

SERVICES FOR OLDER ADULTS



**ROCKLAND COUNTY OFFICE FOR THE AGING
DR. ROBERT L. YEAGER HEALTH CENTER
BUILDING B
POMONA, NY 10970**

ED DAY
COUNTY EXECUTIVE

TINA M. CARDOZA-IZQUIERDO
DIRECTOR

OFFICE FOR THE AGING

Tina M. Cardoza-Izquierdo, Director
Donna Scanlon, Assistant Director

PROGRAMS AND SERVICES WE PROVIDE

- ❖ **New York Connects** - Information and assistance on long-term services and supports for individuals, caregivers and families 364-3444
- ❖ **EISEP** (Expanded In-home Services for the Elderly Program) - Provides case management and non-medical in-home services to income eligible older adults 60 and over. Potential clients cannot be receiving assistance from Medicaid or any other entitlement program 364-3444
- ❖ **HEAP** (Home Energy Assistance Program) - People over age 60, who meet certain income guidelines or are collecting SSI, can be subsidized on their heating bills 364-2101
- ❖ **EMPOWER NY** - Offers no-cost energy efficiency services to low-income (i.e. HEAP eligible) homeowners and renters 364-2101
- ❖ **HIICAP** (Health Insurance Information, Counseling and Assistance) -Information and counseling assistance is available to older adults concerning Medicare, health insurance issues, private health insurance and related health benefits, including EPIC. Services are available to all older adults regardless of income 364-2118
- ❖ **Older Adult Employment** - Provides training and employment opportunities for low-income people age 55 and older. Teaches new skills and enhances old ones and provides a transition into work in the private sector 364-2116

- ❖ **Taxi Voucher Program** – For Rockland residents 60 and over who need transportation to EMH medical appointments 364-2108
- ❖ **“Looking Forward” Newsletter** – Bi-monthly publication that provides information on current issues relating to older adults 364-2108
- ❖ **Telephone Reassurance** –Phone call program to homebound older adults 364-2108
- ❖ **Caregiver Respite** - Provides caregivers of Rockland older adults information on various respite programs. This includes a week’s stay at an older adult residence, adult home or nursing home and a new in-home care program 364-3444
- ❖ **SCSEP** - Provides training and guidance on employment opportunities for low-income people age 55 and older. 364-2116

For other general information including obtaining older adult housing lists, discount bus passes, legal referrals, directories, etc., please call our Main Desk: 364-2110 or visit our website at:

www.rocklandgov.com/departments/aging

INTRODUCTION

There are over 60,000 people in Rockland over the age of 60. The special needs of this population are the primary concern of the Rockland County Office for the Aging. This Directory of Services will assist older Rocklanders and their families to locate and utilize information about the programs available to them.

The Rockland County Office for the Aging is a planning, coordinating, and grant-making agency, funded by the Rockland County Legislature, the New York State Office for the Aging, and the Older Americans Act.

The Rockland County Office for the Aging provides a variety of programs, either through its own efforts or through sub-contractors. The programs are designed to maintain maximum independence in the home and provide for employment and volunteer activities. Advocacy by and for older adults both generally and with specific agencies is a prime activity. Our goal is a comprehensive and coordinated county-wide system of services. Priorities for the year are outlined in the Annual Plan of the Office for the Aging.



Hon. Ed Day
Rockland County Executive



Tina M. Cardoza-Izquierdo
Rockland County Office
For the Aging

Revised September 2016

"The County of Rockland does not discriminate on the basis of age, color, creed, disability, gender, marital status, national origin, prior non-job related record of conviction, race, religion, sex, sexual orientation, military status or other legally protected status."

MISSION OF THE ROCKLAND COUNTY OFFICE FOR THE AGING

We shall serve the older adult population of Rockland County by promoting a comprehensive and coordinated system of needed services in a high quality, ethical, courteous, timely and cost effective manner.

VISION STATEMENT OF THE ROCKLAND COUNTY OFFICE FOR THE AGING

To foster an environment in which the older adult population of Rockland County maintains optimum health, well-being and maximum life satisfaction.

VALUE STATEMENT

To address our vision and mission statement, we intend to:

- Strive to empower older adults to make informed decisions to maintain their health, well-being and maximum life satisfaction.
- Assure caring professional staff are committed to the mission and vision of our department.
- Strive to collaborate with community partners to provide a comprehensive and coordinated system of needed services.

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I. ROCKLAND COUNTY OFFICE FOR THE AGING

Activities funded or sponsored by the Rockland County Office for the Aging are starred (*) on the following pages 364-2110

II. COUNSELING AND INFORMATION SERVICES

1. **New York Connects**: Choices for long term care information & assistance on all health and human services. 364-3444*
2. **Abused Elderly**:
 - a) Protective Services for Adults (through Information Rockland) 364-2020
 - b) The Center for Safety and Change (formerly Rockland Family Shelter) 634-3391
3. **Memory Impairment**: Support Information & Evaluations
 - a) Alzheimer's Association of Rockland County Care consultations, educational meetings, support groups for Alzheimer's and other related dementias 639-6776*
 - b) Memory Education and Research Initiative (MERI) Memory and cognitive evaluation to individuals with memory complaints at no cost – Nathan S. Kline Institute 398-5583
4. **United Hospice of Rockland**: Counseling terminally ill patients and families; counseling and support groups for recently bereaved 634-4974
5. **VCS Inc.**: (Volunteer Counseling Service)
 - a) CARE (Caring Adults Responding to Elderly Relatives) - Ongoing support group for adults with problems associated with aging relatives.
 - b) Outreach to Elders - Short-term program for homebound older adults who would benefit from discussing age-related concerns with an informed outreach worker in the comfort of their own home
 - c) Relatives as Parents Program - Monthly support groups, monthly respite service, information and

- referral services, school advocacy, allocation of special funds 634-5729*
6. **EISEP**: (Expanded In-Home Services for the Elderly Program) Case Management, respite and ancillary Services 364-3444*
 7. **Meals on Wheels** Outreach service, information, counseling referral & screening for community services, home-delivered meals 624-6325*
 8. **Blind and Visually Impaired**: Association for the Visually Impaired 574-4950*
 9. **Rockland Council on Alcoholism and Other Drug Dependencies**: 215-9788
 10. **Cancer Counseling**:
 - a) American Cancer Society 440-2500
 - b) United Hospice of Rockland 634-4974
 11. **Catholic Charities**: Information & Referral, eviction prevention, housing, food pantry, etc. 942-5791
 12. **Community Outreach Center**: Provides programs for older adult education, etc. 356-9600*
 13. **Consumer Protection**: Protect consumers as prescribed by local law 708-7600
 14. **Crime Victims**: Rockland County Crime Victims Assistance Bureau 638-5001
 15. **Department of Social Services**: Information and Referral 364-2020
 16. **INFO Rock**: Information on health & human resource programs provided by community, not for profit & municipal/government agencies 364-2020
 17. **Health Care Services**: Office for the Aging Health Insurance, Information, Counseling and Assistance Program (HIICAP) 364-2733*
 18. **Hearing Services**:
 - a) Good Samaritan Hospital-audio testing 368-5253
 - b) Helen Hayes Hospital 786-4000
 - c) Jawonio Health Center 708-2000
 - d) Rockland Independent Living Ctr - services for hard of hearing 624-1366
 19. **Human Rights Commission**: Investigate unlawful

- discriminatory practices relating to housing, employment and public accommodation 364-3886
20. **Jewish Family Service of Rockland**: Counseling; crisis intervention; self-help groups; information & referral; Jewish family life education. Non-discriminatory. Fees on a sliding scale 354-2121*
21. **Legal Advice**:
- a) For persons 60 and over - Office for the Aging for referral 364-2110*
 - b) Legal Aid Society 634-3627
 - c) Bar Association - Legal referral 634-2149
 - d) AARP - Legal assistance for AARP members
1-866-330-0753
 - e) Legal Services of the Hudson Valley 476-3831
22. **"Looking Forward"** – Newsletter: published by the Office for the Aging. Available at Older Adult Centers/Clubs, at Office for the Aging or online at www.rocklandgov.com/departments/aging 364-2108
23. **Organizations for Older Adults**:
- a) AARP - American Association for Retired Persons. Concern for those 50 and over; publishes magazine and newspaper; lobbies for their interests. Local contact, Ted Arin, Chapter President 735-7419
 - b) State Wide Older Adult Action Council –
275 Church St, Albany, NY 12210 (518) 436-1066
24. **Rockland Community Development Council**: (RCDC): Sponsors various community programs, including employment, outreach, housing & older adult programs 352-1400
25. **Rockland County's Hometown Radio WRCR**:
Senior Focus: Now streamed through WRCR website www.wrcr.com 362-0013
26. **Rockland County Triad Program**: Provides seminars on crime prevention, awareness, scams; auto theft program/property engraving 638-5582
27. **Rockland Independent Living Center**:
"Empowering people with disabilities" - information and advocacy 624-1366

III. FINANCES

1. **Department of Social Services:** Information on food stamps, emergency food & housing, supplemental nutrition assistance and emergency financial assistance
364-3100
2. **EPIC:** (Elderly Pharmaceutical Insurance Coverage)- income eligibility 1-800-332-EPIC or 364-2733*
3. **HEAP:** (Home Energy Assistance Program) – Helps people pay their fuel bills. Age 60+ or disabled (SSI) with financial assistance towards heating bill, if qualified for HEAP 364-2101*
Under 60 call DSS 364-3480
4. **Income Tax:** AARP Tax Aide; Volunteer Income Tax Assistance 364-2110
5. **Orange & Rockland Utilities:** 1-877-434-4100
 - a) Budget Billing - Set up a monthly budget so you will know your monthly expenses.
 - b) Payment Options - You can pay by mail, in person, through the Internet or by automatic bill payment.
 - c) Power Switch - Enroll in the program and you will receive a guaranteed 7% savings on your energy supply costs for two months.
 - d) Choose a Supplier - You can choose what company you would like to supply your electric and gas and possibly save money
 - e) Neighbor Fund - Grants for customers experiencing a temporary financial crisis that are unable to meet their energy expenses.
 - f) Life Support Equipment - "Personal Emergency Action Plan" - for customers that are on life support equipment
 - g) Get Well First - Customers that have a minimum hospital stay of ten days may qualify for 30-day extension on paying energy bills.
 - h) Large Print and Braille Bills - For visually impaired customers that have difficulty reading the bill.
 - i) Third Party Notification - Allows customers to pick a

friend, relative or neighbor to receive past-due reminders or final disconnect notices.

j) Bill Extender - Adults 60 years old or older, can receive special protection from late payment charges

6. **Property Tax Abatement:** 50% reduction in property taxes for owners 65 and over with incomes of \$29,000 or less. Also sliding scale percentages up to \$37,399. Call your local tax assessor's office.
7. **Property Tax Credit:** (Circuit Breaker-Form IT-214) A rebate on taxes paid by homeowners and renters with gross annual incomes of \$18,000 or less. For information and assistance 1-800-225-5829
8. **STAR:** The New York State School Tax Relief Program To be eligible for the Enhanced STAR, property owners must be 65 years of age or older with a combined income not exceeding \$84,550. Call your tax assessor's office.
9. **Social Security:** Information about benefits, earnings deductions, direct deposit of checks, Medicare, SSI 1-800-772-1213 or 1-866-755-4334
10. **Veteran's Affairs:** 638-5244 and 356-6070

IV. PASSES AND DISCOUNTS

1. **Golden Park Program** - For NYS parks, age 62 & over Free vehicle entry into state parks on non-holiday weekdays, just show driver's license or proof of age and residence at entrance. 364-2110
2. **Older Adult Citizen Card:** Rockland residents aged 60+ get discounts at stores, movie theaters, restaurants. Call your local Town Hall (listed below)
Town Halls:

Clarkstown	639-6200
Haverstraw	429-2200
Orangetown	359-5100
Ramapo	357-5100
Stony Point	786-2716
3. **Transportation Passes:**
 - a) County Half Fare - age 60 and over; for buses within Rockland 364-3333

- b) NJ Half Fare - age 62 and over. Bus travel from Rockland via NJ to NYC and return 364-2110*
- c) TRIPS Bus Service - For age 60 and over or disabled in Rockland 364-8747
- d) Taxi vouchers for medical appointments within Rockland - age 60 and over 364-2108*

V. HOUSING

1. **Community Development:** Housing referral services & Information on grants and loans 364-3939

2. **Older Adult Citizen Subsidized Housing:**

Clarkstown:

- Lakeview Village - Spring Valley 425-7879
- Middlewood Older Adult Housing – Nanuet 623-6434
- Monterey Gardens – Bardonia 623-0388
- Squadron Gardens - New City 638-2262

Haverstraw:

- Warren Knolls Apts – Haverstraw 429-3003
- West Haverstraw Older Adult Apartments – 429-2210

Orangetown:

- Depew Manor – Nyack 358-2476
- Nyack Plaza Apts – Nyack 353-3296
- Thorpe Village – Sparkill 359-0454

Ramapo:

- Airmont Apartments – Suffern 357-7171
- Catamount Drive Sr. Housing (Hillcrest Apts) – Spring Valley 357-7171
- Esther Dashew Apts - Monsey 352-3333
- Esther Gitlow Towers – Suffern 357-9507
- Harvest House - Spring Valley 352-7677
- Hubert Humphrey Drive Senior Citizen Housing – Spring Valley 352-7080
- Spook Rock Older Adult Citizen Park – Suffern 357-9433

- Yvette & Louis Tekel Older Adult Residence 357-9507

Stony Point:

- Stony Point Elderly Apts. Knight's Corner - Stony Point 429-2503

3. **Affordable Housing:**

Clarkstown:

Hyenga Lake Apts – Nanuet 507-0435
 Seton Village – Nanuet 624-4477

Haverstraw:

Haverstraw Place – Haverstraw 947-3113
 Walnut Hill Apts - West Haverstraw 429-3033

Orangetown:

Cortwood Village – Orangeburg 359-2690

Ramapo:

Airmont Gardens – Airmont 368-4422
 Spring Valley Older Adult Apts – Spring Valley
 517-0397
 Sycamore Crest - Spring Valley 352-1911
 Youngblood Older Adult Apts – Spring Valley
 425-5700

4. **Adult Homes:** Licensed residences that meet State requirements for people in reasonably good health

Evergreen Court Retirement Residence - Spring Valley
 356-7700
 Fellowship Community - Spring Valley 356-8494
 Garnerville Home – Garnerville 241-5284
 Golden Acres - Spring Valley 356-2440
 Green Hills Estate Home for Adults -Haverstraw

429-8411

L'DOR - New City 356-4108

New Monsey Park Home for Adults 356-3400

Promenade at Blue Hill - Pearl River 735-6846

Promenade Chestnut Ridge 620-0606

St. Joseph's Adult Care Home-Sloatsburg 753-2555

St. Zita's Villa – Monsey 356-2011

Spring Valley Rest Home - Nanuet 623-5040

Tappan Zee Manor – Nyack 353-6100

5. **Assisted Living:**

Northern Riverview – Haverstraw 429-4300

Golden Acres- Spring Valley 356-2440

Promenade Chestnut Ridge 620-0606

6. **Private Residences:**

Dowling Gardens – Sparkill 365-1662

- FountainView – Monsey 426-6757
 Esplanade at Palisades - Palisades 359-7870
 Sunrise Older Adult Living - New City 708-7855
7. **Housing Violations**: To report violations, call the Health Dept. 364-2585
 8. **Energy Related Repairs**: Minor roof, windows, doors, water heaters, energy efficient lighting, furnace cleaning and air conditioning Call Rockland Community Development Council 352-1400 x 3240
 9. **Mobile Homes**: Mobile Home Complaint Program administered by NYS Division of Housing & Community Renewal (DHCR) 1-800- 432-4210

VI. HEALTH, MEDICAL CARE, NURSING FACILITIES, AMBULANCES

1. **Bikur Cholim**: (Help the Sick) - Counseling, referral, Kosher food service to hospitalized patients, visiting, medical transportation, bi-lingual health newsletter, medical equipment depot, blood donor program
 425-7877
 24-hr Hotline for medical referral 425-4567
2. **Community Medical and Dental Care**:
 Community clinic, dental care, general medical care
 352-6800
3. **Hudson River HealthCare**: Spring Valley & Haverstraw 573-9860
 Comprehensive primary, preventive and behavioral health service 429-4499
4. **Refuah Health Center**: Medical, dental, supportive services - Medicaid 354-9300
5. **ARC Health Resources of Rockland**: Clinics for Medicaid recipients 267-0110
6. **Jawonio**: Comprehensive dental treatment to those on Medicaid 708-2000
7. **Rockland County Health Department**: General clinic 364-2519
8. **United Hospice of Rockland**: Counseling terminally

ill patients & families; counseling & support groups for recently bereaved; advanced directives; palliative care
634-4974

9. **Hospitals in Rockland:**

Good Samaritan Hospital – Suffern 368-5000

Nyack Hospital - Nyack 348-2000

10. **Helen Hayes Hospital:** (Rehabilitation) 786-4000

11. **Residential Health Care Facilities:** Nursing Homes

a) Friedwald Center for Rehabilitation & Nursing –
New City 678-2000

b) Northern Manor Nursing Home–Nanuet
623-3904

c) Northern Metropolitan RHCF-Monsey 352-9000

d) Northern Riverview Health Care Center
Haverstraw 429-5381

e) Nyack Manor Nursing Home - Valley Cottage
268-6861

f) Pine Valley Center for Rehab and Nursing –
Spring Valley 356-0567

g) Ramapo Manor Nursing Center – Suffern
357-1230

h) Tolstoy Foundation Nursing Home - Valley Cottage
268-6813

12. **Medical Model Day Programs:**

a) Friedwald Center Adult Day Health Care Program
(Medical Model) 678-2100

b) Jawonio - Older Adult Day Habilitation Services
for Older adults with physical and/or emotional
disabilities 708-2000

c) Northern Metropolitan Adult Day Health Care
Program (Medical Model, Accepts Alzheimer's etc.)
352-9000

13. **Social Model Adult Day Care Programs:**

a) Adult Day Care of Rockland at the Bobbi Lewis
Center - through Meals on Wheels of Rockland
(accepts Alzheimer's etc.) 624-6325*

b) Circle of Friends Social Adult Day Program
517-4944*

14. **Ambulances - FOR EMERGENCY, DIAL 911:**

To request loaned equipment such as canes, crutches, walkers, etc. Call the nearest one:

Chevra Hatzolah of Rockland County	425-5637
Faist Volunteer Ambulance Corp.- Chestnut Ridge	352-4556
Haverstraw Ambulance Corps	947-5500
Hatzolah EMS (Monsey)	425-1233
Nanuet Community Ambulance Corps	623-6387
New City Volunteer Ambulance Corps	639-7060
Nyack Community Ambulance Corps	358-2424
Pacific Ambulette Service - Spring Valley	425-4246
Pearl River Ambulance Corps	735-4400
Ramapo Valley Ambulance	357-1788
Sloatsburg Volunteer Community Ambulance Corps.	753-2445
South Orangetown Ambulance Corps	359-3030
Spring Hill Community Ambulance	354-3435
Stony Point Ambulance Corps	786-5990
Village of New Square Emergency Services	354-0222

15. **Ambulances and Ambulettes:** Commercial: See Yellow Pages of telephone directory under "Ambulance Service."

VII. HOME CARE SERVICES

1. **EISEP:** (Expanded In-home Services for the Elderly Program): Non-medical program providing case management, home care, respite services to the homebound age 60 and older not on Medicaid. Possible cost-sharing. 364-3444*
2. **Home Care Agencies:** Nursing, home health care, homemaker services
 - a) Non-Profit: Home Aides of Rockland, Inc. (sliding scale available) 634-2024
Community Home Health Care 425-6555
 - b) Private Agencies: Refer to Yellow Pages of telephone directory under Home Health Services and Nurses.

3. **Home Delivered Meals:**

a) Meals on Wheels of Rockland County, Inc. – Home delivered meals. One or two meals daily, including weekends, delivered by volunteers. Special diets accommodated. 624-6325*

b) Northern Metropolitan RHCF - Home delivered meals for orthodox elderly (Glatt Kosher) in Monsey area. Contributions & cost-sharing policy 352-9000*

4. **Home Health Agencies:** NYS Certified: Nursing, home health care, physical, occupational & speech therapy:

a) Rockland County Health Dept. 364-2534

b) Good Samaritan Hospital 368-5277

c) Nyack Hospital 638-8700

(Recovery Center for Alcohol & Drug Abuse)
348-2070

(Recovery Center for Change) 348-6760

d) VNS Westchester - visiting nurse services
1-888-367-8679

5. **Lifeline:** 24-hour personal emergency response system Lifeline Systems Inc. 1-800-451-0525

6. **Respite:** Free caregiver program that pays for a week long stay in a licensed assistive living facility or nursing home 364-3444*

7. **Managed Long Term Home Health Care Programs:**

a) Centerlight 1-877-226-8500

b) Evercare 1-877-255-3678

c) Fidelis Care at Home 1-800-688-7422

f) Hamaspik Choice 1-855-552-4642

d) Home First 1-866-353-4681

e) United Healthcare Personal Assist
1-877-512-9354

i) VNSNY Choice 1-888-867-6555

j) WellCare Advocate 1-877-395-4282

k) River Spring At Home 1-800-370-3600

l) Prime Health Choice 1-855-777-4630

8. Medical Equipment:

- a) Miracle on Wheels - Power wheelchair info, Medicare recipients 1-800- 749-8778
- b) Jawonio - The Nightingale Equipment Lending Library - mobility equip. 708-2000
- c) Rockland County Loan Closets - Call your local volunteer ambulance corps (see page 10)
- d) Bikur Cholim - to borrow medical equipment free of charge 425-7877
- e) TRAIID In - Equipment exchange program for NYS residents 1-800-624-4143
- f) Yellow Pages of telephone directory under "Hospital Equipment and Supplies"

9. Volunteer Services:

- a) ARC - Volunteer grocery shopping for homebound 267-2500 ext. 3190
Pearl River and surrounding area 735-5135
- b) Camp Venture - Volunteer grocery shopping & small jobs 947-0093
- c) Jawonio - Volunteer shopping; small jobs for homebound 708-2000 x 1265
- d) RSVP Independence Project - transportation to medical, shopping (registration required) 356-6818 x 15*
- e) Hudson Valley Dog Sanctuary - pet care services - HVDogs.org 917-975-9864
- f) Telephone Reassurance Program 364-2108

VIII. MENTAL HEALTH SERVICES

- 1. **Mental Health Clinics:** Pomona 364-2150
VCS Inc. - Mental Health Clinic/General Counseling & Support Groups 634-5729
- 2. **Nyack Hospital Assessment and Referral Center**
available 24/7 348-6700
- 3. **Englewood Hospital:** Geriatric Behavioral Services 201-894-3142
- 4. **Jewish Family Service of Rockland:** Group,

- individual and family counseling; information and referral; support groups 354-2121
5. **Mental Health Association of Rockland**: Provides services for addiction, bereavement and rehabilitation; includes support lists 267-2172
6. **NAMI-Familya of Rockland County**: Self-help and advocacy 359-8787
7. **Chemical Dependency**: Information and Referral – family education series - Rockland Council on Alcoholism and Other Drug Dependencies 215-9788
8. **VCS Mental Health Clinic**: Outpatient mental health treatment 634-5729

IX. SENIOR ACTIVITY CENTERS & SENIOR CLUBS

1. a) **Rockland Older Adult Centers Program**:

Offers hot nutritious lunches and varied programs. Transportation can be arranged.

<u>Meals on Wheels Programs & Services</u>	624-MEAL 624-6325*
Clarkstown/Pearl River Older Adult Center	624-6334
North Rockland Older Adult Center	429-0209
Nyack Older Adult Center	353-1311
Ramapo Older Adult Center	356-2244
Thorpe Older Adult Center	359-5801

b) **Lunch at Martin Luther King Center**

425-8910*

Note - (a) and (b) - Voluntary contributions policy

2. **Older Adult Citizen Clubs**: Call Town

Recreation Department:

Clarkstown	639-6200
Haverstraw	429-2200
Orangetown	359-5100
Ramapo	357-6100
Stony Point	947-5261

X. TRANSPORTATION

1. **Public Buses**:

- | | |
|--------------------------|----------|
| a) Clarkstown Mini-Trans | 623-0667 |
| b) Spring Valley Jitney | 573-5800 |

- c) TOR - Transport of Rockland 364-3333
- d) Monsey Trails 510-5100
- e) Coach USA - Rockland Coaches 356-0877
- f) Coach USA - Shortline 800-631-8405

2. **Individual Transport:**

- a) TRIPS - Curbside paratransit bus service for county residents 60 and over or are either physically or mentally disabled 364-8747
- b) Taxi Vouchers for medical appts. within Rockland - age 60 and over 364-2108*
- c) RSVP Independence Project - volunteers provide transportation to medical appts. & shopping. Must register for program 356-6818 x 15

XI. EDUCATION

1. **Adult Education:** Call local school district administration offices for information about Continuing Education evening classes.
2. **BOCES:** Board of Cooperative Educational Services - Day and evening classes in vocational subjects, adult literacy, English for speakers of other languages, health careers education 348-3500
3. **Road Scholar:** Educational Travel/Learning Vacations for Adults 1-800-454-5768
4. **SUNY Rockland Community College:**
 - a) Class audits for residents 60 and older, if space available 574-4721
 - b) Institute for Older Adult Education; offers non-credit courses geared to older adult's interests 574-4700
 - c) Power of Age annually in May. Keynote speaker, workshops Co-sponsored by RCC and the Office for the Aging 574-4700 or 364-2110*
5. **Adult Learning Center:** Adult how-to-learning center teaches computer communication and technology for people 55 and older. Administered by Meals on Wheels Programs and Services 623-5467
6. **Dominican College:** Class audits for older adult citizens, if space is available 359-7800
7. **The Learning Collaborative**-New City Jewish Center

Experienced teachers discuss subjects such as science, religion, current affairs, arts 638-9600

8. **Rockland Conservatory of Music:** A community music school for all ages and levels, offering individual and group vocal and instrumental lessons, and classes in Music Appreciation and Music Meditation: Sound and Silence. Day or evening classes and lessons. Older adult discounts and scholarships available
356-1522 x 5

XII. EMPLOYMENT - PAID AND VOLUNTEER

1. **Alzheimer's Association:** Office coordination, helpline & special services, by volunteers 639-6776
2. **Foster Grandparent Program:** Head Start of Rockland Persons 55 and over help special-needs Children. Tax-free stipends, transportation, hot meals, etc. 353-2835*
3. **Health Insurance Information:** Counseling and Assistance Program
(HIICAP): Volunteers trained – OFA 364-2118*
4. **Meals on Wheels:** Volunteer drivers deliver meals and visit briefly. Gas stipend available 624-6325*
5. **Rockland County Career Center:** A collaborative endeavor that brings together employers and job seekers, with a one-stop approach to career exploration, job training and employment searching
Haverstraw 406-6450
Suffern 574-4000
6. **RSVP:** (Retired & Older adult Volunteer Program)
Persons age 55 and over volunteer at local non-profits. Mileage and lunch allowance, insurance 356-6818
6. **Older Adult Community Service Employment Program:** (SCSEP): Part-time subsidized jobs in public and non-profit agencies for persons 55 and over with limited income 364-2116*
7. **CHORE:** Minor home repairs for older adults 60+ and/or disabled Sponsored by Home Aides of Rockland 634-2024

XIII. EMERGENCIES

1. **Adult Protective Services**: Call INFO Rock
364-2020
2. **Dating, Domestic and Sexual Violence Services**:
The Center for Safety & Change - 24-hour Hotline
634-3344
3. **Food Cupboards**: For an immediate food crisis,
provisioning for up to three days
Salvation Army - Spring Valley 352-9577
4. **Food Pantries**:
Cornell Cooperative Extension 429-7085
5. **Mental Health Crisis**: Behavioral Health Response
Team (BHRT) Mental illness, emotional trauma,
situational crisis, suicidal thoughts
517-0400 or call 911
6. **National Suicide Prevention Hotline**: 24-hour
Hotline 1-800-273-8255
7. **New York HOPEline**: 24/7 help for alcoholism, drug
abuse, gambling 1-877-846-7369
8. **Poison Emergency**: Regional Poison Emergency
Center Hotline 1-800-222-1222
9. **Police**: Dial "911" state the emergency, your location
and your name
10. **Rocklandregisters.com**: Special needs registry.
For assistance, call InfoRock 364-2020
11. **Veteran's Crisis 24/7 HotLine**: 1-800-273-8255

NOTES



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Visit our website: rocklandgov.com/departments/aging



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