

# IMPORTANT PHONE NUMBERS

## COUNTYWIDE

### Toll Free Assistance

EPIC Prescription Protection  
for Seniors .....1-800-332-3742  
Legislative Status of Bills.....1-800-342-9860  
Medicare and Medical Claims .....1-800-633-4227  
Senior Citizen's Hotline.....1-800-342-9871  
Federal Tax Assistance .....1-800-829-1040  
Veteran's Problems/Assistance .....1-800-273-8255  
VA Life Insurance .....1-800-669-8477  
VA Benefits .....1-800-827-1000  
Public Health Duty Officer Hotline .....866-881-2809  
Social Security .....1-800-772-1213

### Emergency Phone Numbers

Nassau County Main Number ..... 516-571-3000  
Nassau County Office of  
Emergency Management ..... 516-573-0636  
American Red Cross in Nassau County . 516-747-3500  
Long Island Crisis Center Senior  
Connection Hotline ..... 516-679-0000  
Nassau County Office for the  
Aging Help-Line..... 516-227-8900

### Fire, Police & Ambulance

Emergency .....911  
Nassau County Sheriff ..... 516-572-4100  
PSEG/LIPA Report Power Outages ...1-800-490-0075  
Poison Control.....1-800-222-1222

### Area Hospitals

Winthrop University Hospital..... 516-663-0333  
Mercy Medical Center..... 516-705-2525  
Nassau University Medical Center ..... 516-572-0123  
Long Island Jewish Valley Stream ..... 516-256-6000  
Long Island Jewish Medical Center....1-718-470-7000  
St. Francis Hospital, The Heart Center . 516-562-6000

### Nassau County

Office for the Aging..... 516-227-8900  
Clerk's Office ..... 516-571-2663  
Consumer Affairs..... 516-571-2600  
Office for the Physically Challenged ..... 516-227-7399  
Department of Health ..... 516-227-9697  
Emergencies, After Hours  
and Weekends ..... 516-742-6154  
Social Services..... 516-227-8519  
Medicaid Helpline ..... 516-227-8000  
Emergency After Hours ..... 516-573-8626  
Veteran's Service Agency..... 516-572-6565

### ASSEMBLYMAN ED RA

District Office ..... 516-535-4095

### TOWN OF HEMPSTEAD

Main line..... 311 or 516-869-6311

### TOWN OF NORTH HEMPSTEAD

Main line.....516-627-0590

### TOWN OF OYSTER BAY

Main line.....516-624-6300  
Senior Citizen Services Division.....516-797-7916



**ED RA**  
**ASSEMBLYMAN**

Dear Neighbor,

As your Assemblyman, it has always been my top priority to make sure all residents of the 19<sup>th</sup> Assembly District have the best quality of life on Long Island. In order to ensure you have the opportunity to live your life to the fullest, I have made sure to provide you, and other seniors on Long Island, with helpful information regarding the EPIC Program, Enhanced STAR Program, nearby senior centers and important contact information. I hope you find this newsletter informative, and if you have any questions or concerns, please contact my district office at (516) 535-4095.

Sincerely,

# EPIC

Administered by the Department of Health, the **Elderly Pharmaceutical Insurance Coverage (EPIC) Program** is designed to help ensure the senior population is getting the pharmaceutical coverage for a great quality of life.

## **To enroll in EPIC you must meet the following requirements:**

- 1** Be 65 or older and a resident of New York.
- 2** If single, have an annual income below \$75,000 or if married have an income below \$100,000.
- 3** Be currently enrolled in or eligible for Medicare Part D.
- 4** Not be receiving full Medicaid benefits.

To receive more information on EPIC, or to apply for enrollment, please call **1-800-332-3742**.

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## **Budget 2017:**

### **Record Water Investment**

This April, New York State passed the Clean Water Infrastructure Act of 2017 as part of the Enacted 2017-18 New York State Budget. This historic investment will provide:

- \$2.5 billion in support for water quality programs
- Interest-free loans and grants to municipalities for drinking water and waste water infrastructure
- Funding for lead service line replacement in homes
- A drinking water contaminant mitigation program

This legislation also includes an “Emerging Contaminant Monitoring Act” that will require public water systems to be tested for the presence of emerging contaminants, including pesticide chemicals that have been identified by the EPA and contaminants like 1,4-dioxane, which was found to be present in many Long Island water districts.



# Ra Hosts “Active Living Series”

Throughout the month of September, Assemblyman Ra was pleased to join with NYU Winthrop University Hospital and the Jefferson Memorial Library in Westbury to present the *Active Living Series* for seniors.

The series featured different events each week with helpful tips and information geared toward helping older adults in the community

become healthier and more active. Professionals from NYU Winthrop University Hospital were invited to teach the classes and provide sound advice to those in attendance.

The *Active Living Series* kicked off on September 6<sup>th</sup> with a fall prevention class, where seniors learned new ways to prevent dangerous falls and keep themselves on their feet. The fall prevention class was followed on September 13<sup>th</sup> with an introductory Tai Chi class. Tai Chi is a great way to keep in shape and stay active, and the seniors in attendance enjoyed the session, with many taking information on additional classes in the community. On September 20<sup>th</sup> a stress reduction class provided useful information about using mindfulness to reduce stress and live a more calm life. Finally, on September 27<sup>th</sup>, seniors got a taste of healthy eating with a nutrition class tailored specifically for them. The nutritionists provided lessons on sound eating and healthy choices.

This series was a fantastic success, and was enjoyed by all who attended. The Assemblyman would like to thank everyone who came out to learn more about active living, and of course thank our sponsors for their help as well!



## Enhanced STAR

To be eligible for Enhanced STAR, you must be:

- Over the age of 65
- Own your own home
- Must have that home be your primary place of residence

If you have a jointly-owned property, only one spouse or sibling is required to be 65 by December 31 of the year the exemption would begin. During the 2018 year, an income of \$86,000 or less is required, which applies to all owners or any owner's spouse who also resides at the property.

**If you are a senior who has been receiving Enhanced STAR, you are not affected by the new registration requirements. To ensure that you continue to receive Enhanced STAR, outside of New York City, you must continue to apply annually or continue participation in the Income Verification Program.**

For information on this or any other legislative matter, please contact Assemblyman Ra's district office at 516-535-4095, 825 East Gate Boulevard, Suite 207, Garden City, NY 11530.





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**News for Seniors!**

**ED RA**  
ASSEMBLYMAN

**Important  
Information for Long  
Island's Seniors**

**ED RA**  
ASSEMBLYMAN