

# SENIOR RESIDENT SERVICES BULLETIN



NEWSLETTER



## *A Special Message from the Resident Services Coordinator*

It is with great joy that we bring you our Spring/Summer 2021 Bulletin! Look through it for some things new, and some things tried and true. I'm back working on-site and able to meet with you and still following the protocols for reducing the spread of COVID-19; including wearing masks and remaining at least 6 feet apart.

Please feel free to call or text me at 631-436-1892 or email [graces@cdcli.org](mailto:graces@cdcli.org) for assistance or just to stay connected.

I'm looking forward to more vaccinations, fewer restrictions, beautiful weather, and meeting once again as a community and hope you are too...and thank you for being the best part of any given day.

Grace Sidorowicz, CDCLI Senior Resident Services Coordinator



CDCLI is now doing mass messaging! Do you text? Would you like to receive up-to-date information via text or email? Contact me to sign up! All information is confidential and not shared with outside entities.

## COMMUNITY RESOURCES, PROGRAMS AND SERVICES



**HEAP 2020-2021** 2020-2021 season will remain open until **April 30th, 2021**. I can help you with your application; please come visit me or call/text at 631-436-1892. You can also apply online through [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov). Applications can be downloaded at [otda.ny.gov/programs/heap](http://otda.ny.gov/programs/heap). Note that income limits apply; \$2610 for a single person and \$3413 gross per month for 2 people. Applications will be processed in the order in which they are received. Consumers may call 631-853-8825 for information and help from HEAP staff with filing applications. If you have an active SNAP case please contact 1-631 853-8820 for questions on HEAP application status.

Advocates are available to help keep seniors in their homes. May be able to help if you are facing sudden financial hardships or a utility emergency. Heat season assistance opened on 12/1/20, dial 2-1-1 or 1-888-774-7633. The 211 Long Island call center is staffed with trained specialists that will help assess your needs and assist you in finding the appropriate community resources and can communicate with callers in 200 languages. The 211 Long Island hotline is also available online at [211longisland.org](http://211longisland.org). The searchable database has more than 10,000 program listings and includes two guided search links for Veteran and Developmental Disability resources, plus a convenient "Popular Search" tab for frequent topics.

## nationalgrid

Help is available for billing concerns, call 1-800-930-5003.



For tips on lowering bills visit [66 Ways to Save](#). PSEG Long Island Household Assistance Rate (HAR) program provides a discount on electric bills. Download an application at [www.psegliny.com](http://www.psegliny.com), keyword HAR. Sometimes circumstances make it difficult to pay your energy bill, help is available, call 1-800-490-0025.



If you have not received your stimulus check try the IRS website [www.irs.gov](http://www.irs.gov). If you didn't get the full Economic Impact Payment, you may be eligible to claim the Recovery Rebate Credit. If you didn't get any payments or got less than the full amount you may qualify for this credit even though you don't normally file taxes. Check out [www.irs.gov/coronavirus/economic-impact-payments](http://www.irs.gov/coronavirus/economic-impact-payments).



# COMMUNITY RESOURCES, PROGRAMS AND SERVICES

**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.



**Island Harvest** Helps you locate food pantries and apply for SNAP benefits over the phone. Call 631-873-4775 ext. 204 or email [admin@islandharvest.org](mailto:admin@islandharvest.org).

**Long Island Cares Harry Chapin Food Bank** offers home delivery of nonperishable food, personal care products, household supplies, and pet food to high-risk, home-bound 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 is assessed for eligibility and the potential need for ongoing social services, if applicable. Mobile Pantry service does not deliver prepared meals. Call 631-582-FOOD

**Suffolk County Office of the Aging** is a valuable resource for up-to-date resource information. Contact them for information from HICCAP, Meals on Wheels, legal issues, and questions or info. on COVID-19. Call 631-853-8200.



**Cornell Cooperative Extension** Offers a bevy of information on family health and wellbeing including cooking lessons, gardening tips, and more. Check out [www.ccesuffolk.org](http://www.ccesuffolk.org) for virtual instruction via Zoom. Cornell Cooperative is currently closed to the public but the Suffolk County Farm and Education Center has reopened. Check their website for information on their programs.

**SNAP-Ed New York** SNAP-Ed can help you save time by meal planning, save money with budget-friendly choices, and eat healthier. Small dietary changes can make BIG differences in your health. Check out Eat Smart, Live Strong- a fun, upbeat virtual program geared to get older adults to increase their daily intake of fruits and vegetables. Visit [www.snapedny.org](http://www.snapedny.org) for nutrition information, recipe ideas, and tips.

**Senior Farmer's Market Nutrition Program** Coupons will be offered in June. Applications and coupons will be mailed from Suffolk County Office for the Aging. Please note that income levels do apply. If you received coupons last year I will resubmit your name to their office so you may receive an application. If you have not participated and wish to receive coupons, please call Grace at 631-436-1892, leave a message with your name and apartment number or come see me when I'm on-site to go on the list.

# COMMUNITY RESOURCES, PROGRAMS AND SERVICES



## Driver Safety

**AARP Defensive Driving** Visit their online instruction course [www.aarpdriversaftey.org](http://www.aarpdriversaftey.org). Classes run 360 minutes. The cost is \$25.95 for members and \$29.95 for non-members. For more information and questions call AARP at 1-800-350-7025.

**Suffolk County Assembly Representatives** meet with citizens from their district to discuss laws, budgets, and taxes, and consider your perspectives on issues that matter to and affect you. If you have a problem and need assistance contact the office for help. Alfred Grat, Holbrook 631-585-0230; Steve Englebright, Setauket 631-751-3094; Andrew Garbarino, Bayport 631-589-0348; Chad A. Lupinacci, Huntington 631-271-8025.

**COVID-19 Legal Helpline** Touro Law has a legal hotline that clients can call with any legal needs related to COVID. You will be referred to a variety of pro-bono partners across Long Island-based on your needs. 631-761-7198.

**Legal Hand Call-in Center** Serving Nassau and Suffolk counties, these trained volunteers are not lawyers but provide free information assistance and referrals to help people resolve issues that affect their lives like housing, family, immigration, employment, domestic violence, and benefits. Contact for Suffolk 1--631-366-7096 and Nassau – 1-516-550-4551 or to chat [www.legalhand.org/call-in-center](http://www.legalhand.org/call-in-center).

**Have questions about Social Security & SSI, Medicaid or Medicare issues, Medicaid trusts, disability benefits, long-term care, power of attorney, health care proxy, and living wills?** Contact Touro Law School at 631-761-7470 for assistance. Legal services provided without charge to Suffolk County residents 60 years or older.

**Nursing Home Violations** The New York State Department of Health is partnering with Attorney General Letitia James to investigate nursing home violations. Are you concerned that a family member isn't getting proper care in a nursing home? If so, you may file a complaint by calling the Nursing Home hotline at 833-249-8499 or by visiting [www.ag.ny.gov/nursinghomes](http://www.ag.ny.gov/nursinghomes).

**Town of Brookhaven Dress for Success** As our communities continue to be challenged by COVID-related unemployment and underemployment, food, and financial insecurities, Dress For Success is committed to helping their clients. They offer free virtual resources to help you stay connected and keep your spirits high. Contact them at 631-451-9127 or [brookhaven@dressforsuccess.org](mailto:brookhaven@dressforsuccess.org).

**American Red Cross Virtual Family Assistance Center in NYS:** Crisis counselors are available to aid families who have lost loved ones during this time. The links listed may also include links to legal resources for estate, custody, immigration, or other issues related to death. Call 585-957-8187 or [www.redcross.org/NYSCOVIDFamilySupport](http://www.redcross.org/NYSCOVIDFamilySupport) (English) [www.redcross.org/NYSCOVIDApoyoFamiliar](http://www.redcross.org/NYSCOVIDApoyoFamiliar) (Spanish).

**Libraries are open!** Your local library carries a wealth of information and services. Consider visiting or call to see what is currently available in your area: Brookview Commons, Deer Park Library 631- 586-3000; Conifer and Pinehurst, South Country Library 631-286-0818, Woodcrest Estates, Comsewogue Public Library 631-928-1212.

# COMMUNITY RESOURCES, PROGRAMS AND SERVICES



## **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, 631-586-1201 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.

**Learn to be Tobacco Free!** Improving your lung health is vital these days. Stress, confinement, and boredom can increase your smoking habits. If you need help quitting contact Debora Ripple at Suffolk County Department of Health. FREE Virtual Smoking Cessation series on Tuesday nights at 6:00 PM and will be offering an in-person cessation series at St. Charles hospital starting in July. Call 631-853-2928 or [www.suffolkcountyny.gov/health](http://www.suffolkcountyny.gov/health).

**AARP Free Hearing Test** It is estimated that 39 million people suffer from hearing loss and nearly half are never tested. You can have a free hearing assessment over the phone. Contact [www.nationalhearingtest.org](http://www.nationalhearingtest.org) and click the AARP members tab to register.

**OMH Emotional Support Helpline** 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. Call 1-844-863-9314.

**OneClick.chat** Partnering with [SeniorNet.org](http://SeniorNet.org); OneClick.chat is a social media network designed for older adults. This site offers interactive events allowing you to participate in the conversation, meet new people and new friends. Topics include interactive museum tours, live jazz, gospel, and R&B musical guests, health and wellness classes, exercise, live drum circles, sing-along, live tech tutorial demos, storytelling, group discussions, and more. A calendar of monthly events is available. The cost is \$15.00 per month; a 7-day free trial. OneClick.chat for info and a link to register. Check out the [SeniorNet.org](http://SeniorNet.org) website for other program information and free videos on age-related topics.

**Response Crisis Center** If you or someone you care for is in crisis, call the Response Crisis Center Hotline at 631-751-7500 or contact Long Island Crisis Center at 516-679-1111. Available 24/7. Spanish-speaking individuals may contact 631-751-7423 M-F, 5-10 pm.

**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, home-bound 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 the risk of family or intimate partner violence. Suffolk, contact Long Island Against Domestic Violence at 631-666-8833, 24/7 hotline for help. Nassau County, contact Safe Center at 516-543-0404 or [info@scli.org](mailto:info@scli.org).

**Thomas Center for Hope** Serving families and individuals facing addiction issues. Doing hybrid meetings in Zoom or in person. A person can be placed in a treatment program within 24 hours, 631-333-0871.

# COMMUNITY RESOURCES, PROGRAMS AND SERVICES



## Covid-19 Vaccine

- **Suffolk County Board of Health** 631-854-0100
- **Sun River Health Clinic, East Patchogue** 631-866-2030 May have shots left over at the end of each day's session, call in the afternoon for availability.
- **NY State Vaccination Hotline** 1-833-697-4829 Live operator can help you find locations by zip code. Open 7 days a week from 7:00 AM-10:00 PM.
- **Northwell Health Hotline** 1-844-919-8222
- **CVS Pharmacy** 1-800-746-7287

Or online at <https://am-i-eligible.covid19vaccine.health.ny.gov/> or [www.ny.gov/vaccine](http://www.ny.gov/vaccine).



Although the tax deadline has been extended to May 17th, 2021; many are finding this to be a challenging year as VITA sites are closed for in-person appointments. Below are some resources recommended by the South Country Library in Patchogue:

- **Free File from the IRS.gov** page will help you navigate your options for e-filing. Start by determining if you qualify for Free File; Which offers guided tax preparation: [www.irs.gov/filing/free-file-do-your-federal-taxes-for-free](http://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free)
- **NYS Tax Season Resource** page lists eligibility requirements for NYS Free File, as well as other e-file options, and offers a guide to getting started: <http://www.tax.ny.gov/pit/file/>
- **AARP Tax Foundation Tax-Aide Program** provides in-person and virtual tax assistance to anyone free of charge with a special focus on taxpayers 50 years of age plus [www.aarp.org](http://www.aarp.org)

**Emergency Food and Shelter Program (EFSP)** is a critical program that can help Long Islanders access a wide variety of basic services like help with rent payments. For more information and referral call 1-516-559-4450

**Economic Council of Suffolk Inc.** Have you lost income due to Covid-19? Call 1-631-842-6100 or email [eocassistance@eoc-suffolk.com](mailto:eocassistance@eoc-suffolk.com) for help. Income levels are considered and other categories of assistance may be available on a case by case basis.





## SENIOR RESIDENT SERVICES

Senior Resident Services provides confidential individual social services and group programs to older adult residents on-site at four (4) Complexes:

- Brookview Commons Deer Park
- Woodcrest Estates, Port Jefferson Station
- Pinehurst A Conifer, and Conifer Village 1 & 2, 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, etc.
- Help with accessing and understanding information about programs such as Medicare Part D, and answering questions about bills, mail, and other paperwork.

Setting up or facilitating group activities such as:

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

For more information about Senior Resident Services, contact our Senior Resident Services Coordinator at [graces@cdcli.org](mailto:graces@cdcli.org) or 631-436-1892 (call or text).

*“The only way to make sense out of change is to plunge into it, move with it and join the dance.” Alan W. Watts, Philosopher, Writer and Speaker – 1915-1973*