Hello all, I hope you are all doing well. I look forward to returning on site, and working with all of you again. You may have already received, or will soon receive a letter from me by mail or door-to-door delivery updating you about when I will be available for in-person appointments at your complex.

CDCLI is now doing mass messaging! Would you like to receive up-to-date information from us via text or email? Let me know, all contact information is kept strictly confidential and not shared with outside entities. Please note, I will be calling all residents to perform a wellness check.

Great news, our Newsletter is now available online at http://www.cdcli.org/senior-resident-services/

There’s still time to take CDCLI’s Pathways to Economic Success survey & receive a $25 gift card. If you need a replacement survey, have questions, or want to complete your survey by phone please call or text Paul Bartley at 631-672-1328 or email PESPilot@cdcli.org.

Please feel free to call or text me at 631-436-1892 or email me at graces@cdcli.org for assistance or just to talk and stay connected. For now, and always, please stay safe and stay well.

-Grace Sidorowicz, CDCLI Senior Resident Services Coordinator

**COMMUNITY RESOURCES, PROGRAMS & SERVICES**

**SFMNP- Senior Farmers Market Nutrition Program** - SCOTA (Suffolk County Office of the Aging) has coupons available this summer and is distributing them only by mail. If you are interested please call or text me at 631 436-1892. Please leave your name, apartment number, phone number and complex name. I will forward all requests. Income restrictions apply. Please keep in mind that there may be a limited number of coupons available to cover all requests.
**Island Harvest:** Will help you locate food pantries and apply for SNAP benefits over the phone. Call 631-873-4775, ext. 204 (Suffolk); 516-294-8528 (Nassau), or email admin@islandharvest.org.

**Long Island Cares Inc. Harry Chapin Food Bank:** Offers home delivery of nonperishable food, personal care products, household supplies and pet food to high-risk, homebound individuals in need, including senior citizens, disabled veterans and persons diagnosed with medical conditions that make it impossible for them to travel to their local food pantry. Food is delivered on a biweekly basis, once the individual has placed an order from their warehouse menu. Each recipient of food from their Mobile Pantry is assessed for eligibility and the potential need for ongoing social services, if applicable. Mobile Pantry service does not deliver prepared meals to a person’s home. Call 631-582-FOOD for more information.

**Suffolk County Office of the Aging:** Contact them for information from HICCAP, Meals on Wheels, legal issues and questions or info. on Covid-19. Call 631-853-8200.

**AARP Defensive Driving:** Will not be returning to sites for classes until 2021. They suggest you visit their on-line instruction course aarpdriversaftey.org. Classes run 360 minutes. Cost is $25.95 for members and $29.95 non-members. Notes: Best for the “computer comfortable” as you will move through 31 module chapters and must answer questions relating to the material you viewed at the end. You will have to identify yourself by your voice. Make sure your voice is clear and not impeded. Use an upgraded computer. Older PC’s may not process data resulting in abrupt starts and stops when working the course. You do not have to complete the entire course in one sitting. You have 30 days and you can log off and on, and return during this time frame. Call AARP at 1-800-350-7025 for questions. Be prepared to hold as wait time has increased.

Dress for Success – Town of Brookhaven: This agency is here for you in many ways. They provide services to empower women to help them achieve economic independence. These services include support, professional attire, and tools to help women thrive in work and in life throughout this crisis is critical. There are FREE virtual resources in order to help you stay connected with their community and keep your spirits high. Shop at smile.amazon.com/ch/47-4720048 and Amazon will donate to Dress for Success Brookhaven! Dress for Success is still available and wants to hear from you. Contact them at 631-451-9127 or at brookhaven@dressforsuccess.org

American Red Cross Virtual Family Assistance Center in New York State: Crisis counselors are available to aid families who have lost loved ones during this time. Links below may also include linkage to legal resources for estate, custody, immigration or other issues related to the death. Call 585-957-8187
English: www.redcross.org/NYSCOVIDFamilySupport
Spanish: www.redcross.org/NYSCOVIDApoyoFamiliar

Supplemental Health Insurance: Do you want to make changes or see how other plans compare to yours? Contact LONG ISLAND HEALTH PLANS, William Mahr, LUTCF–631586-1201 and *Stephanie Fisch-Independent Sales Agent-917-657-7500 for guidance or questions. *Stephanie Fisch is also certified to sell LONG TERM CARE policies; ask about it when calling. *CDCLI and your residential complex do not endorse or compensate any service provider.

OMH Emotional Support Helpline: 1-844-863-9314: The Emotional Support Helpline provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Helpline is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.
Life and aging can be stressful. Erena DiGonis, LCSW,CSW-G can help. Erena is a licensed psychotherapist and life coach, who offers “in home” mental health counseling services for seniors, homebound and disabled individuals throughout Suffolk County. Services are covered by Medicare part B and many other out of network supplemental insurances as well. Call 917-750-4811. Discrete, confidential and HIPPA enforced.

**Help for Domestic Violence:** Stressful events and close quarters can increase risk. Contact Long Island Against Domestic Violence – 631-666-8833 -24/7 or go to LIADV.org for information. In Nassau County, contact Safe Center – 516-543-0404 or info@ scli.org.

**Retired Senior Volunteer Program (RSVP) Telephone Reassurance Service:** Daily phone calls by senior volunteers to seniors living in the community to socialize and monitor their well-being. For more information please call 631-979-9490.

**HIICAP (Health Insurance Information Counseling Assistance Program)** - trained volunteers provide guidance to those with questions involving Medicare. An Information Line (631) 979-9490 x18 is provided and counselors return calls in a timely manner.

**PSEG Long Island:** Household Assistance Rate (HAR) program provides a discount on electric bills. Download an application at www.psegliny.com, keyword HAR. Sometimes circumstances make it difficult to pay your energy bill, help is available. Call 1-800-490-0025 and speak with a customer advocate.
We provide confidential individual social services and group programs to the older adult residents of Brookview Commons in Deer Park, Woodcrest Estates in Port Jefferson Station, and Pinehurst A Conifer, and Conifer Village 1 & 2, in East Patchogue.

Examples of our services promoting independent living and healthier aging-in-place include:

- Assistance with filling out applications for programs such as the Supplemental Nutrition Assistance Program (SNAP), the Home Energy Assistance Program (HEAP), and the Housing Choice Voucher (HCV) program for residents who are income-eligible.

- Referrals to and assistance in obtaining supportive services such as at-home meal delivery, homemaker services, health, nursing, and case management.

- Help with accessing and understanding information about programs such as Medicare Part D, and answering questions about bills, mail, and other paperwork.

- Group activities such as:
  - Arts-and-crafts workshops
  - Nutrition, health & wellness programming
  - Defensive Driving
  - Socialization activities like movie screenings, book clubs, etc.

We also produce this Newsletter highlighting activities at the complexes and providing a wealth of valuable independent living tips and resources.

Want more information about Senior Resident Services, or need assistance now? Contact Senior Resident Services Coordinator Grace Sidorowicz at graces@cdcli.org or 631-436-1892 (call or text).