapers and *more than 500 travel guides, including Fodor's.*

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