



You May Qualify...

At 50 For:

- Membership in AARP..... 800-424-3410
- Empire State Senior Games..... 800-859-2227
- Lifelong 607-273-1511
- Senior Circle quarterly newsletter 607-273-1511
- The Golden Age Club 607-273-2400

At 55 For:

- Volunteers Connected 607-273-1511
- A4TD 607-227-7251

At 60 For:

- Personal Care and Housekeeping 607-274-5278
- Foodnet Home Delivered Meals* 607-266-9553
- Project Care-COFA 607-274-5499
- Gadabout transportation services* 607-273-1878
- GIAC Adult/Senior Program 607-272-3622
- Small Home Repair Program 607-277-4500
- Legal Assistance of Western New York 607-273-3667
- Foodnet Congregate Meal Sites* 607-266-9553
- NYSEG Senior Identification Program 800-572-1111
- Tuition-free courses at TC3 on a no-credit, space available basis 607-844-6580
- Widow's Benefit from Social Security 800-772-1213
- ½ Fare Option on public bus - TCAT* ... 607-277-9388 x420

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

(** these programs have income restrictions)

Updated 2/9/2022

At 62 For:

- Early Retirement Social Security Payments . . . 800-772-1213
- Lifetime "Senior Pass" to National Parks 607-546-4470
- Greyhound Bus Lines Senior Discount 800-231-2222
- Minimum age for most Senior Housing**

At 65 For:

- EPIC Pharmaceutical Insurance**..... 800-332-3742
- Health Insurance Counseling - Lifelong*..... 607-273-1511
- Medicare coverage*..... 800-633-4227
- Real Property Tax Exemption**..... 607-274-5517
- Supplemental Security Income* **..... 800-772-1213
- Medicare Savings Programs * **..... 607-274-5243

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)**. 607-274-5264
60 years or older or disabled COFA* **.... 607-274-5482
- Medicaid**..... 607-274-5667
- Supplemental Nutrition Assistance Program (SNAP)**.....
..... 607-274-5630
- Telephone Lifeline Discount** Contact your local company
- Free tax preparation by Lifelong volunteers**. 607-273-1511
- Veterans Services 607-274-5920
- Personal Emergency Response System (COFA)*.....
..... 607-274-5482
- The Registry..... 607-272-2433
- Tompkins Workforce NY..... 607-272-7570
- Long Term Care Ombudsman Program 607-274-5498

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



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