

News and Views *Ávila*

A publication of the Resident Council at Avila Retirement Community

Albany, NY

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NOTE FROM THE EDITORS:

As Independence Day draws near, our thoughts sometimes turn to our families and how they came to America. We felt that our readers would enjoy the following story at this time.

Happy 4th of July

LIZZIE

By Alice Begley

My Irish-born mother's pride in becoming an American citizen, her pride in the privilege of being allowed to vote, and her pride in watching the American flag go by in parades was obvious to all who knew her. I began to write about the history of the America she loved so well. Here is her story:

Her hand clutched the damp iron railing of the ship, as ahead Elizabeth Frances could see the tall lady of the sea holding aloft her lamp of welcome. In the background loomed the skyscrapers that she only dreamed about when told she would travel to America to live with relatives. Tumbling, emerging thoughts made her 12 year-old heart tremble.

Dressed in dark mourning serge, she presented a strange forlorn figure on the deck of the ocean liner, Cameronia, as it glided into New York Harbor. Her black pleated skirt barely touched the dark leather of her brogans and concealed her thick lisle hose.

She shivered under the sturdy black jacket that enveloped her tiny frame. The black knit cap she wore could not contain the burnished-red tendrils of curls that escaped from its rim. Heavy woolen mitts were stuffed into the large pockets of her coat, yet she did not feel the stinging raw wind on her hands nor the cold ocean spray on her freckled cheeks. On the early April morning in 1911, her green eyes were fastened on the lady, this symbol of welcome in this land that was to be her new home.

Elizabeth Frances O'Hare had had many homes in her short dozen years of life in Ireland. "Lizzie," as she was called by her relatives, had been orphaned. Her mother died giving birth and her father died a year later as he walked the streets of Dublin with a broken heart, or so the story goes.

Lizzie spent her early childhood on the farms of her father's five brothers and was nourished by the soda bread, Irish stews and strong Irish teas from the callused hands of her aunts. But young Lizzie always knew that she was the "*por orphaned bar'n*."

And now she had come to America, to start a new life in that wonderful place she had read about in her schoolbooks. As she watched the approaching shore, she vowed that she would become a good American! A true American!

In the new land, she changed her name to "Betty, believing it was more American. She worked hard at losing her Irish accent, and was employed in a glove factory. She married her American sweetheart and raised an American family. No jaded politician was ever able to buy her vote, no flag in her presence was ever raised without being properly saluted, and she never longed, as some relatives did, to return to her native land.

One July Fourth holiday, riding home from an Independence Day parade, a sweet frail 80 year old voice with just a hint of a brogue wafted through the summer air: "My Country 'tis of thee, sweet land of Liberty, of thee I sing...."

And those that heard knew that Betty, an American colleen, was home, truly home!



MARCIA ARONOWITZ

Interviewed by Murray Block



PHOTOGRAPH BY MAX TILLER

Marcia Aronowitz is our friendly new neighbor in Apartment 421 West. She has two attributes that many of us at Avila cannot claim: she is a native born Albanian, and she still goes to work, albeit part-time now. Yes, Marcia was born in Albany and grew up in Delmar. She is a graduate of the Albany Academy for Girls.

Her late husband, Lee Aronowitz, was also born in Albany and grew up in this area. They met through work and were happily married for 37 years, when Lee passed away. They would have been celebrating their Golden Anniversary this year.

Lee had started out in insurance, but was interested in owning and operating his own business. In addition to raising a family, Marcia joined her husband in several business ventures. Two of the operations they owned and managed were a Tennis Club in Latham and a restaurant serving good American cooking.

After years of both of them working and raising a family, they decided to retire to Puerto Rico, where they spent five years enjoying the beach and the quiet life. Then followed a period of time living in Key West. There, Marcia decided to return to work, this time in an Art Gallery. Eventually returning to the Albany area was a natural and predictable next step. Marcia moved to Avila from Loudonville. She is still going to work, now doing a part-time stint in the pro-shop of the Town of Colonie Golf Course.

Marcia has a son, two daughters, and a stepson. Her son is an engineer, one daughter is a veterinary technician and also teaches yoga, and the other daughter works as a nanny. Collectively, they have provided Marcia with seven grandchildren and eight great-grandchildren. She is delighted that the whole gang lives within fairly reasonable driving distance from Avila.

Marcia knew some Avila residents before moving here, and has since made many new friends. Ask her what she thinks of Avila, and the answer is an emphatic and joyful: I LOVE IT!

JUNE CURRAN

Interviewed by Wilbur Shapiro



PHOTOGRAPH BY MAX TILLER

June graced the halls of Avila on October 2, 2018. Her prior home was in Guilderland, where she lived for 19 years with her husband Joseph. Joseph was employed by the Watervliet Arsenal. June worked in the finance division of the New York State Thruway Authority for some 15 years.

Prior to marrying Joseph, June had been married to Richard Parker, who ran his own construction company. When they married, each had four children of their own. At the time of their marriage, June's youngest child was starting college, while Richard's children were younger.

Ten years after Richard's passing, June met Joseph, who had three children of his own. Upon their marriage, June became the mother of 11 children. The children all live in the capital district and are doing well. She also has 21 grandchildren and 12 great grandchildren.

Along the way, June has traveled to Ireland, Scotland and England. She went on cruises with her children and vacationed in Aruba. She and Joseph also spent a good deal of the winter months in Florida.

June was quite athletic and enjoyed curling, golfing at Western Turnpike and bowling.

June enjoys the atmosphere at Avila, has many friends and is a welcome addition to the Avila family.

ODILE DWYER

By Maxine Koblenz

Odile moved into Avila only a few months ago after spending most of her married life living and working in the Catskills with her husband, John, a professor of Theology.

In the 1940s Odile was a Paris resident experiencing the Nazi invasion and the Allied bombing of the auto factories that were making tanks for the Germans. She endured an attack by German soldiers with their dogs. To this day she still has the scars on her knees from that attack. Very soon after her family moved to Ligny-en-Barrois, half a mile from the German border, where she lived until she was ten years old.

From 1942 until 1945 her father was interned and worked in forced labor. It took him months to recover physically and Odile has few memories of those years.



PHOTOGRAPH BY MAX TILLER

In 1952 Odile moved to Strasbourg on the German border to begin her education in a French religious school where only the French language was allowed. She remained in school until she was 18 then began work as a bank president's secretary. Odile worked at the bank until she married. She and John met while he was living in a complex where her father worked.

John Dwyer completed his studies and received his Doctor of Theology degree after six years of European university study at Tübingen, Germany. He began to teach at St. Mary College, Moraga, CA; however, Odile had to wait three months to leave her job to come to America after their French marriage. She became a US citizen in September, 1982.

When John left St. Mary to work with Bishop Hubbard in the adult lay leadership program, the couple found their new home in the Catskills on Hunter Mt. They discovered Avila through the Evangelist newspaper. Odile visited twice; so three years after John's death she sold their home to move into Avila on Oct. 29, 2018.

Odile brought her weaving, sewing, card making, cooking and proofreading skills with her. She was recognized by the Business Review in 1996 as the only woman owned business to create, sew and distribute academic gowns and hoods. From 1972-1996 she created almost 1,000 hoods and gowns for colleges and universities. Also, she is a prize winning cook for her El Gato's Barrio Bean Dip which was published in the Hudson Valley Cookbook.

Odile is happy here at Avila with the new friends she has made.

ALEX AND IRINA GERCHIKOV

Interviewed by Erin Teichman



PHOTOGRAPH BY MAX TILLER

Both Alex and Irina Gerchikov emigrated from Russia by way of Italy, Vienna, Brooklyn and Detroit. They left their homes, Alex from Moscow and Irina from Leningrad (now St. Petersburg), at some sacrifice since emigrating meant giving up their families and their Soviet citizenship. However, they were intent on improving their lives, which was not possible at the time in the former Soviet Union.



PHOTOGRAPH BY MAX TILLER

They each have university degrees, Alex as a mechanical engineer and Irina as a civil engineer. Alex worked in private industry and Irina was employed by the New York State Department of Transportation building bridges.

Irina enjoys cooking and collecting cookbooks while Alex collects stamps and early Matchbox cars. As a remembrance of their Russian homeland, they have an extensive collection of Russian fairytale themed plates, such as the Firebird and tales from Pushkin.

Alex was working in Albany when he and Irina were introduced by a mutual friend. After marrying they bought a home in East Greenbush where they lived for 31 years before choosing Avila for their retirement home. We are pleased that they did.

MIKE AND PAT LOUDIS

By Karl H. Gohlke

Mike and Pat Loudis moved from their home of 53 years into Avila, a journey completed in a ten minute drive. Natives of Albany, they raised four children and pursued their professional and avocational interests in the capital district.



PHOTOGRAPH BY KARL GOHLKE

Pat, a nurse, met Mike, a pharmacist, while they were employed at Albany Medical Center. Following their marriage and birth of their first child, Pat took a break from nursing and focused her efforts on homemaking until her youngest left for college. Then she returned to nursing, working with disabled children at St. Margaret's Center and the Center for Disability Services.

Mike continued in the health field at St. Peter's Hospital, eventually becoming vice president for clinical services. He reached the point where he decided to shift his interests to home care services and moved to Leonard Hospital to administer their home care program. He

continued with this work until his retirement in 1998.

Mike disclosed that he became a basket maker, adopting the methods of the Shakers in the selection and working with wood. He developed an interest, as well, in Nantucket lightship baskets.

Pat and Mike have assimilated well into the Avila community. They are looking forward to many more years at Avila.

MY HOUSE

BY Ellen Younkings

*My house that I loved is getting old like me
The Ash tree in front stoops over the walk
And the cracks in the sidewalk seem to talk.*

*The Sand Cherry tree stands as tall as it can
From its humble beginning when it was new.
It's thriving and growing at least a foot or two.*

*The Birches are slight, they never did well
But they hang on for dear life and try to survive.
I hope each season they will still be alive.*

*My house that I loved is getting old like me
But the birds come back to build their nest
And their fledglings fly off in a mighty quest.*

MANHATTAN'S FORGOTTEN FORT

By Steve Rotter

Henry Hudson sailed into New York Harbor in 1609. He sailed past the island known to the local Indians as Manna-hata and then up the river which now bears his name to what is present day Albany. Flying the flag of the Dutch East India Company, Hudson's primary purpose was to find a "Northwest Passage" to China.

On return to the Netherlands, Hudson's descriptions of the land and wealth of the new country encouraged the formation of a new trading company, the Dutch West India Company, to found a settlement there to exploit these new resources.

In 1625 the Dutch established a settlement on the southern tip of Manhattan Island. A star shaped fort was built that year called "Fort Amsterdam" to protect the colony from attack by the English and the French.

Construction of the fort marked the founding date of New York City. Much of the construction was done by enslaved Africans held by the Dutch West India Co. Cannon at the fort formed the original gun battery and the current Battery Park is named for this feature.

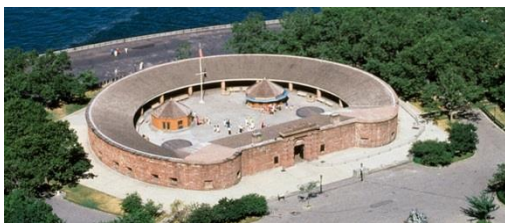
However, most of the company's operations were accomplished up the Hudson River. There local trappers and traders collected beaver and otter pelts and sold them to the company at the fort.

In 1664, English warships arrived in the harbor and demanded that the Dutch surrender. Peter Stuyvesant then signed the colony over without any bloodshed. The fort was then renamed "Fort James" and New Amsterdam was renamed "New York."

In 1775 George Washington seized the fort in the Revolution before secession from Great Britain.

In 1776 the British recaptured the fort and thousands of slaves migrated to British lines and gained freedom by fighting for the British.

In 1783 the Americans took over the fort after the British pulled out. The fort was torn down in 1790 and the materials used as landfill.



In 1798, guns were placed in the new fort. The fort was fully armed with 28 cannons. Each cannon could fire a 32 pound ball 1.5 miles. Shortly before the war of 1812 the fort was named after DeWitt Clinton, a mayor of New York City (and later the Governor of New York State who supported the building of the Erie Canal). The fort was then called Castle Clinton.

In 1823, Castle Clinton was deeded to the City of New York. It was used as a restaurant and entertainment center and renamed Castle Garden. In 1840 a roof was added and Castle Garden served as an opera house and theatre. It boasted a seating capacity of over 6000. In 1850 P.T. Barnum presented an opera singer, Jenny Lind, who attracted over 5000 people. Other attractions included fireworks, musical groups and shows. The refreshing sea breezes also attracted many. Refreshments of every kind were obtained at moderate prices including a favorite called a Mint Julep.



In 1855, the Castle became an Immigration Center, the first in the nation. It was operated by the State of New York until 1890 when the federal government took over and opened Ellis Island in 1892. During those 34 years, eight million people were processed through Castle Garden. This period saw the waves of immigrants arriving from Ireland because of the "Great Potato Famine."

Castle Garden was once again altered. This time it became the "New York City Aquarium" and opened in 1896 to some 30,000 people. The doors were closed for good in 1941 and the aquarium moved to Coney Island.

In 1950 Castle Garden was designated a National Monument and named "The Castle Clinton National Monument"; it is administered by the National Park Service.

Thanks to Beth Flatt for the following: which she thought might be of interest to our readers. The author is unknown.

CLEANING HOUSE

*Last Week I threw out Worrying,
it was getting old and in the way.
It kept me from being me;
I couldn't do things GOD's way.*

*I ran across an OLD FRIEND,
haven't seen him in a while.
I believe HIS name is GOD.
Yes, I really like HIS style.*

*I threw out those Inhibitions;
they were just crowding me out.
Made room for my New Growth,
got rid of my old dreams and doubts.*

*He helped me to do some cleaning
and added some things Himself.
Like PRAYER, HOPE and FAITH,
Yes, I placed them right on the shelf.*

*I threw out a book on MY PAST
(didn't have time to read it anyway).
Replaced it with New Goals,
started reading it today.*

*I picked up this special thing
And placed it at the front door.
I FOUND IT – it's called PEACE.
Nothing gets me down anymore.*

*I threw out hate and bad memories
(remember how I treasured them so)?
Got me a NEW PHILOSOPHY too,
threw out the one from long ago,*

*Yes, I've got my house looking nice.
Looks good around the place.
For things like Worry and Trouble
there just isn't any space.*

*Brought in some new books, too,
called I CAN, I WILL, and I MUST.
Threw out I might, I think, and I ought.
WOW, you should've seen the dust.*

*It's good to do a little house cleaning,
get rid of the old things on the shelf.
It sure makes things brighter;
maybe you should TRY IT YOURSELF.*

A CRATE FROM PAPUA, NEW GUINEA

By Fred Seltzer

In November, 1968, my friend Arthur Leight and I left New York City to begin a westward trip around the world. After stops in Tahiti, Bora Bora, Pago Pago American Samoa, Fiji, New Zealand, and Sydney, Australia, we flew to Port Moresby, capital of Papua, New Guinea. From there we connected to Mt. Hagen in the highlands of New Guinea.

We had arranged to be in Mt. Hagen on market day to see the natives in their colorful undress made of plant material and feathers as well as the varied fruits and vegetables on display. We stayed at the Hagen Park Motel where we dined with a circuit judge who told us of his adventures traveling throughout this primitive country.

Here the story of the crate begins: Inside the motel the manager had a shop selling native crafts. We bought seven exotic design wood carvings for shipment home.

It was now June, 1969 and all our purchases had arrived except for the seven artifacts from New Guinea. Living in the New York City area is great for travelers as you can get travel information and visas from practically any country in the world because of the presence of so many consulates, UN missions and trade offices. So one day I left my office at lunchtime to walk to the Australian Commercial Counselor as Papua, New Guinea, was still associated with Australia in 1969. Though not a big business deal, the counselor was quite interested in my tourist souvenir problem.



PHOTOGRAPH BY
FRED SELTZER

Some months later I received a letter informing me the motel manager had been arrested for fraudulently selling artifacts and not delivering them to the purchasers. All the artifacts had been shipped to Sydney for the trial. I was asked to draw pictures of the items we had bought to see if they were among the artifacts sent to Sydney. Almost a year after their purchase I was able to draw from memory the seven items. The result was works of art that appeared to be a combination of Picasso and Dali - a new school of modern art was born.

More months went by. I expected I would never hear more about the case when another letter arrived. I was given the choice of getting money back or accepting artifacts of like value as nothing resembling my drawings had been found. The choice was easy - send the artifacts!

The two year anniversary of our trip passed before the crate found its way to my door in Croton-on-Hudson. Finally I had the artifacts, but they paled before my memory of the original items purchased. Later I learned from an expert that one of the artifacts I received had become more difficult to find since my purchase. In moving to Avila most of the New Guinea artifacts were sold except for that rarer item.

Another tale for another time is my search about 20 years later for the fabled mummy of the Baliem Valley, the center of tribal warfare in that part of Indonesian New Guinea.

A PIG FARMER FOR PRESIDENT?

By Lee Murphy

A pig farmer ran for president, not once, but three times.

The most memorable, but probably least qualified, presidential candidate ran for president in 1952 on a third party ticket as the Poor Man's candidate. He was a pig farmer and tavern owner from Secaucus, NJ named Henry Krajewski.

Krajewski ran in 1952, 1956, and 1960. He also was a candidate for governor, mayor, senator and councilman. Some of his campaign promises were free milk for school children and free beer for needy adults.

His political handouts claimed the Democrats had "hogged" Washington for 20 years, people were tired of the "piggy" deals made, and it was about time people began to "squeal."

In the 1950s Secaucus's population was 87,000. Twelve thousand were people; the rest were pigs. New York City, five miles away, carted its garbage to Secaucus to be used as fodder for the pigs. Krajewski and his family owned a five-acre pig farm with 4,000 pigs. After the arrival of the New Jersey Turnpike the stench from the farms eventually led to the demise of pig farming.

Mr. Krajewski not only campaigned in New Jersey, but throughout New York. He had rallies across the street from Madison Square Garden and in the Bowery. His "Tammany Hall" tavern was crowded with supporters for every election in which he participated.

He became ill with diabetes during his 1956 run for Senator; suspended his run; and on Election Day, November 8, 1956, he passed away.

NOTE: As a Jersey City Heights girl, if you looked out our front windows you could see parts of Secaucus. I remember going to bed on hot nights with the breeze coming from that direction through my window (pre air conditioning) with an open jar of Vicks Vaporub on my bedside table. It smelled better than the piggy smell. As I grew older I learned it was not the pigs that smelled so bad, but the garbage brought in from New York City to feed them.

THE FIRST TELEPHONE NETWORKS

John Wagner

Cellphones are the most popular product in the consumer electronics market today. These phones offer a variety of services, but the basic telephone service is provided by the first telephone network, that which was created by the Bell Telephone Company over the last century under the aegis of AT&T (the American Telegraph and Telephone Company).

The telephone was invented in 1878 by Alexander Graham Bell and was initially sold in pairs with a twisted wire pair connecting them. As users wanted to talk with other people, a local telephone company would build a central office from which it would lay lines to each subscriber's telephone. All these lines would terminate at a switchboard where an operator could connect the lines of any two subscribers. The operator knew each subscriber's line and you could place a call by asking "Mary, could I speak with Jessica?"



As the number of users grew, these manual switchboards became overloaded and were gradually replaced by automated ones. (Manual switchboards remained in service in rural areas into the 1960s.) Each central office was given a name and each subscriber's line a number. Now you could ask for "Pennsylvania 6-5000"¹. The operator would then key the number into the automated switchboard which could complete the call. The advent of telephones with rotary dials made the process fully automated.

¹ A Glen Miller composition.



Trunk lines were laid between central offices in a given area, enabling callers from one central office to be connected to a person in another nearby central office. But to make a long distance call, you would have to ask a long distance operator to place the call. That operator would contact her counterpart in the distant central office and the two would work to find a continuous link across the intervening areas. When successful, your operator would advise you that your call had been placed. The Direct-Distance Dialing that we enjoy today required the network to introduce Area Codes and to develop the computer algorithms that could seek out a continuous telephone link for that call. Using local Bell

Operating companies and the AT&T Long Lines, the Bell Telephone network provided clear and reliable service on a nation-wide basis.

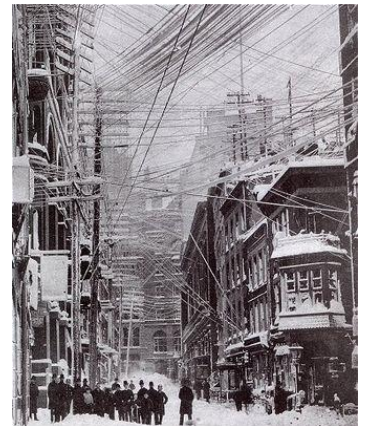
To meet the ever growing demand for telephone service after World War II, the Bell Telephone Laboratories turned to digital technology. They developed Pulse Code Modulation (PCM), a way to digitize an analog voice signal². Using this technique, the trunk lines between central offices could then carry many more simultaneous conversations. They could also carry digital data. The digitized data could also be transmitted further with less distortion.

When the size of the digitizing circuitry shrank enough to fit inside the telephone, the digital network was extended to the individual subscriber lines.

The telephone itself evolved along with the network. The telephone began as a box mounted on the wall with a hand crank to call the operator. The next phase used a desk top unit with the ear piece hanging on a u-shaped hook. Picking up the ear piece allowed the hook to rise and close an electric circuit which alerted the switchboard operator to your need for services. The introduction of the automated switchboard was followed by the addition of the rotary dial to the telephone. Dialing a number at the telephone would send a set of electrical pulses to the switchboard, where the sequence of such sets of pulses would be interpreted as the telephone number being called. This was later replaced by the touch tone keypads found on "Princess" phones.

Recent improvements include cordless phones, which use a radio link, like Bluetooth, to a base station that is connected to the Bell network. A second improvement is Caller-ID, which uses standard communication protocols when connecting two electronic devices. Finally, the mobile telephone was the last Bell telephone innovation, introduced in 1981. This phone used a radio link to connect it to the Bell network.

The Bell network has been overshadowed recently by the advent of wireless networks. While these networks offer a variety of services, the telephone service they provide uses the central offices, trunk lines, and long distance connections of this older Bell network.



² An analog voice signal is created when an acoustic speech signal is processed by a microphone. The PCM process begins when high speed circuitry samples the analog voice signal, measures the sample's amplitude, and represents it in binary fashion, as a string of ones and zeros. A series of such digitized samples is transmitted to a receiver where a digital filter can create a replica of the original analog voice signal.

AVILA "DINING MENU" 14 YEARS AGO!**By Paul Ward***Tamarack Dining Room**October 4 – October 9, 2004**Monday October 4, 2004**Veal Parmesan
BBQ Chicken**Tuesday October 5, 2004**Grilled Pork Chop
Chicken Picatta**Wednesday October 6, 2004**Spaghetti with Meat Sauce
Broiled Cod**Thursday October 7, 2004**Beef Tips with Mushrooms
Pasta Primavera**Friday October 8, 2004**Corn Beef and Cabbage
BBQ Chicken**Saturday October 9, 2004**Liver and Onions
Braised Lamb shanks**All reservations should be made by 3pm the day of the meal**Do not forget about the
Sunday Brunch Served in the Informal
Dining Room from 10am-1pm*

Going through a pile of old papers in my den, I came across this Avila weekly menu for the week of October 4, 2004. Avila had been open less than seven weeks; so notice that the dining venue was only the "Tamarack Dining Room." There were not enough residents to fill the larger dining room (not named?). Notice that you had two choices for the special of the evening. I assume there were other choices on the regular menu. The food service at that time was HDS – "Hospital Dining Service"! Say no more.

SERVICES FOR THE AGING**Jodi Mitchell-Rosa, LMSW Resident Advisor**

You may have often heard the term "Aging in Place." This refers to remaining in your home as you continue to age. Here at Avila this is our goal for you, and we would like to assist you in accomplishing this. Sometimes all it takes is finding the right resource at the right time. I have provided a list here of some available resources that may be of interest to you. As your social worker, I am available to help you navigate through these resources to find what best addresses your needs at any given time. Please feel free to call me to make an appointment or stop by and see me in the Resident Center. I will also have on hand copies of "Older New Yorker's Guide to Resources," which is put out by the New York State Office for the Aging. This is a comprehensive guide from which the following information was taken.

AARP – www.aarp.org

Alzheimer's Association – www.alz.org

- 24/7 helpline; 1(800) 272-3900
- Local chapter
Northeastern New York Chapter
Pine West Plaza, Building 4, Suite 405
Washington Ave. Ext.
Albany NY 12205
518-867-4999

American Foundation for the Blind – www.visionware.org

Leading Age – www.leadingage.org

National Council on Aging - www.ncoa.org

National Hospice and Palliative Care Organization – www.nhpco.org

- 1 (800) 658-8898

National Institute on Aging – www.nia.nih.gov

NY State Office for the Aging – www.aging.ny.gov

NY Connects – www.nyconnects.ny.gov

- 1 (800) 342-9871

Local Office for the Aging – Albany County; 1 (518) 447-7177

New York State Department of Health -

www.health.ny.gov/diseases/conditions/dementia/help.htm

AARP Caregiving Resource Center – www.aarp.org/caregiving

National "Do Not Call" Registry – www.donotcall.gov

New York State Attorney General Consumer Hotline

- www.ag.ny.gov/bureau/consumer-frauds-bureau; 1 (800) 771-7755

Scams and Fraud (Identity Theft) - New York State Department of Taxation and Finance

- www.tax.ny.gov/help/contact/fraud-scams-idhelt.htm; (518) 457-5181

Elder Abuse - New York State Protective Services for Adults

- www.ocfs.ny.gov/main/psa; 1 (844) 697-3505

New York State Department of Parks, Recreation and Historic Preservation -Golden Park Program

- www.parks.ny.gov/admission/golden-park-program.aspx

Hospital Patient Rights

- www.health.ny.gov/publications/1449.pdf

Health Insurance Information, Counseling and Assistance Program (HICAP)

- www.aging.ny.gov/healthbenefits; 1 (800) 701-0501

Medicare - www.medicare.gov

Mental Health Association of New York State (MHANYS)

- www.MHANYS.org

Suicide Prevention Lifeline – 1 (800) 273-TALK

Statewide Senior Action Council

- www.nysenior.org; (518) 436-1006

Veterans Benefits

- www.veterans.ny.gov; 1 (888)-838-7697

Volunteering – www.newyorkersvolunteer.ny.gov