

Resource and Referral list

Mental health services

Mental Health Association 516- 489-2322
Information and referral service

New Horizon Counseling Center 516-569-6600
Provides a wide array of mental health services for all ages

Family and Children's Association 516- 292-1300
Financial, health insurance & mental health counseling services

JASA (Jewish Association for Services for the Aging) 516-742-2050
Provides a wide array of services to seniors

Catholic Charities – Central Information and Referral 516-733-7045
Provides a wide array of services for all ages

Nassau County Coalition Against Domestic Violence 516-572-0700
24-Hour Hotline 516-545-0404

Child Abuse and Prevention Services

PO Box 176
Roslyn, NY 11576
516.621.0552

www.capsli.org

Works to prevent child abuse and neglect. Offers programs on bullying, date rape, teen dating violence, and prevention programs for at-risk audiences; workshops and seminars for parents, professionals and community groups; and mandated training/New York State certification classes for professionals.

Adult Protective Services

516 - 227- 8087

Accepts all referrals of adults over the age of 18 years, who are alleged to be incapable of caring for themselves because of a physical or mental incapacity and/or are abused, neglected or financially exploited by others, and have no one willing or able to assist them responsibly.

Medicare www.medicare.gov

A health insurance program for people over 65 and older who qualify for Social Security benefits, and for some people under 65 who are disabled.

1-800-633-4227

Medicare Savings Program

1-800-633-4227

Available to Medicare beneficiaries who have limited income and assets and do not qualify for Medicaid. There are different levels of financial eligibility.

Medicare Rights Center www.medicarerightscenter.org 1-800-333-4114

Social Security www.ssa.gov 1-800-772-1213

HICAP (Health Insurance Counseling and Advocacy Program) www.hiicap.state.ny.us

Counseling for older persons regarding their health insurance options

516- 485-3745 Monday & Thursday 9-2

EPIC (Elderly Pharmaceutical Insurance Coverage)

1-800-332-3742

A New York State program that can provide assistance with monthly Part D drug premiums and/or co-pays at the pharmacy. Increased income levels provide benefits for NYS residents, 65 or older, with an annual income of less than \$75,000 for single and \$100,000 for married.

Senior Citizen Law Project

www.nslawservices.org

516-292-8088

Free legal services for civil matters only. Nassau County residents, 60 and over unable to pay for a private attorney.

Nassau County Office for the Aging

Help Line

516-227-8900

Case management services

516-227-8900

Case manager can assist frail elderly by assessing needs. Help coordinate supportive services and assist with Medicaid application.

Home energy assistance program (HEAP)

516-227-7386

Once a year benefit to low income homeowners and renters to help pay for fuel or utility costs. Persons over 60 years, or disabled and SSI recipients of all ages.

For those under 60 years of age

516-292-8100

Nassau County Dept. of Social Services

Medicaid-medical assistance

516- 227-8000

Public assistance

516-227-8472

Financial assistance for persons under the age of 65 who qualify by need and resources and are not eligible for SSI.

Food Stamps

516-227-8523

For families with low assets and income levels.

U.S.Veterans Affairs

www.va.gov

516-572-6565

Nassau County Veterans Service Agency

Food Pantries

Please call the following locations before visiting to check when open:

Jewish Service Coalition/Far Rockaway Kosher

Food Pantry

728 Empire Avenue

Queens

718-327-6060

Congregation Shaare Zedek

Food pantry

315 Beach 30th Street, Far Rockaway, NY 11691

(718) 327-0830

United Methodist Church in Far Rockaway

Beach 19th St. between Mott and Cornaga, Far Rockaway, NY 11691
(718) 327-8460
M-F 9am-2pm

Food pantry/eat-in and clothing

St. Joachim Church Outreach

614 Central Ave., Cedarhurst
516-569-7446, 516-569-1845
Wed. 9:30 am-11:30am

Food pantry

JCC

207 Grove Ave., Cedarhurst
516-569-6733
M-Th 8am-5pm, F 9am-3pm

Kosher Food pantry

LI Council of Churches, EMERGENCY FOOD CENTER

450 North Main Street
Freeport, NY 11520
For information: (516) 868-4989

Food pantry

Freeport INN

Church of God Community Center
146 Babylon Turnpike, Freeport
Meals:Lunch Mon through Fri

Eat-in

St. Joseph's Church

1346 Broadway, Hewlett
516-569-0834
Wed. 9am-11am; 7pm-8:30 pm

Food pantry

Mary Brennan INN

100 Madison Ave. , Hempstead
Meals:Lunch Mon through Fri

Food pantry, eat-in and clothing

Our Lady of Good Counsel

68 Wanser Ave., Inwood
516-239-7025
Call first for emergencies
2nd Wed of the month, 9am-11:15am

Food pantry

Outreach Church of God In Christ

226 Lawrence Ave., Lawrence
516-239-7662
Sat., noon – 1:45 pm

Food pantry

Our Lady of Peace

25 Fowler Ave., Lynbrook
516-599-7448
T-TH 8:30 am-3pm

Food pantry

MLK Center

615 Riverside Blvd., Long Beach, NY

Food pantry

516-889-6300

Long Beach Food & Friendship INN

140 West Pine Street, Long Beach

Meals:Lunch Mon through Fri 11:30 am-1pm

St. Anthony's

80 Anchor Ave., Oceanside

516-764-4733

T-Fr 9am-1pm, & Emergencies

MLK Center

150 N Centre Ave, Rockville Centre, NY 11570

(516) 678-9236

Horeb Food Pantry

65 Morton Ave, West Hempstead

516-538-9008

Tues 9am-2pm

Sat 9am-3pm

Young Israel of Woodmere

859 Peninsula Blvd., Woodmere

516-295-0959

Thurs 5pm-8pm

Call first

Food pantry and eat-in

Food pantry

Food pantry

Kosher food pantry

Other KOSHER MEAL PROGRAMS

South Shore: In Long Beach, the Jewish Association for Services for the Aged sponsors a program at the Long Beach Senior Community Service Center. For further information, call: (516) 432-5555

North Shore: In Great Neck, the Great Neck Senior Center, Inc., in cooperation with the Senior Mitzva Group, sponsors a program at Temple Israel of Great Neck. For further information, call: (516) 482-7800

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

Low income senior citizens age 60 and over who meet income guidelines are eligible for supplementary food each month. Once certified, seniors may select food from the Catholic Charities' Mobile VAN. For required documentation, call or visit the CSFP Food Center site.

38 St. John's Place

Freeport, NY 11520

(516) 623-4568 (516) or 623-4387

Site Hours:

Monday-Friday 8:00 a.m. to 4:00 p.m.

Saturday 8:00 a.m. to 4:00 p.m.

For information on the CSFP mobile locations, call: 1-631-491-4166

Homeless Shelters

Bethany House Shelter for homeless women and children

516-868-6866

For someone needing a homeless shelter, one must go to the Department of Social Services Monday thru Friday 8am-4pm, located at 60 Charles Lindbergh Blvd., Uniondale.

After 6pm or on weekends or holidays the emergency phone number is (516) 573-8626

Updated 9/2015