



“I’m fighting to bring our seniors the resources they need to age happily and comfortably in the neighborhoods they call home.”

– Assemblymember  
**Jen Lunsford**

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**LOOK  
INSIDE**  
for critical  
resources  
available to  
seniors

# Assemblymember Jen Lunsford:



## Looking out for Perinton Seniors

# Assemblymember Jen Lunsford is keeping seniors informed

## Take the Master Plan for Aging Survey

New York is developing a Master Plan for Aging (MPA) to create a blueprint of strategies to ensure that everyone can live fulfilling lives in good health, with freedom, dignity and independence, regardless of age. This survey will help us understand the living conditions, care and service needs of senior New Yorkers, along with what they want to be addressed in the MPA. To complete the **anonymous survey**, visit **forms.ny.gov/s3/mpasurvey**. It will be available until Dec. 31, 2023.

## Tax Relief for Senior Homeowners

Homeowners aged 65 and older are eligible for the Enhanced STAR program if their combined annual income does not exceed \$98,700. Those who have recently purchased homes or have never applied for STAR benefits on their current homes may be able to **save hundreds of dollars** annually. To learn more, visit **tax.ny.gov/star** or call **518-457-2036**.

## NY Connects

NY Connects helps anyone who needs long-term services and supports individuals with disabilities, older adults, family members and caregivers, friends and neighbors, veterans and aides. NY Connects can help you find care and support, remain independent, better understand care options, find transportation, access supported employment programs, get answers about Medicare and apply for other state benefits. To learn more, visit **nyconnects.ny.gov** or call **800-342-9871**.

## Consumer Directed Personal Assistance Program (CDPAP)

CDPAP is a Medicare program that provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living or skilled nursing services. Services may include assistance provided by a personal care aide, home health aide or nurse. The program allows recipients to have flexibility and freedom in choosing their caregivers. Visit **health.ny.gov/health\_care/medicaid/program/longterm/cdpap** to learn more.

## Expanded In-Home Services for the Elderly (EISEP)

EISEP provides individuals living at home with non-medical services such as personal care, adult day care, transportation assistance and support services such as case management and non-institutional respite. Individuals aged 60 or older who require living assistance and are ineligible for these services under Medicaid may qualify for EISEP. To learn more, visit **health.ny.gov/health\_care/medicaid/program/longterm/expand** or call **800-342-9871**.

## Monroe County Library System (MCLS) Outreach Program

MCLS Outreach Department brings library resources to underserved members of our community. Whether individuals are in their homes, skilled nursing facilities, rehab centers or institutionalized settings, the program helps deliver the library experience. To learn more, visit **libraryweb.org/services/outreach-services** or call **585-428-8312**.



## Important Phone Numbers

courtesy of Assemblymember Jen Lunsford

### Need help getting connected to services?

NY Connects .....nyconnects.ny.gov or 800-342-9871  
Lifespan..... lifespan-roch.org or 585-244-8400  
United Way..... 211  
The Elder Pages.....TheElderPages.com

### Monroe County Assistance

Monroe Community Hospital..... 585-760-6500  
435 E. Henrietta Rd., 3rd Floor, East (Faith Wing)  
Rochester, NY 14620  
Meals on Wheels..... 585-787-8397  
..... or urmc.rochester.edu/home-care/meals-on-wheels  
Monroe County Office for the Aging..... 585-753-6280  
Town of Perinton 55+ Program ..... 585-223-5050 ext. 1130  
...or perinton.org/departments/randp/recreation/55-plus-program  
Fairport Library's FROST: Friends Readers Outreach Service Team  
...fairportlibrary.org/adults/frost-outreach-program or 585-223-9091

### Federal Assistance:

Federal Information Center ..... 800-333-4636  
Internal Revenue Service (Information line) ..... 800-829-1040  
Lawyers' Fund for Client Protection.....518-434-1935 or 800-442-3863  
Social Security Administration Hotline ..... 800-772-1213  
Department of Veterans' Affairs.....800-827-1000

### New York State Assistance

NYS Office for the Aging ..... 844-697-6321  
NYS Department of Health..... 855-355-5777  
NYS Department for Veterans' Services ..... 518-474-6114

### Toll-Free Helplines

AARP ..... 888-687-2277  
Alliance for Aging Research ..... 202-293-2856  
Alzheimer's Association ..... 800-272-3900  
Leading Age..... 202-783-2242  
American Cancer Society Response Hotline ..... 800-227-2345  
American Diabetes Association ..... 800-342-2383  
American Lung Association..... 800-586-4872  
Arthritis Foundation Information Line..... 800-283-7800  
Medicare and Medicaid Services Hotline ..... 800-633-4227  
National Cancer Institute ..... 800-422-6237  
National Consumer Voice for Quality Long-Term Care..... 202-332-2275  
National Hospice Organization ..... 800-658-8898  
National Institute on Aging..... 800-222-2225  
Parkinson's Disease Foundation ..... 800-457-6676