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)*
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.

Table of Contents

Blind ............................................................ 4
By County

Orange ........................................................... 25
Rockland .......................................................... 28
Sullivan .......................................................... 29
Ulster ............................................................. 30
Caregivers .......................................................... 4
Communication ................................................... 5
Conflict Resolution ............................................... 5
Crisis ............................................................... 5
Disability Services .................................................. 6

Assistive Technology ............................................... 7
Education ........................................................... 7
Employment Assistance ........................................... 8
Food Stamps ........................................................ 8
General ............................................................ 8
Health .............................................................. 9

Arthritis ........................................................... 10
Cancer ............................................................. 10
Diabetes ............................................................ 10
Hearing ............................................................ 10
Heart .............................................................. 11
Kidney ............................................................. 11
Lungs ............................................................... 11
Parkinson’s ...................................................... 11
Stroke ............................................................. 11
Health Care Assistance ........................................... 11
Help Lines .......................................................... 11
Domestic Violence ............................................... 12
Rape Crisis ....................................................... 12
Home Care ........................................................ 12
Home Delivery of Library Materials ......................... 13
Home Delivery of Meals ........................................ 11
Hospice ............................................................ 13
Hospitals ........................................................... 14
Housing ............................................................ 14
Legal ............................................................... 15
Eviction & Foreclosure .......................................... 15
Mediation .......................................................... 15
Libraries Online ................................................... 16
Meals ............................................................... 16
Mental Health ..................................................... 17
National Organizations ........................................... 22
Office for the Aging ............................................ 17
Online Community ................................................ 17
Organ Registry .................................................... 17
Rehabilitation ...................................................... 17
Resources Online .................................................. 17
Retirement ........................................................ 18
Senior Centers ................................................... 18
Service Dogs ...................................................... 18
Assist the Blind .................................................. 18
Assist Other Capacities ......................................... 18
Social Groups ..................................................... 18
Social Security ..................................................... 19
Social Services .................................................... 19
Substance Abuse .................................................. 19
Tax Preparation Assistance ..................................... 20
Technology Assistance .......................................... 20
See Home Delivery of Library Materials
Transportation ..................................................... 20
Veterans ............................................................ 21
Volunteer Opportunities ........................................ 21
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/cbv

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 Cappet
(captioned telephone online relay service)
www.sprintcappet.com or www.hamiltoncappet.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
www.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)

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_preparedseniors.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_Charities_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
  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  

**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.roadscholar.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

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

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

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

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

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 845-456-0413  
- 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)

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.ltcombudsman.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
- 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
- Cragmoor 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/OrangeCounty_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.aarplsn.com/lsn/home.do

Cluster-Rockland Mediation Center
Nyack 845-512-8730
crclusterinc.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](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.alzhudsonvalley.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
(guides 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
- 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
tomofhamptonburgh.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 Osterhaudt 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
  [Website: 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
[Website: 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?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.idealist.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.sullivany.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
<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Foundation of America</td>
<td>Health</td>
</tr>
<tr>
<td>866-232-8484</td>
<td></td>
</tr>
</tbody>
</table>

| 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.aarplsn.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 Cancer Society Hotline | Cancer |
| 800-ACS-2345 (227-2345) | |
| www.cancer.org | |

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

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

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

| American Medical Association | Health (AMA) |
| 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 Disabled 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 | |
| www.cmadv.org | |

<p>| Department of Health &amp; Human Services | Social Services |
| 877-696-6775 | |
| <a href="http://www.hhs.gov">www.hhs.gov</a> | |</p>
<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eldercare Locator</td>
<td>Home Care</td>
</tr>
<tr>
<td>(nationwide directory assistance service)</td>
<td></td>
</tr>
<tr>
<td>800-677-1116</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx">www.eldercare.gov/Eldercare.NET/Public/Index.aspx</a></td>
<td></td>
</tr>
<tr>
<td>Experience Works</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>(formerly Green Thumb)</td>
<td></td>
</tr>
<tr>
<td>866-397-9757 – National office</td>
<td></td>
</tr>
<tr>
<td>Family Caregiver Alliance</td>
<td>Home Care</td>
</tr>
<tr>
<td>(resources on long-term care)</td>
<td></td>
</tr>
<tr>
<td>800-445-8106 or 415-434-3388</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.caregiver.org">www.caregiver.org</a></td>
<td></td>
</tr>
<tr>
<td>Glaucoma Foundation</td>
<td>Blind</td>
</tr>
<tr>
<td>New York City</td>
<td></td>
</tr>
<tr>
<td>212-285-0080</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.glaucomafoundation.org">www.glaucomafoundation.org</a></td>
<td></td>
</tr>
<tr>
<td>Guide Dog Foundation for the Blind, Inc.</td>
<td>Blind</td>
</tr>
<tr>
<td>800-548-4337</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.guidedog.org">www.guidedog.org</a></td>
<td></td>
</tr>
<tr>
<td>Guiding Eyes for the Blind</td>
<td>Blind</td>
</tr>
<tr>
<td>800-942-0149</td>
<td></td>
</tr>
<tr>
<td><a href="https://www.guideingeyes.org">https://www.guideingeyes.org</a></td>
<td></td>
</tr>
<tr>
<td>Health Literacy</td>
<td>Health</td>
</tr>
<tr>
<td><a href="http://www.health.gov/communication/literacy/olderadults/literacy.htm">www.health.gov/communication/literacy/olderadults/literacy.htm</a></td>
<td></td>
</tr>
<tr>
<td>Hearing Loss Association</td>
<td>Hearing</td>
</tr>
<tr>
<td>of America</td>
<td></td>
</tr>
<tr>
<td>301-657-2248</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.hearingloss.org">www.hearingloss.org</a></td>
<td></td>
</tr>
<tr>
<td>Idealist</td>
<td>Volunteer Opportunities</td>
</tr>
<tr>
<td>Action Without Borders</td>
<td></td>
</tr>
<tr>
<td>(Connects people, organizations, and resources)</td>
<td></td>
</tr>
<tr>
<td>idealist.org/en/about/firsttime.html</td>
<td></td>
</tr>
<tr>
<td>LeadingAge–Information on Aging Services</td>
<td>General</td>
</tr>
<tr>
<td>Washington, D.C. 202-783-2242</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.leadingage.org">www.leadingage.org</a></td>
<td></td>
</tr>
<tr>
<td>Learning Ally</td>
<td>Blind</td>
</tr>
<tr>
<td>(educational library)</td>
<td></td>
</tr>
<tr>
<td>800-221-4792</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.learningally.org">www.learningally.org</a></td>
<td></td>
</tr>
<tr>
<td>Meals on Wheels of America</td>
<td>Meals</td>
</tr>
<tr>
<td>Association (MOWAA)</td>
<td></td>
</tr>
<tr>
<td>888-998-6325</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.mowaa.org">www.mowaa.org</a></td>
<td></td>
</tr>
<tr>
<td>Medicare</td>
<td>Health</td>
</tr>
<tr>
<td>800-MEDICARE (800-633-4227)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.medicare.gov">www.medicare.gov</a></td>
<td></td>
</tr>
<tr>
<td>Money Smartz</td>
<td>Retirement</td>
</tr>
<tr>
<td>(personal finance)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.moneysmartz.com">www.moneysmartz.com</a></td>
<td></td>
</tr>
<tr>
<td>National Alliance for Caregiving</td>
<td>Caregivers</td>
</tr>
<tr>
<td><a href="http://www.caregiving.org">www.caregiving.org</a></td>
<td></td>
</tr>
<tr>
<td>National Association of Area Agencies on Aging</td>
<td>General</td>
</tr>
<tr>
<td>202-872-0888</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.n4a.org">www.n4a.org</a></td>
<td></td>
</tr>
<tr>
<td>National Association of the Deaf (NAD)</td>
<td>Hearing</td>
</tr>
<tr>
<td>301-587-1788 Voice; 301-587-1789 TTY</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nad.org">www.nad.org</a></td>
<td></td>
</tr>
<tr>
<td>National Cancer Institute</td>
<td>Cancer</td>
</tr>
<tr>
<td>800-4CANCER (800-422-6237)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.cancer.gov">www.cancer.gov</a></td>
<td></td>
</tr>
<tr>
<td>National Caregiving Foundation</td>
<td>Caregivers</td>
</tr>
<tr>
<td>(Alzheimer’s)</td>
<td></td>
</tr>
<tr>
<td>Caregiver’s Support Kit® 800-930-1357</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.caregivingfoundation.org">www.caregivingfoundation.org</a></td>
<td></td>
</tr>
<tr>
<td>National Center on Elder Abuse &amp; Neglect</td>
<td>Crisis</td>
</tr>
<tr>
<td>855-500-3537 (ELDR)</td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>The National Council on the Aging</td>
<td>General</td>
</tr>
<tr>
<td><a href="http://www.ncoa.org">www.ncoa.org</a></td>
<td></td>
</tr>
<tr>
<td>National Do Not Call Registry</td>
<td>General</td>
</tr>
<tr>
<td>888-382-1222</td>
<td></td>
</tr>
<tr>
<td>National Hospice and Palliative Care Organization</td>
<td>Hospice</td>
</tr>
<tr>
<td>Help Line 800-658-8898</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nhpco.org">www.nhpco.org</a></td>
<td></td>
</tr>
<tr>
<td>National Institutes of Health</td>
<td>Health</td>
</tr>
<tr>
<td>MedlinePlus (seniors’ health topics)</td>
<td></td>
</tr>
<tr>
<td>National Kidney Foundation</td>
<td>Kidney</td>
</tr>
<tr>
<td>800-622-9010 or New York City 212-889-2210</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.kidney.org">www.kidney.org</a></td>
<td></td>
</tr>
<tr>
<td>National Parkinson Foundation</td>
<td>Parkinson</td>
</tr>
<tr>
<td>800-473-4636</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.parkinson.org">www.parkinson.org</a></td>
<td></td>
</tr>
<tr>
<td>National Stroke Association</td>
<td>Stroke</td>
</tr>
<tr>
<td>800-STROKES (800-787-6537)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.stroke.org">www.stroke.org</a></td>
<td></td>
</tr>
<tr>
<td>NEADS – National Education for</td>
<td>Service Dogs</td>
</tr>
<tr>
<td>Assistance Dog Services (deaf or</td>
<td></td>
</tr>
<tr>
<td>physical disabilities)</td>
<td></td>
</tr>
<tr>
<td>978 422-9064 Voice or TDD</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.neads.org">www.neads.org</a></td>
<td></td>
</tr>
<tr>
<td>NIH Senior Health</td>
<td>Health</td>
</tr>
<tr>
<td>U.S. National Library of Medicine</td>
<td></td>
</tr>
<tr>
<td>and National Benefits of Health</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a></td>
<td></td>
</tr>
<tr>
<td>Paws With A Cause® (hearing,</td>
<td>Service Dogs</td>
</tr>
<tr>
<td>service and seizure response dogs)</td>
<td></td>
</tr>
<tr>
<td>800-253-7297</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.pawswithacause.org">www.pawswithacause.org</a></td>
<td></td>
</tr>
<tr>
<td>NEADS – National Education for</td>
<td>Service Dogs</td>
</tr>
<tr>
<td>Assistance Dog Services (deaf or</td>
<td></td>
</tr>
<tr>
<td>physical disabilities)</td>
<td></td>
</tr>
<tr>
<td>978 422-9064 Voice or TDD</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.neads.org">www.neads.org</a></td>
<td></td>
</tr>
<tr>
<td>NIH Senior Health</td>
<td>Health</td>
</tr>
<tr>
<td>U.S. National Library of Medicine</td>
<td></td>
</tr>
<tr>
<td>and National Benefits of Health</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nlm.nih.gov/medlineplus">www.nlm.nih.gov/medlineplus</a></td>
<td></td>
</tr>
<tr>
<td>Paws With A Cause® (hearing,</td>
<td>Service Dogs</td>
</tr>
<tr>
<td>service and seizure response dogs)</td>
<td></td>
</tr>
<tr>
<td>800-253-7297</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.pawswithacause.org">www.pawswithacause.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Retirement Café</td>
<td>Retirement</td>
</tr>
<tr>
<td>Links to websites and blogs</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.retirement-cafe.com">www.retirement-cafe.com</a></td>
<td></td>
</tr>
<tr>
<td>Retirement Net</td>
<td>Retirement</td>
</tr>
<tr>
<td>(retirement resources)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.retirenet.com">www.retirenet.com</a></td>
<td></td>
</tr>
<tr>
<td>Road Scholar (Elderhostel Inc.)</td>
<td>Education</td>
</tr>
<tr>
<td>Adventures in Life Long Learning</td>
<td></td>
</tr>
<tr>
<td>800-454-5768</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.roadscholar.org">www.roadscholar.org</a></td>
<td></td>
</tr>
<tr>
<td>The Seeing Eye</td>
<td>Service Dogs</td>
</tr>
<tr>
<td>New Jersey 973-539-4425</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.seeingeye.org">www.seeingeye.org</a></td>
<td></td>
</tr>
<tr>
<td>Senior Community Service Employment Program – SCSEP</td>
<td>Employment</td>
</tr>
<tr>
<td>(training and employment)</td>
<td></td>
</tr>
<tr>
<td>877-872-5627</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.doleta.gov/seniors">www.doleta.gov/seniors</a></td>
<td></td>
</tr>
<tr>
<td>Service Employment Program – SCSEP</td>
<td>Employment</td>
</tr>
<tr>
<td>(training and employment)</td>
<td></td>
</tr>
<tr>
<td>877-872-5627</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.doleta.gov/seniors">www.doleta.gov/seniors</a></td>
<td></td>
</tr>
<tr>
<td>Social Security Retire Online</td>
<td>Social Security</td>
</tr>
<tr>
<td>800-772-1213</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a></td>
<td></td>
</tr>
<tr>
<td>Starkey Hearing Foundation</td>
<td>Hearing</td>
</tr>
<tr>
<td>(hearing aids)</td>
<td></td>
</tr>
<tr>
<td>866-354-3254</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.starkeyhearingfoundation.org">www.starkeyhearingfoundation.org</a></td>
<td></td>
</tr>
<tr>
<td>Third Age Online Community</td>
<td>Online Community</td>
</tr>
<tr>
<td>(guide to a life of health,</td>
<td></td>
</tr>
<tr>
<td>happiness, passion and purpose)</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.thirdage.com">www.thirdage.com</a></td>
<td></td>
</tr>
<tr>
<td>USA.gov for Seniors</td>
<td>General</td>
</tr>
<tr>
<td>(access government services and</td>
<td></td>
</tr>
<tr>
<td>information)</td>
<td></td>
</tr>
<tr>
<td>800-333-4636</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.usa.gov/topics/seniors.shtml">www.usa.gov/topics/seniors.shtml</a></td>
<td></td>
</tr>
</tbody>
</table>
### Organizations

<table>
<thead>
<tr>
<th><strong>Category</strong></th>
<th><strong>Organizations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans</td>
<td>U.S. Dept. of Veterans Affairs 800-273-8255</td>
</tr>
<tr>
<td>Volunteer</td>
<td>Volunteer Match <a href="http://www.volunteermatch.org">find a place to volunteer</a> <a href="http://www.volunteermatch.org">www.volunteermatch.org</a></td>
</tr>
<tr>
<td>Hearing</td>
<td>Web Captel [captioned telephone online relay service](<a href="http://www.sprintcaptel.com">http://www.sprintcaptel.com</a> or <a href="http://www.hamiltoncaptel.com">www.hamiltoncaptel.com</a></td>
</tr>
</tbody>
</table>

### ORANGE COUNTY

<table>
<thead>
<tr>
<th><strong>Category</strong></th>
<th><strong>Organizations</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Substance Abuse</td>
<td>Alcohol &amp; Drug Abuse Council of Orange County 845-294-9000</td>
</tr>
<tr>
<td>Mental Health</td>
<td>Alzheimer’s Association Middletown 845-695-2247</td>
</tr>
<tr>
<td>Health/Cancer</td>
<td>American Cancer Society 845-440-2500</td>
</tr>
<tr>
<td>Health/Heart</td>
<td>American Heart Association Orange/Rockland/Sullivan Region 845-485-4703</td>
</tr>
<tr>
<td>Caregivers</td>
<td>Caregiver Resources Center–Office of the Aging 845-615-3700</td>
</tr>
<tr>
<td>Caregivers</td>
<td>Catholic Charities 845-294-5124</td>
</tr>
<tr>
<td>Caregivers</td>
<td>Cornell Cooperative Extension of Orange County –Relatives as Parents Program Middletown 845-344-1234</td>
</tr>
<tr>
<td>Transportation</td>
<td>Dial a Bus • Goshen &amp; Chester 845-294-8920 • Middletown 845-692-7852 • Monroe 845-783-6222 • Montgomery 845-457-2622 • New Windsor &amp; Cornwall 845-564-6084 • Newburgh 845-564-6084 • Port Jervis 845-856-7999 • Wallkill 845-692-7852 • Warwick 845-986-2877</td>
</tr>
<tr>
<td>Legal/Mediation</td>
<td>Dispute Resolution Center 845-294-8082</td>
</tr>
<tr>
<td>Housing</td>
<td>Elant Inc. Goshen 845-360-1200 Newburgh 845-564-1700</td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>---------------</td>
<td>----------</td>
</tr>
<tr>
<td>Empowering Port Jervis</td>
<td>General</td>
</tr>
<tr>
<td>845-856-3991</td>
<td></td>
</tr>
<tr>
<td>ENCORE</td>
<td>Education</td>
</tr>
<tr>
<td>Orange County Community College</td>
<td></td>
</tr>
<tr>
<td>Middletown 845-341-4896</td>
<td></td>
</tr>
<tr>
<td>Family Counseling of Occupations, Inc.</td>
<td>Employment</td>
</tr>
<tr>
<td>Middletown 845-343-5556</td>
<td></td>
</tr>
<tr>
<td>Family Empowerment Council Inc.</td>
<td>Disability Services</td>
</tr>
<tr>
<td>845-343-8100</td>
<td></td>
</tr>
<tr>
<td>HEAP</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>• Goshen 845-291-2002</td>
<td></td>
</tr>
<tr>
<td>• Middletown 845-346-1120</td>
<td></td>
</tr>
<tr>
<td>• Newburgh 845-568-5100</td>
<td></td>
</tr>
<tr>
<td>• Port Jervis 845-858-1420</td>
<td></td>
</tr>
<tr>
<td>HEAP Emergency Assistance</td>
<td>Help Line</td>
</tr>
<tr>
<td>845-615-3700</td>
<td></td>
</tr>
<tr>
<td>HIICAP</td>
<td>Health Care / Assistance</td>
</tr>
<tr>
<td>Middletown 845-615-3700</td>
<td></td>
</tr>
<tr>
<td>Home Delivered Meals</td>
<td>Meals</td>
</tr>
<tr>
<td>845-615-3710</td>
<td></td>
</tr>
<tr>
<td>Honor EHG</td>
<td>Housing</td>
</tr>
<tr>
<td>Middletown 845-343-7115</td>
<td></td>
</tr>
<tr>
<td>Hospice of Orange</td>
<td>Hospice</td>
</tr>
<tr>
<td>Newburgh 845-561-6111</td>
<td></td>
</tr>
<tr>
<td>Independent Living Center</td>
<td>Disability Services</td>
</tr>
<tr>
<td>Newburgh 845-565-1162</td>
<td></td>
</tr>
<tr>
<td>Inspire</td>
<td>Disability Services</td>
</tr>
<tr>
<td>845-294-8806</td>
<td></td>
</tr>
<tr>
<td>Jewish Family Services</td>
<td>General</td>
</tr>
<tr>
<td>Middletown 845-341-1173</td>
<td></td>
</tr>
<tr>
<td>Newburgh 845-562-8372</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legal Aid Society of Orange County</td>
<td>Legal</td>
</tr>
<tr>
<td>845-291-2454</td>
<td></td>
</tr>
<tr>
<td>L.I.F.E. (Learning is Forever Enriching)</td>
<td>Education</td>
</tr>
<tr>
<td>Mount Saint Mary College</td>
<td></td>
</tr>
<tr>
<td>Newburgh 845-565-2076</td>
<td></td>
</tr>
<tr>
<td>Literacy Volunteer of America</td>
<td>Education</td>
</tr>
<tr>
<td>Middletown 845-341-5460</td>
<td></td>
</tr>
<tr>
<td>Port Jervis 845-858-1428</td>
<td></td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>Meals</td>
</tr>
<tr>
<td>Newburgh 845-562-3490</td>
<td></td>
</tr>
<tr>
<td>Warwick 845-986-3389</td>
<td></td>
</tr>
<tr>
<td>Mental Health Association</td>
<td>Crisis/Health / Mental Health</td>
</tr>
<tr>
<td>in Orange County</td>
<td></td>
</tr>
<tr>
<td>845-342-2400 or 845-346-HELP</td>
<td></td>
</tr>
<tr>
<td>Mental Health Association</td>
<td>Rape Crisis</td>
</tr>
<tr>
<td>in Orange County</td>
<td></td>
</tr>
<tr>
<td>800-832-1200</td>
<td></td>
</tr>
<tr>
<td>Middletown Vet Center</td>
<td>Veterans Services</td>
</tr>
<tr>
<td>845-342-9917</td>
<td></td>
</tr>
<tr>
<td>New York Connections</td>
<td>Home Care</td>
</tr>
<tr>
<td>845-615-3710</td>
<td></td>
</tr>
<tr>
<td>New York State Division of Veterans’ Affairs</td>
<td>Veterans</td>
</tr>
<tr>
<td>Goshen 845-291-2470</td>
<td></td>
</tr>
<tr>
<td>Occupations, Inc.</td>
<td>Crisis/Health</td>
</tr>
<tr>
<td>888-750-2266</td>
<td></td>
</tr>
<tr>
<td>Occupations, Inc.</td>
<td>Disability Services</td>
</tr>
<tr>
<td>888-750-2266</td>
<td></td>
</tr>
<tr>
<td>Office of the Aging</td>
<td>General</td>
</tr>
<tr>
<td>845-615-3710</td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Orange County Connects/ Legal Assistance</td>
<td>Legal</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County Department of Health</td>
<td>Health</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County Department of Social Services</td>
<td>Social Services</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County</td>
<td>Legal / Eviction &amp;</td>
</tr>
<tr>
<td>Eviction Assistance</td>
<td>Foreclosure</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County-- Safe Home</td>
<td>Domestic Violence</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County Veterans Service Agency</td>
<td>Veterans</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Emergency Services Center</td>
<td>Help Line</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange County</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td>Regional Medical Center</td>
<td></td>
</tr>
<tr>
<td>PathStone</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Planned Parenthood of Mid Hudson Valley</td>
<td>Rape Crisis</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Recap Energy Program</td>
<td>Meals</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>RECAP Inc.</td>
<td>Substance Abuse</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Adult Learning Center of Rockland</td>
<td>Education</td>
</tr>
<tr>
<td>Nanuet 845-623-5467</td>
<td></td>
</tr>
<tr>
<td>Association for the Visually Impaired</td>
<td>Blind</td>
</tr>
<tr>
<td>Spring Valley 845-574-4950</td>
<td></td>
</tr>
<tr>
<td>Caregiver Resources Center—VCS, Inc.</td>
<td>Caregivers</td>
</tr>
<tr>
<td>845-634-5729</td>
<td></td>
</tr>
<tr>
<td>Center for Safety and Change</td>
<td>Crisis</td>
</tr>
<tr>
<td>845-364-3391</td>
<td></td>
</tr>
<tr>
<td>Hotline 845-634-3344</td>
<td></td>
</tr>
<tr>
<td>Cluster-Rockland Mediation Center</td>
<td>Legal</td>
</tr>
<tr>
<td>Nyack 845-512-8730</td>
<td></td>
</tr>
<tr>
<td>Dominican College</td>
<td>Education</td>
</tr>
<tr>
<td>Orangeburg 845-845-7909</td>
<td></td>
</tr>
<tr>
<td>EISEP</td>
<td>Home Care</td>
</tr>
<tr>
<td>Pomona 845-364-2115</td>
<td></td>
</tr>
<tr>
<td>VCS, Inc. Volunteer Opportunities</td>
<td></td>
</tr>
<tr>
<td>Foster Grandparent Program</td>
<td></td>
</tr>
<tr>
<td>New City 845-634-5729</td>
<td></td>
</tr>
<tr>
<td>HEAP</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>Pomona 845-364-3480</td>
<td></td>
</tr>
<tr>
<td>HEAP</td>
<td>Help Lines</td>
</tr>
<tr>
<td>Pomona 845-364-2101</td>
<td></td>
</tr>
<tr>
<td>HIICAP</td>
<td>Health Care Assistance</td>
</tr>
<tr>
<td>Pomona 845-364-2118</td>
<td></td>
</tr>
<tr>
<td>Independent Living Disability Services Center</td>
<td></td>
</tr>
<tr>
<td>New City 845-624-1366</td>
<td></td>
</tr>
<tr>
<td>Legal Aid Society of Rockland County Inc</td>
<td>Legal</td>
</tr>
<tr>
<td>800-454-3627</td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>Learning Collaborative</td>
<td>Education</td>
</tr>
<tr>
<td>Hudson Graduate Center at Rockland, LIU</td>
<td></td>
</tr>
<tr>
<td>Orangeburg 845-359-7200 ext 5414</td>
<td></td>
</tr>
<tr>
<td>Literacy Volunteer of Westchester/Rockland Counties</td>
<td>Education</td>
</tr>
<tr>
<td>New City 845-708-9072 or 914-375-7964</td>
<td></td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>Meals</td>
</tr>
<tr>
<td>845-624-6325</td>
<td></td>
</tr>
<tr>
<td>Mental Health Association of Rockland County</td>
<td>Mental Health</td>
</tr>
<tr>
<td>Valley Cottage 845-267-2172</td>
<td></td>
</tr>
<tr>
<td>New York State Employment Assistance Office for the Aging</td>
<td>Meals</td>
</tr>
<tr>
<td>845-364-2110</td>
<td></td>
</tr>
<tr>
<td>R.S.V.P. Volunteer Opportunities</td>
<td>Volunteer Opportunities</td>
</tr>
<tr>
<td>845-356-6818</td>
<td></td>
</tr>
<tr>
<td>Rockland Council on Alcoholism and Other Drug</td>
<td>Substance</td>
</tr>
<tr>
<td>Dependencies</td>
<td>Abuse</td>
</tr>
<tr>
<td>845-215-9788</td>
<td></td>
</tr>
<tr>
<td>Rockland County Community College Adult Learning</td>
<td>Education</td>
</tr>
<tr>
<td>Suffern 845-574-4151</td>
<td></td>
</tr>
<tr>
<td>Rockland County Community Housing Development Agency Continuum of Care</td>
<td>Housing</td>
</tr>
<tr>
<td>Pomona 845-364-3939</td>
<td></td>
</tr>
<tr>
<td>Rockland County Department of Health</td>
<td>Health</td>
</tr>
<tr>
<td>Pomona 845-364-2512</td>
<td></td>
</tr>
<tr>
<td>Rockland County Department of Mental Health Crisis Center</td>
<td>Crisis</td>
</tr>
<tr>
<td>845-364-2200</td>
<td></td>
</tr>
<tr>
<td>Rockland County Social Services Department of Social Services</td>
<td>Social Services</td>
</tr>
<tr>
<td>845-364-2000</td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Rockland County Senior Housing</td>
<td>Housing</td>
</tr>
<tr>
<td>845-364-2110</td>
<td></td>
</tr>
<tr>
<td>Rockland County Veterans Service Agency</td>
<td>Veterans</td>
</tr>
<tr>
<td>New City 845-638-5244</td>
<td></td>
</tr>
<tr>
<td>Rockland Family Shelter</td>
<td>Housing</td>
</tr>
<tr>
<td>845-634-3344</td>
<td></td>
</tr>
<tr>
<td>SAFE</td>
<td>Help Lines</td>
</tr>
<tr>
<td>845-634-3344</td>
<td></td>
</tr>
<tr>
<td>SCSEP</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>Pomona 845-364-2107</td>
<td></td>
</tr>
<tr>
<td>Senior Care Helpline</td>
<td>Help Lines</td>
</tr>
<tr>
<td>Pomona 845-364-3444</td>
<td></td>
</tr>
<tr>
<td>SNAP</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>Pomona 845-364-3100</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Security</td>
<td>Social Security</td>
</tr>
<tr>
<td>800-772-1213</td>
<td></td>
</tr>
<tr>
<td>Tomorrow’s Workplace</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>845-356-5100</td>
<td></td>
</tr>
<tr>
<td>Transportation Passes</td>
<td>Transportation</td>
</tr>
<tr>
<td>NJ Half Fare 845-364-2110</td>
<td></td>
</tr>
<tr>
<td>T.R.I.P.S.</td>
<td>Transportation</td>
</tr>
<tr>
<td>845-364-8747</td>
<td></td>
</tr>
<tr>
<td>United Hospice of Rockland</td>
<td>Hospice</td>
</tr>
<tr>
<td>845-634-4974</td>
<td></td>
</tr>
<tr>
<td>VCS Foster Grandparent Program</td>
<td>Volunteer Opportunities</td>
</tr>
<tr>
<td>New City 845-634-5729</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Action Toward Disability Services</td>
<td></td>
</tr>
<tr>
<td>Independence</td>
<td></td>
</tr>
<tr>
<td>Monticello 845-794-4228</td>
<td></td>
</tr>
<tr>
<td>Caregiver Resources Center-</td>
<td></td>
</tr>
<tr>
<td>Office of the Aging</td>
<td></td>
</tr>
<tr>
<td>845-807-0257</td>
<td></td>
</tr>
<tr>
<td>Catskill Regional Medical Hospital Center</td>
<td></td>
</tr>
<tr>
<td>• Harris 845-794-3300</td>
<td></td>
</tr>
<tr>
<td>• Callicoon 845-887-5530</td>
<td></td>
</tr>
<tr>
<td>Cornell Cooperative</td>
<td></td>
</tr>
<tr>
<td>Caregivers</td>
<td></td>
</tr>
<tr>
<td>Extension of Sullivan County</td>
<td></td>
</tr>
<tr>
<td>Liberty 845-292-6180</td>
<td></td>
</tr>
<tr>
<td>Dispute Resolution</td>
<td></td>
</tr>
<tr>
<td>Conflict Resolution Center</td>
<td></td>
</tr>
<tr>
<td>845-794-3377</td>
<td></td>
</tr>
<tr>
<td>HEAP</td>
<td></td>
</tr>
<tr>
<td>Food Stamps</td>
<td></td>
</tr>
<tr>
<td>Liberty 845-807-0142</td>
<td></td>
</tr>
<tr>
<td>Literacy Volunteers of Sullivan County</td>
<td></td>
</tr>
<tr>
<td>Education</td>
<td></td>
</tr>
<tr>
<td>Liberty 845-794-0017</td>
<td></td>
</tr>
<tr>
<td>New York State</td>
<td></td>
</tr>
<tr>
<td>Employment Assistance</td>
<td></td>
</tr>
<tr>
<td>Office for the Aging</td>
<td></td>
</tr>
<tr>
<td>845-807-0241</td>
<td></td>
</tr>
<tr>
<td>PathStone</td>
<td></td>
</tr>
<tr>
<td>Employment Assistance</td>
<td></td>
</tr>
<tr>
<td>845-794-4880</td>
<td></td>
</tr>
<tr>
<td>Sullivan County Community</td>
<td></td>
</tr>
<tr>
<td>Education College</td>
<td></td>
</tr>
<tr>
<td>845-343-5750</td>
<td></td>
</tr>
<tr>
<td>Sullivan County Department of Community Services</td>
<td>Crisis</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>845-292-8770</td>
<td></td>
</tr>
</tbody>
</table>
**Organizations**  

<table>
<thead>
<tr>
<th>Organization</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sullivan County Department of Health</td>
<td>Health</td>
</tr>
<tr>
<td>Sullivan Works— Employment Assistance One Stop Center</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>United Way Worldwide</td>
<td>General</td>
</tr>
</tbody>
</table>

**ULSTER COUNTY**

<table>
<thead>
<tr>
<th>Organizations</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver Resources Center-</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Jewish Family Services</td>
<td></td>
</tr>
<tr>
<td>845-338-2980</td>
<td></td>
</tr>
<tr>
<td>Cornell Cooperative Conflict Resolution Extension of Ulster County</td>
<td>Conflict Resolution</td>
</tr>
<tr>
<td>Kingston 845-340-3990, ext. 343</td>
<td></td>
</tr>
<tr>
<td>Dispute Resolution Center</td>
<td>Mediation</td>
</tr>
<tr>
<td>Kingston 845-331-6136</td>
<td></td>
</tr>
<tr>
<td>Family of Woodstock</td>
<td>Housing</td>
</tr>
<tr>
<td>Continuum of Care</td>
<td></td>
</tr>
<tr>
<td>Kingston 845-331-7080</td>
<td></td>
</tr>
<tr>
<td>HEAP</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>Kingston 845-334-5045</td>
<td></td>
</tr>
<tr>
<td>HEAP Emergency Assistance</td>
<td>Help Lines</td>
</tr>
<tr>
<td>845-334-5045</td>
<td></td>
</tr>
<tr>
<td>Hospice Organization</td>
<td>Hospice</td>
</tr>
<tr>
<td>845-338-2273</td>
<td></td>
</tr>
<tr>
<td>Jewish Family Services</td>
<td>General</td>
</tr>
<tr>
<td>Kingston 845-338-2980</td>
<td></td>
</tr>
<tr>
<td>The Kingston Hospital</td>
<td></td>
</tr>
<tr>
<td>• Broadway Campus 845-331-3131</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.hahv.org/broadway-campus">www.hahv.org/broadway-campus</a></td>
<td></td>
</tr>
<tr>
<td>• Mary's Ave Campus  845-338-2500</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.hahv.org/marys-ave-campus">www.hahv.org/marys-ave-campus</a></td>
<td></td>
</tr>
<tr>
<td>• Woodland Pond at New Paltz 845-883-9800</td>
<td></td>
</tr>
<tr>
<td>877-505-9800</td>
<td></td>
</tr>
<tr>
<td>wpatnp.org</td>
<td></td>
</tr>
<tr>
<td>Life Spring</td>
<td>Education</td>
</tr>
<tr>
<td>Saugerties Adult Learning Community</td>
<td></td>
</tr>
<tr>
<td>845-246-2800, ext. 452</td>
<td></td>
</tr>
<tr>
<td>Lifelong Learning Institute @ SUNY Ulster</td>
<td>Education</td>
</tr>
<tr>
<td>Kingston 845-338-2520</td>
<td></td>
</tr>
<tr>
<td>Organizations</td>
<td>Category</td>
</tr>
<tr>
<td>---------------</td>
<td>----------</td>
</tr>
<tr>
<td>Mental Health Association of Ulster</td>
<td>Mental Health</td>
</tr>
<tr>
<td>845-339-9090</td>
<td></td>
</tr>
<tr>
<td>New York Connects</td>
<td>Home Care</td>
</tr>
<tr>
<td>845-334-5307 or 845-334-5125</td>
<td></td>
</tr>
<tr>
<td>New York State Division of Veterans’ Affairs</td>
<td>Veterans</td>
</tr>
<tr>
<td>Kingston 845-340-3190</td>
<td></td>
</tr>
<tr>
<td>Office of the Aging</td>
<td>General</td>
</tr>
<tr>
<td>845-340-3456</td>
<td></td>
</tr>
<tr>
<td>PathStone</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>845-298-8998</td>
<td></td>
</tr>
<tr>
<td>Planned Parenthood of Mid-Hudson Valley</td>
<td>Health</td>
</tr>
<tr>
<td>Kingston 845-338-0840</td>
<td></td>
</tr>
<tr>
<td>R.S.V.P.</td>
<td>Volunteer Opportunities</td>
</tr>
<tr>
<td>845-339-2137 or 845-339-2181</td>
<td></td>
</tr>
<tr>
<td>Salvation Army</td>
<td>General</td>
</tr>
<tr>
<td>Kingston 845-331-1803</td>
<td></td>
</tr>
<tr>
<td>SNAP</td>
<td>Food Stamps</td>
</tr>
<tr>
<td>Kingston 845-334-5200</td>
<td></td>
</tr>
<tr>
<td>Social Security local office</td>
<td>Social Security</td>
</tr>
<tr>
<td>Lake Katrine 866-587-4415</td>
<td></td>
</tr>
<tr>
<td>Ulster County Department of Health</td>
<td>Health</td>
</tr>
<tr>
<td>Kingston 845-340-3150</td>
<td></td>
</tr>
<tr>
<td>Ulster County Department of Social Services</td>
<td>Social Services</td>
</tr>
<tr>
<td>Kingston 845-334-5000</td>
<td></td>
</tr>
<tr>
<td>Ulster County Eviction Assistance</td>
<td>Legal/Eviction &amp; Foreclosure</td>
</tr>
<tr>
<td>845-331-9373</td>
<td></td>
</tr>
<tr>
<td>Ulster County Senior Housing</td>
<td>Education</td>
</tr>
<tr>
<td><a href="http://www.co.ulster.ny.us/aging/housing.htm">www.co.ulster.ny.us/aging/housing.htm</a></td>
<td></td>
</tr>
<tr>
<td>Ulster Literacy Association</td>
<td>Education</td>
</tr>
<tr>
<td>Kingston 845-331-6837</td>
<td></td>
</tr>
<tr>
<td>Ulster Mental Health Department</td>
<td>Mental Health</td>
</tr>
<tr>
<td>845-340-4000</td>
<td></td>
</tr>
<tr>
<td>Ulster Works—Employment Assistance</td>
<td>Employment Assistance</td>
</tr>
<tr>
<td>One Stop Center 845-340-3170</td>
<td></td>
</tr>
<tr>
<td>United Way Worldwide</td>
<td>General</td>
</tr>
<tr>
<td>845-331-4199</td>
<td></td>
</tr>
</tbody>
</table>
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.*

**RCLS Mobile App**

*We go where you go*

Any smartphone. Any network.

*NOW your library goes where you go!*