

PRESENTS THIS EIGHTH REVISION OF



SENIOR HOUSING OPPORTUNITIES IN THE BOROUGH OF MANHATTAN, NEW YORK, NY

Health Advocates for Older People, New York, NY. 212.980.1700.

http://www.hafop.org

October 2020

Dear Reader:

Health Advocates For Older People invites you to take advantage of the 2020, Eighth Revised Edition of

Senior Housing Opportunities in the Borough of Manhattan, New York, NY

If you have an earlier version of the resource guide, we suggest you delete the old file and replace it with this updated version.

In this PDF version the links should be "clickable" allowing you to access the referenced websites just by clicking the underlined links; otherwise, you may manually copy and paste (or type) the URL (web address) into your SEARCH/browser's address bar to access a particular site. There are phone numbers provided for most of the various residences or sponsors or managers.

For the best use of the linked websites we recommend that you consider downloading this PDF guide onto your desktop and opening the file. Instructions for downloading our PDF file to your computer will vary from browser to browser and from Mac to PC so you may need to use a search engine for instructions using your particular system.

Be patient, the PDF file is over 10 MB and may take a few minutes to download depending upon your connection. To recommend the guide to your friends, here is the direct link on the HAFOP website where the guide may be downloaded at https://www.hafop.org under "resources".

Information gathered in this Resource Guide has been garnered from many remarkable individuals and organizations as well as city, state and federal government departments. Most was found on the web, by mail and telephone. It is the hope of HEALTH ADVOCATES FOR OLDER PEOPLE that you will find this guide a helpful resource. Our first goal is to provide a tool for all to use when an older adult may find it preferable or necessary to consider moving into a home with services for the aging. [While doing this research it was encouraging to discover so many resources available to help seniors remain more safely in their own homes.]

Because it may be preferable for one to move into or find services in nearby neighborhoods, this guide is organized by zip code.

Various descriptions of housing types can be confusing to say the least. In order to help with the definitions here, you will find descriptions from City, State, Federal and other resources. Available housing runs the gamut from private forprofit to non-profit market rate for affordable housing, assisted living housing and nursing homes. Many of these have been built with the help of different government and non-profit agencies. Some rents are lowered with the help of non-profits or governmental agencies when financial assistance is needed.

When applying for an apartment or space in a residence, one needs to understand that the process is often long and complicated. A lot of detailed paperwork must be filled out. We include some helpful suggestions.

Many members of the HAFOP Advisory Board and other supporters have participated in the research needed to help update the information found in this resource guide. We are so grateful for their help.

We wish you good luck in your search for a new home or assistance while remaining in your current home!

Advisory Board of HAFOP

TABLE of CONTENTS

Instructions for use of Senior Housing Opportunities in the Borough of Manhattan, New York	2
Table of Contents	4
Ready to Consider a Move?	5
LeadingAge New York (formerly known as the NY Association of Homes and Services for the Aging)	6
The New York City Department for the Aging	7 - 12
The New York State Department of the Aging	13
The Process for Acquiring Housing – by Joseph Breed	14
A Business Plan to use when Searching for Affordable Housing – by Joseph Breed	16 - 18
Community Contacts and Agencies	20
Borough of Manhattan Zip Codes map and list of zip codes	21
Housing lists with maps of specific zip codes	23-102
Medicare.gov Nursing Home Ratings	104-109
"The Everything Guide to Eldercare" from New York Magazine 10/25/2007	110
Additional Resources for finding housing alternatives	111
Alphabetical Index for Housing Opportunities	111-116
Health Advocates for Older People	117-118

READY TO CONSIDER A MOVE?

When a senior citizen is ready to consider a move there are a lot of very helpful resources to use, some of which are listed below. In the next pages you will find suggestions and information to think about when you are ready to begin your search. Following this section of pages are the names, addresses (by zip code, alphabetically), types of housing and contact information for the choices you may want to consider.

Links to descriptions/definitions of each type of housing and things to consider:

- **LeadingAge, New York,** formerly known as The New York Association of Homes and Services for the Aging (NYAHSA), has published a 2020 Consumer Guide to Continuing Care, a description and discussion, the link for which is described as a user-friendly guide to New York's not-for-profit public long-term care and housing options. http://www.leadingageny.org/publications/consumer-guide/
- The New York City Department of Aging describes the sorts of housing and senior services available: www1.nyc.gov/assets/dfta/downloads/pdf/publications/HousingManhattan2017v2.pdf
- The New York State Department of Aging also describes various types of housing for senior citizens and resources in the State of New York: http://www.aging.ny.gov.
- **NYHousingSearch.gov**, or http://www.socialserve.com/tenant/Search.html?city_id=50223&ch=NY&type=rental

Application Process Advice and a Business Plan:

Joseph B. Breed, IV, formerly Executive Director of Saint Margaret's House in New York City, has been kind enough to share some suggestions for the Application Process, a Business Plan for success and other helpful resources.

Founded in 1961, LeadingAge New York, formerly the New York Association of Homes & Services for the Aging (NYAHSA), represents not-for-profit, mission-driven and public continuing care providers, including nursing homes, senior housing, adult care facilities, continuing care retirement communities, assisted living and community service providers. Leading Age New York's more than 600 members employ 150,000 professionals serving more than 500,000 New Yorkers annually. LeadingAge is a not-for-profit 501(c)(4) organization that represents its membership of not-for-profit and government-operated aging and continuing care services organizations in New York State. LeadingAge's mission-driven members cover the spectrum of aging care and services, including senior housing and retirement living communities, skilled nursing facilities, adult care facilities, continuing care retirement communities, home and community-based services and PACE/MLTC.

The <u>2020 LeadingAge New York Consumer Guide</u> provides helpful information to consumers and those who wish to learn more about the services available to the people of New York state. **Call for a free, printed copy of the LeadingAge New York Consumer Guide: 1-877-LTC-BOOK.** Please click to access the digital version of their 2020 Consumer Guide or go to https://www.leadingageny.org/publications/consumer-guide/



New York City Housing Authority

http://www1.nyc.gov/site/dfta/index.page

http://www1.nyc.gov/site/nycha/index.page

www1.nyc.gov/assets/dfta/downloads/pdf/publications/HousingManhattan2017v2.pdf

The New York City Housing Authority (NYCHA) Public Housing provides decent and affordable housing in a safe and secure living environment for low- and moderate-income residents throughout the five boroughs. NYCHA works to enhance the quality of life at NYCHA by offering our residents opportunities to participate in a multitude of community, educational and recreational programs, as well as job readiness and training initiatives. NYCHA is also the largest public housing authority in North America and manages more than 175,000 apartments in its Conventional Public Housing Program.

NYCHA Public Housing

Comprising over 300 developments located throughout the five boroughs, NYCHA Public Housing provides subsidized rental apartments to low and moderate income residents, with access to social services as needed. Income guidelines are revised annually. Majority of these buildings are for the general public, most are not specifically reserved for seniors. 56 developments contain at least one building constructed for seniors; 42 are full senior buildings only and 14 are partial senior developments mixed developments that each contain at least one senior and one non-senior building. Although NYCHA policy does not allow application to a particular residence, Clients are given the opportunity to indicate on the application form whether they would be interested in living in senior developments as a category of Public Housing.

The NYCHA residences named in this directory are full senior developments. To view partial senior developments or projects available to people of any age, log on to http://www1.nyc.gov/site/nycha/index.page. Information on eligibility requirements and other assistance may be obtained by calling NYCHA's Customer Contact Center at 718.707-7771

Adult Care Facilities

Adult Care Facilities (ACFs) offer temporary or long-term housing in combination with a package of services, which may include housekeeping, laundry, congregate meals, socialization and recreational activities, arrangement of medical visits, medication distribution, personal care (e.g. assistance with bathing and dressing), supervision, and/or case management. Services provided differ amongst the residences, depending on the type of Adult Care Facility and the residence itself. Periodic health inspections and surveys are conducted by the New York State Department of Health. Adult Care Facilities provide housing and services to at least five clients, all of whom must be 18 years of age or older; therefore, younger adults with physical and/or mental impairments due to disease or injury may also be residents. In New York City, the four major types of Adult Care Facilities are adult homes, enriched housing, Assisted Living Programs (ALPs), and Assisted Living Residences (ALRs). If placement within a facility is considered, a physician can assess an individual's overall health condition and level of functioning, and identify the type of residence that is appropriate for the patient's needs. Following is a brief summary/description of these four ACF models.

Adult Homes

Adult homes provide 24 hours of supervision, three congregate meals a day, and a private or semi-private bedroom. Adult homes may also serve mentally ill adults. To be admitted a client cannot be chronically bedfast and cannot be incontinent or have unmanageable incontinence. The resident should be able to walk without the assistance of another person or be able to transfer from wheelchair to bed without the assistance of another person. Residents cannot require intermittent or ongoing skilled nursing care that exceeds the level offered by home care service agencies. Additional admission and retention criteria for adult homes are posted on the New York State Department of Health's website http://www.health.ny.gov under "Admission/Discharge Criteria".

Assisted Living. Enriched Housing, Enriched Housing programs serve the elderly, usually 65 years of age or older, in a community-integrated setting. Enriched Housing programs offer greater independence than adult homes. The basic, private residential unit is an efficiency apartment and each apartment is equipped with a kitchen. The law only mandates part-time supervision and less than three meals a day, but most operators choose to provide 24 hours of supervision and all meals. The program does not serve persons with mental disabilities or behavior that may adversely affect other residents or staff.

Assisted Living Programs (ALPs) New York State's Assisted Living Program (ALP) provides home health care (e.g. physical, speech, and occupational therapy) and nursing care to residents who are nursing-home eligible. Clients are medically stable, do not require continuous medical attention, and are not chronically chair or bed bound. ALPs are less restrictive and less expensive than nursing homes. To operate an assisted living program, a facility must first be certified as an adult home or enriched housing program.

Assisted Living Residences (ALRs) Introduced in 2004, Assisted Living Residences (ALRs) follow regulations established for adult homes or enriched housing programs, plus an additional set of requirements. Assisted Living Residences (ALRs) are classified as Basic Assisted Living Residences, Enhanced Assisted Living Residences.

(EALRs), or Special Needs Assisted Living Residences (SNALRs). ALRs provide 24-hour supervision and private quarters consist of a single or half shared bedroom or an apartment. Individualized Service Plans (ISPs) are required to be prepared/reviewed at least once every six months for each resident of the facility with input from the physician, patient and his/her representative, and home health care agency, if appropriate. ISPs assess changes to a client's needs, identify services to be provided and how they will be delivered, and list staff responsible for providing those services. The admission/retention criteria for Basic ALRs are the same as for adult homes or enriched housing. Please refer to the outline under Adult Homes above. Individuals who need assistance from another person to walk or to transfer from bed to wheelchair, or who have unmanageable incontinence, may be admitted to an **Enhanced Assisted Living Residence (EALR)**, which is an ALR with an additional layer of certification.

EALRs are required to provide nursing services to its clients. ALRs cannot admit individuals who have 24-hour skilled nursing or medical needs that would require placement in a higher level setting (e.g. hospital, nursing home, etc.), however, if the client is living in an ALR that has EALR certification, he/she can be retained if all of the following conditions are met: the physician and the care team determine that the client's needs can be satisfactorily and safely addressed in the EALR, the patient agrees to hire additional medical, nursing, or hospice staff for the increased care needs, the operator consents to the responsibility of coordinating care provided by both the additional personnel (nursing, medical, etc.) and his/her own staff, and the patient is otherwise eligible to live at the residence.

Special Needs Assisted Living Residences (SNALRs) are designed to serve individuals with Alzheimer's disease, other dementia, or other special needs. Environmental modifications, staff members with additional qualifications and training, specialized programs, and plans of action for managing challenging behaviors distinguish SNALRs that have a specialty in dementia from other types of facilities. Any Adult Care Facility advertising or marketing itself as having specialized services for Alzheimer's patients or persons with other special needs is required by law to obtain certification as a SNALR. Facilities can obtain separate, dual certification as both an EALR and SNALR. Depending on the operator, SSI Congregate Care Level III or Social Security may be accepted as payment in full for base-rate room and board at adult homes, enriched housing programs, Assisted Living Programs, or Assisted Living Residences. Amenities may be offered with additional charges. Because SSI Level III is not enough to cover the cost of housing and services, the number of facilities accepting this arrangement is limited. The source of payment for most Adult Care Facilities is from a client's own private funds or through long term care insurance. Please review policies for limitations and conditions for accessing coverage. Medicaid and Medicare may pay for medical services, and with Assisted Living Programs (ALPs), Medicaid can also pay for personal care, home health care, nursing services, and physical, speech and occupational therapy.

Home Sharing/Shared Living Residences

Home Sharing or Shared Housing programs match elderly with other elderly, younger adults, or the developmentally disabled into homes owned by an individual or a non-profit agency. The "host," or person offering a home to a home seeker, can also be a renter. Most programs require that matched individuals be healthy and self-sufficient. Shared Housing programs facilitate appropriate matches and provide limited follow-up support, including home visits, mediation, and assistance in obtaining social services. A Shared Living Residence is a residence developed specifically for unrelated individuals to live together. It typically consists of private bedrooms and some common living areas. Roommates usually function as a household, sharing daily chores and expenses.

Section 202 Supportive Housing for the Elderly Program

The federal Section 202 Supportive Housing for the Elderly program provides housing with supportive services and rental assistance for low income elderly, including elderly with disabilities (buildings funded before 1991 may accept disabled adults 18+ years of age). Prior to 1991, the program did not include funding for services, so Section 202 projects vary in the services provided, ranging from none to a full complement of support services, which may include a

daily congregate meal, housekeeping, transportation, social services, and other activities that help residents maintain independent living. Most buildings have a number of accessible units for the disabled. Residents pay 30% of their income for rent, with federal subsidies covering the balance of the unit's fair market price. To be eligible for residency in most Section 202 projects, applicants must have low or moderate income and at least one household member needs to be 62 years of age or older. Two tiers of income guidelines exist, with older developments using the higher maximum income limit. In general, wait times for available apartments at existing Section 202 buildings are considerably long. Many residences may no longer be accepting applications. Please call the contact numbers for additional information.

HUD provides capital advances to finance the construction, rehabilitation or acquisition with or without rehabilitation of structures that will serve as supportive housing for very low-income elderly persons, including the frail elderly, and provides rent subsidies for the projects to help make them affordable.

Purpose:

The Section 202 program helps expand the supply of affordable housing with supportive services for the elderly. It provides very low-income elderly with options that allow them to live independently but in an environment that provides support activities such as cleaning, cooking, transportation, etc. The program is similar to Supportive Housing for Persons with Disabilities (Section 811).

Type of Assistance:

HUD provides interest-free capital advances to private, nonprofit sponsors to finance the development of supportive housing for the elderly. The capital advance does not have to be repaid as long as the project serves very low-income elderly persons for 40 years.

Project rental assistance funds are provided to cover the difference between the HUD-approved operating cost for the project and the tenants' contribution towards rent. Project rental assistance contracts are approved initially for 3 years and are renewable based on the availability of funds.

Eligible Applicants:

Private nonprofit organizations and nonprofit consumer cooperatives that meet the threshold requirements contained in the General Section and the program Notice of Funding Availability (NOFA) are the only eligible applicants under this

Section 202 program. Neither a public body or tribe nor an instrumentality or agency of a public body or tribe is eligible to participate in the program. Nonprofit entities associated with public bodies or tribes must establish their eligibility by providing an attorney's opinion stating that under state or tribal law the associated entity is not an instrumentality or agency of the public body or tribe and confirming that such entity:

- Meets the definition of "private nonprofit organization" under part 891;
- Has Articles of Incorporation which provide no more than minority control by the public body or tribe; and
- Is not receiving a majority of its operational funding from the public body or tribe.

Eligible Customers:

Occupancy in Section 202 housing is open to any very low-income household comprised of at least one person who is at least 62 years old at the time of initial occupancy.

Application:

Applicants must submit an application in response to a Notice of Funding Availability (NOFA) posted on Grants.gov.

Technical Guidance:

The Section 202 Supportive Housing for the Elderly Program is authorized by section 202 of the Housing Act of 1959 (12 U.S.C. 1701q), as amended. Program regulations are found 24 CFR Part 891. More information about the Section 202 program, can be found in HUD Handbooks 4571.3, Supportive Housing for the Elderly and 4571.5, Supportive Housing for the Elderly--Conditional Commitment; HUD Notices H96-102 REV 00-23, H2009-10 and H2011-18. Access to program guidance is available via Internet at hud.gov/program_offices

U.S. Department of Housing and Urban Development lists Affordable Rental Housing rules and waiting lists can be found and applied for at https://www.hud.gov/sites/documents/2017_AHG.PDF. You may sign up for AHG Section 8 Help through this site.



https://aging.ny.gov/programs/housing

Our Mission is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower older adults and their families, in partnership with the network of public and private organizations which serve them.

NYSOFA - Housing options for older people in New York State

(Free Language Assistance is available at 1-800-342-9871)

The overwhelming preference of older people is to age in place in their own homes and apartments, and most older people are able to do that. Aging in place can be a safe and successful experience if the physical aspects of a home accommodate a resident's physical and mental frailties, if the home is affordable, and if residents have easy access to necessary services and activities.

For some older people, changes in their physical, emotional, or mental health, or in their family, social, or financial situations may compromise their ability to continue living where they are. Such changes may persuade an older person to consider relocating to a more supportive living environment.

Whether choosing to age in place or to relocate to another living environment, being an informed consumer-by gathering appropriate information-is critical to making the best housing choice, one that meets a person's needs and preferences. Housing Resources. http://www.nyhousingsearch.gov/

The Process to Acquiring Housing

Joseph B. Breed, IV, formerly Executive Director of Saint Margaret's House in New York, NY, graciously offers these hints:

- 1. One should be aggressive, persistent and cheerful through the entire process.
- 2. Applicants will need to:
 - Be organized.
 - (Keep papers in an alphabetical file so that you may reach the ones you want in a moment's notice.)
 - Organize your financial information. (Keep all receipts from rent and other monthly expenses, medical bills and those relating to medically related conditions.) (Keep these papers filed by year.)
- 3. Think of an application as insurance for the future and apply now.
 - Get computer assistance if needed or for those who are computer-capable, prepare to use it in your search.
 - Ask friends, relatives and social workers for some tips. What do they know about specific homes?
 - Ask your Minister, Priest or Rabbi for help and suggestions.
 - Call aging/housing associations to find out more about them.
 - Call or visit the NYC Department of Aging.
- 4. Plan to apply to several/many housing sites, as many have waiting lists.
- 5. Determine your geographic areas of interest.
- 6. Be prepared to make visits and calls to each house where you want to apply.
- 7. Create a list of possible housing facilities.
- 8. When you visit:
 - Ask to meet with the manager/social worker in charge, collecting business cards and telephone numbers.
 - If appropriate, ask to be placed on the applications waiting list.
 - If there is no waiting list, ask when applications will be available or when there will be openings and call monthly.
- 9. Follow-up once your name has been placed on a waiting list. This lets the staff know of your active interest and lets you know about any progress.
- 10. When receiving mail from an organization, respond immediately and certainly within their time framework.
- 11. Do not be late!
- 12. Read all materials to understand the conditions and process for applications.
- 13. Remember that no two housing settings are the same. Ask questions if there are things you do not understand.

Some Housing Myths:

- 1. I will never need the safe environment/assistance.
- 2. I need to be really old to apply.
- 3. If I need housing, I shall find it quickly!
- 4. I will never be accepted!
- 5. Elderly housing is depressing; everyone is dying.
- 6. I will never find a place I like.
- 7. I don't have to visit the place first.
- 8. I can only apply to one place at a time.
- 9. I must live in the state of the facility.
- 10. I cannot transfer from one subsidized house to another.
- 11. An applicant can choose the apartment of his/her choice.

Questions to Ask and What to Watch Out for:

- 1. Would I have to move out if I become frail, ill or disabled?
- 2. Are there accommodations for aging-in?
- 3. Are there rigid policies stating limitations?
- 4. What are the house rules? Read and understand them.
- 5. What are the Pet rules? Read and understand them.
- 6. Is there a meal program and what is the cost?
- 7. Be sure to read the Resident Rights Statement.
- 8. Prior to signing a lease, be sure to read a copy of the lease.
- 9. Is the apartment ready for occupancy?
- 10. One would want to see:

A clean, freshly painted apartment with safe or new floor coverings/finish All systems cleaned and working properly (especially electricity and plumbing) Functioning windows – try to open a bottom sash.

The Search for Affordable Housing - A Business Plan, 2018

suggested by Joseph Breed, formerly Executive Director of St. Margaret's House, NY, NY

First Things First - Organize!

- 1. Organize yourself set aside an area for paperwork.
- 2. Purchase a fine black tip marker (so you can read your writing)
- 3. Purchase some file folders and a pouch to hold them.
- 4. Acquire a small note book for address, names, numbers.
- 5. Develop a log book of calls you make for each Housing call.
- 6. Get business cards: Name, address, telephone, email address.
- 7. If you don't have an email address, go to the library and learn how to create and access an email account you will need this.
- 8. Get a calendar for the housing search only.

Second - Find an assistant!

- 1. A younger person is ideal.
- 2. This assistant will accompany you on your trips to the various housing sites you have chosen.
- 3. Two sets of eyes, noses, ears is much, much better than one!
- 4. This is your assistant, so when the time comes, you do the talking.
- 5. If the conversation is directed to the younger person, redirect it to you.
- 6. The assistant should take notes for you as you will be far too busy to do so affectively.
- 7. The assistant should prompt you if you have forgotten to ask for something.

Third - Find Resources

- 1. Read the newspapers that advertise the opening of the application process for affordable housing take notes plan to visit immediately and get details.
- 2. Go onto the web and look up HAFOP Housing Directory, by zip code.

- 3. Go to the NYC Department of Aging housing listings for names and numbers.
- 4. Go to your local social service agencies and enlist their assistance in identifying good housing opportunities in your neighborhood that you will qualify for.
- 5. Choose five different agencies you think might be candidates.
- 6. First screen each agency by telephone and make notes on your impressions.
- 7. Open a file for each of these agencies as you will be visiting them and keeping a call log of when you have called.

Fourth - The Visit

- 1. Bring your assistant.
- 2. Dress up look good feel good present well.
- 3. At the security desk or reception area, ask for the manager.
- 4. Present your business card calling card.
- 5. If the manager is not available ask for the assistant or the social worker, admissions person.
- 6. If they are not available ask: "Who is available?"
- 7. Present that person with your card and ask to be placed on the waiting list.
- 8. No List! Ask how does your application process work? Make notes,
- 9. Ask for any literature, schedules etc.
- 10. Ask how often you should call to determine when the application process will begin.
- 11. Ask if you may wander around for a look see.
- 12. Talk to residents, visitors, staff, especially the security people who know everything that is happening.
- 13. Look for security equipment: cameras, video displays, locked doors, surveillance.
- 14. Look for good housekeeping, polite staff, happy, well adjusted, good looking residents, tenants.
- 15. Check out the neighborhood for easy to get to stores and safety, hills, lights.

Fifth - Homework

- 1. Back at home make notes in the file for the house you just visited.
- 2. make plans for a second visit you want to be known by the staff at the home and you want to see it at different times with different people.

- 3. Note on your calendar your next visit, perhaps a month away and your next phone call, perhaps six weeks down the road.
- 4. If the application process is underway, make notes on your calendar of important deadline dates to be sure you meet them.
- 5. If you don't understand something do not be afraid to clarify what it is you want to understand; Be Bold!
- 6. Read the application process carefully and have your assistant read it and comment on it. Understand it.
- 7. Follow the instructions carefully a missed date could cost you dearly!

Sixth - The Decision

- 1. Be flexible and nimble and when the opportunity comes leap at it! Don't hesitate! Affordable apartments are like rare pearls and will be snatched up quickly.
- 2. When you go to sign the lease bring your assistant with you this will stabilize the environment.
- 3. After signing the lease ask to see the apartment and check it out carefully.
- 4. Any apparent problems you see make known. Run the water, check for hot water, flush the toilet, check the fridge, wall heating elements etc. Remember, this apartment is now yours get the keys and ask for the house rules.
- 5. The home you get into may not be your first choice but it is a beginning, move in.
- 6. When the favorite comes up and is available you can move into it at that time.
- 7. If you have a spell in rehab/nursing home keep your process moving, this where an assistant can be very helpful.
- 8. If you need to down size (who doesn't?) do it, grit your teeth and start the old heave ho and get rid of whatever you can. The lighter your load the easier it is to move.
- 9. Remember This is a process, takes time, takes patience!

Good Luck!!

Affirmative Fair Housing Marketing Plan Media (Met approval of federal regulators)

Suggested by Joseph Breed, formerly Executive Director of St. Margaret's House, NY, NY

These are the media outlets through which you will find listings for affordable housing that is about to become available.

The information will appear in the form of an announcement or an advertisement.

- 1. Indian Country Today (weekly)
- 2. Amsterdam News (weekly)
- 3. El Diario (daily)
- 4. Filipino Reporter (weekly)
- 5. Able Newspaper (monthly)
- 6. Irish Echo (weekly)
- 7. Russian Bazaar (weekly)

The rule of thumb: Look for papers and magazines that are focused on minority interests and members of our society.

Social Service Agencies

- American Indian Community House; 212-598-0100, 331-901-0011
- Institute for Puerto Rican/Hispanic Elderly; 646-654-0450
- Philippine Human Services; 718-883-1295
- Chinese American Planning Council; 800-662-1220
- Search & Care; 212-289-5300
- Good Shepherd Services; 212-243-7070
- Services for the Underserved (SUS); 212-633-6900

Community Contacts and Agencies

Suggested by Joseph Breed, formerly Executive Director of St. Margaret's House, NY

New York City Council Members

Find your Manhattan Council Member on the web under Manhattan Council Members. There are ten members representing all of Manhattan by region. (an excellent source for assistance)

Community Boards Find your community board on the web under NYC Community Boards. There are 12 boards covering all of Manhattan by region. Ask for Senior Resources.

Housing by Non Profit and city sponsored housing:

- New York Foundation for Senior Citizens
- JASA Housing Management
- West Side Federation for Senior Housing
- James Lenox House Association
- ArchCare
- Village Care
- Isabella Home Housing company
- Goddard Riverside Settlement Housing
- Phipps Houses Services, Inc.
- Metropolitan Council on Jewish Poverty
- Salvation Army
- Chinese American Planning Council
- West End Residences HDFC, Inc.
- NYCHA New York Housing Authority

Borough of Manhattan, New York City Zip codes

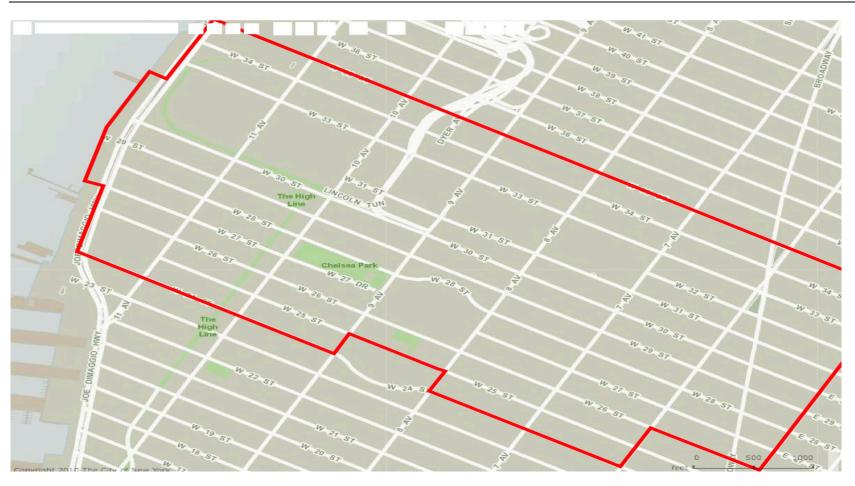


Senior Housing possibilities found in these Manhattan zip codes:

10001	10021	10032
10002	10022	10035
10003	10023	10036
10009	10024	10037
10010	10025	10038
10011	10026	10039
10013	10027	10040
10014	10028	10065
10016	10029	10075
10017	10030	10128
10019	10031	10282

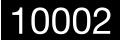
10001

http://maps.nyc.gov/doitt/nycitymap/



10001

RESIDENCE	CE TYPE OF HOUSING SPONSOR AND/OR MANAGER	
Chelsea Houses Addition 430 West 26 th Street New York, NY 10001	Adult Home One of many under the auspices of NYCHA Specific residences may not be requested.	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at https://www1.nyc.gov/site/nycha/eligibility/apply.page



http://maps.nyc.gov/doitt/nycitymap/ Stuyvesant Washington Square Park EAST Tompkins Square SOHO Fish Park TRIBEGA Seward Park WORLD Coleman Corlears Hook Park Square Playground 1000 2000 feet -

10002

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
	Section 202 (HUD) Supportive	T.U.C. Management
David L. Podell House	Housing for very low-income 62+	212.765.7900, 212.238.7897
179 Henry Street	Some apartments for disabled 18+	The Educational Alliance
New York, NY 10002	Section 8 with social workers	200 W. 57 th St., Suite 702
,	49 units; wait list closed.	http://www.edalliance.org/older_adults
	210 bed skilled nursing facility and	
Gouverneur Health	rehabilitation	(212) 238-7897, (212) 925-5000
(Hospital)	Medicare and Medicaid, JCAHO	http://www.nychealthandhospitals.org/gouver
227 Madison Street	2017 U.S. News & World Report	<u>neur/</u>
New York, NY 10002		
		Two Bridges Neighborhood Council
Helen Harris Building	Section 202 (HUD) 109 unit senior	212.566.2729
80 Rutgers Slip	apartments. Supportive Housing for very	https://twobridges.org/programs-and-
New York, NY 10002	low-income elderly with rent subsidies and	projects/affordable-housing/
,	other support services.	Grenadier Realty Corp 212.267.3296
		https://www.hoursguide.com/grenadier-realty-
		corporation/new-york/6296496/

Continued 10002

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
		Asian American Federation
Hong Ming Housing for the Elderly	Section 202 (HUD) Supportive	Housing Management Corp.
50 Norfolk Street @ Grand Street	Housing for very low-income elderly	212.475.7730
New York, NY 10002	with rent subsidies and other support	Apply to residence enclosing stamped,
	services	self-addressed envelope.
	No vouchers needed, waiting list	http://www.aafederation.org/directory/s
	(No longer NYCHA)	earch.asp?agencyid=90
		NYC Housing Authority (NYCHA)
LaGuardia Houses Addition	Adult Home	https://www1.nyc.gov/assets/nycha/do
250 Madison Avenue	One of many under the auspices of	wnloads/pdf/La Guardia.pdf, Call 311,
New York, NY 10002	NYCHA	718.707.7771 or 212.306.3000 for
	Specific residences may not be	application or Download at
	requested.	https://www1.nyc.gov/site/nycha/eligibi
		lity/apply.page
		New East Side Nursing Home, LLC
New East Side Nursing Home	58 Certified beds	Wayne Orlowitz 212.673.8500,
25 Bialystoker Place @ Willett Street	For-profit corporate ownership	https://www.medicare.gov/nursinghom
New York, NY 10002	Medicaid and Medicare Certified	<u>ecompare/profile.html -</u>
		profTab=0&ID=335517&loc=10002⪫=
		40.7135097&lng=-
		73.9859414&name=NEW EAST SIDE
		NURSING HOME&Distn=0.3

Continued 10002

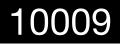
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
New Governeur Hospital Skilled Nrsg 227 Madison Street New York, NY 10002	255 bed skilled nursing facility and rehabilitation Medicare and Medicaid, Top Performing US News & World Report	NYC (212) 238-7897, (212) 925-5000 https://www.nychealthandhospitals.org/g ouverneur/?nycGovRedirect https://health.usnews.com/best-nursing- homes/area/new-york-ny
Ridge Street Gardens 80 Ridge Street New York, NY 10002	Section 8 eligible, subsidized, enriched low-income housing with elevators; services for low income seniors with modern kitchens and bathrooms. One hot meal served daily. Communal dining area and socialization space for residents.	NY Foundation for Sr. Citizens Grenadier Realty 212.598.4148, 212.369.5523, downloadable application http://www.nyfsc.org/wp-content/uploads/2017/12/Ridge-Street-Gardens-EHP-Application.pdf





10003

RESIDENCE	TYPE OF HOUSING	SPONSOR and/or MANAGER
Evelyn and Louis Green Residence at Cooper Square 200 East 5 th Street New York, NY 10003	Senior Housing Low-to-moderate income rental apartments with some social services 150 units/14 floors Wait list closed Housing and supportive services to Cooper Square HDF JASA Housing Management 212.598.9088, 212.273.5272 https://www.jasa.org/locate/manha	
Moravian Open Door 347 East 18 th Street	New York's homeless, distressed and underserved older population.	First Moravian Church 212.995.5810
New York, NY 10003	501(3)c - 41 beds	http://www.moravianhouse.org
The Penington Friends House 215 East 15th Street New York, NY 10003	24 long-term rooms Housing, shared baths, common spaces, some dinners. Housekeeping duties shared. Ages vary. Preference given to Religious Society of Friends members and those having the same ideals.	Religious Society of Friends 212.673.1730 http://www.penington.org
Robert Mapplethorpe Residential Treatment Facility Mount Sinai/Beth Israel 327 East 17 th Street (1 st & 2 nd Aves) New York, NY 10003	Nonprofit Residential Treatment Facility Full medical and social services for those with HIV/AIDS 28 beds ; Medicare & Medicaid accepted Other services Ndt. Sinai/Beth Israel 212.420.5690 Joshua Berkowitz, Administrat http://www.wehealny.org/service _aidsservices/Mapplethorpe.ht	







RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Alliance Apartments For The Elderly	See Harry and Jeannette Weinberg below	
Casa Victoria 308 East 8 th Street New York, NY 10009	Section 202 (HUD) 80 units of Supportive Housing for very low-income elderly with rent subsidies and other support services	Lower East Side Coalition for Housing Development, Inc. Evergreen Management Company 212.677.4772 http://www.leschd.org/our-buildings
Dona Petra Santiago Apartments 717 East 9th Street New York, NY 10009	Section 202 rental assistance 57 units of affordable senior housing	Lower East Side Coalition Housing for Housing Development, Inc. 212.677.4772 http://www.leschd.org/our-buildings http://www.leschd.org/leschd_build/717-e-9thst
George Daly House 269 East 4th Street New York, NY 10009	Short term Transitional Housing and Homeless Services for those 45+ 88 single and double occupancy rooms	N Y Federation for Senior Citizens, Inc. 212.260.9825 http://www.nyfsc.org/housing- services/transitional-housing-and- services-for-the-homeless/

continued 10009

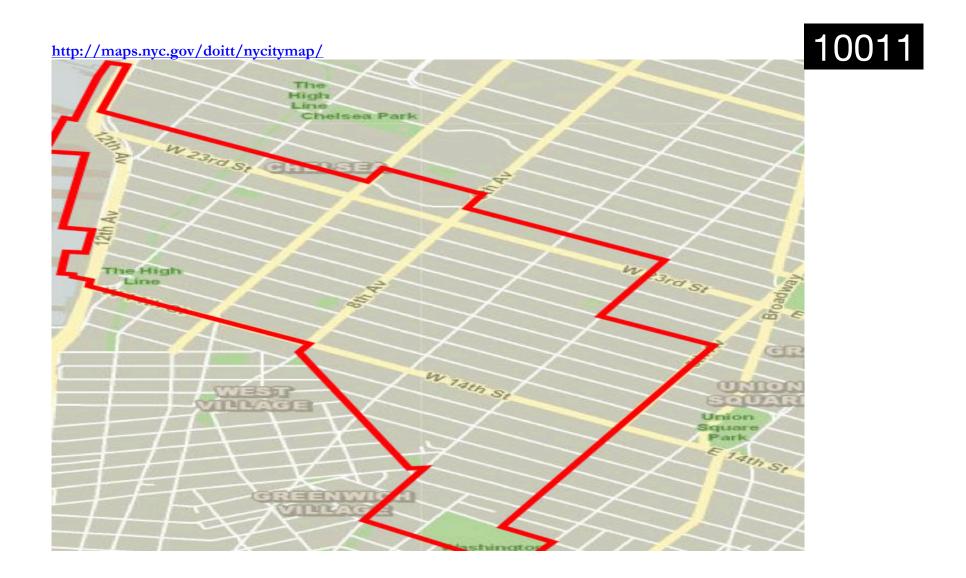
DEGIDENCE.	T/DE 05 H0H0::0	
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Harry and Jeannette Weinberg	Section 8 Low Income	The Educational Alliance
Alliance Apts. for the Elderly	Housing Independent	646.602.9026, Info@Edalliance.org
174 Avenue A (E. 11th -E. 12th St)	living for 62+	T.U.C. Management Company
New York, NY 10009	Social worker available	212.865.6985
,	50 units	http://www.edalliance.org/older_adults
	Wait list closed	Applications needed.
		NYC Housing Authority (NYCHA)
Meltzer Towers	Public Housing Built	https://www1.nyc.gov/assets/nycha/downloads/pdf/Meltzer
94 East First Street	Exclusively for the	<u>Tower.pdf</u>
New York, NY 10009	Elderly under the	Call 311, 718.707.7771 or 212.306.3000
·	auspices of NYCHA	for application or Download at
	Specific residences may	https://www1.nyc.gov/site/nycha/eligibility/apply.page
	not be requested	http://www1.nyc.gov/assets/nycha/downloads/pdf/Meltzer
	-	<u>Tower.pdf</u>
Tanya Towers	New York City Mitchell-	The Jewish Board
620 East 13 th Street	Lama Built or Set-aside	646.350.2880
New York, NY 10009	for the mentally ill	https://jewishboard.org/listing/tanya-towers/
	Adults, deaf and hearing	
	impaired	
	40 units	

10010



10010

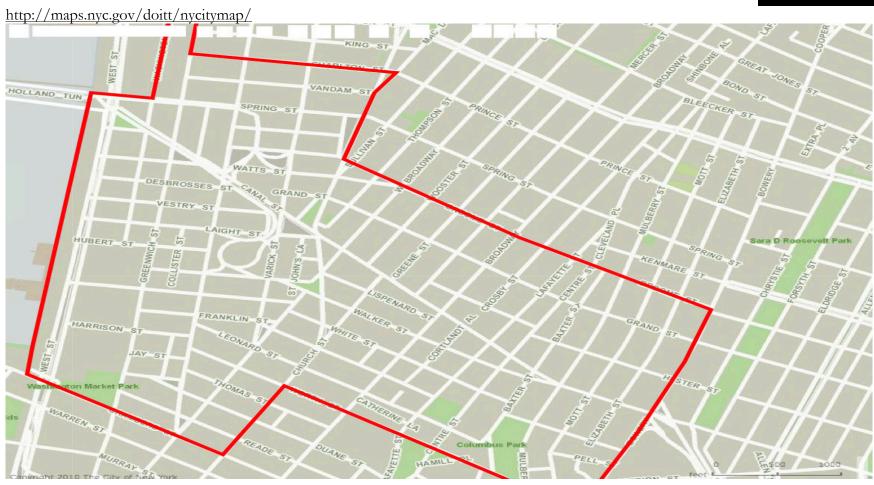
RESIDENCE	RESIDENCE TYPE OF HOUSING	
		Met Council on Jewish Poverty
332 East 22 nd Street (1 st -2 nd Avenues)	Supportive Housing	212.453.9519
New York, NY 10010	13 one-bedrooms, 1 studio for	https://www.metcouncil.org/
	moderate income seniors 62+ with	https://www.metcouncil.org/housing-
	less than 80% of median area income	<u>for-the-elderly</u>
	Short Waiting List – check website	Mail application to 77 Water Street,
	Downloadable application	26 th floor, NY, NY 10005
Mira Lederer Salomon Residence	Supportive Housing	Met Council on Jewish Poverty
141 East 23 rd Street (Lexington)	1 studio, 18 one-bedrooms for	212.453.9519
New York, NY 10010	moderate income seniors 62+ with	https://www.metcouncil.org/
	less than 80% of median area income	Mail application to 77 Water Street,
	Short Waiting List - check website	26 th floor, NY, NY 10005
	Downloadable Application	





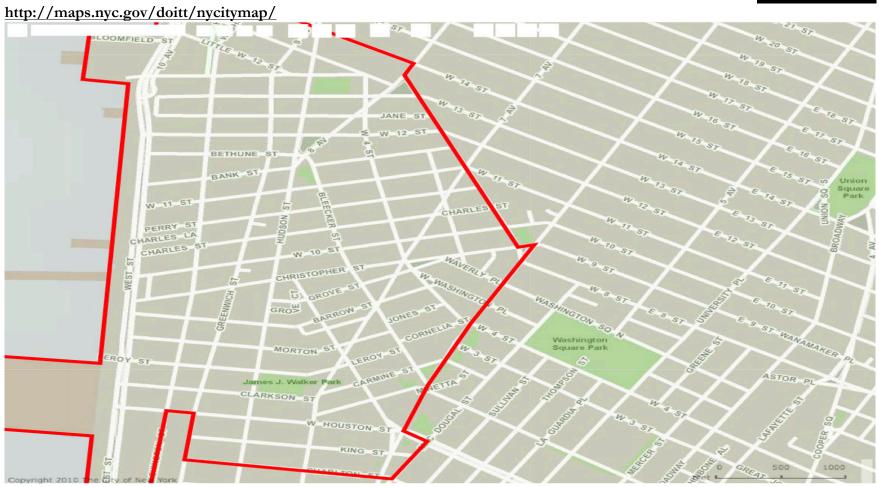
RESIDENCES	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Frederick Fleming Residence 443-445 West 22 nd Street New York, NY 10011	Documented periods of homelessness, serious mental illnesses – 47 beds Certificate Number 420-E-374	West Side Federation for Senior Housing 212.242.5277 http://www.wsfssh.org/buildings/frederic-fleming-house/





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Everlasting Pine Housing Development 96 Baxter Street New York, NY 10013	Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies and other support services	Chinese American Planning Council Phipps Houses Services, Inc. 212.966.8496, 212.966.0409 212.243.9090 http://www.phippsny.org/ http://www.nychinatown.org/storefronts/baxter/96baxter.html





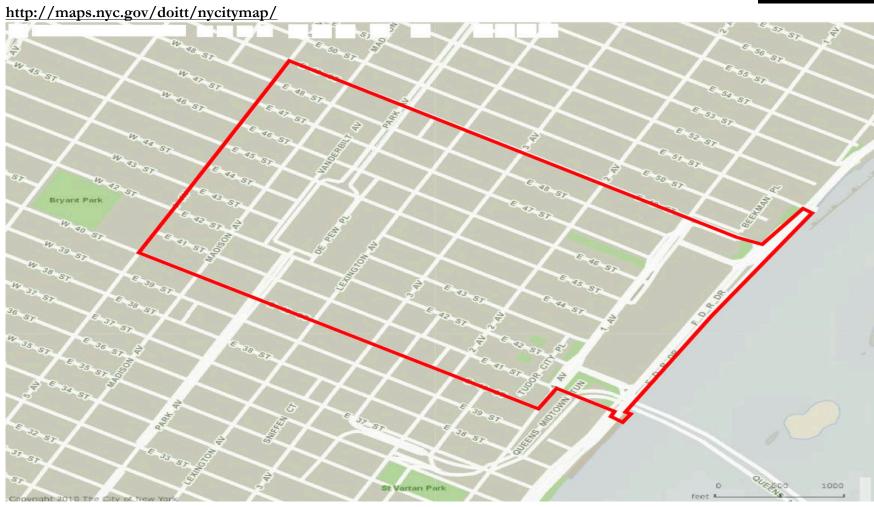
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Bailey-Holt House 180 Christopher Street New York, NY 10014	Nation's first congregate residence for people living with HIV/AIDS SHAP accepts referrals from HASA	Bailey House, Inc. 212.633.2500 http://baileyhouse.org/services/bailey- holt-house http://baileyhouse.org/
Village Care Rehab & Nursing Center 214 West Houston Street New York, NY 10014	200 bed center Post-Acute Rehabilitation and Nursing care to prepare patients to return home Top Performing in <u>US News & World</u> Report - Best Nursing Homes 2018 http://health.usnews.com/best-nursing-homes/search?location=10014&name=village Care	VillageCare 120 Broadway # 2840 New York, NY 10271 212.337.9400, 212.337.5600 http://www.villagecare.org/residentialc are/vcrnc/ https://www.medicare.gov/nursingho mecompare/results.html - loc=10014⪫=40.7366138&lng=- 74.0094471

10016

http://maps.nyc.gov/doitt/nycitymap/

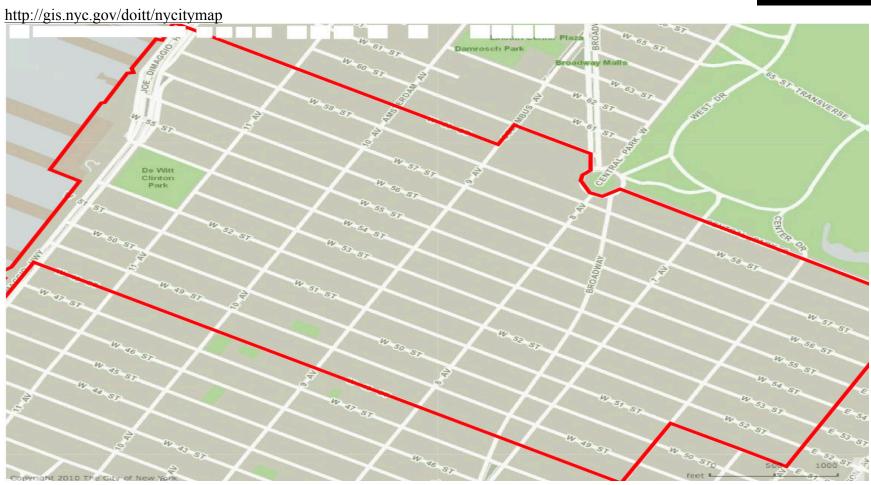


RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
385 Third Avenue (27 th -28 th Streets) New York, NY 10016	Supportive Housing 48 units for those 62+ with incomes less than 60% of median area income 10 studios, 38 one-bedrooms Downloadable application	Met Council on Jewish Poverty 212.453.9519, 212.422.0470, https://www.metcouncil.org/housing- for-the-elderly https://www.metcouncil.org/ Mail application to 77 Water Street, 26 th floor, NY, NY 10005
The Harry and Jeanette Weinberg Senior Residence 171 Lexington Avenue (E. 31 st – E 32 nd) New York, NY 10016	Supportive Housing 41 units for those 62+ with incomes less than 80% of median area residents - 19 studios, 19 one- bedrooms, 2 two-bedrooms Downloadable application	Met Council on Jewish Poverty 212.453.9519, 212.422.0470 https://www.metcouncil.org/housing- for-the-elderly https://www.metcouncil.org/ Mail application to 77 Water Street, 26 th floor, NY, NY 10005



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
228 East 46 th Street (2 nd -3 rd Aves)	Supportive Housing	Metropolitan Council on
New York, NY 10017	18 one-bedroom units for those 62 +	Jewish Poverty
	with incomes less than 80% of median	212.453.9519, 212.422.0470,
	area residents; garden and	https://www.metcouncil.org/housing-
	greenhouse	for-the-elderly
	Downloadable application	https://www.metcouncil.org/
		Mail application to 77 Water Street,
		26 th floor, NY, NY 10005

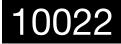




RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
The Aurora	see Dorothy Ross Friedman Residences	(see Dorothy Ross Friedman below)
Clinton Gardens (Ninth Avenue) 404 West 54 th Street New York, NY 10019	Section 202 (HUD) Supportive Housing for the very low-income elderly 30-40% Enriched 100 Studios, One-bedrooms NYS # 420-5-376	Rafael Broemer NY Foundation for Sr. Citizens 212.489.9339; 212.369.5523 or 212.598.4148 http://www.nyfsc.org/services/housing_buildings.html
Dorothy Ross Friedman Residences (formerly The Aurora) 475 West 57 th Street New York, NY 10019	Independent Living with supportive services primarily for those from the entertainment industry. Serving seniors, disabled, low income working professionals and those with HIV/AIDS 178 units of supportive housing	The Actors Fund Common Ground Mgmt. 212.262.4502, 212.489.2020 http://actorsfund.org/services-and- programs/housing/dorothy-ross- friedman-residence-formerly-aurora
Harborview Terrace 525 West 55 th Street New York, NY 10019 (11th Avenue)	Public Housing Built Exclusively for the Elderly; 377 apartments One of many under the auspices of NYCHA; Specific residences may not be requested. Downloadable application	Management Amsterdam Houses 212.757.1051 https://www1.nyc.gov/assets/nycha/downloads/p df/Harborview Terrace.pdf NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at https://www1.nyc.gov/site/nycha/eligibility/ap ply.page
		http://www.nyc.gov/html/dfta/downloads/pdf/benefits/housing_manhattan.pdf



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
		CCC of The Archdiocese of NY
Archcare at Mary Manning Walsh	Rehab & Nursing Home	ArchCare at Mary Manning Walsh
1339 York Avenue (71st-72nd)	Short and Long Term Rehabilitation	646.475.4800, 212.628.2800 ext. 243
New York, NY 10021	362 beds, nonprofit, corporate	https://www.archcare.org/nursing-
	ownership.	homes/mary-manning-walsh
	Medicare and Medicaid	https://www.archcare.org/nursing-
	Top Performing by	homes/mary-manning-walsh/short-term-
	US News & World Report	<u>rehab</u>
James Lenox House	NYS MITCHELL-LAMA renovated	James Lenox House Association
49 East 73 rd Street (Madison-Park)	and supported	212.288.7379
New York, NY 10021	88 studios and 11 one-bedrooms	http://www.jlhainc.org/
	independent living for those 55+	
	wait list may be closed	
Man, Manning Walak	See Archcare above	
Mary Manning Walsh	See Archicare above	NIVO Housing Authority (NIVOHA)
Dobbino Dione	Public Housing Puilt evalueively for	NYC Housing Authority (NYCHA) https://www1.nyc.gov/assets/nycha/down
Robbins Plaza	Public Housing Built exclusively for	
341 East 70 th Street	the Elderly	loads/pdf/Robbins Plaza.pdf
New York, NY 10021	One of many under the auspices of NYCHA	Call 311, 718.707.7771 or 212.306.3000
	_	for application or Download at
	Specific residences may not be	http://www.nyc.gov/html/nycha/html/assi
	requested.	stance/app_for_pubhsg.shtml





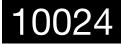
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
		Metropolitan Council on
351 East 54 th Street (2 nd -1 st Aves)	Supportive Elderly Housing	Jewish Poverty
New York, NY 10022	12 studio units for moderate income	212.453.9519, 212.422.0470 <mark>,</mark>
,	seniors (62 +) with incomes less than	https://www.metcouncil.org/housing-
	80% of area median income;	<u>for-the-elderly</u>
	May be filled, waiting list	https://www.metcouncil.org/
	Downloadable application	Mail application to 77 Water Street,
		26 th floor, NY, NY 10005

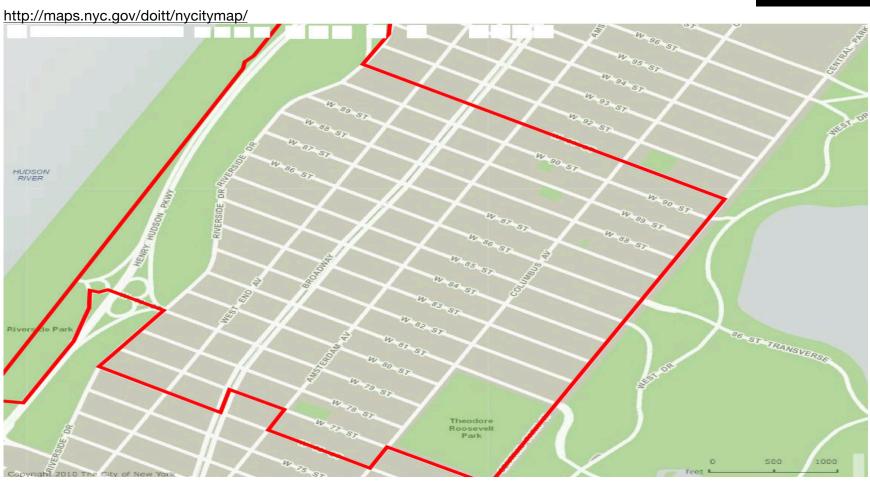






RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
305 West End Residences 305 West End Avenue (W. 74 th) New York, NY 10023	Market Rate Senior Housing High-end Independent and Assisted Living, with meals and services,	Engel Burman Group, Marcy Leavitt, Exec. Director 212.886.0783 https://305westendassistedliving.com/ - first-
100 101K, 111 10020	Two floors for those living with Memory Disorders	section http://www.engelburman.com/305westend.php
Hamilton House 141 West 73 rd St. @ Columbus New York, NY 10023	174 Studios, one and two bedrooms for seniors 62+ Wait List for one bedroom is closed	Find Aid for the Aged, Inc. 212.579.7881 http://www.projectfind.org/hamilton http://www.projectfind.org/how_to_apply
The Hargrave House 111 West 71st Street (near Columbus Ave.) New York, NY 10023	112 studio apartments for independent seniors 62+ Social Workers on site Senior Center on ground floor	Find Aid for the Aged, Inc. 212.579.7881 http://www.projectfind.org/hargrave http://www.projectfind.org/how_to_apply
West 74 th Street Residence 300 Amsterdam Avenue New York, NY 10023	Affordable housing in single or double rooms, supportive social services, full meal service, housekeeping, laundry service, personal care and recreation activities. Trained staff available 24 hours a day to	Ira Stulbaum, Marketing West Side Fed for Sr. Housing 212.595.8983 http://www.wsfssh.org/buildings/west-
	assist with activities of daily living such as bathing, medication and crisis management.	seventy-fourth-street-residence/ http://www.w74street.org/contact- us/applications/

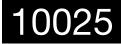


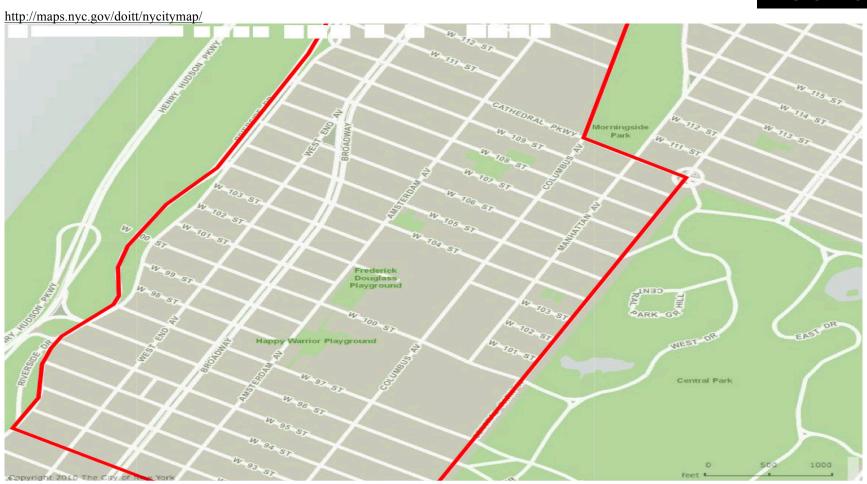




RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Atria West 86 West 86 th Street (Atria) 333 West 86 th Street, New York, NY 10024	"Luxury Senior Living" Independent/Supportive living Studio, one and two bedroom apartments w. kitchens 3 on-site dining venues with chefprepared meals daily Penthouse Fitness Center Rooftop terrace Pet friendly	Atria Senior Living 212.257.3364 https://www.atriaseniorliving.com/retireme nt-communities/atria-west-86/
Capitol Hall 166 West 87 th Street New York, NY 10024	201 SRO units for those vulnerable to homelessness because of age, income and/or disability Daily meals, recreational activities, case management	Roberta Solomon, LMSW, Deputy Exec. Director, Adult & Community Development Goddard Riverside Settlement Housing 212.724.1001, ext. 327 https://www.goddard.org/grcc/programs/housing/capitolhall/
Euclid Hall 2345 Broadway @ West 85th-86 th St. New York, NY 10024	Section 8 Supportive Enriched SRO Housing 273 rooms for formerly homeless and preexisting tenants; 24 hour security and social services Primary Population Elderly	West Side Federation for Senior Housing 212.721.6032 ext. 1001 http://www.wsfssh.org/buildings/euclid-hall/ http://www.wsfssh.org/wsfssh/wp-content/files_mf/1337176657EuclidHallws.pdf

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
		WSIACA 212.875.0841
Sondra Thomas Apartments	Section 8 Public Housing	NYC Housing Authority (NYCHA)
102 West 91st Street @ Columbus	built exclusively for the Elderly	Call 311, 718.707.7771 or 212.306.3000 for
New York, NY 10024	One of many under the auspices of	application or Download at
·	NYCHA	https://www1.nyc.gov/site/nycha/eligibility/
	Specific residences may not be	apply.page
	requested.	http://www.wsiaca.org/resourcedirectoryedi
		<u>t/?orgID=105</u>
	"Luxury Senior Living"	
West 86 th Street (Atria)	Independent/Supportive living	Atria Senior Living
333 West 86 th Street,	Studio, one and two bedroom	212.257.3364
New York, NY 10024	apartments w. kitchens	https://www.atriaseniorliving.com/retiremen
	3 on-site dining venues with chef-	t-communities/atria-west-86/
	prepared meals daily	
	Penthouse Fitness Center	
	Rooftop terrace	
	Pet friendly	
West End Intergenerational	referred by NYC Dept.	West End Intergenerational
483 West End Ave . @ W.83rd St.	of Homeless Services	West End Residences HDFC, Inc.
New York, NY 10024	Also offers a permanent home with on-	212.870.3360
	site services for 40 55+single adults	http://westendres.org/intergenerational-
	capable of independent living	<u>residence</u>





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Amsterdam Nursing Home 1060 Amsterdam Avenue @ 112th New York, NY 10025	nonprofit 409 beds for short term and long term care + adult day care Rated as one of America's Best Nursing Homes for short and long term care by US News & World Report - 2017-18	Amsterdam House CCRC, Inc. 212.316.7700 http://www.amsterdamcares.org
Echo Apartments 1050 Amsterdam Avenue @ 112th New York, NY 10025	Section 202 (HUD) Supportive Housing for middle and low-income elderly with rent subsidies and other support services, Waiting lists	Phipps Houses Services, Inc. 212.243.9090, 212.663.6750 http://www.phippsny.org/properties/housing/
Fania Gersham House 140 West 105 th St @ Broadway New York, NY 10025	Section 202 (HUD), Section 8 Supportive Housing for 28 very low-income elderly with rent subsidies and other support services	West Side Federation for Senior Housing 212.721.6032 ext. 1001 212.531.4028 or 212.721.6043 http://www.wsfssh.org/buildings/fania- gersham-house/
Jewish Home Lifecare 120 West 106th Street New York, NY 10025	514-bed facility for subacute care, skilled nursing care rehabilitation, long term care and Adult Day Care programs	http://www.jewishhome.org http://jewishhome.org/about-us/the- new-jewish-home/ http://jewishhome.org/locations/manh attan/ 212.870.5000

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
John and Carroll Kowai House 149 Manhattan Avenue (107th St.) New York, NY 10025	SRO supportive Housing/Primary Section 8 Population Elderly 72 rooms 24 hour security and social services	West Side Federation for Senior and supportive Housing 212.721.6032 ext. 1001 http://www.wsfssh.org/buildings/john-and-carroll- kowal-house/
Kurt & Leah Schneider Apartments 11 West 102 nd Street @ CPW New York, NY 10025	Section 202 (HUD) - Section 8 Supportive Housing for very low-income elderly with rent subsidies and other support services - 54 independent apts.	West Side Federation for Senior Housing 212.721.6032 ext.1001, 212.663.0001 http://www.wsfssh.org/buildings/kurt-leah-schneider-apartments/
The Marseilles 230 West 103 rd Street @ Broadway New York, NY 10025	Section 8 housing built or set aside for Independent elderly, physically handicapped - 134 independent studios and one bedrooms 24 hour security, Social worker	West Side Federation for Sr. Housing Grenadier Realty 212.280.2065 or 212.531.4028 http://www.wsfssh.org/buildings/the-marseilles/
Morningside Life Senior Housing 965 Columbus Avenue @ 107th St. New York, NY 10025	14 one-bedroom and 4 studio apts. Other Supportive Housing Assisted Living and Dementia Care	Heritage Health & Housing 212.866.2800 http://heritagenyc.org/morningsideliferesidence.phpht tp://heritagenyc.org/housing-services.php

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Park West House 52 West 105 th St. @ Manhattan Ave. New York, NY 10025	Section 202 (HUD) Supportive Housing for very low-income of all ages with rent subsidies and other support services for those with Mental Illness and Substance Abuse One and two bedrooms	The Bridge, Inc. 248 West 108 th Street 212.665-2531, 212.678.4500 http://thebridgeny.org/about/facts http://thebridgeny.org/programs/housi ng
Red Oak Apartments 135 West 106 th Street @ Amsterdam New York, NY 10025	Transitional shelter 230 apartments Section 8 Housing built or set aside for the for the elderly and handicapped; 24 hr. security and social worker available Long waiting lists	West Side Federation for Senior Housing 212.721.6032/ext.1001 http://www.wsfssh.org/buildings/red- oak-apartments/ http://www.wsfssh.org/wsfssh/wp- content/files_mf/1342187534RedOakw s.pdf
Valley Lodge 149 West 108 th St. @ Amsterdam New York, NY 10025	Transitional shelter for 92 residents ages 50 and older medically and/or mentally frail. 24 hour security, social worker, congregant meals, activities and assistance moving into permanent housing	West Side Federation for Sr. Housing 212.721.6032 ext. 1001, 212.678.0570 http://www.wsfssh.org/buildings/valley -lodge/ http://www.wsfssh.org/wsfssh/wp-content/files_mf/1342187570ValleyLod gews.pdf

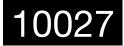
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
The Westbourne 930 West End Avenue @ 106th Street New York, NY 10025	Supportive SRO for 128 formerly homeless and former tenants of various ages with very low income 24 hour front desk & social svcs. Section 8 vouchers	West Side Federation for Sr. Housing 212.721.3062 ext. 1001, 212.864.0942 http://www.wsfssh.org/buildings/thewestbourne/

10026

http://gis.nyc.gov/doitt/nycitymap

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Antlers Apartments 2079 Fred Douglas Blvd (W. 112th, 113th) New York, NY 10026	Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies and other support services. 81 Section 8 rent assisted apartments. Must apply.	Shinda Management Corp. 718.740.0416 https://www1.nyc.gov/site/nycha/eligi bility/apply.page
Cecil Hotel 206 West 118 th Street New York, NY 10026	SRO Housing. Must be referred by shelters	Housing Services, Inc. 212.864.5281
EM Moore Housing 160 West 116 th Street @ 7th/ Nicholas New York, NY 10026	88 rent-assisted units Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies and other support services; Must apply.	Shinda Management Corp 347.534.3200, 718.740.0416 https://www1.nyc.gov/site/nycha/eligi bility/apply.page
Lucille G. Clarke Housing 244-252 West 112 th Street New York, NY 10026	Independent, Assisted living Section 8, (HUD) 60 one bedrooms Supportive Housing for very low- income elderly with rent subsidies and other support services	SFDS Development Corporation 212.289.0425, 212.860.5029

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
The Revella 307 West 103 rd Street New York, NY 10026	Section 8 Newly renovated walk up with 19 studio apartments for formerly homeless and pre-existing tenants Case worker availability and Security	West Side Federation for Senior & Supportive Housing, Inc. 212.280.2065 http://www.wsfssh.org/buildings/t he-revella/
Wyatt Tee Walker Senior Housing 2177 Frederick Douglass Blvd. (8 ^{tth} Ave) New York, NY 10026	Section 202 Supportive Housing One bedroom Independent living with services Must apply	Shinda Management Corp 718.740.0416 Seannette McCray, Manager http://www.shindamc.com https://www1.nyc.gov/site/nycha/ eligibility/apply.page





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
129 th Street Residence 109 West 129 th Street @ Columbus New York, NY 10027	Supportive housing serving 95 very low-income seniors (many formerly homeless) with social services, congregant meals, security and more. Single and double rooms Waiting lists	West Side Federation for Senior and Supportive Housing 212.721.6032 ext. 1001 212.348.8513 or 212.721.6032 http://www.wsfssh.org/buildings/129th -street-residence/
Joseph J. Yancey Jr. Houses 140-146 West 142 nd St. @ Malcolm X New York, NY 10027	Section 8 Section 202 (HUD) Supportive housing for very low-income elderly with rent subsidies and other support services. 65 assisted living units. Waiting lists.	Phipps Houses Services, Inc. 212.243.9090 http://www.phippsny.org/properties/housing/
Logan Gardens 450 West 131st St. @ Covenant New York, NY 10027	Section 202 (HUD) Supportive 103 rent-assisted units housing for very low-income elderly with rent subsidies and other support services	Logan Gardens, LLC Wavecrest Management Team 718.463.1200, 212.926.0250 http://wavecrestmanagement.com/wavecrest/company/highlights/

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Mannie L. Wilson Towers 565 Manhattan Ave. @ 123rd St. New York, NY 10027	Section 202 (HUD) 102 units Supportive housing for very low- income elderly with rent subsidies and other support services. Application List closed.	Phipps Houses Services. Inc. 212.243.9090, 212.280.1275 http://www.phippsny.org/properties/housing/
St. Mary's Center, Inc. 516 West 126th Street New York, NY 10027	Nursing Home and Skilled Nursing 40 bed Facility for patients with AIDS Medicaid and Medicare accepted Top Performing by US News & World Report	St. Mary's Center, Inc. 212.662.1826, 212.665.5992 http://health.usnews.com/best- nursing-homes/area/ny/st-marys- center-inc-335762 http://stmarysharlem.com/



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
The NCS Residence 211 East 81st Street @ 3rd Avenue New York, NY 10028	Supportive housing and services for 65 formerly homeless single adults and young adults (18-25) 24 hour support staff	Margarita Ramos 917.677.4460 Neighborhood Coalition for Shelter 50 Broadway # 1301. 212.537.5100, 917.677.4450 http://ncsinc.org/programs_and_services.html





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Archcare Terence Cardinal Cooke Health Care Center 1249 Fifth Avenue @ 106th St. New York, NY 10029	Continuing-Care Center 130 bed Central Park Short Term Rehabilitation; Long Term care facility serves people with developmental disabilities, the elderly and those with	Archcare at Terence C Cooke 212.360.1000, 212.360.3980 https://www.archcare.org/ https://www.archcare.org/short-term- rehab/terence-cardinal-cooke https://www.archcare.org/nursing-
	chronic illnesses	homes/terence-cardinal-cooke
Bonifacio Cora Pexidor 3-17 East 116 th Street @ Fifth Ave. New York, NY 10029	Section 202 (HUD) Supportive Senior Housing for very low-income 98 rent-assisted section 8 units with rent subsidies and support services. Also has a Senior Center 60+	Multifamilymgt.com ARCO Management Corp. TUC Management Co. 212.926.3283 http://www.multifamilymgt.com/family- companies.html https://www.nyconnects.ny.gov/service s/bonifacio-cora-texidor-senior-center- sofanypp1387
Carlos M. Rios Senior Housing 335 East 105 th Street New York, NY 10029	Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies 101 units; waiting lists	Hope Community, Inc. 212.860.8821 Property Management, Ext. 400 http://www.hopeci.org/ http://www.hopeci.org/sites/default/files/ s/Carlos Rios English Application.pdf

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Casita Park Housing for the Elderly 100 East 112th Street New York, NY 10029	Section 202 (HUD) supportive housing with subsidies & services	212.289.5100, 631.421.7371
Corsi Houses (Jefferson) 301 East 117th Street @ 2nd Ave. New York, NY 10029	NYCHA Public Housing built for elderly - 170 apartments Specific residences may not be requested Applications required	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at https://www1.nyc.gov/assets/nycha/downloads/pdf/Corsi Houses.pdf
Lott Assisted Living Residence 1261 Fifth Avenue @ 108th Street New York, NY 10029	Supportive Housing for seniors - nonprofit Assisted Living with services Medicaid accepted	Lott Community Development Corp. 212.534.6464, https://lottresidence.org/ https://lottresidence.org/wp- content/uploads/2015/07/appnicole_20 150728032833.pdf
Mount Pleasant Apartments 421 East 116 th Street @ 1st Avenue New York, NY 10029	Section 202 Supportive Housing 127 One bedroom units Independent living with services Must apply	Concord Management of NY 212.410.3153 http://concordny.com/for-rent/click on "For Rent" tab

Continued 10029

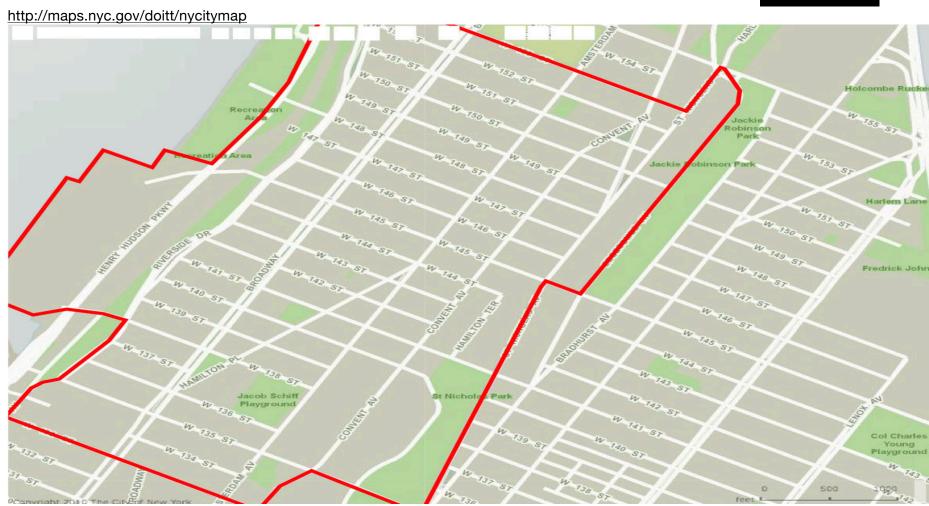
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Gaylord White Houses 2029 Second Avenue @ East 104th St New York, NY 10029	248 units Public Housing Built Exclusively for the Elderly One of many under the auspices of NYCHA. Specific residences may not be requested.	Metro North Consol. 212.831.4523 NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page

10030

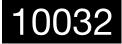
http://maps.nyc.gov/doitt/nycitymap/



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
John Paul II Apartments West 141 st St. (Adam Clayton Powell Blvd) New York, NY 10030	68 units Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies and other support services	Wavecrest Management Team 212.926.0250, 718.463.1200 http://wavecrestmanagement.com/wave crest/company/highlights/
P.S. 139 Conversion 120 West 140 th Street New York, NY 10030	Section 8 HUD Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA Specific residences may not be requested.	Drew-Hamilton: 212.862.2500 NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibilit y/apply.page



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Corner House 131 Edgecombe Avenue (141 st St) New York, NY 10031	34 furnished studio apartments On-site staff, case managers for psychiatric care, meals and more for formerly homeless, mentally ill adults and elders	Sayeeda Mentor, Director 212.926.7688 Goddard Riverside Community Center Georgiette Morgan Thomas 212.926.7688 212.926.7688, 212.873.6600 http://www.goddard.org/page/corner-house-95.html
Council House 526 West 152 nd Street New York, NY 10031	Section 202 (HUD) Section 8 Transitional Supportive Housing for single adults with severe and persistent mental illness. 21 one bedroom units, support services HRA form 2010-E approval necessary	Heritage Healthcare Center 212.862.0054 Heritage Headquarters 212.866.2600 212.491.3660, 212.866.2600, http://heritagenyc.org/councilhouse.php





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Audubon Apartments Houses 1909 Amsterdam Ave. @ W. 154- 154th New York, NY 10032	167 apartments Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA Specific residences may not be requested.	NYC Housing Authority (NYCHA) 212.234.7474, Call 311 or 718.707.7771 or 212.306.3000 or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page https://my.nycha.info/DevPortal/Portal
Bethune Gardens West 156th St.@ St, Nicholas & Amsterdam New York, NY 10032	210 apartments for seniors Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA Specific residences may not be requested	Managed from Audubon Houses NYC Housing Authority (NYCHA) 212.234.7474, Call 311 or 718.707.7771 or 212.306.3000 or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page https://www1.nyc.gov/assets/nycha/downloads/pdf/Bethune Gardens.pdf
Fort Washington Houses 99 West 155 th Street New York, NY 10032	Public Housing built exclusively for the Elderly Specific residences may not be requested.	NYC Housing Authority (NYCHA) 212.234.7474, Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page

Continued 10032

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Prince Hall Plaza 460 West 155 th Street New York, NY 10032	97 assisted studio and one bedroom apartments - Section 8 Section 202 (HUD) Supportive Housing for very low-income elderly with rent subsidies and other services	Multifamilymgt.com ARCO Management Corp. TUC Management Co. 212.926.3283 http://www.multifamilymgt.com/family-companies.html
Thurgood Marshall Plaza 1970 Amsterdam Avenue @ W. 157th Ne York, NY 10032	Public Housing built exclusively for the Elderly Managed from Audubon Apartments One of many under the auspices of NYCHA Specific residences may not be requested.	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page
Washington Heights URA (Site B) 1970 Amsterdam Avenue (West 176th - 177th Streets) New York, NY 10032	Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA - 232 apartments Specific residences may not be requested.	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page

10035

http://maps.nyc.gov/doitt/nycitymap/





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
A. Kornegay Senior Housing 2099 Lexington Avenue New York, NY 10035 Bethany Development Outreach 63 West 124th Street	Section 202 Section 8 assisted living Supportive Housing for the elderly - 89 units 7 story, 56 units Section 202 (HUD) Supportive Housing for very low-income elderly	A. Kornegay Senior Housing 212.677.4181 Prestige Management, Inc., 212.239.6785, 718.822.7377 http://www.prestigemgt.com/about.htm Bethany Baptist Church and Development Outreach
New York, NY 10035	with rent subsidies and other support services - 24 hr. Security	212.427.0320 http://developmentoutreachinc.com/senior_housing_MMhtml
Casabe Housing for the Elderly 150 East 121 st Street New York, NY 10035	Section 202 supportive housing for the elderly 124 or 136 rent assisted units 119 one bedroom units 5 two bedroom units	Casabe Houses Assoc., LLC 212.722.2205, 212.410.6030 Foxy Management, LTD 718.993.6737 http://www.nycservice.org/organizations/893
EastView Independent Senior Living Complex and Residences 2306 Third Avenue New York, NY 10035	Independent Living for 55 + for working professionals and retirees Monthly rent includes breakfast and dinner, weekly housekeeping and linens; modern gym for aerobics and workouts; various classes, movies, musical performances and more.	Owner and operator The Salvation Army Retta Blaney, Head of Marketing 212.316.6002, ext.202 https://www.eastviewnyc.com/

Continued 10035

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
El Cemi Housing	SRO Housing	El Cemi Housing Dev. Corp
250 East 117 th Street (3rd-Lex)	51 units Supportive housing for	212.831.2135, 212.677.4181
New York, NY 10035	formerly homeless and senior citizens	
Henry J. Carter Skilled Nursing	1,389 beds Rehabilitation, skilled	NYC Health & Hospitals
1752 Park Avenue @ E. 122nd Street	nursing and long-term acute care	646.686.0000
New York, NY 10035	Pulmonary care. Ventilator weaning	https://www.nychealthandhospitals.org/ca
·	Medicare Medicaid certified	<u>rter</u>
	Top Performing by US News and	
	World Report	
		Mount Sinai Hospital, 800.637.4624
Linkage House	Section 202 (HUD) Supportive	T.U.C. Management Company
309 East 118 th Street	Housing for very low-income elderly	212.876.8328, 212.865.6985
New York, NY 10035	with rent subsidies and other support	http://www.mountsinai.org/patient-
	services	care/service-areas/alzheimers-
		disease/areas-of-care/linkage-house
		NYC Housing Authority (NYCHA)
Morris Park Sr. Citizens Home	Public Housing built exclusively for	Call 311, 718.707.7771 or 212.306.3000
17 East 124th Street (Madison Ave.)	the elderly. One of many under the	for application or
New York, NY 10035	auspices of NYCHA. Specific	http://www1.nyc.gov/site/nycha/eligibility/
	residences may not be requested	apply.page

Continued 10035

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Northern Manhattan Rehab & Nursing 116 East 125th Street New York, NY 10035	320 bed continuing health care facility - short and long-term rehabilitation	NMRNC 212.426.1284 http://nmrehab.org/index.html
U.P.A.C.A. Gardens (Site 5) 1980 Lexington Avenue New York, NY 10035	Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA - Specific residences may not be requested. Elevators, laundry room	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or https://selfserve.nycha.info/eservice_en u/start.swe?SWECmd=Login&SWECM =S&SRN=&SWEHo=selfserve.nycha.inf o - no-back-button http://www1.nyc.gov/site/nycha/eligibili ty/apply.page
U.P.A.C.A. Gardens (Site 6) 1940 Lexington Avenue New York, NY 10035	Public Housing built exclusively for the Elderly One of many under the auspices of NYCHA - Specific residences may not be requested. Senior Center and laundry room	NYC Housing Authority (NYCHA) Call 311, 718.707.7771 or 212.306.3000 for application or Download at http://www1.nyc.gov/site/nycha/eligibility/apply.page





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Manhattan Plaza 400 West 43 rd Street New York, NY 10036	Section 8, 1,689 units occupied by performing artists and neighbors NY State Mitchell-Lama built or set aside for the Elderly with Income limits and restrictions, but now may be open to more	Related Companies 400 West 43 rd Street, NY, NY 10036 212.971.0660 http://www.related.com/our- company/properties/99/Manhattan- Plaza
VillageCare at 46 & Ten 510 West 46 th Street New York, NY 10036	Senior Housing with Services Assisted Living Program Not-for-Profit 24 hr. concierge and security, Housekeeping and linen services	VillageCare 120 Broadway # 2840 New York, NY 10271 212.977.4600, 212.377.5600 http://www.46and10village.org http://www.46and10village.org/index_files/4610_application.pdf
Woodstock Hotel 127 West 43 rd Street (at 7 th Ave) New York, NY 10036	SRO Housing/Primary Population Elderly (80% reserved for formerly homeless persons also has a Homeless In-Reach Program which assists homeless seniors. Shower facilities are available to the homeless on weekday mornings.	Project Find Aid for the Aged 212.575.0693, 212.874.0300 http://www.projectfind.org/woodstock



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Abyssinian Towers Senior Citizens 50 West 131 st Street New York, NY 10037	Section 202 (HUD) Supportive 99 rent assisted units, studios and one bedroom Housing for very low-income elderly with rent subsidies and other support services and senior center	Abyssinian Baptist Church 212.862.9305 Cynthia Scarborough, Sr. Svcs. Coord. Sandra Powell,Exec. Assistant to CEO 646.442.6586 Prestige Management, Inc. 718.822.7377
Alma Rangel Gardens 55 West 137 th Street (Lenox - Fifth) New York, NY 10037	Section 202 Supportive Housing for very low-income elderly 89 Studios and one-bedrooms 40 apartments "Enriched" NYS # 420-S-381 Downloadable application	NY Foundation for Sr. Citizens Rafael Broemer Alexis 212.369.5523 or 212.598.4148 http://www.nyfsc.org/services/housing_ buildings.html http://www.nyfsc.org/ http://www.nyfsc.org/wp- content/uploads/2017/12/Alma-Rangel- Gardens-EHP-Application.pdf
General Chauncey M. Hooper Towers 10 West 138 th Street New York, NY 10037	Section 202 (HUD) Supportive Housing studios, one bedroom for very low-income elderly with rent subsidies and other support services	369 th Veterans Association Wavecrest Management Team, Ltd. 718.463.1200, 212.368.5363 http://wavecrestmanagement.com/ https://www.nyc.gov/html/dfta/downloads/pdf/benefits/housing_manhattan.pdf https://apply.nycha.info/



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Saint Margaret's House	Section 202/8 (HUD) Supportive	Sponsor: Parish of Trinity Church
49 Fulton Street	251 Housing units in 20 story building	St. Margaret's House
New York, NY 10038	with Section 8 rent subsidies for	Development Fund Corporation
,	independent low-income elderly	212-766-8122
	including 31 for the disabled.	https://www.smhnyc.org/contact-
	Security, activities and more	us/
	Very long waiting lists	



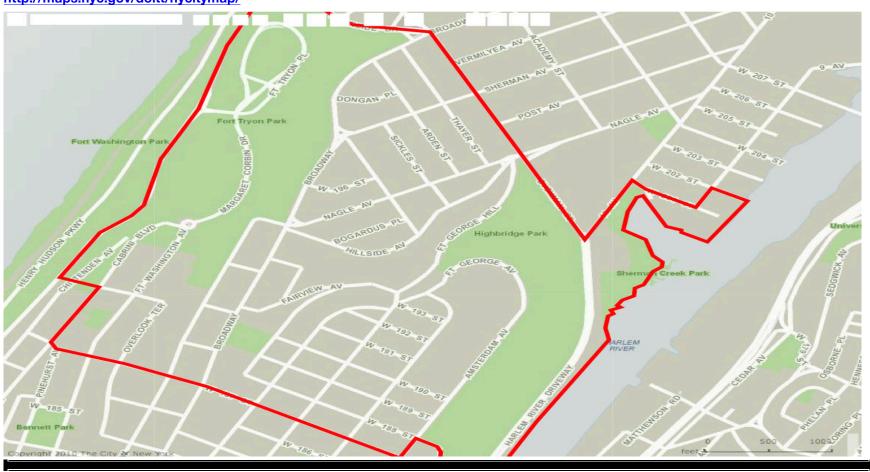




RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Henry Brooks Senior Housing 304 West 154 th Street (Frederick Douglas Blvd) New York, NY 10039	Section 202 (HUD) Section 8 Supportive Housing, activities, congregant lunch, supportive services for very low-income elderly, 7 story, 77 units w. rent subsidies, other support services, patio/ gazebo	Bethany Baptist Church Development Outreach, Inc. 212.234.5810, 212.427.0320 http://developmentoutreachinc.com/senior_housing.html

10040

http://maps.nyc.gov/doitt/nycitymap/



RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER		
Fort Tryon Rehab & Health Care 801 West 190th Street New York, NY 10040	205 beds Medicare and Medicaid Rehabilitation and Nursing For profit Corporation	Fort Tryon Rehabilitation & Health Care Facility LLC 212.543.6400 http://forttryonrehab.com/		
Isabella Geriatric Center 515 Audubon Avenue (West 190 th - 191 st) New York, NY 10040	705 nursing home beds; A part of Continuing Care including Independent to Assisted Living (See Isabella House below)	Isabella Home Housing Company Leona Chen, Director 212.342.3243, 212.342.9200 http://www.isabella.org		
Isabella House 525 Audubon Ave. (West 190 th -191 st) New York, NY 10040	77 studio and one-bedroom apartments for Independent Living with Supportive Services, two meals 24 hour emergency call service activities and programs	Isabella Home Housing Company Leona Chen, Director 212.342.9343, 212.342.9200, http://www.isabella.org/Isabella/Progr ams/SeniorHousing.aspx http://www.isabella.org/Isabella/News/ Article.aspx?id=7e24bcaa-aad9-487d-ad57-6fbb0733a7d9		
Wien House 60 Nagle Avenue New York, NY 10040	14 story 100 unit, Section 202 (HUD) supportive housing for very low-income elderly. Rent subsidies and support services Waiting list closed	YM-YWHA of Washington Heights Michael permaglich, COO 212.569.6200, 212.304.1800 http://www.ywashhts.org/adult/adults- 60-or-better/wien-house		







(Zip Code 10065 was 10021)

RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER		
The Linda and Jerome Spitzer	Supportive Housing	Metropolitan Council on		
Residence	14 studios, 34 one-bedrooms, 4 two-	Jewish Poverty		
351 East 61 st Street (2 nd -1 st Avenues)	bedrooms for those 62+ whose	212.453.9519, 212.422.0470,		
New York, NY 10065	income is less than 80% of those in	https://www.metcouncil.org/housing-		
·	area; Downloadable application	<u>for-the-elderly</u>		
	http://www.metcouncil.org/site/DocSe	https://www.metcouncil.org/		
	rver/East_61.pdf?docID=1302	Mail application to 77 Water Street,		
	short waiting list	26 th floor, NY, NY 10005		





10075 (Zip Code 10075 was 10021)

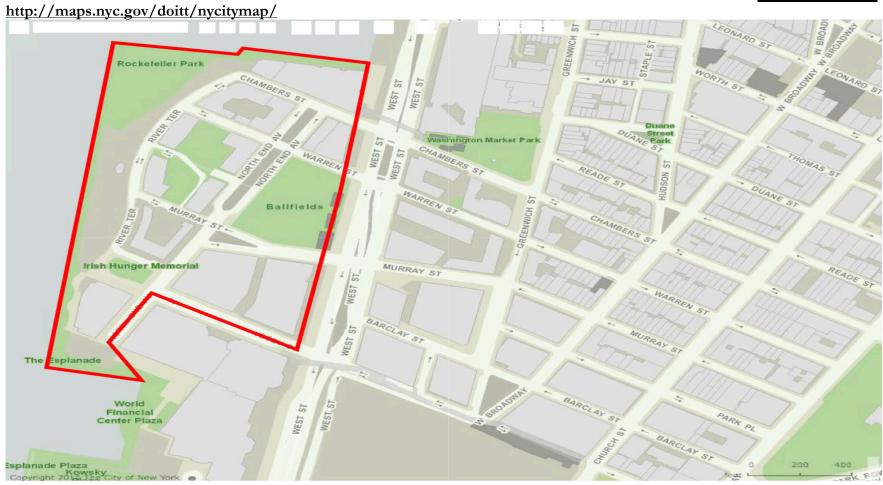
RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
The 80 th Street Residence 430 East 80 th Street New York, NY 10075	Adult Home Specializing in memory care NYS Certificate # 420-F-377 Type: PPHA	Clare P. Shanley, Exec. Director 212.717.8888 http://www.80thstreetresidence.com
The Linda and Jerome Spitzer Residence II 231 East 77 th St. (2 nd - 3 rd Aves) New York, NY 10075	Supportive housing 1 studio and 11 one-bedroom units for 62+ whose income is less than 80% of area median Downloadable application available	Metropolitan Council on Jewish Poverty 212.453.9519, 212.422.0470, https://www.metcouncil.org/housing- for-the-elderly https://www.metcouncil.org/ Mail application to 77 Water Street, 26 th floor, NY, NY 10005
Upper East Side Rehab and Nursing 211 East 79th St. (2nd-3rd Aves) New York, NY 10075	499 beds, for-profit, corporate ownership Short-term, Long-term rehabilitation 24-Hour Skilled Nursing Care Above Average rating by US News & World Report Participates in Medicare and Medicaid	212.879.1600 http://uesrnc.com





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
		Met Council on Jewish Poverty
334 East 92 nd Street (2 nd -1 st Aves)	Supportive Housing	212.453.9519, 212.422.0470,
New York, NY 10128	1 studio unit, 22 one-bedrooms	https://www.metcouncil.org/housing-for-the-
	for those 62+ whose incomes are less than 80%	<u>elderly</u>
	of the area median	https://www.metcouncil.org/
	Downloadable application available	Mail application to 77 Water Street,
		26 th floor, NY, NY 10005
Brown Gardens	Section 202 (HUD) Subsidized Housing for very	NY Foundation for Sr. Citizens
225 East 93 rd Street	Not-for-profit 132 Studios, one-bedroom	Nicole Bryant 212.369.5523
New York, NY 10128	low-income, well, frail and handicapped seniors	http://www.nyfsc.org/wp-
	30-40% Enriched,	content/uploads/2014/07/app_brownGarden
	Downloadable application	<u>s.pdf</u>
	Not for profit enriched senior housing	James Lenox House Associates
Carnegie East House	97 apartments w support svcs, Market Rate	Carnegie East House
1844 Second Avenue	with Services, 3 congregate meals daily,	Joseph Girven, Margaret Foley
New York, NY 10128	activities, light housekeeping, utilities,	212.410.0033, 646.438.8009
	studios, one-bedrooms and two-bedrooms	https://carnegieeast.org/
		NY Foundation for Senior Citizens
1850 Second Avenue (95th-96th)	Other Supportive Housing, 48 units.	212.369.5523
New York, NY 10128		http://www.nyfsc.org/housing-
		services/affordable-housing/
		http://www.nyfsc.org/wp-
		content/uploads/2017/12/1850-2nd-Avenue-
		Application-for-EHP.pdf





RESIDENCE	TYPE OF HOUSING	SPONSOR AND/OR MANAGER
Brookdale Battery Park 455 North End Ave. (Chambers) New York, NY 10282	Private Proprietary Home for seniors, Adult Home for totally independent living with support residents' services, Full-service dining room (was Hallmark of Battery Park City) Indoor pool, fitness center, Dining and housekeeping included	Brookdale Living 844.381.1619 917.522.1326 https://www.brookdale.com/en/comm unities/brookdale-battery- park.html?cid=yext
Hallmark of Battery Park City	Now Brookdale Battery Park (see above)	



Nursing Home Compare

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME Contact Information	OVERALL RATING	HEALTH INSPECTION	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNERSHIP TYPE
Amsterdam Nursing 1060 Amsterdam Avenue New York, NY 10025 212.316.7700	**** Much Above Average	*** Average	Above Average	Much Above Average	Medicare & Medicaid	409	Non-profit Corporation
Coler Rehab & Nursg 900 Main Street Roosevelt Island, NY 10044 212.848.6300	★★★★ Much Above Average	*** Average	Above Average	Much Above Average	Medicare & Medicaid	815	New York City Health & Hospitals 212.848.6300

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME Contact Information	OVERALL RATING	HEALTH INSPECTION	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNERSHIP TYPE
Fort Tryon Rehab & Health Care Facility 801 West 190 th St. New York, NY 10040 212.543.6400	Average	Below Average	Below Average	★★★★★ Much Above Average	Medicare and Medicaid	205	For Profit Corporation
Harlem Center for Nursing & Rehab 30 West 138th St. New York, NY 10037 212.690.7400	Average	Below Average	Below Average	★★★★ Much Above Average	Medicare and Medicaid	200	For Profit Corporation
Henry J. Carter Skilled Nursing 1752 Park Avenue New York, NY 10035 212.686.0000	Much Above Average	Above Average	Average	★★★★★ Much Above Average	Medicare and Medicaid	1389	Government and City of NY

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME NAME Contact Information	OVERALL RATING	HEALTH INSPECTIONs	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNERSHIP TYPE
Isabella Geriatric Ctr 513 Audubon Ave. New York, NY 10040 212.342.9200	*** Average	## Below Average	** Below Average	Much Above Average	Medicare and Medicaid	705	Non-profit Corporation
Mary Manning Walsh Nursing Home 1339 York Avenue New York, NY 10021 646.475.4800	★★★★ Much Above Average	Above Average	Average	★★★★ Much Above Average	Medicare and Medicaid	362	Non Profit Corporation
New East Side Nursing Home 25 Bialystoker Place New York, NY 10002 212.673.8500	★★★★ Much Above Average	★★★★ Much Above Average	Above Average	Above Average	Medicare and Medicaid	52	For profit Corporation

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME NAME Contact Information	OVERALL RATING	HEALTH INSPECTIO NS	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNER SHIP TYPE
New Governeur Hosp 227 Madison Street New York, NY 10002 212.238.7800, 212.441.5000	Much Above Average	Above Average	*** Average	★★★★★ Much Above Average	Medicare and Medicaid	210	Govern ment City
New Jewish Home 120 West 106th Street New York, NY 10025 212.870.5000	Below Average	Much Below Average	Below Average	★★★★★ Much Above Average	Medicare and Medicaid	514	Non profit
Northern Manhattan Rehab and Nursing 116 East 125 th Street New York, NY 10035 212.426.1284	Average	*** Average	Below Average	★★★★ Much Above Average	Medicare and Medicaid	320	For profit Corporat ion

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME NAME Contact Information	OVERALL RATING	HEALTH INSPECTION	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNERSHIP TYPE
Terence Cardinal Cooke, HCC 1249 Fifth Avenue New York, NY 10029 212.360.3600	Average	Below Average	Average	Much Above Average	Medicare and Medicaid	679	Non profit Corporation
The Riverside 150 Riverside Drive New York, NY 10024 646.505.3500	Below Average	Much Below Average	Much Below Average	Much Above Average	Medicare and Medicaid	520	For profit
St. Mary's Center, Inc. 516 West 126th Street New York, NY 10027 212.662.1826	Much Above Average	Above Average	Much Above Average	Above Average	Medicare And Medicaid	40	Non profit corporation

Star ratings given by Medicare:

https://www.medicare.gov/nursinghomecompare/search.html

NURSING HOME NAME Contact Information	OVERALL RATING	HEALTH INSPECTION	STAFFING	QUALITY	PROGRAM Accepted	# BEDS	OWNERSHIP TYPE
Upper East Side Rehab & Nursing 211 East 79th Street New York, NY 10021 212.879.1600	Much Above Average	Above Average	*** Average	★★★★★ Much Above Average	Medicare and Medicaid	499	For Profit Corporation
VillageCare Rehab & Nursing 214 West Houston St New York, NY 10014 212.337.9400	Much Above Average	Above Average	Much Above Average	Much Above Average	Medicare and Medicaid	105	Nonprofit Corporate Ownership

New York Magazine's "The Everything Guide to Elder Care" http://nymag.com/guides/everything/25016
Associated articles were written and published in October 25, 2007. Elizabeth Pope wrote most of these and gave permission for HAFOP to include these references in our resource "Senior Housing Opportunities in the Borough of Manhattan, New York". These articles have helpful descriptions and suggestions to consider when considering a move. It is possible for you to read and download the entire article through the links provided. Of course, one will want to remember that this was published in October 2007 and there may have been changes.

New York Magazine's "The Everything Guide to Elder Care" October 25, 2007

Five sections of the article:

(please note the box on the right of the first page to link to the following):

- New York: A Fine Old Age A City for the Old? October 25. 2007 http://nymag.com/guides/everything/25016
- Paying for It Growing Old is Expensive. Here's How to Afford it. October 25, 2007
- http://nymag.com/guides/everything/25026/
- **Staying Home** How to find superior care that comes to you October 25, 2007 http://nymag.com/guides/everything/25025/
- **Not Your Grandfather's Retirement Community** continuing care retirement communities October 25, 2007 http://nymag.com/guides/everything/25027/
- Moving Out Twenty outstanding options October 25, 2007 http://nymag.com/guides/everything/25028/
 - 1. Independent Living
 - 2. Independent Living with Memory Support
 - 3. Independent Living with Nursing Care
 - 4. Assisted Living
 - 5. Nursing Homes

ADDITIONAL RESOURCES for finding housing alternatives:

AARP Greater New York

http://search.seniorliving.aarp.org/search?utm_source=aarp&type=assisted_living_facilities&location=New+York %2C+NY

Offers the following Search Results:

Assisted Living Facilities

Independent Living

Nursing Homes

In-Home Care Providers

Home Health Care Providers

Continuing Care Retirement Communities

Memory Care Facilities

- The Greater New York Chapter of the Aging Life Care (National Association of Professional Geriatric Care Managers) 212.222.9163, http://nygcm.org
- Social workers can be very helpful and knowledgeable. New York City's Department for the Aging (DFTA)
 http://www1.nyc.gov/site/dfta/index.page has social workers in their Senior Centers. Case Management (for seniors who are frail or homebound) or Case Assistance (for those who are mobile) are also offered. Many hospitals have wonderful social work departments to help seniors after accidents or medical treatment.
- The New York City Department For The Aging (DFTA) lists it's Senior Centers at http://www1.nyc.gov/site/dfta/services/senior-centers.page

2020 ALPHABETICAL INDEX FOR HOUSING

RESIDENCE	ZIP	TYPE OF HOUSING
80th Street Residence	10075	Adult home, specializing in memory care
129th Street Residence	10027	Support services with social services, meals
228 East 46th Street	10017	Supportive Housing w. garden and greenhouse
305 West End Residences	10023	Market rate Sr. Housing Independent and Assisted Living
332 East 22nd Street	10010	Supportive Housing
334 East 92nd Street	10128	Supportive Housing for those 62+
351 East 54th Street	10022	Supportive Housing
351 East 61st Street	10065	Supportive Housing
385 Third Avenue	10016	Supportive Housing
1850 Second Avenue	10128	Enriched, supportive housing
A. Kornegay Senior Housing	10035	Section 202 (HUD) supportive housing, Section 8 assisted lvg.
Abyssinian Towers Senior Citizens	10037	Section 202 (HUD) supportive housing with subsidies + svcs.
Alliance Apartments for the Elderly	10009	See Harry and Jeannette Weinberg Alliance Apartments
Alma Rangel Gardens	10037	Section 202 (HUD) supportive, enriched housing with services
Amsterdam House (Nursing Home)	10025	Nursing Home (US News & World Report)*
Antlers Apartments	10026	Section 202 (HUD) supportive housing with subsidies & svcs.
ArchCare at Mary Manning Walsh	10021	Nursing and short and long term rehabilitation
ArchCare at Terrence Cardinal Cooke	10029	Continuing-care, long & short term, rehab for elderly, disabled
Atria West	10024	Proprietary/Market rate Senior Housing
Bethany Development Outreach Housing	10035	Section 202 (HUD) supportive housing with subsidies & svcs.
Bethune Gardens	10032	NYCHA public housing built for the elderly
Bonifacio Cora Texidor	10029	Section 202 rent subsidies and support services
Brookdale Battery Park	10282	Proprietary independent living for seniors with services
Brown Gardens	10128	Section 202 (HUD) enriched, independent living

RESIDENCE	ZIP	TYPE OF HOUSING
Cardinal Cooke, Terence	10029	Continuing-care, long & short term, rehab for elderly, disabled
Carlos M. Rios Senior Housing	10029	Section 202 (HUD) supportive housing with subsidies & s
Carnegie East House	10128	Market rate assisted living with services - enriched non-profit
Casa Victoria	10009	Supportive housing with subsidies
Casabe Housing Development	10035	Section 202 (HUD) supportive housing
Casita Park Housing	10029	Section 202 (HUD) supportive housing with subsidies & svcs.
Cecil Hotel	10026	SRO housing for the elderly
Chauncey M. Hooper Towers	10037	Section 202 (HUD) supportive housing with subsidies & svcs.
Chelsea Houses Additions	10001	NYCHA adult homes
Clarke, Lucille G. Housing	10026	Section 202 (HUD) supportive independent housing
Clinton Gardens	10019	Section 202 (HUD) supportive, enriched housing
Cooke, Terence Cardinal Terence	10029	Continuing & short, or long-term care for the elderly & disabled
Corner House	10031	Housing for psychiatric and homeless elders
Corsi Houses (Jefferson)	10029	NYCHA public housing built for the elderly
Council House	10031	Section 202 (HUD) supportive housing w subsidies & svcs.
David L. Podell House	10002	Section 202 (HUD) subsidized senior housing
Dona Petro Santiago Apartments	10009	Section 202 (HUD) with rental assistance for those 62+
Dorothy Ross Friedman Residences	10019	Independent living for those from entertainment industry
Eastview	10035	Proprietary senior residence
Echo Apartments	10025	Section 202 (HUD) supportive housing with subsidies
80th Street Residence	10075	Adult home, specializing in memory care
Evelyn and Louis Green Residence	10003	Senior housing with some social services
Everlasting Pine Housing Development	10013	Supportive housing with some social services
Fania Gersham House	10025	Section 202 (HUD) supportive housing with services
Fleming, Frederick Residence	10011	Adult home for homeless and mentally ill
Fort Tryon Rehabilitation and Nursing	10040	Nursing and rehabilitation
Fort Washington Houses	10032	NYCHA public housing built exclusively for the elderly

RESIDENCE	ZIP	TYPE OF HOUSING
Frederick Fleming Residence	10011	Adult home for homeless and mentally ill
Gaylord White Houses	10029	NYCHA Public Housing
George Daly House	10009	Transitional housing and homeless services
General Chauncey M. Hooper Towers	10037	Section 202 (HUD) supportive housing with svcs. (Vets Assn.)
Governeur Health (Hospital)	10002	NYÇ Health & Hospitals; Skilled Nursing and Rehabilitation
Green, Evelyn & Louis Residence	10003	Senior Housing with some social services
Hamilton House	10023	Mitchell-Lama built or set-aside for elderly
Harborview Terrace	10019	NYCHA public housing built for the elderly
Harris, Helen Building	10002	Section 202 (HUD) Supportive housing with subsidies, svcs.
Harry & Jeannette Weinberg Alliance	10009	Supportive housing with subsidies (62+)
Harry & Jeannette Weinberg Sr.	10016	Supportive housing with subsidies (62+)
Helen Harris Building	10002	Section 202 (HUD) Supportive housing with subsidies, svcs.
Henry Brooks Senior Housing	10039	Section 202 (HUD) Supportive housing with subsidies, svcs.
Henry J. Carter Skilled Nursing	10035	Skilled nursing and long term acute care
Hong Ming Housing for the Elderly	10002	Section 202 (HUD) Supportive housing with subsidies, svcs.
Hooper, General Chauncey M. Towers	10037	Section 202 (HUD) Supportive housing with subsidies, svcs.
Isabella Geriatric Center	10040	Nursing Home from Independent to assisted living
Isabella House	10040	Independent, Assisted Living with meals, services
James Lenox House	10021	Mitchell-Lama supported independent living
(Jefferson) Corsi Houses	10029	NYCHA public housing built for the elderly
Jewish Home Lifecare	10025	Nursing Home and Rehabilitation + Adult Day Care
John and Carroll Kowai House	10025	SRO supportive housing with subsidies
John Paul II Apartments	10030	Supportive housing with subsidies
Joseph J. Yancey, Jr. Houses	10027	Section 202 (HUD) Supportive housing with subsidies, svcs.
Kornegay, A. Senior Housing	10035	Section 202 (HUD) assisted living, supportive housing
Kowai House, John and Carroll	10025	SRO supportive housing with subsidies
Kurt & Leah Schneider Apartments	10025	Section 202 (HUD) supportive housing with subsidies

RESIDENCE	ZIP	TYPE OF HOUSING
La Guardia Houses Addition	10002	NYCHA - Adult home
Lenox, James House	10021	Mitchell-Lama supported independent living
Linda & Jerome Spitzer Residence	10065	Supportive housing for 62+
Linda & Jerome Spitzer Residence II	10075	Supportive housing for 62+
Linkage House	10035	Section 202 (HUD) Supportive housing with subsidies, Svcs
Logan Gardens	10027	Section 202 (HUD) Supportive housing with subsidies, Svcs
Lott Assisted Living Residence	10029	Assisted living with services, supportive housing
Lucille G. Clarke Housing	10029	Section 202 (HUD) supportive housing
Manhattan Plaza	10036	Mitchell-Lama built or set-aside for elderly
Mannie L. Wilson Towers	10027	Section 202 (HUD) supportive housing with subsidies, support
The Marseilles	10025	Section 8 Adult home for elderly and handicapped
Marshall, Thurgood Plaza	10032	NYCHA built for the elderly
Mary Manning Walsh Home/ArchCare	10021	Nursing Home, short and long term rehabilitation
Markle Residence/Evangeline	10011	Other Supportive housing - Salvation Army
Meltzer Towers	10009	NYCHA public housing for the elderly
Mira Lederer Salomon Residence	10010	Supportive housing
Moore, E. M. Housing	10026	Supportive housing with subsidies and services
Moravian Open Door	10003	Housing, support services for the homeless, mentally ill
Morningside Life Senior Housing	10025	Other supportive housing, assisted living and dementia care
Morris Park Sr. Citizens Home	10035	NYCHA public housing for elderly
Mount Pleasant Apartments	10029	Section 202 (HUD) supportive housing with services
NCS Residence	10028	Supportive housing for formerly homeless
New East side Nursing Home	10002	Non-profit proprietary nursing home
New Governor Hospital	10002	Short and long term nursing care
Northern Manhattan Rehab and Nursing	10035	Rehabilitation and Nursing care, continuing care
Park West House	10025	Section 202 (HUD) supportive housing with subsidies
Pennington Friends House	10003	Group housing, shared duties, meals and spaces

RESIDENCE	ZIP	TYPE OF HOUSING
Pexidor, Bonifacio Cora	10029	Section 202 (HUD) supportive housing with subsidies & svcs.
Phelps House	10024	Section 202 (HUD) supportive housing with services
Prince Hall Plaza	10032	Section 202 (HUD) supportive housing with services
P. S. 136 Conversion	10030	NYCHA public housing for the elderly
Rangel, Alma Gardens	10037	Section 202 (HUD) supportive, enriched housing with services
Red Oak Apartments	10025	Section 8 homes for the elderly and handicapped
Renwick Gardens	10016	NYCHA Adult homes Section 8 built or set-aside for elderly
Revella, The	10026	Apartments for formerly homeless
Ridge Street Gardens	10002	Supportive, enriched housing for elderly
Rios, Carlos M. Senior Housing	10029	Section 202 (HUD) supportive housing with services
Riverside, The	10024	Proprietary short and long term rehabilitation and nursing
Robbins Plaza	10021	NYCHA public housing for the elderly
Robert Mapplethorpe Residential	10003	HIV/AIDS nursing and skilled nursing
Salomon, Mira Lederer Residence	10010	Supportive housing
Sandra Thomas Apartments	10024	NYCHA public housing for the elderly
Schneider, Kurt & Leah Apartments	10025	Supportive housing with subsidies
Spitzer, Linda and Jerome Residence	10065	Supportive housing for 62+
Spitzer, Linda and Jerome Residence II	10075	Supportive housing for 62+
St. Margaret's House	10038	Section 202 (HUD) supportive housing with subsidies
St. Mary's Center, Inc.	10027	Nursing Home and Skilled Nursing for patients with HIV/AIDS
Tanya Towers	10009	Mitchell-Lama elderly set-aside for hearing impaired, mentally
Terence Cardinal Cooke Center	10029	Continuing, short and long term care for elderly and disabled
Thomas, Sandra Apartments	10024	Public housing built for elderly
334 East 92nd Street	10128	Supportive housing for those 62+
Thurgood Marshall Plaza	10032	NYCHA public housing built exclusively for the elderly
U.P.A.C.A. Gardens (sites 5 &6)	10035	NYCHA housing built for the elderly
Upper East Side Rehabilitation & Nursing	10075	Short & Long term Rehabilitation, 24-Hour Skilled Nursing

RESIDENCE	ZIP	TYPE OF HOUSING
Valley Lodge	10025	Transitional shelter for the homeless
VillageCare at 46th Street and Tenth	10036	Market rate (non-profit) housing and assisted living
VillageCare Rehabilitation and Nursing	10014	Rehabilitation to prepare to return to patient's homes
Washington Heights URA (Site B)	10032	NYCHA public housing built for the elderly
West 74th Street Home	10023	Assisted living
Wien House	10040	Section 202 (HUD) Supportive housing with services
Weinberg, Harry & Jeannette Residence	10009	Section 202 (HUD) Supportive housing with subsidies (62+)
Weinberg, Harry & Jeannette Residence	10016	Section 202 (HUD) Supportive housing with subsidies (62+)
Westbourne	10026	Supportive SRO Housing for formerly homeless
West End Intergenerational	10024	Intergenerational housing, primarily elderly
West 74th Street Residence	10023	Adult home, Assisted Living, Kosher meals
West 86 th Street, Atria	10024	Proprietary home for seniors
White, Gaylord Houses	10029	NYCHA public housing for the elderly
Wilson, Mannie L. Towers	10027	Section 202 (HUD) supportive housing with subsidies & svcs.
Woodstock	10036	SRO housing for elderly (80% formerly homeless
Wyatt Tee Walker Senior Housing	10036	Section 202 (HUD) supportive housing
Yancey, Joseph J. Houses	10027	Section 202 (HUD) supportive housing with services



Health Advocates core service, the Healthy Aging program, blends the talents of staff, consultants and volunteers to provide a rich variety of courses and services. Participation has grown by 400% since 2007, a testament to the positive impact our program has on the lives of seniors.

In 2017 we increased the number of free exercise classes, informational seminars and social activities offering 18 weekly classes in 10 locations six days a week. After mid-March, 2020 because of the Coronavirus Pandemic we have been able to offer 14 online exercise classes on Zoom video conferencing for those participants who have computers or smart phones. Thus we are able to continue promoting healthy aging through exercise to build balance, strength and flexibility. At this point, when the city determines it is safe to do so, a few programs will be able to meet together as before mid-March.

Normally we offer Weekly classes of Chair Yoga, Tai Chi, arthritis exercise, and sessions of Reiki and Alexander Technique keep us strong. We also offer Movie Matinees, Meet-the-Author programs, Bridge, Mah Jong and Chess. Museum visits and Seasonal Luncheons provide enjoyment, relaxation and fun. Our weekly Harmonica class provides the joy of music for those with breathing challenges. Weekly Health seminars on a variety of topics are given by trained Junior League volunteers and provide opportunities to communicate among generations. Our *Nutrition Handbook* and seminars stress a simple, healthy diet that makes eating well easier. Legal presentations provide support for wills, power of attorney, and health care proxies so essential for seniors. Our *Senior Housing Opportunities In The Borough of Manhattan* resource guide, *is* available free on our web site, give seniors and their families valuable insight on the housing process.

To keep us physically and mentally strong, there are Weekly classes of Chair Yoga, Tai Chi, arthritis exercises and sessions of Reiki, the Alexander Technique and dance. When possible we also offer Movie Matinees, Meet-the-Author programs, bridge, Mah Jong and Chess.

Our <u>Home Safety Program</u> In previous years we were able to make home visits to support efforts to "age in place" at home. We now offer home safety visits on Zoom. This program ensures members are aware of the latest strategies for maintaining a safe home.

Our <u>Equipment Recycling Program</u> supplemented these initiatives by distributing 88 walkers, wheel chairs and other equipment so program participants can manage an independent life style.

Our **Downsizing Program** helps seniors learn how to maintain an organized, clutter-free home.

To find our monthly calendars, *The Nutrition Handbook, Senior Housing Opportunities in the Borough of Manhattan,* and more, please search for www.HAFOP.org and click on the "Products and Resources" and "What We Do" tabs. Our volunteers are a great asset. They telephone participants to remind them about programs and events, and to just say hello. They help with seasonal luncheons, escort program participants to medical appointments, grocery shop, assist with mailings and send birthday cards to our more than 1040 participants. Thank you for being part of our outreach.

Submitted by

Health Advocates' Advisory Board

Mission Statement:

HEALTH ADVOCATES for Older People, Inc. promotes safe and healthy aging through programs designed to facilitate independent living, physical well-being and greater social interaction.