DIRECTORY OF SERVICES FOR SENIOR CITIZENS

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

ED DAY
COUNTY EXECUTIVE

JUNE F. MOLOF
DIRECTOR
OFFICE FOR THE AGING

June Molof, Director
Donna Scanlon, Assistant Director

PROGRAMS AND SERVICES WE PROVIDE

- **Senior Care Helpline** - Preliminary telephone evaluation of long-term care needs. Referrals to appropriate service programs ranging from delivery of meals to nursing home placements. Follow-ups on calls.  
  Candace Podgraski: 364-3444

- **Ombudsman Program** - Certified volunteers who act as advocates for residents in nursing homes, adult homes and assisted living facilities. They work to resolve problems and concerns for the residents.  
  Michael Fober: 364-2109

- **EISEP** (Expanded In-home Services for the Elderly Program) – Provides case management and non-medical in-home services to income eligible seniors 60 and over. Potential clients cannot be receiving assistance from Medicaid or any other entitlement program.  
  364-2115

- **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. Their income and the number of people in the home determine the amount.  
  Diane Ricottone: 364-2101

- **EMPOWER NY** – offers no-cost energy efficiency services to low-income (i.e. HEAP eligible) homeowners and renters.  
  Diane Ricottone: 364-2101

- **HIICAP** (Health Insurance Information, Counseling and Assistance) - Information and counseling assistance is available to seniors concerning Medicare, health insurance issues, private health insurance and related health benefits, including EPIC. Services are available to all seniors regardless of income.  
  Sharon Ryan: 364-2118

- **VAC** (Volunteer Action Center) - The CHORE service, where volunteers make minor home repairs at no cost.  
  Thomas Ternquist: 364-2114

- **Senior 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.  
  Darcy Bauer, Project Coordinator: 364-2107

- **Taxi Voucher Program** - For Rockland residents 60 and over who need transportation to county medical appointments.  
  Sheila Berman: 364-2108

- **“Looking Forward” Newsletter** - Provides people with information on current issues relating to seniors. Published every other month.  
  Sheila Berman, Editor: 364-2106

- **Caregiver Respite** - Provides caregivers of Rockland seniors information on various respite programs. This includes a week’s stay at a senior residence, adult home or nursing home.  
  Donna Scanlon: 364-2105

For other general information including obtaining senior 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 59,000 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. It is hoped that 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 the elderly both generally and with specific agencies is a prime activity. The 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

June F. Molof, Director
Rockland County Office for the Aging

Revised January 2014

"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 senior 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 senior 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 seniors to make informed decisions to maintain their health, well-being and maximum life satisfaction.

Assure caring professional staff is 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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II. COUNSELING AND INFORMATION SERVICES
1. Senior Care Services: Helpline.................................................. 364-3444 *
   Assistance to find appropriate services
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
      24-hour hotline........ 634-3344
3. Memory Impairment, Support Information and 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).................................... 634-5729 *
   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 seniors 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
   d) Caregiver Hotline - Questions, resources, a sympathetic ear
      Call Wednesdays between 12:00 and 1:00................................. 634-5729 ext. 319
6. EISEP (Expanded In-Home Services for the Elderly Program)
   Case Management, respite and ancillary services........................ 364-2115 *
7. Meals on Wheels
   Outreach service, information, counseling referral and screening for
   available 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................................................................. 845-440-2500
    b) United Hospice of Rockland......................................................... 634-4974
11. **Catholic Community Services:** Information and Referral, eviction prevention, housing, food pantry, etc................................................................. 942-5791
12. **Community Outreach Center:**
    Provides programs for senior 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. **InformationRockland:** Choices for Long Term Care
    Information and assistance on all health and human services...................... 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 - support services for hard of hearing.... 624-1366
19. **Human Rights Commission:** Investigate unlawful discriminatory practices relating to housing, employment and public accomodation.............. 708-7200
20. **Jewish Family Service of Rockland:** Counseling; crisis intervention;
    self-help groups; information and 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.................................................... 914-949-1305 ext. 162
22. **"Looking Forward"** - Newsletter published by the Office for the Aging
    Pick up at your Senior Center or Club, request a copy from the Office for the Aging or view online at www.rocklandgov.com/departments/aging 364-2106 *
23. **Organizations for Seniors:**
    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) StateWide Senior 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 and senior programs........................................ 352-1400

25. **Rockland County Informational Radio Station - 1640 AM:**  
Community news, weather and traffic updates

26. **Rockland County's Hometown Radio WRCR 1300 AM:** local news, weather, sports......................................................Call in studio... 362-0013

27. **Rockland County Triad Program:** Provides seminars on crime prevention, awareness, scams; auto theft program/property engraving.... 638-5582

28. **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, emergency housing, 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:** Call Toll Free.......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) **PowerSwitch** - 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** - For customers that are on life support equipment, there is help in developing a "Personal Emergency Action Plan".
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** - If you are 60 years old or older, you 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 $26,000 or less. Also sliding scale percentages up to $35,400. 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...........................................364-2118

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 $79,050. Call your local 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 and over.............364-2110

   For free vehicle entry into state parks on non-holiday weekdays, just show driver's license or proof of age and residence at entrance.

2. **Senior Citizen Card:** Rockland residents aged 60 and over 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. Call for information.................................364-2110 *
c) T.R.I.P.S. Bus Service - For age 60 and over within Rockland
   Photo-ID card is required ................................................................. 364-8747

d) Taxi vouchers for medical appts within Rockland - age 60 and over... 364-2108 *

V. HOUSING

1. Community Development: Housing referral services - Information on
   where to get grants and loans ......................................................... 364-3939

2. Senior Citizen Housing:

   Clarkstown:
   Lakeview Village - Spring Valley .................................................. 425-7879
   Middlewood Senior Citizen Housing - Nanuet ................................ 623-6434
   Monterey Gardens - Bardonia .......................................................... 623-0388
   Squadron Gardens - New City .......................................................... 638-2262

   Haverstraw:
   Anderson Gardens - Haverstraw
   Warren Knolls Apts - Haverstraw .................................................... 429-3003

   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 ......................................................... ext. 316 368-2400
   Esther Gitlow Towers - Suffern ....................................................... 357-9507
   Harvest House - Spring Valley ....................................................... 352-7677
   Hubert Humphrey Drive Sr. Citizen Housing - Spring Valley .......... 352-7080
   Spook Rock Senior Citizen Park - Suffern ........................................ 357-9433
   Yvette & Louis Tekel Senior Residence ............................................. 357-9507

   Stony Point:
   Sopko Apartments (Knight's Corner) - Stony Point ......................... 368-2400

3. Affordable Housing:

   Clarkstown:
   Seton Village - Nanuet ............................................................... 624-4477

   Haverstraw:
   Haverstraw Place - Haverstraw ..................................................... 947-3113
   Murphy Manor Apts - Haverstraw .................................................. 942-2707
   Walnut Hill Apts - West Haverstraw .............................................. 429-3033

   Orangetown:
   Cortwood Village - Orangeburg ..................................................... Ext. 316 368-2400
Ramapo:
Airmont Gardens - Airmont ......................................................... 368-4422
Hyenga Lake Apts - Spring Valley ........................................... 507-0435
Spring Valley Senior Apts - Spring Valley ............................... 517-0397
Sycamore Crest - Spring Valley .............................................. 352-1911
Youngblood Senior Apts - Spring Valley ................................. 425-5700

4. **Adult Homes:** Licensed residences that meet state requirements for people in reasonably good health
The Esplanade - Chestnut Ridge .............................................. 620-0606
Evergreen Court Retirement Residence - Spring Valley ............... 356-7700
Fellowship Community - Spring Valley .................................. 356-8494
Garnerville Home - Garnerville ............................................. 429-5306
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 ..................................... 735-8846
St. Joseph’s Adult Care Home - Sloatsburg ............................... 753-2555
St. Vita’s Villa - Monsey ...................................................... 578-9538
Spring Valley Rest Home - Nanuet ......................................... 623-5040
Tappan Zee Manor - Nyack ................................................... 353-6100

5. **Assisted Living:**
Assisted Living at Northern Riverview - Haverstraw .................. 429-4300
Assisted Living Program at Golden Acres - Spring Valley .......... 356-2440
Hudson Valley Assisted Living Program - Chestnut Ridge .......... 620-0606

6. **Private Residences:**
Dowling Gardens - Sparkill .................................................... 365-1662
FountainView - Monsey ....................................................... 426-6757
Esplanade at Palisades - Palisades ....................................... 359-7870
Hearthstone Alzheimer’s Care - Palisades ............................... 365-6500
Sunrise Senior 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 ext. 3240

9. **RESTORE Program** - electrical, structural, roof, heating system.. 517-1143 ext 123

10. **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, bilingual health newsletter, medical equipment depot, blood donor program.................. 425-7877
   24-hr Hotline for medical referral.................. 425-4567

2. **Ben Gilman Spring Valley Medical & Dental Clinic**
   Community clinic, dental care, general medical care.......................... 426-5800

3. **Monsey Family Medical Center**
   Community clinic, dental care, general medical care.......................... 352-6800

4. **Hudson River HealthCare** (2 locations) Spring Valley and Haverstraw... 573-9860
   Comprehensive primary, preventive and behavioral health service........ 429-4499

5. **Refuah Health Center** - Medical, dental, supportive services - Medicaid 354-9300

6. **ARC Health Resources of Rockland** - Clinics for Medicaid recipients.... 267-0110

7. **Jawonio** - Comprehensive dental treatment to those on Medicaid........... 708-2000

8. **Rockland County Health Department** - General clinic.......................... 364-2519

9. **United Hospice of Rockland**: Counseling terminally ill patients and families; counseling and support groups for recently bereaved; advanced directives; palliative care........................................ 634-4974

10. **Hospitals in Rockland:**
    Good Samaritan Hospital - Suffern........................................... 368-5000
    Nyack Hospital - Nyack.................................................... 348-2000

11. **Helen Hayes Hospital** - Rehabilitation........................................ 786-4000

12. **Summit Park Hospital and Nursing Care Center** - Pomona
    Long-term acute care hospital........................................... 364-2771

13. **Long Term Care Ombudsman Program**: Trained and certified volunteer community representatives visit nursing home and adult home residents... 364-2109 *

14. **Residential Health Care Facilities (Nursing Homes):**
    Friedwald Center for Rehabilitation and Nursing - New City............. 678-2000
    Northern Manor Nursing Home - Nanuet.................................... 623-3904
    Northern Metropolitan RHCF - Monsey..................................... 352-9000
    Northern Riverview Health Care Center - Haverstraw................... 429-5381
    Nyack Manor Nursing Home - Valley Cottage.............................. 268-6861
    Pine Valley Center for Rehab and Nursing - Spring Valley.............. 356-0567
    Ramapo Manor Nursing Center - Suffern.................................. 357-1230
    Summit Park Hospital and Nursing Care Center - Pomona................ 364-2771
    Tolstoy Foundation Nursing Home - Valley Cottage........................ 268-6813
15. **Day Programs:**
   a) Summit Park Adult Day Health Program - Therapy and nursing services for physically disabled adults (Medical Model). 364-2875
   b) Friedwald Center Adult Day Health Care Program (Medical Model) 678-2100
   c) Jawonio - Senior Day Habilitation Program Services for Seniors with physical and/or emotional disabilities. Carol King, Program Director 708-2000
   d) Northern Metropolitan Adult Day Health Care Program (Medical Model) (Accepts Alzheimer's etc.) 352-9000
   e) Bobbi Lewis Adult Day Center - Social Model Adult Day Care Program through Meals on Wheels (accepts Alzheimer's etc.) 624-3941 *
   f) Hearthstone Alzheimer Care Social Day Program 365-6500
   g) Circle of Friends Social Adult Day Program 517-4944 *

16. **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
    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

18. **Ambulances and Ambulettes - Commercial:** See Yellow Pages of telephone directory under "Ambulance Svce."

**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 364-2115 *

2. **Home Care Agencies:** Nursing, home health care, homemaker services
   a) Non-Profit: Home Aides of Rockland, Inc. (sliding scale available) 634-2024
b) Private: 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. Contributions and cost-sharing
      policy.......................................................... 624-6325 *
   b) Northern Metropolitan RHCF - Home delivered meals for orthodox elderly (Glatt Kosher+)
      in Monsey area. Contributions and
      cost-sharing policy............................................. 352-9000 *

4. **Home Health Agencies:** NYS Certified: Nursing, home health care,
   physical, occupational and speech therapy:
   a) Rockland County Health Dept........................................... 364-2534
   b) Good Samaritan Hospital.............................................. 368-5277
   c) Nyack Hospital.......................................................... 638-8700
      (Recovery Center for Alcohol and Drug Abuse).................. 348-2070
      (Recovery Center for Change)....................................... 348-6760

5. **Lifeline** - 24-hour personal emergency response system
   a) Lifeline Systems Inc.................................................... 1-800- 451-0525
   b) Nyack Hospital Lifeline................................................ 638-8708

6. **Managed Long Term Home Health Care Programs:**
   a) Good Samaritan Hospital.............................................. 368-8263
   b) Nyack Hospital.......................................................... 638-8725
   c) Elant Choice.............................................................. 1-877-255-3678
   d) Fidelis Care at Home.................................................... 1-800-688-7422
   e) WellCare Advocate...................................................... 1-877-395-4282

7. **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 8)
   d) Bikur Cholim - to borrow medical equipment free of charge.............. 425-7877
   e) TRAID In - Equipment exchange program for NYS residents......1-800-624-4143
   f) See Yellow Pages of telephone directory under "Hospital Equipment
      and Supplies"
8. **Volunteer Services:**
   a) ARC - Volunteer grocery shopping for homebound.......................... 267-2500
      Pearl River area.................................................. 735-5135
   b) Camp Venture - Volunteer grocery shopping for homebound.............. 947-0093
   c) RSVP Independence Project - transportation to medical, shopping,
      friendly visits, companionship (registration required).............. 356-6818 ext. 15 *
   d) Hudson Valley Dog Sanctuary - pet care services - HVDogs.org........ 917-975-9864
   e) Northern Services Group - Telephone Reassurance Program............ 426-6757

VIII. **MENTAL HEALTH SERVICES**

1. **Mental Health Clinics:** Pomona.................................................. 364-2275

2. **Chemical Dependency:** Information and Referral - family education
   series - Rockland Council on Alcoholism and Other Drug Dependencies...215-9788

3. **Crisis Service** - 24 hours 7 days a week.................................. 364-2200

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. **VCS Inc.** - General Counseling & Support Groups........................ 634-5729

IX. **SENIOR CENTERS AND SENIOR CITIZEN CLUBS**

1. a) **Rockland Senior Centers Program** - Offers hot nutritious lunches
    and varied programs. Transportation can be arranged.
    Meals on Wheels Programs and Services...............................624-MEAL 624-6325 *
    Clarkstown/Pearl River Senior Center.................................. 624-6334
    North Rockland Senior Center.......................................... 429-2090
    Nyack Senior Center.................................................. 353-1311
    Ramapo Senior Center................................................. 356-2244
    Thorpe Senior Center................................................ 359-5801

   b) Lunch at Martin Luther King Center................................... 425-8910 *

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

2. **Senior Citizen Clubs - Call Town Recreation Department:**
   Clarkstown.......639-6200 Haverstraw.......429-2200
   Orangetown.......359-5100 Ramapo..............357-6100
   Stony Point.......786-2989

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 *

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 Senior Education, offers non-credit courses geared to
      seniors; interests...................................................... 574-4700
   c) Senior Awareness Day - 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 senior citizens, if space available.... 359-7800
7. 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. Senior
   discounts and scholarships available..................................356-1522 ext. 5

XII. EMPLOYMENT - PAID AND VOLUNTEER

1. Alzheimer's Association: Office coordination, helpline and special
   services, provided by volunteers........................................ 639-6776
2. VCS Foster Grandparent Program: Persons 60 and over help special
   needs children for tax-free stipends plus transportation and hot meals, etc ext. 308
3. Health Insurance Information, Counseling and Assistance Program
   (HIICAP): Volunteers trained - Office for the Aging.................. 364-2118 *
4. **Long Term Care Ombudsman Program:** Trained and certified volunteers visit and advocate for residents of long term care facilities to insure quality care and protection of rights. Office for the Aging.............. 364-2109 *

5. **Meals on Wheels:** Volunteer drivers deliver meals and visit briefly. Gas stipend available................................. 624-6325 *

6. **RSVP (Retired and Senior Volunteer Program):** Persons age 55 and over volunteer at local non-profit organizations. Mileage and lunch allowance, insurance.................................................. 356-6818

7. **Senior Community Service Employment Program (SCSEP):** Part-time subsidized jobs in public and non-profit agencies for persons 55 and over with limited income.............................................. 364-2107 *

8. **CHORE:** Minor home repairs for seniors 60 and over and/or disabled.... 364-2114 *

**XIII. EMERGENCIES:**

1. **Adult Protective Services:** (now PSA - Protective Services for Adults) Call InfoRock........................................ 364-2020

2. **Crisis Service:** Emergency and Admitting after 5 p.m.......................... 364-2200

3. **Dating, Domestic and Sexual Violence Services:** The Center for Safety & Change - 24 hour Hotline........................................... 634-3344

4. **Food Cupboards:** For an immediate food crisis, provisioning for up to three days: Salvation Army - Spring Valley........................................ 352-9577

5. **Food Pantries:** 429-7085
   - Cornell Cooperative Extension........................................... 429-7085 ext. 4
   - InfoRock................................................................. 364-2020

6. **Poison Emergency:** Hudson Valley Poison Emergency Center Hotline........1-800- 222-1222

7. **Police:** Dial "911" - state the emergency, your location and your name

8. **RocklandRegisters.com:** Special needs registry. For assistance in registering, call InfoRock.......................... 364-2020

9. **Suicide Hotline:** 24 hours.............................................. 354-6500