



TOWN OF EAST HAMPTON

Department of Human Services
128 Springs Fireplace Road
East Hampton, NY 11937

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TOWN OF EAST HAMPTON DEPARTMENT OF HUMAN SERVICES

DESCRIPTION OF SERVICES

The Human Services Department is responsible for the Town's senior programs: Programs for the Aging, Senior Nutrition, Senior Transportation, In Home Services and Residential Repair Program. The department also provides case management and makes referrals to other agencies that provide social and medical services.

Services are based at its Senior Citizens Center at 128 Springs Fireplace Road, East Hampton. With additional 60+ Wellness Programs at Ashawagh Hall at 780 Springs Fireplace Road.

Services provided by the Department of Human Services include:

REFERRAL AND CASE MANAGEMENT HISPANIC OUTREACH PROGRAM

The department provides case management/resources and makes referrals to social service agencies. The Case Management services help individuals learn about and gain access to services that can help address their needs. These include, but are not limited to, Medicaid, Medicare, SNAP Program, Medicare Saving Program, Social Security, Home Energy Assistant Program HEAP and Assurance Wireless Telephone Program.

Contact: Liliana Rodriguez, Case Manager (Spanish Speaking) 631- 329-6939

MENTAL HEALTH SERVICES

- Coordinated through a cooperative agreement between the Town and Family Service League
- Family Service League provides a broad range of outpatient mental health services
- East Hampton Residents are encouraged to contact Liliana Rodriguez at 631-329-6939 for assistance.
- Referrals are immediately made to Family Service League with regular follow up.

EMERGENCY ASSISTANCE FOR EAST HAMPTON TOWN RESIDENTS WITH *SPECIAL NEEDS*

- The Town of East Hampton Department of Human Services has developed a computerized registry of all town residents with *SPECIAL NEEDS* who need to receive evacuation and shelter assistance during natural disasters like hurricanes or severe flooding.
- This is a free and voluntary registration.
- The information you provide will be used by emergency personnel only to assure your safe and timely evacuation.

For more information call - Diane Patrizio at 631-329-6939.

The Town of East Hampton, in cooperation with the Suffolk County and New York State Offices for the Aging, offers a variety of services to its residents age 60 and over.

Programs are funded by the U.S. Administration for Community Living through NYSOFA, SCOFA and East Hampton Town.

TRANSPORTATION:

- Service is available to senior citizens with no access to other means of transportation, and people under the age of 60 who are disabled, unable to drive and have no access to other means of transportation for essential services.
- Services are provided for essential services such as medical appointments and food shopping, in addition to transportation to Town Programs.
- Reservations must be made at least 72 hours in advance.
- Service is available door to door.
- Services are provided for scheduled appointments that are not emergencies.

Senior Shopping Assistance Program

- Grocery shopping assistance for Seniors 60+
- Town staff are here to do the shopping for you
- Orders taken over the phone or in person
- Groceries will be delivered to your door
- Assistance unpacking groceries available
- Aides available to accompany seniors who prefer to do their own shopping

For Information Call - Program Supervisor – Susan Trotman 631-324-4443

PROGRAMS FOR THE AGING

Activities at the East Hampton Senior Center –

Chair Yoga – Monday & Friday, 10:00AM

Mindfulness Meditation – Monday, 9:45AM

Healing Circle – Tuesday, 10:00AM

Bingo – Tuesday & Thursday, 12:30PM

Floor Yoga – Wednesday, 10:00AM

Bridge – Wednesday, 12:30PM

QiGong – Thursday, 10:00AM

60+ Wellness Programs at Ashawagh Hall @ 780 Springs Fireplace Road

QiGong III – Wednesday, 12:30PM

Osteoporosis Prevention & Stretching – Wednesday, 2:00PM

IN HOME SERVICES (E.I.S.E.P.)

- Light housekeeping, errands and shopping are available to homebound elderly who are unable to perform these tasks themselves.
- Assessment and case management are provided by the Suffolk County Office for the Aging

Fee is on a sliding scale fee for Housekeeping/Chore

For Information Call - 631-853-8200.

NUTRITION

- The East Hampton Senior Center provides a main meal at 12:00 PM Monday through Friday.
- Regular pre- and post-luncheon activities include: Bridge Group, Yoga for All , Sitting Yoga, Mindfulness Meditation, Mahjongg, Bingo, Tai Chi, Healing Circle, QiGong, Poetry Club, Opera Club, Walking Club, Knitting Group, Art Group- Coloring Pages
- Other special social, cultural and educational programs and trips to places of interest are offered.
- Suggested voluntary and anonymous lunch contribution \$2.50.
No one will be denied a meal if unable to contribute.

Grab & Go Meal Service— This service provides frozen meals for seniors who prefer to pick up their meals to heat up at home.

Weekly Pick Up is Wednesdays from 9-11:00AM.

You will be given five (5) frozen meals at that time.

For Information Call - Michelle Posillico, Program Supervisor – 631-324-6711

RESIDENTIAL REPAIR PROGRAM

- Minor residential repair is also provided to assist senior citizen households with chores that do not required the skills of a licensed craftsman.
- There is no fee for this service. Recipient is given the opportunity to make a voluntary contribution to the programs.
- Recipient does pay for materials.

For Information Call - Liliana Rodriguez, Case Manager, Spanish Speaking – 631-329-6939

FREE COUNSELING and CAREGIVER SERVICES FOR SENIORS

- Counseling services provided via telephone every Friday with scheduled appointment(s)
- Caregiver's Support Group for those caring for someone 60+ meets every Tuesday at 1:00PM at the Senior Center in the lounge.

For Information/appointment contact – Liliana Rodriguez, Case Manager – 631-329-6939

MONTHLY BLOOD PRESSURE SCREENINGS

- Blood Screenings provided by the East Hampton Health Care Foundation.
- Services are provided the 1st Tuesday of each month in the Lounge at the Senior Center

TOWN HUMAN SERVICES GRANTS

The Town supports the following local not for profit providers with grant funding, the Human Services Department works cooperatively with them, providing information regarding their services to residents and referrals to their agencies:

- Phoenix Houses of Long Island Inc. East Hampton Outpatient Program
- Eleanor Whitmore Early Childhood Center
- Project Most
- Community Council
- The Retreat, Inc.
- Family Service League's East Hampton Mental Health Clinic

- South Fork Behavioral Health Initiative
- Montauk Community Senior Nutrition Center
- East Hampton Meals on Wheels
- Springs Food Pantry
- Montauk Food Pantry
- Montauk Youth Association
- Inspirational Triathlon Racing International (i-Tri)
- Retired Senior Volunteer Program (RSVP)
- Southampton Hospital Wellness Initiative
- East End Disabilities Group
- East End Hospice, Inc.

R.S.V.P., RETIRED SENIOR VOLUNTEER PROGRAM

Provides, at no cost, daily telephone safety checks and reassurance, and home visits to seniors living alone.

For information call – 631-267-8371

EAST HAMPTON MEALS ON WHEELS

Provides two meals a day, home delivered Monday-Friday.

Fee on sliding scale.

For information call – 631-329-1669