

You May Qualify...

AT 50 For:

- Membership in AARP.....(800-424-3410)
- Empire State Parks Senior Games(800-850-2227)
- Lifelong activities(273-1511)
- Senior Circle quarterly newsletter(273-1511)
- Golden Agers Programs(273-2400)

AT 55 For:

- Volunteers Connected..... (273-1511)
- Senior Community Service Employment Program** ...
- COFA.....(274-5482)
- A4TD.....(585-500-8484)

AT 60 FOR:

- Personal Care and Housekeeping(274-5278)
- Foodnet Home Delivered Meals *(266-9553)
- Project Care (volunteer services) COFA(274-5499)
- Gadabout transportation services *(273-1878)
- GIAC Adult/Senior Program(272-3622)
- Home Weatherization Referral & Assistance Program through COFA.....(274-5486)
- Legal Assistance of Western New York.....(273-3667)
- Lunch at Foodnet Congregate Meal Sites *(266-9553)
- NYSEG Senior Identification Program.....(800-572-1111)
- Project Share Assistance ** Friendship Center...(273-6684)
- Tuition-free courses at TC3 on a no-credit, space available basis(844-8211)
- Widow's Benefit from Social Security(800-772-1213)
- ½ Fare Option on public bus - TCAT *..... (277-9388 x420)

(* these programs are also available to persons with disabilities of any age)

(** these programs have income restrictions)

.....Updated 4/19/19

AT 62 FOR:

- Early Retirement Social Security Payments...(800-772-1213)
- Free entrance to State Parks non-holiday (weekdays)
Lifetime "Senior Pass" to National Parks.....(518-474-0456)
- Greyhound Bus Lines Senior Discount(800-229-9424)
- Minimum age for most Senior Housing **

AT 65 FOR:

- EPIC Pharmaceutical Insurance **(800-332-3742)
- Health Insurance Counseling - Lifelong *(273-1511)
- Medicare coverage *(800-633-4227)
- Real Property Tax Exemption **(274-5517)
- Supplemental Security Income (do not have to prove disability at age 65) * **(800-772-1213)
- Medicare Savings Programs * **(274-5244)

AT 70 FOR:

- Must begin withdrawals from non-Roth IRA's
- Reduced fee Sporting Licenses *(866-933-2257)

THE FOLLOWING PROGRAMS ARE OPEN TO ALL AGES:

- Home Energy Assistance Program (HEAP)**.....(274-5264)
60 years or older or disabled COFA* ** (274-5482)
- Medicaid **(274-5244)
- Food Stamps **Supplemental Nutrition Assistance Program274-5201)
- Telephone Lifeline Discount **Contact your local company
- Free tax preparation by Lifelong volunteers **..... (273-1511)
- Veterans Benefits.....(733-2178)
- Personal Emergency Response System COFA* (274-5482)
- The Registry(272-2433)
- Tompkins Workforce NY.....(272-7570)
- Long Term Care Ombudsman Program.....(274-5498)

For further information about any program listed, contact:

Tompkins County Office for the Aging/NY Connects

214 W. Martin Luther King Jr./State Street

Ithaca, New York 14850 (607) 274-5482 www.tompkinscountyny.gov/cofa