

You May Qualify...

AT 50 For:

- Membership in AARP (800-424-3410)
- New York State Parks Senior Games (518-474-8889)
- Lifelong activities(273-1511)
- Senior Circle quarterly newsletter(273-1511)

AT 55 For:

- Experience Works Older Workers Employment..(272-7570)
- 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 Senior Citizens Program(272-3622)
- Golden Age Club(273-2400)
- Home Weatherization & Assistance Program (WRAP) through **COFA**
.....(274-5486)
- Legal Assistance through **COFA**(274-5498)
- Lunch at Foodnet Congregate Meal Sites *(266-9553)
- NYSEG Senior Identification Program.....(800-572-1111)
- Project Share Assistance **(273-1900)
- 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 disabled persons of any age)

(** = these programs have income restrictions)

AT 62 FOR:

- Early Retirement Social Security Payments (800-772-1213)
- Free entrance to State Parks on 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 Sportsmen License *(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 **(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
320 North Tioga Street, Ithaca, New York 14850 (607) 274-5482**