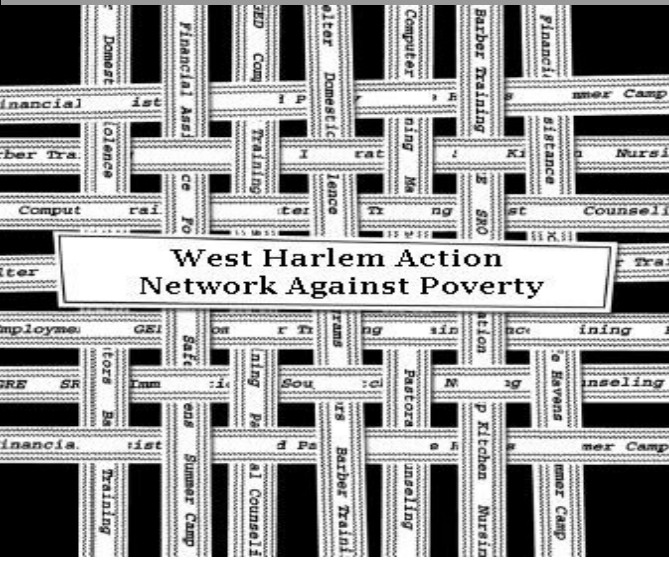


**COMMUNITY
SERVICES
RESOURCE GUIDE
2012**

A PROJECT OF



**West Harlem Action
Network Against Poverty**

The West Harlem Action Network Against Poverty (WHANAP) is a network of emergency food programs and social services providers operating in the Upper West Side, Morningside Heights, West Harlem areas, and beyond. We work to foster client based self-empowerment by communicating, cooperating, and collaborating with one another to build the capacity of each member agency in an effort to better the services provided.

For more information about WHANAP or about how to attain this guide: please contact Lauren Phillips at 212-316-7584 or Katy Saintil at 212-854-6310.

Sections

EMERGENCY SERVICES

Food Pantries

Soup Kitchens

Hygiene Services (Clothing, Shower, Etc)

Legal Services

Hotlines and Info-lines

BEYOND EMERGENCY SERVICES

Adult Education

Medical Service

- AIDS/HIV Services & Counseling
- Mental Health Services
- Substance Abuse Services
- Nutritional Education & Workshops

Information about Public Benefits

- SNAP/Food Stamps and Nutrition Assistance
- Cash Assistance
- Social Security Insurance/Social Security Disability
- Healthcare

EMERGENCY SERVICES

Food Pantries

Advent Lutheran Church
2504 Broadway @ 93rd St
New York, NY 10025
1st Sat of each month 10am – finish
212-665-2504

African Services Committee
429 W. 127th St
New York, NY 10027
Mon-Fri 9am-4:30pm
212-222-3882
>Referral on official letterhead required

Bethel A.M.E. Church
54-60 W. 132nd ST
New York, NY 10027
Tues & Thurs 9am-11:30am
212-862-0100
> Photo ID required >Referral Required
> 2 forms of Photo ID required >Referral required from
Salvation Army

Food Pantries

Broadway Community, Inc.
601 West 114th Street b/t Broadway and Riverside
Mondays, Wednesdays, Fridays 12:30
212-864-6100 x120
> Art therapy - Weds 2pm-4pm,
> Doctor on site - Mon, 12:30pm - 4:30pm
212-234-1919
> referral letter required, > proof of address> must live
in zip-code 10027

Church of the Annunciation
88 Convent Ave (@ West 131 St.)
New York, NY 10027
Friday 10am—2pm
212-234-1919
>referral required >proof of address

Church of the Crucifixion
456 W. 149th St
New York, NY
Wed 10am-1pm
212-281-0900
> two forms of ID required >referral required

Food Pantries

Community Kitchen 252 West 116th Street (b/w 7th Ave. & Frederick Douglas Blvd)
New York, NY 10026
Tues 10am-3pm Wed 2pm-6pm, Thurs 10am-3pm, Fri 10am-2pm
212-662-1283
> Friday is for new clients only

Emanuel AME Church
37-41 West 119th St. (b/w Lenox & Park Ave)
New York, NY 10026
Wed 11:30am-12:30pm
212-722-3969
> Photo ID required

Emmaus House
160 West 120th Street (b/w 7th Ave & Lenox)
New York, NY 10027
Wed, Sat 9am-12pm
212-749-9404
> ID preferred > call before visiting to confirm hours of operation

Food Pantries

Faces NY

123 W. 115th ST

New York, NY 10026

Thurs 10am-1pm

212-663-7772

> Photo ID required > clients can come once a month >
come early

Ford Hall - Community Impact at Columbia University

616 West 114th St. (b/w Broadway & Riverside)

New York, NY 10027

Mon & Thurs 12:00 pm-2:00 pm

212-854-6310

> referral letter required, > proof of Manhattan address
required, > photo ID required, > for families, HIV+
persons, and seniors 50+ years old

Grace Hispanic U.M.C.

125 W. 104th St

New York, NY 10025

Sat 9am-11am

212-316-3161

> Photo ID required

Food Pantries

Harlem Community Nutritional Services
132 W. 125th St., Rm 503
New York, NY 10027
Mon-Fri 10am-2pm
212-666-7538
> Photo ID required for first time clients >Referrals for continuous shopping

Harlem Dowling West Side Center
2090 Adam Clayton Powell Jr. Blvd
New York, NY 10027
Tuesday 12pm—2pm; Friday 2pm—4pm
212-749-3656
> Photo ID required> proof of address and proof of all family members

Holy Name Church
207 West 96th St. (& Amsterdam Ave.)
New York, NY 10025
Monday 2:30 pm-3:30 pm
212-749-0276
> referral letter required for every visit (must be faxed on Monday) >photo ID required

Food Pantries

Iris House, Inc.
2348 Adam Clayton Powell Blvd.
New York, NY 10030
Bag lunch available every day 1-:1:30
Sat 2pm
646-548-0100
> Photo ID required >referral required >one visit per
month >20 bags available, first come first served

Mt. Olivet Baptist Church Community Meals Program
201 Lenox Avenue at W. 120th Street
New York, NY 10027
Tues. & Wed: 10:30 am - 11:30 am
212-864-1155

Riverside Church
91 Claremont Ave. (120th St.-122nd st.)
New York, NY 10027
Tue-Fri: 9am-12:30pm
212-870-6760
> arrive by 9:30am to wait in line and register > must
have: photo ID, proof of address, proof of income, and
family size, > no service after 1:30pm, > service area:
96th-179th Sts. ONLY> 60 person limit

Food Pantries

Safe Horizon Streetwork Project

209 W. 125th St

New York, NY 10027

Mon-Fri 12pm-5pm

212-695-2220

> Must be a client of Streetwork > Must be 24 years old
or younger

> Weekly pickup

Shiloh Church of Christ

5-7 W. 128th St.

New York, NY 10027

Thurs: 12pm 2-pm

212-534-7292

> Photo ID required

Food Pantries

St. Charles Borromeo Church

211 W. 141st

New York, NY

Sat: 8am-finish

212-281-2100

> call Friday for availability of food

> Photo ID & proof of address required

St. Mary's Episcopal

521 West 126th St. (b/w Broadway & Amsterdam Ave.)

New York, NY 10027

Mon: 4:30 pm—6:45pm

212-864-4013

> Picture ID for self and IDs for and children required

for pantry bag

St. Paul House

335 W. 128th ST

New York, NY

Tues: 10 am—11 am

212-265-5433

>must live within 20th and 72nd >2 proofs of address
and photo ID

Food Pantries

Upper Manhattan Mental Health Center
1727 Amsterdam Avenue
New York, NY
Tues-Thurs: 9am-11am
212-694-9200
> Photo ID required >Tues for seniors only, Wed &
Thurs for
families and Singles

West Side Campaign Against Hunger
263 West 86th St. (b/w West End & Broadway)
New York, NY 10024
Mon, Wed-Fri 8am-12pm, 1pm-3pm, Mon 3-6pm for
working people, closed between 12pm-1pm
212-362-3662
> First-come, first-serve basis, > referral not required >
Photo ID, proof of household size, and proof of house-
hold income required

Soup Kitchens

Advent Lutheran Church
2504 Broadway @ 93rd St
New York, NY
4th Saturday of each month: 12:00pm
212-665-2504

Billy Roberts House of Hope Soul Saving Station
302 West 124th St. (b/w St. Nicholas & 8th)
New York, NY 10027
Mon, Tues, Thurs, Fri 11am-1:45pm
212-663-3532

Broadway Community, Inc.
601 West 114th St.
New York, NY 10025
Mon, Wed, & Fri, Doors open at 10:15
Breakfast: 10:15 am Lunch: 12:30 pm
212-864-6100 x123
> Doctor on site on Mondays: 12:30 - 4:30pm
> Art therapy - Weds 2:00-4:00pm
> Fri are sponsored by
Community Impact / Columbia University

Soup Kitchens

Broadway United Church of Christ
Sandwich Line
2504 Broadway @ 93rd St
New York, NY
Tuesdays & Thursdays: 4:00pm > First 50 served
212-316-5700

Cathedral Community Cares
1047 Amsterdam Avenue (@ 111th St.)
New York, NY 10025
Sundays: 10:00am breakfast 12:30pm lunch, and take-
away meal provided
212-316-7583

Central Harlem Alcohol Crisis Center
419 West 126th St. (b/w Amsterdam & Morningside)
New York, NY 10027
Mon-Fri: breakfast:8am-8:45am, lunch 12:30pm-1pm,
dinner: 6pm-6:30pm
212-865-6133
> first come, first serve, > times listed are approximate

Soup Kitchens

Childs Memorial Temple, Church of God in Christ
1763 Amsterdam Ave.
New York, NY 10031
Sun: 9:30am-11am
212-368-0668 **Community Resource center reopening in September 2012**

Community Kitchen
252 W. 116th St
New York, NY 10026
Mon-Fri:4pm-6pm
212-566-7855
>Other services provided, call for information

Iris House, Inc.
2348 Adam Clayton Powell Blvd.
New York, NY 10030
Tues-Fri 1pm until finish
646-548-0100

Metropolitan Baptist Church
151 W.128th ST
New York, NY
Mon-Sat: 12pm-Finish
212-663-8990

Soup Kitchens

Mother's Kitchen at Ascension Church

221 W. 107th St

New York, NY 10025

1st Sat of each month: 5:30pm-6:30pm, 3rd Sat of
each month: 12pm-2pm

212-222-0666

Mount Olivet Baptist Church

201 Lenox Avenue at W 120th Street

New York, NY 10027

Monday 12pm-1:30pm

212-864-1155

Salvation Army Harlem Temple

540 Lenox Avenue

New York, NY 10030

Mon-Fri: 11am-12:30pm

Shiloh Church of Christ

5-7 W 128th Street

New York, NY 10027

Thursday 12pm-2pm

212-534-7292

Soup Kitchens

Southern Baptist Church
12-16 West 108th St.
New York, NY 10025
Wednesdays: 12:00pm – 2:00pm
212-865-1190

St. Ignatius Episcopal Church
552 West End Avenue
New York, NY 10024
Monday: 7pm, Sat: 4pm
212-874-1050

St. Michael's Episcopal Church
225 West 99th St. (b/w Broadway & Amsterdam)
New York, NY 10025
Saturdays, 10:00 am-11:30am
212-222-2700

St. Paul's House
335 W. 128th St.
New York, NY 10022
Mon-Fri: 8:00 am—9:00 am 212-265-5433

West End Collegiate Church
368 West End Ave
New York, NY 10024
Tues: 4:30pm
212-787-1566

Hygiene (Clothing, Laundry, and Showers)

Billy Roberts House of Hope
302 West 124th St. (b/w St. Nicholas & 8th)
New York, NY 10027
Clothing Mon, Tues, and Thurs 11am–2pm
212-663-3532
> clothing provided when available

Broadway Community, Inc.
601 West 114th Street
New York, NY 10025
Showers, Breakfast everyday 10:30
Mon, Wed & Fri: 10:30 – 1:30
212-864-6100 x120

Cathedral Community Cares
1047 Amsterdam Ave (& 111th St.)
New York, NY 10025
Clothing Tuesday and Thursday 10:00am-1:00pm
212-316-7583
Need referral from interview agency for
professional clothing

Hygiene (Clothing, Laundry, and Showers)

Holy Name Church Thrift Shop
207 West 96th St. (& Amsterdam Ave.)
New York, NY 10025
Clothing Tue – Sun: 10:00am – 5:00pm
212-749-0276 x 40 or x 39

Metro Baptist
410 W. 40th St between 9th and Dyer Avenue
New York, NY
212-594-4464
Clothing, Tuesday (from 2nd week in Nov to last wk in
March) 10am sign-up, 12:30 PM clothing distribution >
bring ID > limited to 25 people

Hygiene (Clothing, Laundry, and Showers)

Riverside Church

91 Claremont Ave. (& 120th St.)

New York, NY

Clothing,- Tuesday & Wednesday: 10:00am-1:00pm.

Haircuts- call 212-870-6870 to make an appointment in advance

Showers- Tues and Fri 9:30am-3pm

212-870-6700 x 6741

> general clothing distribution takes place at the Food Pantry,

> professional clothing is available by appointment only

Safe Horizon

545 Eighth Avenue, 22nd Floor

New York, NY

Showers and Laundry services: Mon, Tues, Thurs, Fri: 12pm-5pm, Sat & Sun: 1:30pm-5pm.

212-695-2220

> available for clients age under 24 >intake required

>only four shower slots available per day

Hygiene (Clothing, Laundry, and Showers)

St. Luke's Lutheran Church
308 W. 46th St. at 8th Avenue
New York, NY
Clothing, First Monday of every month from 11:30am-
1pm
212-246-3540
> Referral required

St. Mary's Episcopal Church
521 West 126th Street
New York, NY 10027
Clothing table is set up occasionally in church
(212) 864-4013
> please call to inquire about availability of clothes >
sporadic availability 10:00 AM—2:00 PM

St. Paul's House
335 West 51st St. (b/w 8th & 9th Aves.)
New York, NY 10019
Clothing: Tuesday, 10:00 am-11am
212-265-5433

Hotlines and Info Lines

Hotlines and Info Lines

POLICE/FIRE/AMBULANCE: 9-1-1

EMERGENCY SHELTER AND MEDICAL SERVICES :
3-1-1

FOOD, SHELTER, & HOUSING

HUNGER HOTLINE:

866-888-8777

HOMELESS HOTLINE:

800-994-6494

HRA INFOLINE:

1-888-NYC-6116

CENTER FOR URBAN COMMUNITY
SERVICE:

212-801-3300

ADDICTION SERVICES

ALCOHOLIC ANONYMOUS HOTLINE:

212-647-1680

NARCOTICS ANONYMOUS HOTLINE:

212-929-6262

GAMBLERS ANONYMOUS HOTLINE:

877-664-2469

Hotlines and Info Lines

MEDICAL HOTLINES AND HEALTH INSURANCE

AIDS HOTLINE: 800-541-AIDS

CENTER FOR DISEASE CONTROL: 800-232-4636

POISON CONTROL: 800-222-1222

HRA INFOLINE: 1888-NYC-6116

CHILDREN'S AID SOCIETY: 212-503-6804

ALIANZA DOMINICANA: 212-740-1960

DOCUMENTATION SERVICES

OFFICE OF VITAL STATISTICS: 212-788-4520

IMMIGRATION HOTLINE: 212-419-3737

MAYOR'S OFFICE FOR PEOPLE WITH DISABILITIES: 212-788-2830

VOTER INFORMATION

VOTE NYC: 212-868-3692

BEYOND EMERGENCY SERVICES

Adult Education

Community Impact at Columbia University

105 Earl Hall (W. 117th St & Broadway)

New York, NY 10027

212-854-1492

Mon-Fri: 9:30am-5:00pm

Must take skills assessment test prior to enrolling in classes, given three times a year (Jan, May, Aug). For adults, 18+ Classes offered: GED, ESL, Job Training, and Computer training. For information, please call ahead of walking-in.

Esperanza Program

502 W. 165th Street

New York, NY

212-781-9494

Citizenship classes available for adults 18+

Adult Education

Global Business Institute

145 E. 125th St, 2nd Floor (at Lexington Ave)

New York, NY 10035

212-663-1500

Mon-Fri: 9:00am-5:00pm

Training provided in secretarial skills and word processing for individuals 18+ yo. Requirements: Must have a HS Diploma or GED; alternatively, the applicant may take the ATB test. A personal interview will also be conducted. Please call for general inquiries and intake information.

NYC Board of Education—Alternative & Continuing
Education

Mid-Manhattan Adult Learning Center

212 W. 120th St. (b/w St. Nicholas & 7th Aves)

New York, NY 10027

212-666-1919/1920

Mon-Fri:8:00am-4:00pm

Call for registration & class availability or visit www.adultednyc.org. Programs offered include adult basic education, GED, ESOL, Career Tech, and CAN or LPN courses. These courses are for adults 21 years or older during day, evening, and Saturday times.

Medical Services

William F. Ryan Community Center
110 W. 97th St. (at Columbus Ave)
New York, NY 10025
212-769-7200

Monday & Thursday: 8:30am-7pm

Tuesday, Wednesday, Friday: 8:30am-4:30pm

Saturday: 9:30am-1pm

> Services offered: pediatrics, women's health, general clinical, STD

services, HIV test.

> Pricing works by sliding scale.

Community League Health Center
1996 Amsterdam Avenue (& 159th St)
New York, NY 10032
212-781-7979 x. 100

Monday 10am-5pm , Tues, Thurs: 9am-5pm

Wed: 10:30am-8pm

Fri 9-1

Sat: 9am-4pm

> Services offered: adult medicine, HIV, pediatric, reproductive health,

Prenatal, postpartum, immunizations & school checkups.

> Services provided in both English and Spanish

> Pricing works by sliding scale.

Medical Services

East Harlem Health Outreach Partnership (EHHOP)
1470 Madison Avenue (between 101st & 102nd St.)
New York, NY 10029
646-942-6519

Saturday: 9am-2pm

- > Services provided: adult primary care, physicals, lab services, radiology, social work.
- > Need to make an appointment to be seen.

Helen B. Atkinson Center
81 W. 115th Street (between Malcolm X Blvd & 5th Ave) Mon, Tues, Thurs, Fri: 9am-5pm
Wed 10am-6pm
Sat 9am-4pm
212-426-0088

- > Services Offered: Pediatric, adolescent, and adult services, HIV care,
- > screenings, reproductive health, immunizations & school checkups,
- > social services, psychiatry, and more.

Medical Services: AIDS/HIV Services & Counseling

Harlem United community AIDS Center
123-125 W. 124th ST. (between 7th and Lenox Ave)
New York, NY 10026
212-531-1300

Mon-Fri: 9am-5pm, Sat:9am-3pm, Sun: 9am– 1pm
> Services offered to adults ages 18+: day treatment (3 hrs./day), outpatient, case management, health insurance groups, dental, food & nutrition programs. Walk-ins accepted

Manhattanville Renaissance
21 Old Broadway (corner of 126th St)
New York, NY 10027
212-531-7200

Monday thru Friday - 8:30am to 3:30pm
>Services: STD Services for those patients presenting symptoms or at risk of exposure, emergency contraception, HIV counseling and rapid testing

Medical Services: AIDS/HIV Services & Counseling

Department of Health
2238 Fifth Avenue (& 137th St)
New York, NY 10037
212-690-1760 Mon-Fri: 8:30am-4pm
> Services offered: STD Services, HIV counseling and testing, Hepatitis services and vaccination.

Department of Health
158 E. 115th Street (& Lexington Avenue)
New York, NY 10029
212-360-5962
Mon-Fri: 8:30am-4pm
> Services offered: HIV, Syphilis, and other STDs counseling and testing available Tuesday, Wednesdays, and Thursdays only.

C.U.C.S (Center for Urban Community Services)
120 Wall Street, 25th Floor
New York, NY 10005
212-801-3300
> Supportive Housing
> Permanent affordable housing provided for people living with HIV/ AIDS, mental health problems, substance abuse
> Provides counseling, services, and other services.

Medical Services: Mental Health Services

C.U.C.S (Center for Urban Community Services)

198 E 121 St

New York, NY 10005

212-801-3300

Mon-Fri 9am-5pm

>Supportive Housing

>Permanent affordable housing provided for people living with HIV/AIDS, mental health problems, substance abuse

>Provides counseling services, and other services.

>Need referral from agency, 1020 application submitted and approved

Harlem House

264 W. 118th St. (between St. Nicholas & 8th Ave)

New York, NY 10026

212-932-8122

Mon-Fri: 9am-5pm

>Psycho-social club

>must have updated psychiatric and medical diagnosis

Nutritional Education & Workshops

Community Kitchen of the Food Bank for New York City
CookShop Program

252 W. 116th St (between 7th Avenue and 8th Avenue)

New York, NY 10026

212-662-1283

>Program for Children, Adults, & Seniors

> classes for purchasing, storing, preparing, and cooking whole foods

>For more information, please call.

Westside Campaign Against Hunger

Nutrition Education & Cooking Demonstrations

263 W. 86th St (between West End Ave & Broadway)

New York, NY 10024

212-362-3662

>Thursday & Friday; Nutrition Workshop & Cooking

Demo 10:30am-11am

Substance Abuse Services

Central Harlem Alcohol Crisis Center
418 W. 126th St (between Morningside and Amsterdam Ave)

New York, NY 10027

212-865-6133

Emergency care: 24 Hours a Day/7 Days a Week

Extended care: Need referral.

>Specializes in alcohol and substance abuse. Emergency care, 20 beds: 1-3 days, free. Extended Care, 20 beds: 14 day stay, free. First come, first service basis. Clients will be matched to appropriate programs during extended care. Prefer a negative PPD skin (TB) test – if not, will need chest x-ray.

Phoenix House

2191 3rd Avenue (between 119th and 120th St)

New York, NY 10035

212-831-1555

Monday - Friday 9am – 5 PM

> long term residential program

>adolescents and adults

>2 forms of identification required

>14 years and older

Substance Abuse Services

St. Luke's Roosevelt Hospital

Clark Building

440 W. 114th St. (& Amsterdam Ave)

New York, NY 10025

212-523-3192

>7 days a week, 24 hours a day for detox

>Monday-Friday: 8:30am-5pm for inpatient rehab

> Detox, rehab, teenage rehab

> Need insurance or birth certificate, SS card, or photo ID to apply for emergency Medicaid.

INFORMATION ON PUBLIC BENEFITS

Food Stamps (also known as SNAP– Supplemental Nutritional Assistance Program)

A Food Stamps card can make you and your family stronger with nutritious food. Even if you are a working immigrant, there is a good chance you are eligible. (NYC Coalition Against Hunger)

What should I know about Food Stamps?

- You can get food stamps even if you are working, but earning low wages.
- Average food stamp benefits are over \$150 per person per month, and \$275 or more for families (varies with income and family size). That means that the average family receives more than \$3,000 worth of food per year!
- Food Stamps do not adversely affect immigration status.
- Food Stamps can be used at farmers' markets

What are the income qualifications for Food Stamps?

Households have to meet income tests to receive food stamps (see chart on next page). But households that have members who are disabled or elderly (60 years +), or have out-of-pocket expenses for child care or dependent care, can have higher incomes and still be eligible. If you do meet the income qualifications, it no longer matters how much money you may or may not have in countable resources. In other words, you can now save money for education, a home purchase, retirement, or other purposes and still receive food stamps.

Income Qualifications effective as of October 1, 2011

<u>People in Household</u>	<u>Gross Monthly Income Limits</u>	<u>Maximum Benefits Amount</u>
1	\$1,180	\$200
2	\$1,594	\$367
3	\$2,008	\$526
4	\$2,422	\$668
Each Additional Person	Add \$414 per Each Person	Add Approx. \$150 per Each Person

Which type of legal immigrants are eligible for food stamps?

Legal immigrants can often receive food stamps if they:

- Have lived in the country for 5 years;
- Are receiving disability-related assistance or benefits, regardless of entry date.
- Are children regardless of entry date.

Certain non-citizens such as political refugees may also be eligible for the program. And eligible household members can get food stamps even if there are other members of the household that do not qualify. Often, non-eligible immigrant parents can receive food stamps for their eligible children.

How do I apply for Food Stamps?

1. Call one of these numbers:

- **NYC Coalition Against Hunger** at 212.825.0028 x 213, 211, 218 to find out if you're eligible.
- Call HRA Info-line 877.472.8411 for qualifications, guidelines and applications.
- Call **Food Bank for NYC** at 212.894.8060 for detailed information, pre-screening, or for help with the process.

2. Visit your area Food Stamp office:

Food Stamp Office– St. Nicholas Center
132 W. 125th Street, 3rd Floor
212-666-1434, 212-666-8686,
212-666-5131, 212-666-8788
Mon-Fri 8:30am—5:00pm

3. Apply at select community-based organizations

- First call **NYC Coalition Against Hunger** at **212-825-0028 x 213, 211, 218** for a phone interview to determine if you qualify for food stamps. If eligible, you'll be offered an appointment at an agency in your community, where you'll receive help in submitting your application by computer. You may not need to visit a food stamps office in person.

WIC, School and Summer Meals

If you are pregnant or have children, you can get help for yourself and for your baby from the WIC program. Your children can get free meals in school and after school, as well as during the summer, through the School and Summer Meals program. (NYC Coalition Against Hunger)

WOMEN, CHILDREN, AND INFANTS (WIC)

Healthy food and formula for mothers and children, including immigrants.

What should I know about WIC?

- WIC is for low-income pregnant women, breast-feeding women, and children up to age five
- You can work and still get WIC
- You can continue to get welfare or food stamps while receiving WIC
- Immigrants can get WIC—even if undocumented or not a citizen

How can I apply for WIC?

- 1) Call 1-800-522-5006 for the WIC office nearest you.
- 2) Visit your area WIC office:

Harlem Hospital WIC Office

Ronald Brown Building
530 W. 137th St, 1st Floor
New York, NY
212-939-2731
Mon:8am-7pm, Tues-Fri: 8am-4pm, Sat: 8am-2pm

Sydenham WIC Office

215 W. 125th St, 2nd Floor
New York, NY
212-865-6557
Tues-Thurs: 10am-2:30pm

William F. Ryan Community Health Center WIC Program

801 Amsterdam Ave
New York, NY
212-865-0410
Mon: 9am-6:30pm, Tues & Thurs: 8:30am-5pm Wed
& Fri: 9am-5pm

School/Summer Meals and After-School Program

Healthy food for every child and teenager in the city, including Immigrants

What should I know about School/Summer Meals?

- During the school year, lunch and breakfast are served in every public school in New York City. Free breakfasts are available to all children regardless of income with no paper-work required.

- In June, July and August, breakfast and lunch are served for free to all children under 19 at many public schools, places of worship, recreation centers, and community centers. For sites near you call 311

Cash Assistance - as quoted by information from HRA's website and the Center for Community Services.

Eligible families may receive up to 60 months of federally funded cash assistance under the Temporary Aid to Needy Families Program (TANF). Single individuals without children may receive benefits under the New York State Safety Net Program. Also, families who have received cash assistance for 60 months may continue to receive benefits under the New York State Safety Net Program

What Should I Know about Cash Assistance?

There are two types of Cash Assistance:

1. Family Assistance: assists families with children under the age of 18. This includes both single and two parent households and families can receive this benefit up to five years.

2. Safety Net Assistance (SNA): assists clients that do not fall under the guidelines of FA. These include:

- Individuals and couples without dependent children
- families who have reached the 5-year limit under FA
- minors not living with a relative
- immigrants who are not eligible for FA
- families with a family member who are unable to work because of substance abuse or who fail to complete with substance abuse requirement.

How do I know if I am eligible for Cash Assistance?

- You must be a New York state resident and cannot have any more that \$2,000 in resources or \$3,000 for households with a member age 60 and over
- Income/Resource Eligibility
 - Below is a table of the maximum benefit amounts that CA household can receive, if there is no other sources of income in the household. If household income is greater than the amounts listed, then the household is not eligible for CA.

Monthly Income for Households With Dependents

#1 in Household	Max CA Grant	# in Household	Maximum CA Grant
1	\$443.10	5	\$1062.70
2	\$547.50	6	\$1172.20
3	\$753.00	7	\$1281.70
4	\$904.70	8	\$1369.20

Maximum Income for Households Without Dependents

#1 in Household	Maximum CA Grant
1	\$381.10
2	\$514.60
3	\$639.00
4	\$766.70

- Immigration Eligibility

-For Family Assistance you must be either a US Citizen or a qualified citizen who has entered the country prior to 8/22/96. Qualified citizens are ineligible for 5 years with the following exceptions:

1. Refugees
2. Asylees
3. Immigrants who have deportation withheld
4. Qualified alien on active duty in the U.S. armed forces or honorably discharged vet and dependents

How do I apply, get, and use my Cash Assistance benefits?

You must visit a Job Center to submit the appropriate application. A representative will contact you for a face-to-face interview. Eligibility is based on income and resources, household composition, and citizen status. For more information, call HRA's Info Line at 718-557-1399.

Dyckman Job Center
4055 Tenth Avenue
New York, NY 10034
877-472-8411

Social Security Insurance/Social Security Disability

What should I know about SSI/SSD?

SSI/SSD makes monthly payments to people who are unable to work for a year or more because of a disability.

Who is eligible for SSI/SSD?

You are eligible for SSI/SSD payments if you have worked in jobs covered by Social Security and meet all the standards for disability set by the Social Security Administration:

- You are unable to perform tasks for the work that you did before;
- You cannot do other work as a result of your medical condition **and**
- Your disability has lasted or is expected to last for at least one year or to result in your death.

How can I apply for SSI/SSD?

You can apply online at <http://www.ssa.gov/applyfordisability/>

Call Social Security Administration's toll-free telephone number **1-800-772-1213**. If you are deaf or hard of hearing, you can call us at **TTY 1-800-325-0778**.

Visit the local Social Security Office

**Social Security
CAV Building, 6th Floor
55 W 125th Street
New York, NY 10027**

Medicare/Medicaid

What is Medicare?

Medicare is a federal Health Insurance Program that provides for hospital insurance (Medicare Part A) and medical insurance (Medicare Part B) for people 65 and older and those with disabilities

Who is eligible for Medicare?

You are eligible for Medicare if you or your spouse worked for at least 10 years in Medicare-covered employment and you are 65 years or older and a citizen or permanent resident of the United States. If you aren't yet 65, you might also qualify for coverage if you have a disability or are living with End-Stage Renal disease (permanent kidney failure requiring dialysis or transplant).

You qualify for Medicare Part A at age 65 without having to pay premiums if:

- You already get retirement benefits from Social Security or the Railroad Retirement Board.
- You are eligible to get Social Security or Railroad benefits but haven't yet filed for them.
- You or your spouse had Medicare-covered government employment.

If you are under 65, you can qualify for Part A without having to pay premiums if you have:

- Received Social Security or Railroad Retirement Board disability benefits for 24 months.
- End-Stage Renal Disease and meet certain requirements.

Although you may not have to make payments for Part A, those applying for Part B will still need to pay the Part B monthly premium of \$99.90.

How can I apply for Medicare?

- Most people are automatically eligible the month after their 65th birthday.
- You can apply online at: <http://www.socialsecurity.gov/medicareonly/>
- Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778)

- If you worked for a railroad, call the RRB at 1-877-772-5772
- Visit the local Social Security Office
Social Security
CAV Building, 6th Floor
55 W 125th Street
New York, NY 10027

What is Medicaid?

Medicaid offers healthcare coverage to those who need financial assistance in paying for medical care. This includes families and children from low income homes, pregnant women, people with disabilities, and seniors.

Who is eligible?

You may be eligible for Medicaid if

- You have high medical bills.
- You receive Supplemental Security Income (SSI).
- You meet certain financial requirements.
- You are age 65 and over

How can I apply for Medicaid?

You can call the Human Resources Administration (HRA) at 718-557-1399

Applications can be mailed to

Initial Eligibility Unit
HRA/Medical Assistance Program
P.O. Box 2798
New York, NY 10117-2273

Pregnant women and children can apply at many clinics and hospitals. Contact your local department of social services to find out where you can apply.

Earned Income Tax Credit (EITC)

What is the EITC?

The Earned Income Tax Credit is for taxpayers making low or moderate wages. The EITC either reduces your taxes owed or provides you with a refund.

Who is eligible?

To claim EITC on your tax return, you must meet *all* the following rules:

Must have worked full or part time at some point in the past year and received income

- Income limits
 - \$45,060 (\$50,270 married filing jointly) with three or more qualifying children
 - \$41,952 (\$47,162 married filing jointly) with two qualifying children
 - \$36,920 (\$42,130 married filing jointly) with one qualifying child
 - \$13,980 (\$19,190 married filing jointly) with no qualifying children

You must be a U.S. Citizen or Resident Alien to receive EITC.

Resident Aliens and qualified children, if any, must have lived in the same residence in the U.S. for more than half the year.

Immigrants must be employed and living in the country for the entire tax year, and have a valid Social Security number that permits you to work.

If you qualify for EITC, you have to file a tax return with the IRS, even if you owe no tax or are not required to file.