

ASSEMBLYWOMAN SARAH CLARK
wants you to take advantage of critical resources



“As I continue to fight for you in Albany, I recognize that many of our families and neighbors need extra support from time to time. My office is here to connect you with the services and resources in our community. If more assistance is ever needed, please reach out to my office anytime.”

- ASSEMBLYWOMAN SARAH CLARK

Take a look inside for information that may be helpful to you or your neighbors

When times are tough, we need to pull together and lend a helping hand. Look inside for information on resources that may be helpful to you or your neighbor.



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Assemblywoman Clark: Helping income-eligible families access important resources

Constituent Services:

My office is here to serve you. We have staff available to assist you with accessing local services and state agencies. We maintain close relationships with our government partners to help you obtain benefits, government forms and applications, and access to local, state, and federal agencies. We can get information for you about programs like EPIC, SNAP, WIC, COVID recovery, and more. Please contact our office with any questions by calling **585-467-0410**.

Lifespan:

Lifespan helps older adults and caregivers take on the challenges and opportunities of seniors. As a regional nonprofit, Lifespan is a trusted source of unbiased information, guidance and more than 30 services and advocacy for older adults and caregivers. They also provide training and education for allied professionals and the community. To learn more, visit www.lifespan-roch.org or call **585-244-8400**.

Home Energy Assistance Program (HEAP):

HEAP helps low-income residents pay the cost of heating their homes. You may receive one regular HEAP benefit per program year if you are eligible. You could be eligible for Emergency HEAP benefits if you are in danger of running out of fuel or having your utility service shut off. Eligibility and benefits are based on income, household size, primary heating source, and who resides in the household. To learn more, visit www.otda.ny.gov/programs/heap or call **585-753-6477**.

Supplemental Nutrition Assistance Program (SNAP):

SNAP issues electronic benefits that can be used like cash to purchase food at authorized retail food stores. SNAP benefits are provided through an Electronic Benefit Transfer (EBT) card, and every month, your benefits will be deposited directly into your EBT account. Eligibility and benefit levels are based on household size, income, and other factors. SNAP now provides a simplified one-page application form, which allows older New Yorkers to recertify their benefits for 36 months rather than 24 months and eliminates the interview requirement for recertification. To learn more about SNAP or apply for benefits, visit www.otda.ny.gov/programs/snap or call **585-753-2780**.

Low Income Household Water Assistance Program (LIHWAP):

LIHWAP helps income-eligible households pay past due bills for drinking water and wastewater services. The benefit is based on the actual amount of drinking water and wastewater arrears, up to \$2,500 per drinking water or wastewater provider, or \$5,000 if drinking water and wastewater services are combined. Eligibility and benefits are based on income, household size, and the amount owed to drinking water and wastewater providers. To find out if you are eligible or to fill out an application, visit www.otda.ny.gov/programs/water-assistance.

Child Care Council:

The Child Care Council is a child care referral agency that provides information, training and resources to parents, child care providers and businesses in Monroe, Livingston, and Wayne Counties. If you are struggling to find care, pay for care, or need support as a provider, please reach out to learn more, visit www.childcarecouncil.com or call **585-654-4720**.

Nourish New York:

The Nourish New York Program helps people who are food insecure access the nutritious food they need while providing a market for farmers to sell their products. \$85 million has been dedicated to the program so far to allow New York's emergency food providers to purchase surplus products from farmers and deliver them to families in need through the end of the year. New York farmers, suppliers, and processors are encouraged to share details about their available products, including produce, meat, eggs, seafood, and dairy products so food banks across the state can find and distribute them. To learn more, visit www.agriculture.ny.gov/NourishNY.

Creating Assets, Savings and Hope (CASH):

CASH offers free tax return preparation services **by appointment only** for income-eligible workers, including those who are eligible for the Earned Income Tax Credit (EITC). Please call **585-900-1004** to schedule an appointment. All appointments will be held on the 4th floor of the Bausch & Lomb Public Library Building, Monday thru Friday, 10 a.m. - 4 p.m. All CASH programs are free and delivered by a team of highly trained volunteers. They also provide year-round financial advice and access to education and other resources that fulfill basic needs to help people plan for their future.

The Lily Café:

Located in the Maplewood YMCA, the Lily Café promotes successful aging by providing an engaging atmosphere encompassing mind, body, and spirit to combat isolation, promote community, and encourage life-long learning. This program is available to YMCA members 55 years and older; financial assistance is available. To learn more, visit www.lifespan-roch.org or call **585-244-8400**.

Find Food Pantries Near Your Neighborhood:

Residents in need of food assistance can visit www.foodlinkny.org/find-food/ to find information about local food pantries, community meal programs, and food distribution sites in their neighborhoods. Residents without internet access can also call **2-1-1 (or text 898-211)** to learn about these services and more in the area.

Programs & Activities for You and Your Family:

Looking for activities or programs for you and your family? The city of Rochester's Dept. of Recreation and Human Services offers access to 12 R-Centers, 5 lodges, baseball fields, tennis and basketball courts, soccer fields, an indoor ice-skating arena, and much more. To learn more, visit www.cityofrochester.gov/drhs/ or call **585-428-6755**.