

# 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](http://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](http://www.census.gov)*

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or questions, please contact

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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](http://www.acb.org)

### **American Foundation for the Blind**

800-232-5463  
[www.afb.org](http://www.afb.org)

### **Association for the Visually Impaired**

- Orange County 845-355-6119
- Rockland County 845-574-4950
- [www.avi-eyes.org](http://www.avi-eyes.org)

### **Braille Institute**

800-BRAILLE (800-272-4553)  
[www.brailleinstitute.org](http://www.brailleinstitute.org)

### **Caregiver Resources Center**

VCS, Inc.  
845-634-5729

### **Glaucoma Foundation**

New York City  
212-285-0080  
[www.glaucomafoundation.org](http://www.glaucomafoundation.org)

### **Jewish Guild Healthcare**

New York City 212-769-6200 or  
800-284-4422  
[www.guildheatlh.org](http://www.guildheatlh.org)

### **Learning Ally**

*(educational library)*  
800-221-4792  
[www.learningally.org](http://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](http://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](http://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](http://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](http://www.sprintcaptel.com) or [www.hamiltoncaptel.com](http://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](http://www.cce.cornell.edu/orange/rapp.htm)

[counties.cce.cornell.edu/orange/rapp.htm](http://counties.cce.cornell.edu/orange/rapp.htm)

## **Cornell Cooperative Extension of Sullivan County**

Liberty 845-292-6180

[www.sullivancce.org](http://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](http://www.cceulster.org/FCS/Rapp%20home.htm)

## **National Alliance for Caregiving**

*(provides support to family caregivers)*

[www.caregiving.org](http://www.caregiving.org)

## **National Caregiving Foundation (Alzheimer's)**

Caregiver's Support Kit®

800-930-1357

[www.caregivingfoundation.org](http://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](http://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](http://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](http://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](mailto:donnar@drcservices.org)  
[www.drcservices.org](http://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](http://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\\_prepareseiors.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m13442518_bay_area_prepareseiors.pdf)
- For People with Disabilities –  
[www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240199\\_A4497.pdf](http://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](http://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](http://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](http://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](http://www.nyrelay.com)

## **American Diabetes Association**

800-342-2383

[www.diabetes.org](http://www.diabetes.org)

## **Family Empowerment Council, Inc.**

*(services for people with disabilities)*

845-343-8100 or 888-343-8181

[www.familyempowerment.org](http://www.familyempowerment.org)

## **Independent Living Centers**

*(for people with disabilities)*

[www.nysilc.org/directory.htm](http://www.nysilc.org/directory.htm)

- Action Toward Independence  
[www.atitoday.org](http://www.atitoday.org)
- Monticello 845-794-4228
- Independent Living Center  
Newburgh 845-565-1162  
[www.myindependentliving.org](http://www.myindependentliving.org)
- Rockland Independent Living Center  
New City 845-624-1366  
[www.rilc.org](http://www.rilc.org)

## **Inspire – Cerebral Palsy Center (Orange County)**

[www.inspirecp.org](http://www.inspirecp.org)

845-294-8806



## **Occupations, Inc.**

*(human services agency)*

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

[www.occupations.org](http://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](http://www.activeforever.com)

### **Disability Products**

*(service and products)*

Arizona 480-220-1739

[www.disabilityproducts.com/cgi-bin/disabilityproducts.cgi](http://www.disabilityproducts.com/cgi-bin/disabilityproducts.cgi)

### **EnableMart**

*(assistive technology devices)*

888-640-1999

[www.enablemart.com](http://www.enablemart.com)

## **Education**

### **Adult Learning Center of Rockland**

Nanuet 845-623-5467

[www.sunyrockland.edu/continuing-education/seniors/seniornet](http://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](http://www.dc.edu)

### **ENCORE**

Orange County Community College

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

845-341-4896

[www.sunyorange.edu/encore](http://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](http://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](http://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](http://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](http://www.newpaltz.edu/cpe/lifetime)

## **Literacy Volunteers of America**

- Literacy Orange

[literacyorangeny.sharepoint.com](http://literacyorangeny.sharepoint.com)

Middletown 845-341-5460

Port Jervis 845-858-1428

- Literacy Volunteers of Westchester/Rockland Counties

[www.literacywestchester.org](http://www.literacywestchester.org)

New City 845-708-9072

- Literacy Volunteers of Sullivan County

[www.literacysullivan.org](http://www.literacysullivan.org)

Monticello 845-794-0017

- Ulster Literacy Association

[www.ulsterliteracy.org](http://www.ulsterliteracy.org)

Kingston 845-331-6837

## Road Scholar (Elderhostel Inc.)

*(Adventures in Life Long Learning)*

800-454-5768

[www.roadsscholar.org](http://www.roadsscholar.org)

## Rockland County Community College Adult Learners

845-574-4151

[www.sunyrockland.edu/prospective-students/adult-learners](http://www.sunyrockland.edu/prospective-students/adult-learners)

## Sullivan County Community College

845-434-5750

[www.sullivan.suny.edu](http://www.sullivan.suny.edu)

## Employment Assistance

### Experience Works

*(formerly Green Thumb)*

[www.experienceworks.org/site/PageServer](http://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](http://www.occupations.org/occupations)

## New York State Office for the Aging

[www.aging.ny.gov](http://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](http://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](http://www.doleta.gov/seniors)

Pomona 845-364-2107

Available through One-Stop Centers

[www.dol.gov/dol/topic/training/onestop.htm](http://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](http://www.mybenefits.ny.gov)

## Supplemental Nutrition Assistance Program–SNAP

[www.otda.ny.gov/programs/snap](http://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](http://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](http://states.aarp.org/category/new-york)

## **Eldercare**

800-677-1116

[www.eldercare.gov](http://www.eldercare.gov)

## **EmPowering Port Jervis**

Community Resources Center

11 Fowler Street, Port Jervis, NY

845-856-3991

[www.emportjervis.com](http://www.emportjervis.com)

## **Jewish Family Services**

- Orange County  
Middletown 845-341-1173

Newburgh 845-562-8372

[jfsorange.org](http://jfsorange.org)

- Rockland County  
West Nyack 845-354-2121

- Ulster County  
845-338-2980

[www.jfsulster.org](http://www.jfsulster.org)

## **LeadingAge—Information on Aging Services**

Washington, D.C. 202-783-2242

[www.leadingage.org](http://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](http://www.n4a.org)

## **The National Council on the Aging**

[www.ncoa.org](http://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](http://www.nysenior.org)

Lower Hudson Valley Chapter 845-359-0769

## **Salvation Army**

[www.salvationarmy.org](http://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](http://www.uwdor.org)
- Rockland County 845-358-8929  
[www.uwrc.org](http://www.uwrc.org)
- Sullivan County 845-794-1771  
[www.unitedwayofsullivancounty.org](http://www.unitedwayofsullivancounty.org)
- Ulster County 845-331-4199  
[www.ulsterunitedway.org](http://www.ulsterunitedway.org)

## **USA.gov for Seniors**

*(access government services and information)*

800-333-4636

[www.usa.gov/Topics/Seniors.shtml](http://www.usa.gov/Topics/Seniors.shtml)

## **Health**

### **Alzheimer's Foundation of America**

866-232-8484

[www.alzfdn.org](http://www.alzfdn.org)

### **Alliance for Aging Research**

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

202-293-2856

[agingresearch.org](http://agingresearch.org)

### **American Medical Association (AMA)**

800-621-8335

[www.ama-assn.org](http://www.ama-assn.org)

### **Care Pathways**

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

[www.carepathways.com](http://www.carepathways.com)





### **Center for Medical Advocacy, Inc.**

National Office 860-456-7790

[www.medicaladvocacy.org](http://www.medicaladvocacy.org)

### **Health Literacy**

[www.health.gov/communication/literacy/olderadults/literacy.htm](http://www.health.gov/communication/literacy/olderadults/literacy.htm)

### **Medicare**

800-MEDICARE (800-633-4227)

TTY 877-486-2048

[www.medicare.gov](http://www.medicare.gov)

### **National Institutes of Health MedlinePlus**

*(seniors' health topics)*

[www.nlm.nih.gov/medlineplus/seniorshealth.html](http://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](http://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](http://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](http://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](http://www.arthritis.org)

## **Cancer**

### **American Cancer Society**

[www.cancer.org](http://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](http://www.cancer.org)

### **CROC**

**(Citizens Reunited to Overcome Cancer)**

New Hampton

[www.crocalumni.org](http://www.crocalumni.org)

### **National Cancer Institute**

800-4CANCER (800-422-6237)

[www.cancer.gov](http://www.cancer.gov)

## **Diabetes**

### **American Diabetes Association**

800-342-2383

[www.diabetes.org](http://www.diabetes.org)

## **Hearing**

### **The Center for Hearing and Communication**

917-305-7700

[www.chchearing.org](http://www.chchearing.org)

### **Hearing Loss Association of America**

301-657-2248

[www.hearingloss.org](http://www.hearingloss.org)

## **National Association of the Deaf (NAD)**

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

[www.nad.org](http://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](http://www.pepnet.org)

## **Sorenson Video Relay Service**

[www.sorensonvrs.com](http://www.sorensonvrs.com)

## **Starkey Hearing Foundation**

*(hearing aids)*

866-354-3254

[www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

## **Web Captel: Online Relay Service**

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

[www.sprintcaptel.com](http://www.sprintcaptel.com)

[www.hamiltoncaptel.com](http://www.hamiltoncaptel.com)

## **Heart**

### **American Heart Association**

800-242-8721

[www.heart.org/HEARTORG](http://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](http://www.akfinc.org)

### **National Kidney Foundation**

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

[www.kidney.org](http://www.kidney.org)

## **Lungs**

### **American Lung Association of the Northeast**

800-586-4872; 518-465-2013

[www.lungne.org](http://www.lungne.org)

## **Parkinson's**

### **National Parkinson Foundation**

800-473-4636

[www.parkinson.org](http://www.parkinson.org)

## **Stroke**

### **National Stroke Association**

800-STROKES (800-787-6537)

[www.stroke.org](http://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](http://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](http://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](http://assembly.state.ny.us/member_files/032/20071204e)

## Orange Emergency Hotline Numbers

[www.orangecountygov.com/content/1162/975/2095/2091/4276.aspx](http://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](http://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](http://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](http://www.caregiver.org)

## New York Connects

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

- Orange 845-615-3710
- Rockland 845-364-2020  
InfoRock (Information Rockland  
[informationrockland.com](http://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](http://www.albertwisnerlibrary.org/content/books-mail)  
[www.albertwisnerlibrary.org/content/newspaper-cassette](http://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](http://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](http://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](http://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](http://www.nhpco.org)

## Orange / Sullivan / Rockland / Ulster Counties

- Newburgh 845-561-6111  
[www.hospiceoforange.com](http://www.hospiceoforange.com)
- Rockland 845-634-4974  
[www.hospiceofrockland.org](http://www.hospiceofrockland.org)
- Ulster and Dutchess 845-338-2273  
[www.hospiceinc.org](http://www.hospiceinc.org)

## Hospitals

### Bon Secours Community Hospital

- Port Jervis 845-858-7000  
[bonsecourscommunityhosp.org](http://bonsecourscommunityhosp.org)

### Catskill Regional Medical Center

- Harris 845-794-3300
- Callicoon 845-887-5530, [crmcny.org](http://crmcny.org)  
Health Information Library  
845-794-3300 ext. 2187

### Ellenville Regional Hospital

- 845-647-6400  
[www.ellenvilleregional.org](http://www.ellenvilleregional.org)

### Good Samaritan Hospital

- Suffern 845-368-5000  
[www.goodsamhosp.org](http://www.goodsamhosp.org)

### Helen Hayes Hospital

- West Haverstraw 845-786-4000 or 888-707-3422  
[www.helenhayeshospital.org](http://www.helenhayeshospital.org)

### The Kingston Hospital

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



### Northern Dutchess Hospital

- Rhinebeck 845-876-3001  
[www.health-quest.org/home\\_nd.cfm?id=9](http://www.health-quest.org/home_nd.cfm?id=9)

### Nyack Hospital

- 845-348-2190  
[www.nyackhospital.org](http://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](http://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](http://www.health-quest.org/home_phc.cfm?id=10)

### St. Anthony Hospital

- Warwick 845-986-2276  
[www.stanthonycommunityhosp.org](http://www.stanthonycommunityhosp.org)

### St. Luke's Cornwall Hospital

- [www.stlukescornwallhospital.org](http://www.stlukescornwallhospital.org)
- Newburgh 845-561-4400
- Cornwall 845-534-7711

### Vassar Brothers Medical Center

- [www.health-quest.org/home\\_vb.cfm?id=11](http://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](http://www.worldclassmedicine.com)  
[www.westchestermedicalcenter.com](http://www.westchestermedicalcenter.com)

## Housing

### Elant, Inc.

*(health and housing solutions)*

- 800-501-3936  
[www.elant.org](http://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](http://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](http://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](http://rocklandgov.com/departments/aging/housing)

**Rockland Family Shelter**  
9 Johnsons Lane, New City, NY  
845-634-3344  
[Rocklandfamilyshelter.org](http://Rocklandfamilyshelter.org)

**Ulster County Senior Housing**  
[www.co.ulster.ny.us/aging/housing.htm](http://www.co.ulster.ny.us/aging/housing.htm)

## Legal

**AARP Legal Service Network**  
866-330-0753  
[www.aarpls.com/lisn/home.do](http://www.aarpls.com/lisn/home.do)

**Cluster-Rockland Mediation Center**  
Nyack 845-512-8730  
[clusterinc.org](http://clusterinc.org)

**Legal Aid Society of Orange County**  
Goshen 845-291-2454  
[www.orangecountybarassociation.org/orange\\_county\\_legal\\_aid.php](http://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](http://www.legalaidrockland.org)



**Legal Services of the Hudson Valley**  
90 Maple Ave, White Plains, NY  
877-574-8529  
[www.lshv.org/contact.html](http://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](http://www.drcservices.org/page.cfm?ID=19)

- Orange, Goshen  
845-294-8082
- Rockland County Mediation Center  
[www.clusterinc.org/rocklandmediation.htm](http://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](http://www.hkdpl.org/adult/boomers.html)
- Mobile Public Library  
(senior links)  
[www.mplonline.org/seniors.htm](http://www.mplonline.org/seniors.htm)
- Nassau Library System  
(senior sites)  
[www.nassaulibrary.org/senior/seniorsites.htm](http://www.nassaulibrary.org/senior/seniorsites.htm)
- New York Public Library  
(related sites)  
[www.nypl.org](http://www.nypl.org) – at search box select “nyplorg” and type in “seniors”
- Newburgh Free Library  
*Senior Citizens*  
[www.newburghlibrary.org/websites/senior.asp](http://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](http://www.ccsrockland.org)

### Church of the Holy Cross

[www.holycrosskingston.org](http://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](http://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](http://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](http://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](http://www.mhaorangeny.com)

### Mental Health Association in Ulster County, Inc.

Kingston  
Children & Families  
845-336-4747  
Adult Services 845-339-9090  
[www.mhainulster.com](http://www.mhainulster.com)

### Mental Health Association of Rockland County, Inc.

Valley Cottage  
845-267-2172  
[www.mharockland.org](http://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

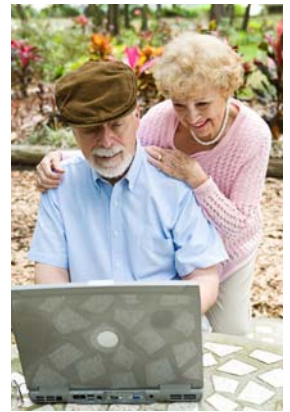
Liberty 845-292-8770

## Office for the Aging

### New York State Office for the Aging

[www.aging.ny.gov](http://www.aging.ny.gov)

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



## Online Community

### Facebook

[www.facebook.com](http://www.facebook.com)

### Third Age

*(guide to a life of health, happiness, passion and purpose)*  
[www.thirdage.com](http://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](http://www.aarp.org/work)

### Money Smartz

*(personal finance)*

[www.moneysmartz.com](http://www.moneysmartz.com)

### The Retirement Café

*(links to websites and blogs)*

[www.retirement-cafe.com](http://www.retirement-cafe.com)

### Retirement Net

*(retirement resources)*

[www.retirenet.com](http://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](http://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](http://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](http://www.guidedog.org)

### Guiding Eyes for the Blind

800-942-0149

[www.guidingeyes.org](http://www.guidingeyes.org)

### The Seeing Eye

New Jersey 973-539-4425

[www.seeingeye.org](http://www.seeingeye.org)



## Assist In Other Capacities

### Canine Companions for Independence

800-572-2275

TTY 631-561-0200

[www.caninecompanions.org](http://www.caninecompanions.org)

### NEADS - National Education for Assistance

#### Dog Services

*(deaf or physical disabilities)*

[www.neads.org](http://www.neads.org)

978 422-9064 Voice or TDD

### Paws With A Cause®

*(hearing, service and seizure response dogs)*

[www.pawswithacause.org](http://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](http://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](http://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](http://www.hhs.gov)

## **Social Security**

[www.socialsecurity.gov](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.neads.org)

### New York New Jersey Healthcare

[www.nynj.va.gov](http://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](http://veterans.ny.gov)
- Castle Point [www.hudsonvalley.va.gov](http://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](http://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](http://www.hudsonvalley.va.gov)

## Women Veterans Program Manager

845-831-2000, ext. 5658

[www.nynj.va.gov/womenvets.asp](http://www.nynj.va.gov/womenvets.asp)

## Volunteer Opportunities

### Idealist

Action Without Borders

(Connects people, organizations, and resources)

[www.idealists.org/info/About](http://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](http://www.orangecountygov.com/content/124/1350/1430/default.aspx)
- Rockland County 845-356-6818  
[www.sunyrockland.edu/community/seniors/rsvp](http://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](http://co.sullivan.ny.us/Departments/OfficefortheAging/RSVPRetiredSeniorVolunteerProgram/tabid/3604/Default.aspx)
- Ulster County 845-339-2137, 845-339-2181  
[people.sunyulster.edu/RSVP](http://people.sunyulster.edu/RSVP)

### Volunteer Counseling Opportunities (VCS)

(Foster Grandparents Program–Rockland)

845-634-5729

[www.vcs-inc.org/fgp.htm](http://www.vcs-inc.org/fgp.htm)

### Volunteer Match

(Find a Place to Volunteer)

[www.volunteermatch.org](http://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](http://www.aarp.org)

**AARP Legal Service Network** **Legal**  
866-330-0753  
[www.aarp.org/lsn/home.do](http://www.aarp.org/lsn/home.do)

**AARP Tax Aide** **Tax Assistance**  
888-6787-2277  
[www.aarp.org/money/taxes/aarp\\_taxaide](http://www.aarp.org/money/taxes/aarp_taxaide)

**Administration on Aging** **General**  
(*eldercare locator*)  
800-677-1116  
[www.aoa.gov](http://www.aoa.gov)

**American Cancer Society Hotline** **Cancer**  
800-ACS-2345 (227-2345)  
[www.cancer.org](http://www.cancer.org)

**American Council for the Blind** **Blind**  
800-424-8666  
[www.acb.org](http://www.acb.org)

**American Diabetes Association** **Diabetes**  
800-342-2383  
[www.diabetes.org](http://www.diabetes.org)

**American Foundation for the Blind** **Blind**  
800-232-5463  
[www.afb.org](http://www.afb.org)

**American Heart Association** **Heart**  
800-242-8721  
[www.heart.org/HEARTORG](http://www.heart.org/HEARTORG)

## Organizations

### Category

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

**American Medical Association (AMA)** **Health**  
800-621-8335  
[www.ama-assn.org](http://www.ama-assn.org)

**American Red Cross** **Crisis**  
800-733-2767  
[www.redcross.org/ny/new-york/about-us/contact-us](http://www.redcross.org/ny/new-york/about-us/contact-us)

**Arthritis Foundation** **Arthritis**  
800-283-7800; Clifton Park 518-456-1203  
[www.arthritis.org](http://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](http://www.wireless.att.com/learn/articles-resources/disability-resources/nccd.jsp)

**Braille Institute** **Blind**  
800-BRAILLE (800-272-4553)  
[www.brailleinstitute.org](http://www.brailleinstitute.org)

**Canine Companions for Independence** **Service Dogs**  
800-572-2275  
TTY 631-561-0200  
[www.caninecompanions.org](http://www.caninecompanions.org)

**The Center for Hearing and Communication** **Hearing**  
917-305-7700  
[www.chchearing.org](http://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](http://www.hhs.gov)

**Organizations** **Category**

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

**Glaucoma Foundation** **Blind**  
 New York City  
 212-285-0080  
[www.glaucomafoundation.org](http://www.glaucomafoundation.org)

**Guide Dog Foundation for the Blind, Inc.** **Blind**  
 800-548-4337  
[www.guidedog.org](http://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](http://www.health.gov/communication/literacy/olderadults/literacy.htm)

**Hearing Loss Association of America** **Hearing**  
 301-657-2248  
[www.hearingloss.org](http://www.hearingloss.org)

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

**LeadingAge–Information on Aging Services** **General**  
 Washington, D.C. 202-783-2242  
[www.leadingage.org](http://www.leadingage.org)

**Organizations** **Category**

**Learning Ally** **Blind**  
*(educational library)*  
 800-221-4792  
[www.learningally.org](http://www.learningally.org)

**Meals on Wheels of America Association (MOWAA)** **Meals**  
 888-998-6325  
[www.mowaa.org](http://www.mowaa.org)

**Medicare** **Health**  
 800-MEDICARE (800-633-4227)  
[www.medicare.gov](http://www.medicare.gov)

**Money Smartz** **Retirement**  
*(personal finance)*  
[www.moneysmartz.com](http://www.moneysmartz.com)

**National Alliance for Caregiving** **Caregivers**  
[www.caregiving.org](http://www.caregiving.org)

**National Association of Area Agencies on Aging** **General**  
 202-872-0888  
[www.n4a.org](http://www.n4a.org)

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

**National Cancer Institute** **Cancer**  
 800-4CANCER (800-422-6237)  
[www.cancer.gov](http://www.cancer.gov)

**National Caregiving Foundation (Alzheimer’s)** **Caregivers**  
 Caregiver’s Support Kit®  
 800-930-1357  
[www.caregivingfoundation.org](http://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](http://www.verizon.com/Support/Residential/generic/generic/130380.htm)

**Volunteer Match**      **Volunteer Opportunities**  
(find a place to volunteer)  
[www.volunteermatch.org](http://www.volunteermatch.org)

**Web Captel**      **Hearing**  
(captioned telephone online relay service)  
[www.sprintcapitel.com](http://www.sprintcapitel.com) or  
[www.hamiltoncapitel.com](http://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](http://www.hahv.org/broadway-campus)
- Mary's Ave Campus 845-338-2500  
[www.hahv.org/marys-ave-campus](http://www.hahv.org/marys-ave-campus)
- Woodland Pond at New Paltz 845-883-9800  
877-505-9800  
[wpatnp.org](http://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](http://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](http://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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