

## 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:

- RSVP (Retired Senior Volunteer Program)..... (273-1511)
- Senior Community Service Employment Program\*\* ...
- **COFA** .....(274-5498)
- Tompkins Workforce New York (272-7570)

### 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 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 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/cofa](http://www.tompkinscountyny.gov/cofa)**

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