



CAREGIVERS OUTREACH
MENTORSHIP EMPOWERMENT, INC.

COMMUNITY RESOURCE GUIDE



Everyday Resources for
Family Caregivers

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It can be a difficult task to seek out the necessary services for a loved one. The decisions and choices to be made on behalf of an ill, disabled, or elderly loved one can be overwhelming. Where do you begin? Information is the key to a successful caregiver's journey.

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This eBook provides a health-related complimentary resource from Caregivers Outreach Mentorship Empowerment (COME). It was not intended to replace the advice of a medical professional. Always consult with a doctor to determine what is best for your loved one's individual healthcare needs. The resources provided in this guide are for convenience, informational purposes and do not constitute an endorsement or approval by COME.



Senior Care And Support Services

Administration On Aging

AoA provides home and community-based services to millions of older persons through the programs funded under the OAA. Services provided using AoA funds include but are not limited to transportation, adult day care, caregiver support, and health promotion programs.

Administration For Community Living

The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities. This family community advisory council provides recommendations on effective caregiving methods/techniques and support to family caregivers. The Administration for Community Living also provides resources such as Web-based focus groups for family caregivers to learn about the experiences and needs of caregivers.

Carter Burden Center For The Aging

The Carter Burden Network promotes the well-being of seniors 60 and older through a continuum of services, advocacy, arts and culture, health and wellness, and volunteer programs, all oriented to individual, family, and community needs.

- Caregiver Resource Programs

DOROT

Dorot is a nonprofit organization addressing the challenges of the aging population.

Resources Dorot offers for an older adult :

- Advance care planning
- Legacy Art workshops
- Health and Wellness classes

Elder Care Locator

A public service of the U.S Administration on the Aging provides connecting services for older adults and their families.



Resource Center Hospice

Provides a community resource for support, answers, and expertise regarding planning and informed decision-making about the present and future long-term health care.

JASA

JASA honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

- Health and wellness
- Supporting the elderly through COVID-19

National Council On The Aging (NCOA)

Advocates to improve the lives of older adults, including those who are struggling.

National Asian Pacific Center On Aging

The National Resource Center on AAPI Aging is the nation's first and only technical assistance resource center dedicated to building the capacity of long-term service and support systems to serve AAPI older adults and their caregivers equitably.

Presbyterian Support Services

PSS's mission is to strengthen the capacity of the aging population of New Yorkers, their families, and the communities. Pss circle of care caregiver support programs offers free critical services and support.

Resources :

- PSS Circle of Care
- PSS Centers



Disease Specific

American Foundation For The Blind

Advocates for better policies that promote accessibility and ensure equality and opportunity for people who are blind or visually impaired.

American Hospice Foundation

AHF educates the public about hospice care and provides caregivers with critical information dealing with significant challenges caring for their loved ones.

Bronx Oncology Living Daily Program

The Bronx Oncology Living Daily (BOLD Living) Program, within the Psychosocial & Integrative Oncology Program, is a free wellness and support program launched in 2008 to meet the particular needs of those affected by cancer in the Bronx.

American Cancer Society

The American Cancer Society is on a mission to free the world from cancer while conducting research, sharing expert information, supporting patients, and spreading the word about prevention. The American Cancer Society also offers informative information for caregivers taking care of a loved one with cancer. Some valuable resources the cancer society offers are :

- Caregiver resource guide to understanding what a loved one is going through and develop skills as a caregiver.
- Caregiver support video series.
- Articles and Advice on communicating and how to deal



with the stress of Cancer and caregiving, and how to take care of themselves as a caregiver.

- Information Center for information and support
- The patient lodging program gives patients and caregivers a free place to stay during treatment.
- Preparing for Natural Disaster
- Support for Grief and Loss
- Grief and Bereavement
- Numerous articles provide resources for children to understand Cancer and cope with treatment or potential loss of a loved one.
- Preparing children for Death of a Loved One
- Helping a child after a parent's death

American Diabetes Association

Offers resources to help prevent diabetes and improve the lives of all people diagnosed with diabetes.

- Better Choices for Life

American Lung Association

Helpline: 1-800-LUNGUSA

- Lung Force Heroes: Share your story/struggles as a caregiver, and read accounts from other caregivers
- Caregiver Mentor Angel: Receive help and support from someone with experience with Lung Cancer
- Online Forum to discuss struggles of caring for lung disease
- Self-Care Tips for Lung Cancer Caregivers

American Heart Association

AHA has been fighting heart disease and stroke, striving to save and improve lives for over 100 years. They offer health education awareness, caregivers support, consumer healthcare, and other support networks.

Arthritis Foundation

Offers resources and tips for those diagnosed with arthritis.

- Treatments
- Healthy Living

Autism Society

Free Online courses for learning about Autism and how to care for those with Autism.

- Siblings

Autism Speaks

Information and tips on how to take care of yourself as a caregiver.

- A parent's guide to Autism
- A grandparent's guide to Autism
- Preparing for Natural Disaster
- A sibling's guide to Autism

Leukemia & Lymphoma Society

Offers videos for caregivers that teach how to manage emotions, support caregivers, and find support.

Webcast that speaks about the challenges of a caregiver, how to care for a Cancer patient, and how to manage stress and physical and emotional difficulties.

Caregiver Support Group

Caregiver Education programs

Guides:

- The ALL Guide: Information for Patients and Caregivers
- The AML Guide: Information for Patients and Caregivers
- The CLL Guide: Information for Patients and Caregivers
- The CML Guide: Information for Patients and Caregivers

- Communicating as Caregiver
- End of the Caregiver Role

Lupus Foundation

Offers a series of educational podcasts from Lupus Experts that provide information and insight on Lupus and how to care for someone with Lupus.

- Toolkit for Caregivers
- Care File(For keeping track of important information)
- Roles are redefined when you become a caregiver
- Self-Care Tips
- Caring for Children/Teens
- Preparing for Health Emergencies
- Legal Information for Caregivers

Multiple Sclerosis Society

Provides Educational videos and Webinar series with experts regarding Multiple Sclerosis. Books, DVDs, and available to understand Multiple Sclerosis.

Emergencies & Disasters

Multiple Sclerosis adventure camp for children grades 4-12 living with someone with Multiple Sclerosis.

Activity book for understanding Multiple Sclerosis

Muscular Dystrophy Association

Offers Guidebooks for caregivers. Articles and information about Muscular Dystrophy outline financial options for caring for someone with MD.

Emergency Resources

Emergency Preparedness

- Provides resources for youth/young adults with MD seeking education, employment, or independent living.
- Summer camp for children living with MD

National Down Syndrome Congress

Offers advice for communicating and caring for loved ones with Down Syndrome. Parent Webinars for decision-making and tips for caring for someone with Down Syndrome. Offers Down Syndrome Summit for rural/tribal communities. Down Syndrome summit teaches caregivers how to care for someone with Down syndrome. Adult Sibling toolkit/ Family Care Toolkit to assist caregivers in caring for those with Down Syndrome. Print copies are \$10, free for members.

Parkinson's Foundation

Offers videos that help caregivers understand Parkinson's, provides strategies for caring for someone with Parkinson's, and strategies for coping with the stress of caring for someone. A Library of publications and information regarding Parkinson's. A caregiver guidebook, a care kit, and a helpline for caregivers to call or email for information regarding Parkinson's or emotional support.

All resources are free.

- Coping
- Self-Care
- Getting Outside Help
- Advice from Other Caregivers
- Representing someone with Parkinson's
- Preparing for Changes
- Emergency Preparedness

Prevent Blindness America

Advocates for people who are blind and works to prevent blindness and preserve sight



Caregiver And Elder Care Support Services.

ALS Association

Offers information, books, webinars, and websites for caregivers, patients, and families. The ALS Association also effectively offers advice to caregivers on how to spot and deal with stress and burnout from caregiving. Some essential articles for caregivers provided by the ALS Association are :

- Patient Bill of Rights
- Preparing for a Disaster
- Coping with Burnout

Alzheimer's Association

Offers valuable resources and techniques for those diagnosed with Alzheimer's and for Dementia caregivers.

The Alzheimer Association provides :

- 24/7 helpline for assistance, decision-making, and information.
- Ability to communicate with experts. Live chat Mon-Fri from 7 am-7 pm.
- Free training sessions and workshops for caregivers. (Early signs, communication strategies, Stages)
- Tips for managing the stress of caregiving and how to deal with changes in a loved one.
- Preparing for Emergencies
- Covid-19 Vaccine Answers for Dementia caregivers and people living with Alzheimer's
- Books, videos, and websites for children and teens to learn about Dementia

Alzheimer's Education and Referral Center

Offers support groups and an online community for caregivers, individuals living with Alzheimer's, and others dealing with the disease.

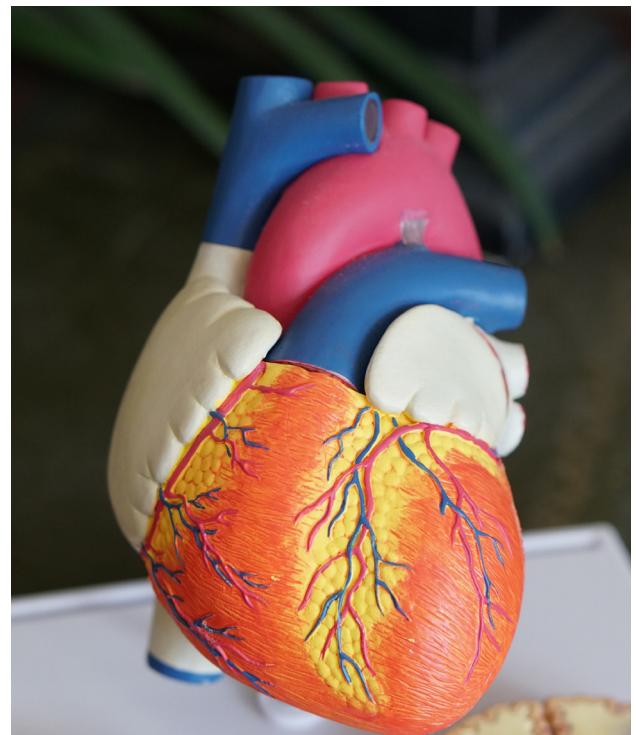
A Place For Mom

Offers caregivers tools and valuable resources for caring for the elderly.

American Heart Association

Offers Patient Rehab toolkit for caregivers to help them recover from Stroke or Heart Disease. An online forum to connect with other caregivers for advice or emotional support. Guides to help caregivers support and communicate with loved ones and ways to deal with burnout and stress from caregiving

- Communication tips for Caregivers
- Patient Rehab toolkit for caregivers to help aid them in recovery from Stroke or Heart Disease.



American Alliance Of Kidney Patients

AAKP is dedicated to improving kidney patients' lives and long-term outcomes through education, advocacy, patient engagement, and fostering patient communities.

- Caring for Caregivers
- Planning for the Future
- Helping your Caregiver



Arthritis Foundation

- Provides articles on how to deal with the stresses of caregiving
- Coping with the Stress of Caregiving
- Article (for someone in need of care) that provides information on how to monitor and help children/teens that are caregivers
- Children Playing the Role of Caregiver

Brainline

Blogs from Caregivers that share their caregiving struggles and advice on caring for someone with Brain Injury.

- TBI: A Guide for Caregivers of Service Members and Veterans
- Caregiving and TBI: What You Need to Know(Video)
- Caring for Adults with Cognitive and Memory Impairments
- Caregiver Coping Strategies
- Caregiver Self Care
- Communication tips

Video to help the Siblings of Kids with TBI Articles:

- Support for Siblings After a Traumatic Brain Injury
- Coping with Parents brain injury
- Understanding Brain Injury for Children
- Helping Your Children Cope with TBI

CaringKind, The Heart of Alzheimer's Caregiving.

CaringKind is NYC's leading expert on Alzheimer's and dementia caregiving.

- Caregiving Tip Sheets and Resource Lists

Caregivers Action Network

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age.

- Tips for Family Caregivers
- Family Caregiver Tool Box
- Caregiver Videos

Family Caregiver's Alliance

FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's, and other types of dementia.

Well Spouse Association

Provides peer support and education about the particular challenges and unique issues facing caregiving spouses. Members speak out on their caregiving situations, providing a window into the not-so-well-known world of spousal caregivers. Includes: Face-to-Face support groups, telephone support groups, an online chat forum, peer mentors, and respite weekends

National Cancer Institute

“Caring for the Caregiver” and “When Someone You Love Is Being Treated for Cancer: Support for Caregivers” booklets for caregivers.

- Offers information about changing family roles after a cancer diagnosis, caring for yourself as a caregiver, and long-distance caregiving.
- Family Caregivers in Cancer: discusses the challenges faced by family caregivers of cancer patients. This summary focuses on typical caregiver roles, concerns, and helpful interventions for caregivers.
- Patient Education Publications - For Family and Caregivers: Patient education publications
- Caregiver Support
- When a Child has Cancer
- Being a Caregiver
- Planning for the Caregiver
- Communication Tips
- Emergency Resources
- End-of-Life Care
- Coping with Loss

For youth caregivers :

- “When Your Parent Has Cancer: A Guide for Teens”: discusses cancer treatments, ways teens can talk to family and friends, how to connect with other teens, and where to find additional information and support.
- Support for Teens When a Family Member Has Cancer: information about managing stress, learning what to expect, and helping a parent or sibling with cancer.
- Teen guide for Family member with Cancer



NYC Caregiver: Making It Easier To Care

The resources can help caregivers navigate services, benefits, and programs related to caregiving. These resources are by DFTA's Caregiver Resource Center, Grandparent Resource Center, or community providers. Explore the resources, print the information, and refer back as you make decisions related to your loved one's care.

Next Step In Care

provides easy-to-use guides to help family caregivers and health care providers.

- Family Caregiver Tips

Riverdale Senior Center

Offers caregiver support groups and counseling.

Neighborhood Shopp



Neighborhood Self Help by Older Persons Project, Inc. (SHOPP) is a non-profit multiservice agency, serving over 10,000 older adults, caregivers and other Bronx residents a year. While our central office is located in the Hunts Point / Longwood community, we have over 35 off site service locations in almost every community district in the Bronx.

Amputee Coalition

Offers “Being a Caregiver: Beginning Your New Journey” booklet for family caregivers that provides information on how to care for someone that has lost a limb and how to deal with the stress of caregiving.

- Preparing for Disaster

Mental Health



American Psychological Association

APA is the leading scientific and professional organization representing psychology in the United States, with more than 122,000 researchers, educators, clinicians, consultants, and students as its members. The APA offers resources such as :

- The effect of traumatic brain injury on caregivers
- Mental and Physical Health Effects of Family Caregiving

National Alliance On Mental Health

NAMI Family and Friends: Free 90 minute or 4-hour seminars that inform people who have loved ones with a mental health condition how to best support them.

NAMI Basics: 6-session education program for parents, caregivers, and other families who provide care for youth

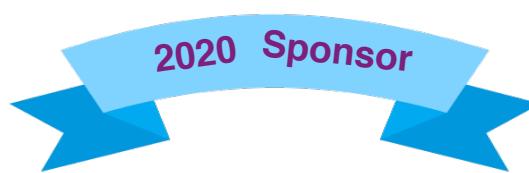
Various Articles on caring for yourself as Caregiver, preparing for a crisis, and advice for Caregiving:

- Caring for the Caregiver
- Providing Care for Caregiver
- Confidence and Significance for Caregivers
- Caring for Veterans Mental Health
- Maintaining Healthy Relationships
- Preparing for a Crisis
- Preventing/Preparing for A Mental Health Crisis
- Preparing for Unimaginable
- Finding a Missing Loved One
- Guide to Navigating a Crisis

National Institute Of Mental Health

offers expert-reviewed information on mental disorders.

- Siblings Guide to Psychosis



New York Psychotherapy & Counseling Center

NYPCC

MENTAL HEALTH CENTERS

Our nonprofit community mental health centers are welcoming modern facilities licensed by the New York State Office of Mental Health and staffed by caring and dedicated bilingual and multicultural clinicians and board-certified psychiatrists. Here, we help clients of all ages deal with issues like stress, depression, anxiety and trauma. Telehealth services are also available by telephone or video.

CARE COORDINATION

NYPCC offers a comprehensive care coordination program, Gateway to Wellness. Clients are assigned a "Care Coordinator" who oversees their healthcare and makes sure they have access to the services they need to maintain their health—including referrals for housing, benefits, education, medical appointments, employment and much more.

COMMUNITY OUTREACH

In an effort to enhance family and community services, NYPCC's outreach team works directly with school support teams and other community-based programs, providing workshops and trainings aimed at improving the lives of children and their families. Find out more about how NYPCC is making a difference.

CARING FOR THE COMMUNITY



OPEN 7 DAYS A WEEK



NO WAITING LIST



EARLY MORNING/LATE EVENING APPOINTMENTS AVAILABLE



COMMUNITY OUTREACH



BILINGUAL STAFF



EVIDENCE-BASED THERAPIES

MENTAL HEALTH CENTERS

BRONX

Bronx Child and Family Mental Health Center
579 Courtlandt Avenue
Bronx, NY 10451
p: (718) 485-2100
f: (718) 485-2101

BUSHWICK

Bushwick Child and Family Mental Health Center
102 Pilling Street
Brooklyn, NY 11207
p: (718) 602-1000
f: (718) 602-1111

EAST NEW YORK

East New York Child and Family Mental Health Center
2857 Linden Boulevard
Brooklyn, NY 11208
p: (718) 235-3100
f: (718) 277-0822

Transportation

Permit For People With Disabilities

NYC parking permits for those with disabilities
[Parking Permit Link](#)



Access-A-Ride

Access-A-Ride (AAR) Paratransit Service provides public transportation for eligible customers with disabilities or health conditions that prevent them from using the public buses and subways for some or all of their trips



Home Delivery Meal Programs

Meals On Wheels Association Of America

The Home Delivered Meals Program helps maintain the nutritional health of homebound older adults and their continued quality of life.

God's Love We Deliver

GLWD delivers medically tailored meals to more than 2.5 million people each year.

Get Food NYC

During the COVID-19 public health crisis, New York City takes steps to ensure every New Yorker has access to the food they need. If you cannot go out to get food, no one can bring you food, and you cannot use private delivery options; New York City will deliver emergency meals to you in the coming days. Check your eligibility and sign up.



Health Insurance

Medicaid

Provides health insurance for people with limited income and resources. Medicaid also includes nursing homes and personal care.

Social Security Administration

Medicare. A free and secure Social Security account provides personalized tools for everyone, whether you receive benefits or not. You can use your account to request a replacement Social Security card, check the status of an application, estimate future benefits, or manage the benefits you already receive. All from anywhere.

NY State Of Health

Low cost, quality health insurance options available through the Individual Marketplace. You can quickly compare health plan options and apply for assistance that could lower the cost of your health coverage. You may also qualify for health care coverage from Medicaid or Child Health Plus through the Marketplace.



Veterans Support

U.S. Department Of Veteran Affairs

Provides a wide variety of services for caregivers listed below :

- Program of General Caregiver Support Service provides resources, education, and support to caregivers.
- Annie Caregiver Text Support: provides educational, motivational, or stress managing tips via text three times per week to caregivers.
- Building Better Caregivers: Online, a 6-week workshop that provides training on how to improve care and helps caregivers manage their stress and emotions
- Caregiver Self-Care Courses: In-person sessions that focus on the needs of caregivers.
- Caregiving Support line with licensed professional 8 am-8pm
- Peer Support Mentoring Program: opportunity for caregivers to receive guidance and share their experiences, wisdom, skills, and passion with other caregivers.
- Resources for Enhancing All Caregivers Health (R.E.A.C.H.): Program with a coach that will provide you with a workbook and help with a variety of issues commonly faced by caregivers. 4 sessions over a 2-3-month period
- Suicide Prevention Toolkit for Caregivers
- PTSD Family Coach

Articles:

- Caring for Veterans with Parkinson's
- Veterans with Parkinson's
- Emergency Preparedness



V.A caregiver Support

Gives Veterans more significant access to health care in VA facilities and the community, expands benefits for caregivers, and improves VA's ability to recruit and retain the best medical provider.



SAGE NYC

SAGE offers innovative services and programs to LGBTQ older people throughout New York City and nationwide.

Resources:

- Homecare respite
- Social adult day respite
- Supplemental funds for home modifications, Personal Emergency Response Systems, glasses, incontinence products, transportation expenses, and more
- Caregiver support groups
- Case management
- Respite Buddies program
- Short-term counseling
- Referrals to and recommendations for safe and LGBT-affirming long-term care and home-based care services



2020 Sponsor

Elder Law

Monteleon Law Group

Elder Law & Long Term Care Planning

Elder law and estate planning issues generally intersect at the time it becomes relevant for an individual to start thinking about long-term care planning. As individuals ages, there is typically a need for money to cover additional medical expenses.

Elder Law & Estate Planning

If it is time to consider restructuring assets in an ethical and legal way to become eligible for benefits, it is essential to consult with an elder law attorney to ensure that important considerations are made during planning. For instance, if the client has a spouse, it is important to consider planning options to protect the spouse. By structuring a plan that will keep that spouse at home and protect the couple's assets will create a huge difference in the couple's quality of life.

Elder Law & Guardianship

There may come a time when an individual may become unable to make their own decisions regarding medical and financial matters. In these situations, it may become necessary to have a person appointed to make these decisions for them. A guardian is an individual that is appointed to handle makes these decisions. A conservator is an individual that is appointed to handle financial decisions for an incapacitated individual.

Contact us: Our main offices are located at 445 Hamilton Avenue, Suite 605, White Plains, NY 10601. Our satellite offices in Alexandria, VA & Fredericksburg, VA are able to accommodate our clients with estate planning and elder law matters. To schedule a consultation today, contact us at 914-840-2529 or 703-791-9618.

Senior Whole Health By Molina Healthcare

Molina Healthcare, Inc., a FORTUNE 500 company, provides managed health care services under the Medicaid and Medicare programs and through the state insurance marketplaces. Through its locally operated health plans, Molina Healthcare served approximately 3.6 million members nationwide as of June 30, 2020, California, Florida, Illinois, Mississippi, Ohio, Kentucky, Idaho, New Mexico, Michigan, South Carolina, Utah, Washington, Texas, Wisconsin, and other states.

Molina Health Plans

Medicaid Molina Healthcare contracts with state governments and serves as a health plan, providing a wide range of quality health care services to families and individuals who qualify for government-sponsored programs, including Medicaid and the State Children's Health Insurance Program (SCHIP). Molina Healthcare offers Medicaid plans in California, Florida, Illinois, Michigan, Mississippi, Ohio, Puerto Rico, New Mexico, New York, South Carolina, Texas, Utah, Washington and Wisconsin.

Molina Medicare

Molina Healthcare offers Medicare Advantage plans designed to meet the needs of individuals with Medicare or both Medicaid and Medicare coverage. Molina Medicare plans offer comprehensive, quality benefits and programs including access to a large selection of doctors, hospitals and other health care providers at little or no out-of-pocket cost.

Integrated Medicaid/Medicare (Duals)

Molina Healthcare has been selected for several duals demonstration projects as part of a member-centered health care approach for people who are eligible for both Medicaid and Medicare. Molina has been working with these members through our Medicaid and Medicare health plans for many years, and this experience will help us provide these members with high quality care that meets their unique needs.

Call 1-877-353-0188 (TTY/TDD: 711).

When you call, a Senior Whole Health representative will:

- Speak with you confidentially about your health care needs
- Explain how our plan works and help you determine if it's a good fit for you
- Answer any questions you may have about the plan

EssenMED House Calls and Healthcare

2614 Halperin Ave
Bronx, NY 10461
718-583-7736

EssenMED House Calls is proud to be the largest premier house calls provider in New York State, serving the following locations: Westchester, Bronx, Brooklyn, Queens, Staten Island, Manhattan Long Island now servicing Nassau County. We offer the same high-quality, comprehensive services that would normally be offered in a primary care physician's office, including Chronic Disease Management, Coordinated Home Care, Diagnostic Testing and Imaging, Interim Care, Routine Care, Specialty Care, Care Coordination Services, Transition of Care

Primary and Specialty Care

Urgent Care

House Calls

Nursing Home

Right In Your Neighborhood.

Essen Health Care provides a wide range of services :

- Primary Care • Urgent Care • Specialty Care

Schedule an appointment today for your annual wellness visit

Call 718-583-7736



2020 Sponsor

VILLAGE CARE MAX

VillageCareMAX Medicare Health Advantage (HMO D-SNP)

If you have Medicare and Medicaid and are looking for extra benefits like acupuncture, over-the-counter items, health club membership and others, click below to learn more.

VillageCareMAX Managed Long-Term Care (MLTC)

If you have Medicaid and need personal care or other Long Term Care Services, click below to learn more.

Speak to an Enrollment Specialist

Use our simple online form to schedule an appointment to learn more about the VillageCareMAX Medicare Health Advantage Plan (HMO D-SNP) and how to enroll.

VillageCareMAX Medicare Total Advantage (HMO D-SNP)

If you have Medicare and Medicaid, long term care needs, and looking for extra benefits like acupuncture, over-the-counter items, physician call line and others, click below to learn more.

VillageCareMAX is a part of VillageCare, which has historically focused on ever-changing health care trends and has worked to create responses to new and emerging needs. For over 40 years, VillageCare has accomplished this by providing quality health care to older adults and to those with other chronic diseases and conditions who are in need of continuing care and rehabilitation services. VillageCare is a pioneering and innovative continuing care organization that offers post-acute care, community services and managed care options to people living in New York City. We strive to understand the current state of need of those we serve and pursue appropriate responses.

A Strong Foundation

VillageCare's history goes back to a single skilled nursing facility in the mid-1970s serving some 200 residents. Today, VillageCare has a wide and comprehensive array of long-term care services, serving more than 26,000 unique individuals annually in community-based and post-acute care programs which includes: VillageCare Rehabilitation and Nursing Center, Medicaid Assisted Living Program (ALP) and senior residence.

Village Care Max

112 Charles St

New York, NY 10014

(800)-469-6292



2020 Sponsor

Real Possibilities

"It is one thing to recognize that older people represent the national's greatest single human resource available, and it is quite another to do something about it."

—Dr. Ethel Percy Andrus

Explore AARP's History

- Older Americans Act validates Ethel Percy Andrus' vision
- AARP's Institute of Lifelong Learning proves education has no age limit
- Founder's purpose begins at a chicken coop



AARP members get access to carefully chosen discounts, programs and services designed to offer real value in every area of your life. Here are just a few of your AARP membership benefits:

HEALTH & WELLNESS DISCOUNTS

Discounts on prescription medications and up to 30% off prescription eyewear.

TRAVEL PLANNING

Vacation planning tips, guides and exclusive discounts for when you're ready to travel again.

EVERYDAY SAVINGS

Savings on shopping, food delivery services, restaurants and more.

FRAUD PREVENTION

Free scam alerts, a helpline and tips to help you avoid consumer fraud and identity theft.

ADVOCACY

A committed advocate for important issues like Social Security and Medicare.

Membership Term 1 Year, **Save 25%** on first year with automatic renewal. First year for \$12

3 years, **Save 10%** on the annual rate for 3 years. One payment of \$43. 5 Years, **Save 21%** on the annual rate for 5 years. Cancel any time. Savings based on the standard annual rate \$16/year

Contact Information:

Toll-Free Nationwide: (1-888-687-2277)

Toll-Free Spanish: 1-877-342-2277

International Calls: +1-202-434-3525

TTY user dial 711-English: 1-877-434-7598 – Spanish: 1-866-238-9488 Hours: Monday to Friday: 7 a.m. through 11 p.m.



Funeral Planning

How to Plan a Funeral
Funeral Pre-Planning
Immediate Need

Our Services

Burial or Graveside Services
Cremation Services
Memorial Services
Specialty Funeral Services

Grief & Guidance

Grief Support
Guidance



Pre-Arrangement

A gift to your family, sparing them hard decisions at an emotional time.



Immediate Need

If you have immediate need of our services, we're available for you 24 hours a day.



Webcasting

Click here to learn more about our live webcast streaming.

When it comes time to care for a deceased loved one, you may feel overwhelmed and confused about the next steps and options. Our funeral home staff members are here and ready to help. Whether you'd like a funeral or a more creative celebration of life, we can assist you to select the funeral service options that hold the most meaning for you and your family. We can be your guide and your ally whenever and however much you need us. We are here to support you in making each arrangement decision.

Contact us at :

718-231-7647

4035 Bronxwood Avenue,
Bronx, NY 10466

Phone: 718-231-7647

Email: director@mccalls.net



NYS Nursing Homes

Compare quality, find specialty homes, and view inspection information! Nursing Home Profiles provides useful information about every nursing home in New York State.

Alternative Housing

The New York State Department of Health licenses and regulates adult homes, enriched housing programs, and residences for adults, collectively known as adult care facilities. These facilities provide temporary (respite) or long-term, non-medical residential care services to adults who are substantially unable to live independently; which may be due to physical, mental, or other limitations associated with age or other factors. Residents are provided with personal care and services on a long-term basis, in order to enable them to remain healthy and to participate in daily personal and community activities. For more information about these services including assisted living,



Self-Care

Taking care of yourself is a necessity. Self-care helps you support the people you love. Caregivers who pay attention to their own physical and emotional health can better handle the challenges of this journey called caregiving.



Self-Care

1	Hoopla	A groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV!
2	Smiling Mind	This app is entirely free—so you don't have the distraction of paid content that's inaccessible to you as a free user.
3	Stop. Breathe. Think.	If you explore “All Sessions” you can access the free meditations all in one place and also take a peek at what the upgrade to a paid plan offers.
4	Mindfulness Meditation	Free Audio Resources for mindfulness meditations
5	Fitness	<ul style="list-style-type: none">• FitOn App• Fitness Blender• Core Power Yoga