



# Hospital to Home

A Resource of Community Services

2023

**BURKE**  
REHABILITATION  
MONTEFIORE HEALTH SYSTEM

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## Burke Rehabilitation Hospital

785 MAMARONECK AVENUE, WHITE PLAINS, NEW YORK 10605

914-597-2500 · [www.burke.org](http://www.burke.org)

**2023**

***Hospital to Home***

**BURKE**  
**REHABILITATION**  
MONTEFIORE HEALTH SYSTEM

***Provided by:***

**Burke Rehabilitation Hospital**

**785 Mamaroneck Avenue, White Plains, NY 10605**

**(914) 597-2500 [www.burke.org](http://www.burke.org)**

*Published by Burke Rehabilitation Hospital's Marketing and Social Work departments. Please call 914-597-2848 for additional information or to report any changes.*

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## ***Introduction***

Dear Patient,

Going home from the hospital is a milestone in your rehabilitation and recovery. It can also be a hectic, confusing time. Your doctor, along with you and your rehabilitation team, will decide when you are ready to go home from the hospital and determine the elements of your recovery routine. That may include medications, home nursing care, special equipment, and physical, occupational or speech therapy.

Burke's social work care managers have developed this resource guide to help ease your transition from "Hospital to Home", with an extensive list of agencies, community resources and Burke programs. If you have any question when you return home, please feel free to call us at (914) 597-2500 and ask for your case manager.

Your relationship with us can last long after discharge through our outpatient rehab programs, support group, adult fitness center and leisure, recreation, and educational activities. We look forward to working with and for you in the future.

Best Wishes,

A handwritten signature in black ink that reads "Carla Assenza, LMSW". The signature is written in a cursive, flowing style.

Carla Assenza, LMSW

Director of Social Work/Care Management

**\* The listings in this handbook are not comprehensive and are not implied endorsements of any particular providers. They are published as an informational service only. The choice is yours, as always.**

# ***Burke Rehabilitation Hospital Outpatient Programs***

## **Main Campus-Building 8**

785 Mamaroneck Avenue

White Plains, NY 10605

Services: Multidisciplinary Physical, Occupational, and Speech

Information: (914) 597-2262 Fax: (914) 597-2763

Scheduling: (914) 597-2200

## **Billings Orthopedic and Sports Therapy Services**

Building 4, 1st Floor

Phone: (914) 597-2570 Fax: (914) 597-2201

## **Cardiac Rehabilitation**

Building 4, 2nd Floor

Phone: (914) 597-2802 Fax: (914) 597-2801

## **Burke Rehabilitation Outpatient Therapy Locations**

### **Armonk**

99 Business Park Drive

Armonk, NY 10504

Phone: (914) 597- 2165

Fax: (914) 273-3174

### **Bronx – Hutch Metro**

1250 Waters Place

Tower One, 6th Floor



Bronx, NY 10461  
Phone: (718) 515-2400  
Fax: (718) 918-2873

**Bronx – Hutch Metro**

1250 Waters Place  
Tower One, 10th Floor  
Bronx, NY 10461  
Phone: (914) 597-3860  
Fax: (718) 863-0629

**Elmsford**

**Montefiore Einstein Advanced Care (MEAC)**

555 Taxter Road, Suite #100  
Elmsford, NY 10523  
Phone: (914) 418-6190  
Fax: (914) 909-1468

**Mamaroneck**

703 W. Boston Post Road  
Mamaroneck, NY 10543  
Phone: (914) 597-2556  
Fax: (914) 835-3187

**Purchase**

3020 Westchester Ave.  
Purchase, NY 10577  
Phone: (914) 597-2133  
Fax: (914) 253-9372

**Somers**

325 Route 100, Suite #106

Somers. NY 10589

Phone: (914) 597-2890

Fax: (914) 669-5061

**Yonkers – Executive Plaza**

6 Executive Plaza, Suite #280

Yonkers, NY 10701

Phone: (914) 597-3850

Fax: (914) 969-3284

**Yonkers – Ridge Hill**

73 Market Street, Suite #178A

Yonkers, NY 10710

Phone: (914) 597-2882

Fax: (914) 233-5337

**Outpatient Cardiac Rehabilitation Program**

**Main Campus – Building 4**

(914) 597-2802

Burke’s Outpatient Cardiac Rehabilitation Program offers medically supervised exercise for people with coronary or valve-related heart disease. The program requires a doctor’s prescription and consists of a series of 36 supervised, physician-monitored exercise sessions with continuous electrocardiograph monitoring. The program is covered by Medicare and other insurance carriers.

**Communication Groups for People with**

**Communication Difficulties**

(914) 597-2234

Adults with communication disorders can attend one of two 10-week sessions to learn strategies to enhance communication skills. Patients who have language difficulties (aphasia), slurred, slowed or difficult to understand speech (dysarthria), or difficulties executing skilled movements for speech (apraxia) can participate.

**Driver Evaluation Program**

(914) 597-2326

Individuals with physical or cognitive disabilities who would like to start driving may participate in Burke's Driver Evaluation Program. A licensed occupational therapist administers tests that measure skills needed in driving. Those who pass are referred to driving schools that are equipped with special driving devices, including hand controls. A physician's prescription or referral is required. For further information, call (914) 597-2326.

**Home Assessment Program**

(914) 597-2326

This program is performed by a Burke certified occupational therapist in the client's home to check for safety and accessibility. The therapist will perform an assessment and give a written report with recommendations to improve home safety. Such recommendations may include the use of durable medical equipment, installation of ramps, the use of a medication dispenser and more, depending on the client's home and functional status. Resources will be provided to assist the client in implementing the recommendations. A physician's prescription or referral is required.

**Outpatient Pulmonary Rehabilitation Program****Outpatient Building, Building 8** (914) 597-2527

Burke's Outpatient Pulmonary Rehabilitation Program is a small group class that meets twice weekly. Its goal is to help patients with COPD and other pulmonary diseases cope with their illness through therapist-monitored exercise sessions and education. Many commercial insurers and Medicaid will cover the cost of this program. A physician's prescription is required.

**Psychotherapy Groups**

(914) 597-2332

In addition to one-on-one therapy, Burke's outpatient department also offers specialized neuropsychology therapy groups. Each group is

tailored to help individuals navigate the rehabilitation journey. The therapy groups are run by professionals in the field of neuropsychology.

### **Vestibular Rehabilitation Program**

Burke physical therapists with advanced vestibular training provide assessment and treatment for vestibular diagnoses. A physician's prescription is required. For more information, please call (914) 597-2133 (Purchase Clinic), (914) 597-2474 (White Plains Campus), (914) 597-2556 (Mamaroneck Clinic), (914) 597-3870 (Elmsford Clinic), (914) 597-3850 (Yonkers Clinic), or (914) 597-2890 (Somers Clinic).

# ***Burke Rehabilitation Hospital Community Wellness Programs***

## **Burke Adult Fitness Center**

785 Mamaroneck Avenue, Sports Center

White Plains, NY 10605

(914) 597-2805 (Call for pricing and a tour)

The Burke Adult Fitness Center caters to adults 40 and older, and those with a qualifying disability. Personalized exercise programs are developed for each member by a fitness instructor. A full range of cardio and strength training machines are available.

Physician's clearance is required. Open Monday – Friday, 8AM – 4:30PM.

## **Wellness Services:**

### *Personal Training:*

The personal training program is designed to specifically meet the fitness needs of individuals through proper exercise instruction and motivation. We offer both one-on-one sessions as well as partner training.

### *Burke Neurological Exercise Program:*

The Burke Neurological Exercise Program provides a supervised group exercise program on machines appropriate for individuals with neurological impairments and who are wheelchair-bound, who want to maintain or improve their cardiovascular and muscular stamina. A caregiver may be required to be present during the entire class. Physician's clearance is required. For more information, please call (914) 597-2805.

## ***Burke Support Groups***

The following community support groups meet regularly on the Burke campus. Please visit [www.burke.org/ community/support-groups](http://www.burke.org/community/support-groups) for group meeting schedules.

**ALS** (914) 406-3513  
Nancy Brenner nbrenner@als-ny.org  
New York Office (212) 619-1400

**Alzheimer's Caregiver** (800) 272-3900  
\*Registration required

**Amputee** (914) 597-2481  
Kristin Conklin kconklin@burke.org

**Aphasia** (914) 949-1325  
Dan Martin

**Complex Regional Pain Syndrome** (914) 597-2331  
Adeepa Singh, MD bgilbert@burke.org

**Multiple Sclerosis (MS)** (347) 678-7723  
Ricky Maxwell nywest914@gmail.com

**Osteoporosis Awareness** (914) 260-9339  
Susan Gugick susanisworking@hotmail.com

**Spinal Cord Injury** (914) 597-2497  
Ashley O'Leary asoleary@burke.org

**ALS** (914) 406-3513  
Eileen Andreassi eiandreass@burke.org

**Traumatic Brain Injury for Survivors and Caregivers** (845) 218-8043  
Laleene Ali lali@bianys.org

**Young Onset Parkinson's** (914) 882-2911  
Alex alexsalesco@aol.com

## ***Certified Home Health Agencies***

To qualify for certified home health care services:

- your doctor must prescribe physical therapy and/ or skilled nursing care at home after discharge
- you must be considered homebound
- services must be time limited

If you meet the above criteria, you may be eligible for some personal care assistance at home. For a comprehensive listing and more information on quality measures, visit [www.medicare.gov](http://www.medicare.gov) and click 'Home Health Compare'

### **Americare Certified Special Services**

5923 Strickland Avenue  
Brooklyn, NY 11234  
(718) 535-3100

### **ArchCare at Home**

115 E. Stevens Avenue

Valhalla, NY 10595

(914) 810-2500 fax (914) 941-1556

**Cabrini Certified Home Health Care**

115 Broadway

Dobbs Ferry, NY 10522

(914) 693-6800 fax (914) 693-1731



**Centers Home Health Revival**

4770 White Plains Road

Bronx, NY 10470

(718) 863-8000

**Lawrence Home Care of Westchester**

670 White Plains Road, Suite 213

Scarsdale, NY 10583

(914) 787-6158 fax (914) 725-6384

**Montefiore Hospital Home Care**

(Member of the Montefiore Health System)

45 Knollwood Road

Elmsford, NY 10523

(718) 405-4400 fax (914) 345-8843

**Northwell Health At Home**

540 White Plains Road, Suite 300

Tarrytown, NY 10591

(914) 666-7616 fax (914) 666-0145

**Prime Home Health Services**

3125 Emmons Avenue

Brooklyn, NY 11235

(718) 646-1900 fax (718) 646-4900

**RiverSpring Certified Home Health Agency**

530 W. 166th Street, 3rd Floor

New York, NY 10032

(914) 368-5550 fax (914) 368-5551, 5552

**Tender Loving Care, an Amedisys Company**

100 Garden City Plaza, Suite 100

Garden City, NY 11530

(516) 935-3737

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Burke Rehabilitation Hospital

**Visiting Nurse Service In Westchester**

1311 Mamaroneck Ave

White Plains, NY 10605

(914) 682-1488 fax (914) 682-1488

**VNS Health**

90 South Ridge Street, Suite LL10

Rye Brook, NY 10573

(914) 881-1300 fax (914) 939-3498

**Wartburg Certified Homecare**

1 Wartburg Place

Mount Vernon, NY 10552

(914) 513-5860 fax (914) 513-5622

***Licensed Home Health Agencies***

The following is a listing of proprietary home health agencies which, for a fee, can provide assistance with skilled services, live-in care and activities of daily living. Check with your insurance carrier regarding benefits.

**A & A Staffing Health Care**

175 Main Street

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White Plains, NY 10601  
(914) 428-1515

**A & J Home Care, Inc.**

280 N. Bedford Road, #204  
Mt. Kisco, NY 10549  
(914) 244-9570

**A Caring Hand Services**

52 Vanderbilt Avenue, #404  
NY, NY 10017  
(212) 828-4545

**Accent Care Home Health of Westchester**

27 Main Street  
Yonkers, NY 10701  
(914) 682-3988

**Access Nursing Services**

480 Bedford Road  
Chappaqua, NY 10514  
(914) 752-5008

**Addus Homecare**

466 Main Street, #204  
New Rochelle, NY 10801  
(914) 654-6540

**All Metro Health Care**

6 Gramatan Avenue  
Mount Vernon, NY 10550  
(914) 667-0300

**Any-Time Home Care, Inc.**

5 Waller Avenue, Suite 400

White Plains, NY 10601

(914) 761-7100

**Bayada Nurses Home Care Specialists**

570 Taxter Road, Suite 620

Elmsford, NY 10523

(914) 631-2027, (888) 876-0111

**Brightstar**

222 Mamaroneck Avenue, Suite 302

White Plains, NY 10605

(914) 358-4713

**Care 365**

198 Foster Avenue

Brooklyn, NY 11230

(718) 627-7050

**Comfort Keepers**

32 N. Division Street 2nd Floor

Peekskill, NY 10566

(914) 734-2616

**Community Care Health Care Services**

19 Court Street, #204

White Plains, NY 10605

(914) 946-2810

**Concept Care**

50 Main Street, Suite 976

White Plains, NY 10606  
(914) 682-7990

**Elder Care Homecare**

111 Brook Street  
Scarsdale, NY 10583  
(914) 393-2240 John Kobeck

**FCP Live-In**

2573 Main Street  
Stratford, CT 06615  
(877) 887-2273, (203) 377-1844

**First Light Home Care**

344 E. Main Street Suite LL04  
Mt. Kisco, NY 10549  
(914) 215-1915

**Home Instead Senior Care**

(Southern Westchester/Bronx)  
77 Tarrytown Road  
White Plains, NY 10607  
(914) 997-0400

**J & K Healthcare Services**

332 East Main Street  
Mt. Kisco, NY 10549  
(914) 633-7810

**Maxim Health Care Services**

777 Westchester Avenue, Suite 110  
White Plains, NY 10604  
(914) 997-0420

**Osborn Home Care**

101 Theall Road

Rye, NY 10580

(914) 925-8221

**People Care Incorporated**

1649 61st Street

Brooklyn, NY 11204

(212) 631-7300

**Personal Touch Home Care of Westchester**

7-11 South Broadway, Suite 214

White Plains, NY 10601

(914) 949-4040

**Premier Home Health Care**

1 North Lexington Ave, 3rd Floor

White Plains, NY 10601

(914) 682-1440

**Privatus Care Solutions**

15 Valley Drive, Suite 306

Greenwich, CT 06831

(914) 262-3682

(Westchester)

**Recco Home Care Services**

145 Huguenot Street, Suite MZ1A

New Rochelle, NY 10801

(914) 654-0003

**Right at Home**

172 South Broadway, Suite 2A

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White Plains, NY 10605  
(914) 468-1944

**Senior Bridge**

445 Hamilton Avenue, #603  
White Plains, NY 10601  
(914) 437-8221

**Sterling Care**

235 Glenville Road, 3rd Floor  
Greenwich, CT 06831  
Greenwich: (203) 532-0500  
Westchester: (914) 517-0520 **Unlimited Home Care**  
707 Westchester Ave. Suite 110  
White Plains, NY 10604  
(914) 428-4300

**VNSW At Home**

1311 Mamaroneck  
Ave White Plains, NY  
10605 (914) 997-7912

**The Wartburg**

1 Wartburg Place  
Mt. Vernon, NY 10552  
(914) 513-5656

**Westchester Family Care**

One Depot Plaza 2<sup>nd</sup> Floor  
Mamaroneck, NY 10543  
(914) 764-7500

# ***Private, Non-Medical, Unlicensed Home Care***

Non-Medical Home Care  
(Escort for Shopping/MD Visits)

## **All Care Living Assistance Services**

2227 Westchester Ave  
Bronx, NY 10462  
(646) 661-2500, (914) 667-0023

## **Senior Helpers**

83 South Bedford Road, Suite 101  
Mount Kisco, NY 10549 (914)  
214-9902  
www.seniorhelpers.com  
westchester@seniorhelpers.com

## **Senior Helpers**

1 Elm Street, Suite 2C  
Tuckahoe, NY 10707 (914) 214-  
7910 www.seniorhelpers.com  
westchester@seniorhelpers.com

## **Senior Helpers**

700 Canal Street  
Stamford, CT. 06902 (203) 297-  
8320 www.seniorhelpers.com  
fairfieldcounty@seniorhelpers.com



# ***Westchester County Department of Social Services (Medicaid)***

## **Mount Vernon District Office**

100 E. First Street

Mount Vernon, NY 10550

(914) 995-3333

Monday to Friday: 8:30 a.m. - 5:00 p.m.

## **Peekskill District Office**

750 Washington Street

Peekskill, NY 10566

(914) 995-3333

Monday to Friday: 9:00 a.m.- 5:00 p.m.

## **White Plains District Office**

85 Court Street

White Plains, NY 10601

(914) 995-3333

Monday to Friday: 8:30 a.m. - 5:00 p.m.

## **Yonkers District Office**

131 Warburton Avenue

Yonkers, NY 10701

(914) 995-3333

Monday to Friday: 8:30 a.m. - 5:00 p.m.

## ***Are You Eligible for Medicaid?***

2023 Medicaid Income and Resource Levels for New York State  
Community Medicaid

Net income for individuals who are blind, disabled or age 65+

<b>Family Size</b>	<b>Monthly Income</b>	<b>Resources</b>
1	\$1,563	\$28,134 plus a \$1,500 burial fund
2	\$2,106	\$37,908 plus two \$1,500 burial funds and a \$20 Social Security disregard

You may own a home, a car and personal property and still be eligible

### Institutional Medicaid

- Institutionalized Persons Personal Care Allowance: \$50/month
- Community Spouse Income Allocation: \$3,715/month
- Community Spouse Resource Allowance: min. \$74,820 – max \$148,620.

Current lookback on financials for community based home care is one (1) month. Current lookback on financials for nursing home (SNF) care is five (5) years. Excess or surplus income can be placed in a pooled income trust to ensure financial viability. Advisory: New York allows applicants with excess funds to spend-down or place them in a pooled income trust, thereby allowing them to access managed long term care in the community. In addition, there are special rules for married couples who are seeking long term care.

## ***Managed Medicaid Long Term Care Agencies (MLTC's)***

New York State approved Managed Medicaid Long Term Care Plans (MLTC's) are designed for frail elders and adults living with disabling,

chronic conditions. The goal of managed long term care plans is to allow these individuals to stay at home safely while maintaining their health with long term supportive services such as home health aides, nursing care, therapy, transportation and many other services. Eligibility is based on age, income, and need for long term services for more than 120 days. Individuals must be 18 and older and be eligible for Medicaid

For complete listing and questions regarding MLTC Plans, please call Conflict Free Evaluation and Enrollment Center (CFEEC) at (855)-222-8350

# ***The Westchester County Department of Senior Programs & Services***

This department is the information and referral point for local services, including:

- Extended In-home Services for the Elderly Program
- Emergency response systems
- Home delivered meals
- Housing assistance
- Information center for local services
- Medic alert emblem
- Medicaid
- Nutrition sites
- Pharmaceutical assistance program (EPIC)
- Respite care
- Senior clubs and centers

Please call (914) 813-6300 for more information.

For Medicare and Social Security Benefits information, call the U.S. Social Security Administration at (800) 772-1213; Medicare at (800)-MEDICARE; or The Medicare Rights Center at (212) 869-3850.

The New York State Attorney General's Health Care Bureau Health Care Helpline can be reached at (800) 771-7755, select option 3.

Community Health Advocates can help guide individuals, families and small businesses through the healthcare system with information and advice.

Community Health Advocates can be reached at:  
633 Third Avenue, 10th floor

New York, NY 10017  
(888) 614-5400  
[www.communityhealthadvocates.org](http://www.communityhealthadvocates.org)

## ***Adult Day Programs***

Social adult day programs are a means for keeping people active and safe while they are still living at home. Medical adult day care is for frail seniors needing a medically supportive environment. Call the Westchester Coalition of Social Adult Day Service Programs at (914) 813-6300 for more information.

### **Archcare Senior Life**

115 Broadway  
Dobbs Ferry, NY 10522  
(914) 326-3199

### **Bethel Social Day Program**

17 Narragansett Avenue  
Ossining, NY 10562  
(914) 941-7300, ext. 3238

### **CenterLight Healthcare Westchester**

335 Old Tarrytown Road  
White Plains, NY 10603  
(914) 993-7800

### **Club Wartburg Adult Day Care**

1 Wartburg Place  
Mt. Vernon, NY 10552  
(914) 513-5108

**Guidance Center of Westchester**

256 Washington Street  
Mount Vernon, NY 10553  
(914) 613-0700

**The Knolls**

51 Grasslands Road  
Valhalla, NY 10595  
(914) 461-4501

**The New Jewish Home, Sarah Neuman Center for Health Care & Rehab  
Adult Day Program**

845 Palmer Avenue  
Mamaroneck, NY 10543  
(914) 864-5800

**St. Andrew's Day Program**

101 North Central Avenue  
Hartsdale, NY 10530  
(914) 448-5645

**St. Joseph's Medical Center**

81 South Broadway  
Yonkers, NY 10701  
(914) 375-3333

***Skilled Nursing Facilities***

***(Nursing Homes/Sub-Acute Facilities)***

Unlike Burke Rehabilitation Hospital, where patients receive a minimum of three hours of therapy a day, sub-acute facilities, which in New York State are located in nursing homes, typically provide a minimum of one hour of therapy a day. Nursing homes vary in

appearance and services; therefore, we encourage family members to visit the facility that may be of interest.

Your social work case manager is available to assist you with concerns that you may have regarding a transfer to a nursing home. Your social worker can provide you with the names of facilities in your area and act as a liaison between Burke and the skilled nursing facility. The social worker will notify you and your family when a bed becomes available at a skilled nursing facility.

- Patients/families may wish to consult with an elder care attorney to discuss long-term planning and application for Medicaid.
- A patient may be referred to a skilled nursing facility for short-term or long-term care. The goal of short-term, also referred to as sub-acute, rehabilitation is to enable a patient to return home after a few additional weeks of therapy. If a patient is in need of long-term placement, he/she may be referred directly from Burke to a skilled nursing facility.
- The rehab team will complete the appropriate referral information, including the Patient Review Instrument (PRI) and the Screen, and the Burke social work case manager will fax the information to the skilled nursing facilities.
- The family is responsible for touring facilities, completing facility applications, and providing the names of five facilities to the social work case manager.
- The social work case manager will supplement the list with the names of skilled nursing facilities close to the patient's home or near Burke Rehabilitation Hospital if five names are not submitted by the family. Failure to accept the first available skilled nursing facility bed may result in the termination of the patient's hospital insurance coverage at Burke.

- The social work case manager must have an emergency contact telephone number to inform the family of immediate bed availability and the patient's transfer.
- The family may transport a patient to a skilled nursing facility, if appropriate, or may meet the patient at the facility. Ambulette transportation, usually at the patient/family's expense, may be arranged by the social work case manager.
- The nursing staff will assure that necessary paperwork will accompany the patient.
- Check with the long term care ombudsman program in your area. The Westchester County Ombudsman can be reached at (914) 682-9386.

If you have any questions about any information in this handbook, please contact your social worker.

For more information on nursing homes in your area and information on quality measures, please visit [www.medicare.gov](http://www.medicare.gov) and under Provider Type click "Nursing Home".

***The following skilled nursing facilities offer short-term (sub-acute) rehabilitation services:***

**Adira at Riverside Rehabilitation**  
120 Odell Avenue



Yonkers, NY 10701  
Proprietary: 120 beds  
(914) 964-3230

**Andrus on Hudson**  
185 Old Broadway  
Hastings-On-Hudson, NY 10706  
(914) 478-3700

**Bayberry Care Center\***  
40 Keogh Lane  
New Rochelle, NY 10805  
Proprietary: 60 beds  
(914) 636-6200

**Bethel Nursing and Rehabilitation Center, Croton-on-Hudson**  
67 Springvale Road  
Croton-on-Hudson, NY 10520  
Voluntary: 200 beds  
(914) 739-6700

**Bethel Nursing and Rehabilitation Center, Ossining**  
17 Narragansett Avenue  
Ossining, NY 10562  
Voluntary: 43 beds  
(914) 941-7300

**Briarcliff Manor Center for Rehabilitation and Nursing**  
620 Sleepy Hollow Road  
Briarcliff Manor, NY 10510  
Proprietary: 131 beds  
(914) 941-5100

**Cabrini Eldercare\***

115 Broadway  
Dobbs Ferry, NY  
Voluntary: 304 beds  
(914) 693-6800

**Cedar Manor Nursing and Rehabilitation Center**

32 Cedar Lane  
Ossining, NY 10562  
Proprietary: 153 beds  
(914) 762-1600

**Cortlandt Healthcare**

110 Oregon Road  
Cortlandt Manor, NY 10567  
Proprietary: 120 beds  
(914) 739-9150

**Dumont Center for Rehabilitation and Nursing Care\***

676 Pelham Road  
New Rochelle, NY 10805  
Voluntary: 190 beds  
(914) 632-9600

**The Emerald Peek Rehabilitation & Nursing Center**

2000 East Main Street  
Peekskill, NY 10566  
Proprietary: 96 beds  
(914) 737-8400

**The Enclave at Rye Rehabilitation & Nursing Center**

1000 High Street

Port Chester, NY 10573  
Voluntary: 160 beds  
(914) 937-1200

**EPIC Rehabilitation and Nursing**

120 Church Street  
White Plains, NY 10601  
Proprietary: 160 beds  
(914) 350-9010

**Glen Island Center for Nursing and Rehabilitation\***

490 Pelham Road  
New Rochelle, NY 10805  
Proprietary: 182 beds  
(914) 636-2800

**The Grove at Valhalla Rehabilitation & Nursing Center**

61 Grasslands Road  
Valhalla, NY 10595  
Voluntary: 160 beds  
(914) 681-8400

**King Street Rehab\***

787 King Street  
Rye Brook, NY 10573  
Proprietary: 120 beds  
(914) 937-5800

**Martine Center for Rehabilitation & Nursing\***

12 Tibbits Avenue  
White Plains, NY 10606

Voluntary: 245 beds

(914) 287-7200

**The New Jewish Home, Sarah Neuman\*\***

845 Palmer Avenue

Mamaroneck, NY 10583

Voluntary: 270 beds

(914) 698-6005

**North Westchester Restorative Therapy & Nursing**

3550 Lexington Avenue

Mohegan Lake NY 10547

Proprietary: 120 beds

(914) 528-2000, ext 2106

**NYS Veterans Home**

2090 Albany Post Road

Montrose, NY 10548

Public: 252 beds

(914) 788-6000

**The Osborn\***

101 Theall Road

Rye, NY 10580

Voluntary: 84 beds

(914) 925-8000

**Regency Extended Care Center**

65 Ashburton Avenue

Yonkers, NY 10701

Proprietary: 315 beds

(914) 963-4000

**Riverspring Living (Hebrew Home at Riverdale)**

5901 Palisade Avenue

Bronx, NY 10471

Voluntary: 868 beds

(718) 581-1000, (800) 567-3646

**Salem Hills Rehabilitation & Healthcare**

539 Route 22

Purdys, NY 10578

Proprietary: 126 beds

(914) 277-3691

**Sans Souci Rehabilitation & Nursing Center**

115 Park Avenue

Yonkers, NY 10703

Proprietary: 120 beds

(914) 423-9800

**Schaffer Extended Care Center at Montefiore NR\*\*  
(Member of the Montefiore Health System)**

16 Guion Place

New Rochelle, NY 10802

Voluntary: 150 beds

(914) 632-5000

**Sky View Rehabilitation and Health Care**

1280 Albany Post Road

Croton-on-Hudson, NY 10520

Proprietary: 192 beds

(914) 271-5151

**The Paramount at Somers Rehabilitation and Nursing Center**

189 Route 100, PO Box 445

Somers, NY 10589

Proprietary: 300 beds

(914) 232-5101

**Sprain Brook Manor Rehab**

77 Jackson Avenue

Scarsdale, NY 10583

Proprietary: 121 beds

(914) 472-3200

**Sutton Park Center for Nursing & Rehabilitation\***

31 Lockwood Avenue

New Rochelle, NY 10801

Proprietary: 160 beds

(914) 576-0600

**Tarrytown Hall Care Center**

20 Wood Court

Tarrytown, NY 10591

Proprietary: 120 beds

(914) 631-2600

**United Hebrew of New Rochelle\*\***

391 Pelham Road

New Rochelle, NY 10805

Voluntary: 150 beds

(914) 632-2804

**Wartburg Adult Care Community\***

1 Wartburg Place

Mount Vernon, NY 10552

Voluntary: 241 beds  
(914) 573-5569

**Waterview Hills Rehabilitation & Healthcare**

537 Route 22  
Purdys, NY 10578  
Proprietary: 130 beds  
(914) 277-3691

**Westchester Center for Rehabilitation & Nursing**

10 Claremont Avenue  
Mount Vernon, NY 10550  
Voluntary: 240 beds  
(914) 699-1600

**White Plains Center for Nursing Care**

220 West Post Rd  
White Plains, NY 10606  
Proprietary: 100 beds  
(914) 686-8880

**Yonkers Center for Nursing & Rehabilitation**

115 South Broadway  
Yonkers, NY 10701  
Voluntary: 200 beds  
(914) 378-7215

**Yorktown Rehabilitation & Nursing**

2300 Catherine Street  
Cortlandt Manor, NY 10567  
Proprietary: 200 beds  
(914) 739-2244

*\* Indicates Montefiore Skilled Nursing Facility Collaborativemember*

*\*\* Indicates Burke Skilled Nursing Facility network member*

## ***Assisted Living Facilities***

### **The Ambassador of Scarsdale**

9 Saxon Wood Road  
White Plains, NY 10605  
(914) 428-3782

### **Artis Senior Living of Briarcliff Manor**

553 North State Road  
Briarcliff Manor, NY 10510  
(914) 236-4711

### **Artis Senior Living of Somers**

51 Clayton Blvd.  
Yorktown Heights, NY 10598  
(914) 228-1720

### **Atria at Briarcliff Manor**

1025 Pleasantville Road  
Briarcliff Manor, NY 10510  
(914) 923-4400

### **Atria on the Hudson**

321 North Highland Avenue



Ossining, NY 10562  
(914) 762-1980

**Atria Woodlands**

1017 Saw Mill River Road  
Ardsley, NY 10502  
(914) 693-7700

**Bethel Springvale Inn**

62 Springvale Road  
Croton-on-Hudson, NY 10520  
(914) 739-4404

**The Bristol at Armonk**

90 Business Park Drive  
Armonk, NY 10504  
(914) 432-8200

**The Bristol at White Plains**

305 North Street  
White Plains, NY 10605  
(914) 984-5343

**The Chelsea at Greenburgh**

715 Dobbs Ferry Road  
Greenburgh, NY 10607  
(914) 275-0010

**The Country House**

2000 Baldwin Road  
Yorktown Heights, NY 10598  
(914) 962-3625

**Five Star Premiere Residences of Yonkers**

537 Riverdale Avenue

Yonkers, NY 10705

(914) 423-2200

**The Fountains at RiverVue**

One RiverVue Place

Tuckahoe, NY 10707

(914) 768-6000

**Kendal on Hudson**

1010 Kendal Way

Sleepy Hollow, NY 10591

(914) 922-1000

**The Kensington**

Maple Avenue

White Plains, NY 10601

(914) 390-0080

**The Knolls, A Bethel Community  
(formerly Westchester Meadows)**

55 Grasslands Road

Valhalla, NY 10595

(914) 461-4517

**The Osborn**

Theall Road

Rye, NY 10580

(914) 925-8000

**The Plaza at Clover Lake**

838 Fair Street

Carmel, NY 10512  
(845) 878-4111

**Sunrise of Crestwood**

65 Crisfield Street  
Yonkers, NY 10710  
(914) 816-4485

**Sunrise at Fleetwood**

500 North Columbus Avenue  
Mount Vernon, NY 10552  
(914) 816-4498

**Wartburg**

**(formerly Meadowview Assisted Living)**

1 Wartburg Place  
Mount Vernon, NY 10552  
(914) 513-5444

**Waterstone Senior Living**

150 Bloomingdale Road  
White Plains, NY 10605  
(914) 295-2177, (914) 386-2881

**Westchester Center for Independent & Assisted Living**

78 Stratton Street  
South Yonkers, NY 10701  
(914) 787-7400

**Willow Towers**

355 Pelham Road  
New Rochelle, NY 10805  
(914) 636-6565

## **Yorktown Assisted Living Residence**

2276 Catherine Street  
Cortlandt Manor, NY 10567  
(914) 737-2255

## ***Geriatric Care Managers***

Geriatric Care Managers (GCMs) provide consultation and care management services for a fee for older adults and their families. GCMs can arrange social, supportive and health care services to enable older persons to remain in their own home. Social workers or case managers may provide these services for patients being discharged from a hospital.

**A Place for Mom** is a free eldercare referral service.

(800) 769-0509

**Care Patrol** is a free community service offered to help people find appropriate senior living communities.

Jordan Frey, (914) 357-8084 (NY), (203) 482-5979 (Cell)  
JFrey@carepatrol.com [www.carepatrol.com](http://www.carepatrol.com)

## **Directions in Aging**

Miriam Zucker, ACSW  
(914) 636-7347, [www.directionsinaging.com](http://www.directionsinaging.com)

## **ElderCare Consulting, Inc.**

Loren Gilberg, RN, BW, MBA, CMC  
(914) 582-0796, [www.eldercarecorp.com](http://www.eldercarecorp.com)

## **Geriatric Care Consultant**

Phyllis Spiegel, LCSW (914) 686-2790

**Geriatric Care Consultants**

(914) 833-0288, [www.gericareconsultants.com](http://www.gericareconsultants.com)

**Honora Care Management & Consulting**

Susan E. Keating

(914) 315-6057, [www.honoracmc.com](http://www.honoracmc.com)

**New York Elder Care Consultants**

Debra Drelich, LMSW, ACSW, CMC

(718) 601-0838, [www.nyeldercareconsultants.com](http://www.nyeldercareconsultants.com)

**Oasis Senior Advisors**

Susan and Paul Doyle (914)

356-1901, (475) 619-4123

[www.oasissenioradvisors.com](http://www.oasissenioradvisors.com)

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**RiverSpring Care Management\***

(formerly Hebrew Home at Riverdale)

(718) 581-1593

[www.riverspringhealth.org/care-management/](http://www.riverspringhealth.org/care-management/)

## ***Attorneys Specializing In Elder Law***

Elder law attorneys handle traditional areas of legal practice such as estate planning and probate. They are also very knowledgeable about public benefits like Medicaid, Medicare, Social Security and planning for future health care decision-making.

### **National Academy of Elder Law Attorneys**

(703) 942-5711, [www.naela.org](http://www.naela.org)

### **Westchester County Bar Association**

Lawyer Referral Services

(914) 761-5151, [www.wcbany.org](http://www.wcbany.org)

### **Amoruso & Amoruso, LLP**

800 Westchester Avenue, Suite N-605 Rye  
Brook, NY 10573, [www.amorusolaw.com](http://www.amorusolaw.com)

### **Patricia A. Bave, Esq.**

Kommere Bave & Ciccone LLP

145 Huguenot Street, Suite 402

New Rochelle, NY 10801

(914) 303-7862, [pbave@KBCattorneys.com](mailto:pbave@KBCattorneys.com)

### **Michele Cassidy, Esq.**

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399 Knollwood Road, Suite 311

White Plains, NY 10603

(914) 428-1404

[mcassidy@CassidyElderLaw.com](mailto:mcassidy@CassidyElderLaw.com)

200 Katonah Avenue, 2nd Floor

Katonah, NY 10536  
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www.plantodayfortomorrow.com  
smd@plantodayfortomorrow.com

350 Theodore Fremd Avenue  
Rye, NY 10580  
(914) 925-1010

2074 Crompond Road  
Yorktown Heights, NY 10598  
(914) 245-2440

**Anthony J. Enea, Esq.**  
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245 Main Street, Suite 500  
White Plains, NY  
10601 (914) 269-2367  
www.esslawfirm.com

**Giles Shipp**  
935 White Plains Road  
Trumbull, CT 06611 (203)  
502-8851  
www.attorneylauriegiles.com

**Jeffrey S. Goldstein, Esq.**  
23 Meadowbrook Drive

Ossining, NY 10562  
(914) 738-2692

**Hermann Law Group**

Social Security Disability Lawyers  
560 White Plains Road, Suite 305 Tarrytown, NY 10591  
(888) 979-9591

**Bernard Krooks, Esq. Littman, Krooks LLP**

800 Westchester Avenue, Suite S-436  
Rye Brook, NY 10573  
(914) 684-2100  
[www.littmankrooks.com](http://www.littmankrooks.com)

**Moira S. Laidlaw, Attorney**

Hollis Laidlaw & Simon  
55 Smith Avenue  
Mt. Kisco NY 10549 (914)  
666-5600  
[mlaidlaw@hollislaidlaw.com](mailto:mlaidlaw@hollislaidlaw.com)

**Lamson & Cutner, P.C.**

84 Calvert Street  
Harrison, NY 10528  
(914) 732-3636  
[www.lamson-cutner.com](http://www.lamson-cutner.com)

**Michael Richman, Esq.**

399 Knollwood Road, Suite 206



White Plains, NY 10603  
(914) 761-8084  
mrichman@hunton.co  
m

**Neil Rimsky, Esq.**

Cuddy & Feder  
445 Hamilton Avenue  
White Plains NY 10601  
(914) 761-1300  
nrimsky@cuddyfeder.co  
m

***Westchester County Office for People with  
Disabilities***

[www.disabled.westchestergov.com](http://www.disabled.westchestergov.com)

Office hours are 9:00 a.m. to 5:00 p.m.,  
Monday through Friday  
148 Martine Avenue, Room 102  
White Plains, NY 10601  
Phone: (914) 995-2957

Since its inception in 1975, the Westchester County Office for People with Disabilities has functioned as a clearinghouse of information for people with disabilities, their families and advocates. Each month, the office handles approximately 1,000 phone calls from people who are looking for transportation, housing, employment and information about the Americans with Disabilities Act and other laws that guarantee people with disabilities basic civil rights.

Apart from information and referrals for the public, the office also consults with other county departments to ensure that Westchester's policies, programs and facilities are in compliance with the Americans with Disabilities Act of 1990. Services include:

- Distribution of application forms for the County's reduced-fare pass for the Bee Line buses
- Sign language interpreter referral for individuals and organizations who are looking for qualified interpreters
- Resource guides and directories (e.g., guide to camps and recreation programs for people with disabilities)
- Speakers' bureau

### **Para Transit**

The Para Transit system is available for those who cannot use the regular buses. Reservations are required in order to use the service and can only be made for those who have been pre-approved to use the service.

Paratransit Applications (914) 995-2960

Paratransit Reservations (914) 995-7272

## ***Leisure/Recreation Information***

Information about things to do for fun and enjoyment can be obtained from your local newspaper, local recreation department and the Westchester County Department of Parks, Recreation and Conservation. For more information, please call (914) 864-7275.

The Burke Therapeutic Recreation Department also has information packets available at no charge. To request a packet, call (914) 597-2497.

The packets contain information on:

- Travel resources (planning, accommodations, medical considerations)
- New York State travel and recreation opportunities
- Outdoor recreation opportunities (boating, fishing, camping, wilderness)
- Cultural pursuits (theatre discounts and accessibility, accessibility guides to museums, performing arts and wheelchair dance)
- Adaptive/accessible gardening
- Publications (relating to disability issues)
- Continuing education opportunities

### **Sports for Persons with Disabilities**

Burke hosts annual events such as the Burke Expo and a 5K which provide opportunities for athletes of all ability levels to compete in a variety of sports and activities. For information about these events, call (914) 597-2847.

For information on adaptive sports including hand- cycling, table tennis, golf, kayaking and more, contact the Burke Therapeutic Recreation Department at (914) 597-2497 or [TR@burke.org](mailto:TR@burke.org).

# ***Transportation Services***

## **Westchester County Bee-Line Bus**

Bee-Line Information Hotline: (914) 813-7777 Monday to Friday, 7:00 a.m. to 7:00 p.m. (most bus routes are wheelchair accessible)

## **Car/Taxi Services in Westchester**

☐ Blue Bird Taxi (New Rochelle)	(914) 632-0909
☐ Central Taxi (White Plains)	(914) 949-0110
☐ Greenburgh Taxi	(914) 592-4949
☐ Harrison Taxi	(914) 835-3400
☐ Larchmont Taxi	(914) 834-4000
☐ Paramount Taxi (Mamaroneck)	(914) 698-2100
☐ Splendid Taxi (White Plains)	(914) 949-1333
☐ Westchester USA Taxi (White Plains)	(914) 328-9700
☐ White Plains Taxi	(914) 949-0054

## **RideConnect**

Volunteer drivers assist with finding rides for older adults, the disabled and

home health professionals in Westchester. (914) 242-7433, [www.rideconnectwestchester.org](http://www.rideconnectwestchester.org)

**Services covered by Medicaid**

Bates Transportation (914) 939-0036  
Premier Transportation (914) 633-9151

**Westchester Medicaid Transportation Office**

(866) 883-7865

**New York City Medicaid Transportation Office**

(800) 243-7842

**WestFair Rides**

Volunteer drivers help arrange for rides to medical appointments for the blind and older adults aged 60+ who do not drive in Westchester.

(914) 764-3533

[www.westfairrides.org](http://www.westfairrides.org)

**Westchester County Para-Transit Services**

Curb-to-curb transportation for those who have specific impairment that interferes with using a fixed bus route independently and/or riding a bus without a wheelchair lift. Advance registration required.

Paratransit Applications	(914) 995-2960
Paratransit Reservations	(914) 995-7272
New York City Access-a-Ride	(877) 337-2017

**Parking Permit Information**

Westchester County Office for the Disabled  
(914) 995-2957

## ***Hospice/Palliative Care***

### **Calvary Hospital Hospice and Homecare**

(718) 430-9540, (718) 518-2465

### **Hospice & Palliative Care of Westchester**

(914) 682-1484

### **Hospice Care in Westchester & Putnam (Northwell Health At Home)**

(914) 666-7616, (914) 666-4228

### **Jansen Memorial Hospice**

(914) 787-6158

### **Phelps Hospice (Northwell Health At Home)**

(914) 366-3325

## ***Mental Health Outpatient Centers***

For a psychiatric emergency, call or visit your local hospital's  
Emergency

Department. You can also call St. Vincent's Hospital Crisis Prevention  
and Response Team at (914) 925-5959.

### **Catholic Charities Community Services**

204 Hawthorne Avenue

Yonkers, NY 10705

(914) 476-2700

### **Family Services of Westchester**

#### **Hastings-On-Hudson**

78 Main Street

Hastings-On-Hudson, NY 10706

(914) 274-8334

### **Mount Vernon**

6 Gramatan Avenue, Suite 401

Mount Vernon, NY 10550

(914) 668-9124

### **Pelham**

507 Fifth Ave.

Pelham, NY 10803

(914) 738-1728

### **Port Chester**

One Gateway Plaza

Port Chester, NY 10573

(914) 240-2241

**Sleepy Hollow**

239 North Broadway

Sleepy Hollow, NY 10591

(914) 631-2022

**White Plains**

7-11 South Broadway

White Plains, NY 10606

(914) 948-8004

**Yonkers**

20 South Broadway

Yonkers, NY 10701

(914) 964-6767

**The Guidance Center of Westchester**

150 Huguenot Street

(914) 613-0700 x7101

New Rochelle, NY 10801

256 Washington Street

(914) 613-0700 x7413

Mt. Vernon, NY 10550

**Mental Health Association of Westchester County**

580 White Plains Road, Suite 510

(914) 345-5900

Tarrytown, NY 10591

Individual and group counseling sessions are available at MHA's clinics. Clinics are open Monday-Friday, 9:00 a.m.-5:00 p.m. and evening hours vary at each location. To schedule an appointment, call the Central Scheduler at (914) 345-0700, ext. 7350.



**MHA Clinic Locations:**

20 George Street, Haverstraw, NY 10927  
344 Main Street, Suite 301, Mt. Kisco, NY 10549  
29 Sterling Avenue, White Plains, NY 10606  
360 Mamaroneck Ave White Plains, NY 10605  
20 South Broadway, Suite 402, Yonkers, NY 10701  
BOCES Educational Resource Center (BERC) @  
The Family Resource Center  
311 N. Midland Avenue, Upper Nyack, NY 10960

**Montefiore New Rochelle\***

16 Guion Place (914)632-5000  
New Rochelle, NY 10801

**New York Presbyterian Hospital, Westchester Division**

21 Bloomingdale Road (888) 694-5700  
White Plains, NY 10605

**Phelps- Ossining Counseling Service**

22 Rockledge Avenue (914) 944-  
Ossining, NY 10562 5250

**Phelps Counseling**

755 North Broadway, Suite 250 (914) 366-  
Sleepy Hollow, NY 10591 3600

**Rockland Psychiatric Center**

Mount Vernon Center (914) 363-  
100 East First Street 1500  
Mount Vernon, NY 10550

22 Rockledge Avenue (914) 944-  
Ossining, NY 10562 5250

**Phelps Counseling**

Peekskill Center (914)737-8217  
1040 Main Street  
Peekskill, NY 10566

White Plains Center (914)948-1192  
79 East Post Road  
White Plains, NY 10607

**Scarsdale Edgemont Family Counseling Service**

14 Harwood Court, Room 409 (914) 723-3281  
Scarsdale, NY 10583

**St. Joseph's Medical Center Outpatient Services**

108 South Broadway (914) 378-7461  
Yonkers, NY 10701

**Westchester County Medical Center**

Behavioral Health Center (914) 493-7088  
100 Woods Road  
Valhalla, NY 10595

**Westchester Jewish Community Services**

141 North Central Avenue (914) 949-7699  
Hartsdale, NY 10530

1101 Main Street (914)737-7338  
58

Burke Rehabilitation Hospital

Peekskill, NY

845 North Broadway  
White Plains, NY 10603

(914)761-0600

487 South Broadway  
Yonkers, NY 10705

(914) 423 4433

## ***Stroke Resources***

**American Stroke Association**  
New York Chapter  
Hudson Valley Chapter  
[www.strokeassociation.org](http://www.strokeassociation.org)

(888) 478-7653  
(212) 878-5900  
(845) 867-5370

**The Stroke Network Online**  
Online support and resources

[www. strokenetwork.org](http://www.strokenetwork.org)

# ***Protective Services IN AN EMERGENCY DIAL 911***

Adult Protective Services (914) 995-2259  
[www.ocfs.ny.gov/main/psa](http://www.ocfs.ny.gov/main/psa)

Batterers Anger Management (914) 949-1212

Mental Health Association of Westchester (914) 345-5900  
[www.mhawestchester.org](http://www.mhawestchester.org)

Child Protective Services  
Day number for intakes (914) 995-6028

Domestic Violence (800) 298-7233

Victims Assistance (914) 345-3113

## ***Personal Emergency Response Systems***

Alert One (877) 287-3210

Connect America (800) 815-5809

Life Alert (800) 920-3410

LifeFone (866) 294-2429

Life Station (866) 286-5518

Medical Guardian (800) 757-1214

Mobile Help- (800) 800-1710

The Anywhere Help Button

Philips Lifeline (800) 543-3546

Rescue Alert

(800) 688-9576

## ***Home Modification Services***

**Able Care** (800) 310-1196 able-care.com

**Access NSM** (866) 321-4442  
(formerly Hudson Home Health and Accessibility Solutions)  
accessnsm.com

**Acorn Stairlifts** (888) 211-1245  
acornstairlifts.com

**Amramp** (888) 715-7598  
amramp.com

**Day Elevator and Lift** (800) 758-5438  
dayelevator.com (516) 486-5438

**Home Square** (914) 769-  
homesquare.com 1100

**Mobility 101** (914) 902-  
101mobility.com 5024

## ***National Healthcare Resources***

<b>AARP</b> www.aarp.org	(888) 687- 2277
<b>Addictions Hotline</b> www.211cny.com	(800) 522- 5353
<b>Alcoholics Anonymous</b> www.aa.org	(212) 647- 1680
<b>ALS Association</b> www.alsa.org	(800) 782- 4747
<b>Alzheimer's Association</b>  www.alz.org	(914) 253- 6860 (800) 272- 3900
<b>American Cancer Society</b> Helpline www.cancer.org	(800)227-2345
<b>American Diabetes Association</b> www.diabetes.org	(800) 342- 2383
<b>American Epilepsy Society</b> www.diabetes.org	(312) 883- 3800
<b>American Heart Association</b> www.heart.org	(800) 242- 8721
<b>American Lung Association</b>  www.lung.org	(914) 347- 2094

<b>American Red Cross</b> www.redcross.org	(800) 2767	733-
<b>American Stroke Association</b> www.strokeassociation.org	(888) 7653	478-
<b>Amputee Coalition of America</b> www.amputee-coalition.org	(888) 5669	267-
<b>Amyotrophic Lateral Sclerosis Assn.</b>  www.als-ny.org	(212) 1400 (800) 8857	619-  672-
<b>Anxiety and Phobia Treatment Center</b>  www.phobia-anxiety.org	(914) 1038 (914)286-4430	681-
<b>Arthritis Foundation</b> www.arthritis.org	(800)283-7800	
<b>Brain Injury Association of America</b> www.biausa.org	(800) 6443	444-
<b>Brain Injury Association of NYS</b> www.bianys.org	(518) 7911	459-
<b>Cancer Care</b>  www.cancercare.org	(212) 8400 (800) 4673	712-  813-



**American Red Cross** (800) 733-  
www.redcross.org 2767

**Caregiver Action** (855) 227-  
3640

(formerly Network National Family Caregivers Association)  
www.caregiveraction.org

**Christopher and Dana Reeve Foundation** (800) 225-0292  
www.christopherreeve.org

**Compassionate Friends** (877) 969-  
www.compassionatefriends.org 0010

**COPD Foundation** (866) 316-  
www.copdfoundation.org 2673

**Family Caregiver Alliance** (800) 445-  
www.caregiver.org 8106

**Friends' Health Connection**  
www.friendshealthconnection.org

**Geriatric Home Safety**  
www.thiscaringhome.org

**Guillain-Barre Syndrome Foundation** www.gbs- (866) 224-  
cidp.org 3301

**Lighthouse Guild** (800) 284-  
www.lighthouseguild.org 4422

<b>Compassionate Friends</b> www.compassionatefriends.org	(877) 0010	969-
<b>Medic Alert Foundation</b> www.medicalert.org	(800) 5378	432-
<b>Medicare</b> www.medicare.gov	(800) 4227	633-
<b>Mesothelioma</b> www.mesothelioma.net	(800) 8608	692-
<b>Multiple Sclerosis Association of America</b> www.mymsaa.org	(800) 7667	532-
<b>Muscular Dystrophy Association</b> www.mdaua.org	(800)572-1717	
<b>National Aphasia Association</b> www.aphasia.org		
<b>National Association of Social Workers</b> www.naswdc.org	(800) 4089	742-
<b>National Multiple Sclerosis Society</b> www.msny.org	(914) 1655	694-
www.nmss.org	(800) 4867	344-
<b>National Parkinson Foundation</b> www.parkinson.org	(800) 4636	473-

<b>National Association of Social Workers</b> www.naswdc.org	(800) 4089	742-
<b>National Multiple Sclerosis Society</b>		
<b>National Suicide Prevention Hotline</b>	(800) 8255	273-
<b>Parkinson's Disease Foundation</b> www.pdf.org	(800) 6676	457-
<b>Social Security Administration</b> www.ssa.gov	(800) 1213	772-
<b>United Spinal Association</b>	(800) 9629	962-
Greater NY Chapter	(866) 7242	692-
Hudson Valley www.spinalcord.org	(845) 4950	786-
<b>United Way</b> www.uwwp.org www.unitedway.org	(914) 6700	997-
<b>Veterans Service Agency</b> www.va.gov	(914) 5145	813-
<b>Well Spouse Association</b>  www.wellspouse.org	(732) 8899	577-

## ***New York State & Local Healthcare Resources***

**Advocate for Injured Workers NYS for Worker's Compensation Board**

(800) 580-6665

[www.wcb.ny.gov/content/main/Workers/Workers.jsp](http://www.wcb.ny.gov/content/main/Workers/Workers.jsp)

**Caregiver Resource Directory**

[www.nrd.gov/Family-Caregiver-Support](http://www.nrd.gov/Family-Caregiver-Support)

**Community Health Advocates** (888) 614-  
[www.communityhealthadvocates.org](http://www.communityhealthadvocates.org) 5400

**Community Services Society of NY** (212) 254-  
[www.cssny.org](http://www.cssny.org) 8900

**Department of Social Services** (914) 995-  
[www.socialservices.westchester.com](http://www.socialservices.westchester.com) 5000

**Disabled on the Move** (914) 968-  
[www.wdom.org](http://www.wdom.org) 4717

**DOROT Westchester** (914) 485-  
8354

[www.dorotusa.org](http://www.dorotusa.org) (914) 573-  
8906

**EPIC** (800) 332-  
(NYS Elderly Pharmaceutical Coverage) 3742  
[www.health.ny.gov/health\\_care/epic/](http://www.health.ny.gov/health_care/epic/)

**Family Institute of Westchester** (914) 777-  
[www.fiwny.org](http://www.fiwny.org) 3909

**Family Service Society of Yonkers** (914) 963-  
[www.fssy.org](http://www.fssy.org) 5118

<b>Food Stamps</b> (Dept. of Social Services) <a href="http://www.socialservices.westchestergov.com/temporary-assistance/snap">www.socialservices.westchestergov.com/temporary-assistance/snap</a>	(914) 995-3333
<b>Home Energy Assistance Program</b> (Dept. of Social Services) <a href="http://www.socialservices.westchestergov.com/home-energy-assistance">www.socialservices.westchestergov.com/home- energy-assistance</a>	(914) 995-3333
<b>Hospice of Westchester</b> <a href="http://www.hospiceofwestchester.org">www.hospiceofwestchester.org</a>	(914) 682-1484
<b>Housing-NY Foundation for Senior Citizen Home Sharing</b> <a href="http://www.nyfsc.org">www.nyfsc.org</a>	(212) 962-7559
<b>Independent Living Center of Westchester</b> <a href="http://www.wilc.org">www.wilc.org</a>	(914) 682-3926
<b>Legal Services of the Hudson Valley</b> <a href="http://www.lshv.org">www.lshv.org</a>	(914) 949-1305
<b>Medicaid (Dept. of Social Services)</b> <a href="http://socialservices.westchestergov.com/medical-assistance/apply-for-medicalassistance">socialservices.westchestergov.com/medical-assistance/apply-for-medicalassistance</a>	(914)813-6129
<b>Mental Health Association of Westchester</b> <a href="http://www.mhawestchester.org">www.mhawestchester.org</a>	(914) 949-7035
<b>Montefiore Housing at Risk Program</b>	(718) 920-7077

**Mental Health Association of Westchester** (914) 949-7035  
[www.mhawestchester.org](http://www.mhawestchester.org)

**NY Office for the Aging** (844) 697-6321  
[www.aging.ny.gov](http://www.aging.ny.gov)

**Pace Women's Justice Center** (914) 422-4069  
[www.law.pace.edu/wjc](http://www.law.pace.edu/wjc)

**Vocational Rehab White Plains** (914) 946-1313  
[www.acces.nysed.gov/vr/vocational-rehabilitation-services](http://www.acces.nysed.gov/vr/vocational-rehabilitation-services)

**Volunteer New York** (914) 948-4452 [www.volunteernewyork.org](http://www.volunteernewyork.org)

**Westchester County Dept. of Senior Programs & Services** (914) 813-6300  
[www.seniorcitizens.westchestergov.com/](http://www.seniorcitizens.westchestergov.com/)

**Westchester County Office (914) 995-2957 for People with Disabilities**

**Westchester Jewish Community Services**  
[www.wjcs.com](http://www.wjcs.com) (914) 761-0600  
*WJCS serves as the umbrella for 270 mutual support groups throughout Westchester*

**Westchester Residential Opportunities**  
[www.wromc.org](http://www.wromc.org) (914) 428-4507

**Wheel Chair Dancing** (845) 735-1400  
(Nyemcheck's)

[www.rollcallwheelchairdance.org](http://www.rollcallwheelchairdance.org)

**Worker's Compensation Board** (877) 632-4996 [www.wcb.ny.gov](http://www.wcb.ny.gov)

## ***Senior Center Programs & Services***

Throughout Westchester County, each village offers senior programs and services which provide a range of care for older adults. The services and programs are designed to meet the changing needs of seniors and to enhance the quality of their lives.

Programs include medical and shopping transportation, case management, long term care planning, light housekeeping, home delivered meals, small home repairs. Medicare and entitlement counseling, bed and bath program, and senior centers. Contact your local senior center for specifics on the programs and services that are offered.

Ardsley	(914) 693-8012
Armonk/North Castle	(914) 273-3000 x49
Bedford	(914) 666-7203
Bronxville	(914) 793-2222
Cortlandt	(914) 528-1572
Croton	(914) 271-5804
Dobbs Ferry	(914) 693-7792
Eastchester	(914) 771-3340
Elmsford	(914) 592-6555
Greenburgh	(914) 989-1822
Harrison	(914) 670-3000 x5
Hartsdale Sacred Heart Leisure Club	(914) 949-0028

Hastings-On-Hudson	(914) 478-2380
Irvington	(914) 591-7786
Katonah	(914)666-7203
Larchmont/Mamaroneck	(914) 834-8840
Lewisboro	(914) 232-6162
Mount Kisco	(914) 666-8931
Mount Pleasant	(914) 592-6441
Mount Vernon (Armory)	(914) 665-2315
New Castle	(914) 238-8888
New Rochelle	(914) 235-2363
North Salem	(914) 669-5665
Ossining	(914) 762-1350
Peekskill	(914) 734-4254
Pelham	(914) 738-5004
Pleasantville	(914) 769-2021
Port Chester	(914) 939-4975
Pound Ridge	(914) 764-8201
Rye	(914) 967-2535
Rye Brook	(914) 939-7904
Scarsdale	(914) 722-1160
Sleepy Hollow	(914) 366-5109
Somers	(914) 232-0807
Tarrytown	(914) 631-8347
Tuckahoe	(914) 337-8487
West Harrison	(914) 630-5366
White Plains	(914) 422-1423
Yonkers	(914) 377-6822



North Salem (914) 669-5665  
Yorktown (914) 962-7447

**Home Delivered Meals**

Bedford (914) 666-7203  
Briarcliff Manor (914) 762-8953  
Bronxville (914) 787-3027  
Buchanan (914) 528-5164  
Chappaqua, New Castle (914) 238-2093  
Cortlandt (914) 528-5164  
Croton-on-Hudson (914) 528-5164  
Dobbs Ferry (914) 693-7792  
Eastchester (914) 771-3339  
Elmsford (914) 592-6555  
Greenburgh (914) 989-1807  
Harrison (914) 670-3000  
x5  
Hawthorne (914) 592-6441  
Katonah (914) 666-7203  
  
Larchmont, Mamaroneck (914) 381-7840  
Lewisboro (914) 232-0807  
Mount Kisco (914) 666-8931  
Mount Pleasant (914) 592-6441  
Mount Vernon (914) 665-2315  
Mount Vernon Kosher Meal (914) 668-4350  
New Rochelle (914) 576-3865  
New Rochelle Kosher Meals (914) 668-4350  
North Castle (914) 273-3000  
x49

Larchmont, Mamaroneck	(914) 381-7840
North Salem	(914) 232-0807
Ossining, Scarborough	(914) 762-1350
Peekskill	(914) 739-6768
Pelham	(914) 738-5004
Pleasantville	(914) 769-2021
Port Chester	(914) 939-4975
Pound Ridge	(914) 764-8201
Rye	(914) 925-0778
Rye Brook	(914) 925-0778
Scarsdale	(914) 723-4342
Sleepy Hollow	(914) 366-5109
Somers	(914) 232-0807
Tarrytown	(914) 989-1807
Valhalla	(914) 592-6441
Verplanck	(914) 528-5164
Yonkers	(914) 963-2460
Yorktown	(914) 962-7447

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