

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:

- Experience Works Older Workers Employment..(756-2211)
- RSVP (Retired Senior Volunteer Program).....(273-1511)
- Senior Community Service Employment **COFA** **
.....(274-5498)

AT 60 FOR:

- Personal Care and Housekeeping(274-5222)
- Foodnet Home Delivered Meals *(266-9553)
- Project Care (volunteer services) **COFA**(274-5491)
- Gadabout transportation services *(273-1878)
- GIAC Adult/Senior Program(272-3622)
- Home Weatherization & Assistance Program (WRAP)
through **COFA**(274-5486)
- Legal Assistance through TTNLS.....(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 x450)

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

(** = these programs have income restrictions)

AT 62 FOR:

- Early Retirement Social Security Payments (800-772-1213)
- Free entrance to State Parks non-holiday (weekdays)
.....(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 * **(274-5359)

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 **(274-5359)
- Food Stamps **Supplemental Nutrition Assistance Program
.....274-5201)
- Telephone Lifeline Discount **Contact your local company
- Free tax preparation by RSVP volunteers ** (273-1511)
- Veterans Benefits.....(272-1084)
- Personal Emergency Response System through **COFA***
.....(274-5482)
- The Registry(272-2433)

For further information about any program listed, contact:

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street
Ithaca, New York 14850

(607) 274-5482

www.tompkinscountyny.gov

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