

# UFCW

## Member Resource Packet For New York

### *New York Governor's Resources Page for Working Families*

<http://www.otda.state.ny.us/workingfamilies/default.asp>

*Members accessing New York Resources are fortunate to have the above website which provides a comprehensive list of resources including Job Search, Unemployment, Healthcare, Energy Assistance, Housing, Child Care, and much more. We encourage you to scroll through this website, as there may be programs or services that you could use that you might not have thought about.*

### Table of Contents

Page 1-2	Job Search Fact Sheet
Page 3-5	NY State Unemployment Information—How, When and What you need to file, Workforce New York One Stop Career Centers, Job Search Assistance
Page 6-7	New York Governor's Resources Page for Working Families - complete list of all categories of available services
Page 8	New York One Stop Shopping Helplines and Resources - <b>2-1-1</b>
Page 9-10	Health Care Resources - a list of free/affordable health care resources
Page 11	Energy and Weatherization Assistance

***Disclaimer:*** Resources listed in this packet are by no means all inclusive and should be viewed as a guide. Every effort has been made to carefully screen resources listed here, but listing a resource does not indicate an endorsement or guarantee of the information. All members should be aware of scams or hidden fees. ***Never give out any personal information until you are certain a service is legitimate.***

**For effective use of this document, please note the following:**

[Underlined words in this color blue are links to websites. When you go on the main website \(this color blue\) for each listed program , you can then click on any of these and be directed to the program or service you need.](#)



# UFCW NY Job Search Fact Sheet



## Overview

UFCW Locals are providing support for our New York members from A&P, Pathmark, Waldbaums, Food Emporium, Food Basics and Super Fresh through this “**Resource Kit**”, in order to make them aware of the many services & programs available.

Please review carefully all the materials you receive, some of which are described below:

**NY Unemployment Benefits:** Information on the NY Department of Labor (DOL) websites and an overview of how, when and what is needed to file for Unemployment are listed. More details will be provided by the NY DOL Rapid Response team. All members are encouraged to attend a scheduled session.

**Health Care Resources:** a comprehensive list of health care services, programs and governmental agencies as well as national and local **Prescription Drug Discount Programs** available to NY residents with limited or no health insurance.

**Energy Assistance Resources:** a variety of programs that are designed to help with heating and cooling bills and energy efficiency for NY residents are listed.

**2-1-1: Statewide helpline** for confidential assistance with any issue such as aging parents, rental assistance, human & children’s services, etc, and details on the state and county helplines are listed.



## NY One Stop Career Centers

There are Workforce NY One Stop Career Centers in every county that are designed to assist anyone, employed or unemployed, with all phases of career development, job transition, and job search.

They are available to assist people in small groups, orientation sessions, workshops, and one-on-one, with the following services:

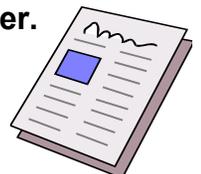
- Conducting a job search;
- Upgrading your skills;
- Considering a new career;
- Applying for training;
- Resume writing assistance;
- Bi-lingual counselors;
- Free telephone, fax, computers, and copiers;
- Special services for veterans;
- Special services for workers with disabilities;
- Job Fairs;
- Interviewing workshops;
- On-site job interviews with various employers.

Most One Stop Career Centers have similar services and members may go to any office. Many of the services they provide can also be accessed online on their websites:

State: <http://www.labor.ny.gov/career-center-locator/>

NYC: <http://www.nyc.gov/html/sbs/wf1/html/contact/contact.shtml>

- ✚ **No appointment is needed.**
- ✚ **All the services are free.**
- ✚ **Begin your job transition at your local One Stop Career Center.**





**NY Department of Labor (DOL) Website**  
<http://www.labor.ny.gov/home>

For the computer savvy among us, the NY DOL website is an invaluable resource - whether you are filing for unemployment, seeking a job, or finding services in your county.

No access to a computer? Go to your local One Stop Career Center or public library.

**Education and Training**

Did you know ... that if you are unemployed you may apply for a tuition waiver to attend a college course at no cost?

... that there is training in basic skills, GED and other programs available at no cost through the local One-Stop Career Center?

... that **Workforce 55+** is a federally funded jobs program for eligible seniors 55 & over?

**Contact your local One Stop Career Center for information on education and training.**



**TIPS**

- 1. You do not need to be unemployed to use the One Stop Career Centers.** You, your family, and your friends are all encouraged to visit a One Stop, regardless of job status, to see how many opportunities are available.
- 2. Beware of scams.** Only give personal information to sources you can trust.
- 3. Consider going on an interview for a position you may not really want.** Since you have nothing to lose, you will not be as stressed and you will gain valuable experience.

**4. Remember, you are much more than your job title.** Everyone has developed a variety of skills through life experience, parenting, extra curricular activities, etc. Attending a One Stop Career Center Resume Workshop will help you identify and describe these skills to develop a more effective resume.

**5. To reduce stress:**

Try exercise, like a daily walk with a family member or friend. Watch your consumption of caffeine and alcohol. Do not withdraw - talk to family and friends. Seek medical or professional assistance for persistent difficulty sleeping or conducting your normal routine.

**6. Try volunteering.** Helping others is a great boost for self-esteem. It is also an excellent way to make connections with caring and helpful people, and you may find a new career as a result. **The NY State Commission on National and Community Service** provides a wide variety of volunteer organizations to direct you. You can start with their website listed below

<http://www.newyorkersvolunteer.ny.gov/VolunteerOrganizations/Overview.aspx>  
or call your local **2-1-1**.

**7. Network!** Tell everyone you know – the neighbor, clergy, the dry cleaner, or Little League parents, that you are in job transition. 70-80% of jobs are still gained through networking.

**8. Change is never easy, but it also provides new opportunities.**

**9. Please do not let any opportunity pass you by.** All these programs and services are here to help you transition to a new job or career.



# New York State Unemployment Information SEPTEMBER 2015

## Unemployment Benefits

Unemployment Insurance is temporary income:

- For eligible workers
- Who lose their jobs
- Through no fault of their own

To collect benefits, you must be **ready, willing, and able to work, and actively looking for work during each week in which you are claiming benefits.**

To qualify for Unemployment Insurance benefits, you must have worked and earned enough wages in covered employment. In New York State, employers pay contributions that fund Unemployment Insurance. It is not deducted from your paycheck. The Department of Labor decides if you qualify for benefits.

Important information for claimants:

[How To File](http://www.labor.ny.gov/ui/how_to_file_claim.shtm)

[http://www.labor.ny.gov/ui/how\\_to\\_file\\_claim.shtm](http://www.labor.ny.gov/ui/how_to_file_claim.shtm)

[File a Claim](https://applications.labor.ny.gov/Individual/)

<https://applications.labor.ny.gov/Individual/>

[Claim Weekly Benefits](https://applications.labor.ny.gov/Individual/)

<https://applications.labor.ny.gov/Individual/>

[Check Payment History](https://applications.labor.ny.gov/Individual/)

<https://applications.labor.ny.gov/Individual/>

**Scam Alert!** Email fraud alert from JP Morgan Chase, and other important information about scams targeting those applying for or receiving unemployment insurance, or those looking for a job.

### **When to File**

Promptly file your claim, in the first week that you lose your job. You must serve an unpaid “waiting period,” equal to one full week of unemployment benefits, before you receive payments. A delay in filing may cost you benefits.

It is best to apply for UI online. Sign in with your [NY.GOV ID](#) and follow the instructions to file a claim. You may file your claim:

- Monday – Thursday from 7:30 am to 7:30 pm (Eastern Time)
- Friday from 7:30 am to 5:00 pm
- Saturday – all day and Sunday until 7 pm

Phone Service: Call the Telephone Claim Center, toll-free during business hours to file a claim.

- **1-888-209-8124** for **New York State residents**, **1-877-358-5306** for **out-of-state residents**
- 8 am to 5 pm, Monday - Friday

If you file by phone, they offer translation services. Use your phone keypad to enter the number for the language you choose. A voice recording will offer you these choices: English, Spanish, Russian, Cantonese, Mandarin, Creole, Korean, Polish, All other languages.

## [Job Loss, Unemployment, Job Transition & Job Training \(cont\)](#)

### **Things you need to file your claim:**

- Your Social Security number
- Your driver license or Motor Vehicle ID card number (if you have either one)
- Your complete mailing address and zip code
- A phone number where you can be reached from 8 am - 5 pm, Monday – Friday
- Your Alien Registration card number (if you are not a U.S. Citizen and have a card)
- Names and addresses of all your employers for the last 18 months, including those in other states
- Employer Registration number or Federal Employer Identification Number (FEIN) of your most recent employer (FEIN is on your W-2 forms)
- Your copies of forms SF8 and SF50, if you were a federal employee
- Your most recent separation form (DD 214), for military service

You can file a claim without all of these documents. However, missing information can delay your first payment. If you cannot print web pages, have a pen and paper to copy information.

If you choose direct deposit of your weekly benefits, you need a check that has your bank routing and checking account numbers.

### **Personal Identification Number (PIN)**

If you have never filed a claim for benefits in New York State, you must create a PIN. This is a four-digit number that you must keep confidential.

### **If you need help filing your claim**

If you have a disability and need help to file your claim, you may allow another person to aid you.

- You must be present each time they help you and use your PIN.
- You will be held accountable for the actions of your helper.
- You may be subject to penalties, including forfeiture of benefits, if you are not present when your helper assists you.

Callers may ask a friend or relative to help with phone claims if they:

- Have problems with hearing or speech, or
- Have difficulty using the phone for any reason.

### **Hearing Impaired**

Have your helper call the Telephone Claims Center at 1-888-783-1370. **TTY/TDD**

Call a relay operator first at 1-800-662-1220, and ask the operator to call the Telephone Claims Center at 1-888-783-1370.

For common questions about UI, go to [FAQs page](http://www.labor.ny.gov/ui/faq.shtm). <http://www.labor.ny.gov/ui/faq.shtm>

If you still have questions about UI or your claim, sign in with your [NY.GOV ID](#) and click on "Messages". See [NY.GOV ID: Helpful Short Guides and Frequently Asked Questions](#) to help you get started with NY.GOV ID.

For a recording of general information about UI:

Call the **Tel-Service line at (888) 581-5812** (NYS residents) or

Call **(888) 864-9920 (Out-of-State Residents)**, and choose the main menu prompt (press 1).

## [Job Loss, Unemployment, Job Transition & Job Training](#) (cont)

**New York State Department of Labor** <http://www.labor.ny.gov/home>

Click on "Individuals" for the following:

- ◇ Job Seekers - Career Fairs, Find a Job, NY State Career Centers, Apprenticeships, Career Development, Resumes, Training, etc.
- ◇ Unemployment - File a Claim, Benefits Calculator, Extended Benefits, Unemployment Claimant Handbook, Unemployment Assistance, etc.

**Workforce New York One Stop Career Centers** are located Statewide & throughout the five boroughs, providing New York State jobseekers with a full array of employment services including:

1. Career Advisement & Resume Review
2. Job Search Counseling
3. Skills Training
4. Job Placement
5. Locations

- ◇ **New York State - One-Stop Career Centers**  
<http://www.labor.ny.gov/career-center-locator/>
- ◇ **New York City - One-Stop Career Centers**  
<http://www.nyc.gov/html/sbs/wf1/html/contact/contact.shtml>

**NY Governor's Resource Pages** <http://www.otda.state.ny.us/workingfamilies/default.asp>

**Job Search Assistance** <http://otda.ny.gov/workingfamilies/jobsearch.asp>

- ◆ **New York State Career Centers** <http://www.labor.ny.gov/career-center-locator/>  
The New York State Department of Labor provides services through a network of local centers and affiliate sites to help you find your next job or training for another job.
- ◆ **Green Careers NY** <http://www.greencareersny.com/>  
Find information on green jobs and careers. Included is a collection of green job listings and job boards, and tips for finding employment in green industries.
- ◆ **CareerZone®** <https://www.careerzone.ny.gov/views/careerzone/index.jsf>  
A resource for youth to explore careers related to their strengths, skills and talents. Click on any of six major categories, and scroll to the bottom to find a list of occupations in that category. There is also information about STEM (Science, Technology, Engineering and Math) careers.
- ◆ **JobZone** <https://careerzone.ny.gov/views/jobzone/guest.jsf>  
A free, one-stop online job search and career planning resource that helps adults make informed career decisions. JobZone provides **information on 900 occupations, matched with the latest labor market information from the NYS Department of Labor.**
- ◆ **Jobs Express** <http://www.labor.ny.gov/jobs/regional.shtm>  
Search current job openings by region, and connect with the NY Job Bank.
- ◆ **Job Placement Services** <http://otda.ny.gov/workingfamilies/jobplacement.asp>  
In New York State, the Supplemental Nutrition Assistance Program (SNAP) Employment and Training Program provides employment and training services for recipients of Supplemental Nutrition Assistance Program (SNAP) benefits to help them toward self-sufficiency.  
Tools to assist you in training for a new job; writing a resume; finding a job.

**O\*NET - National Job Description Database**

<http://online.onetcenter.org/> Very useful database!

- ◆ Identify your skills by entering your current and past job titles.
- ◆ The job titles will bring up current and past job descriptions that will list related skills and abilities;
- ◆ Use your skills/abilities list to develop effective resumes targeted to specific jobs;
- ◆ Focus your job search by identifying related occupations requiring your skill set;
- ◆ Identify any training/skills needed to do related occupations.

## NY Governor's Resources Page for Working Families

<http://www.otda.state.ny.us/workingfamilies/default.asp>

*(The comprehensive list of resources below & on the previous page can be accessed through the above website)*

### **myBenefits**

An online tool for New York State residents where they can check eligibility for multiple human services benefit programs and apply online for the Supplemental Nutrition Assistance Program (SNAP) and the Home Energy Assistance Program (HEAP).

### **Supplemental Nutrition Assistance Program (SNAP)**

(New name for Food Stamps) SNAP issues monthly benefits redeemable at authorized retail food stores.

### **Nutrition Programs**

Information about the Supplemental Nutrition Assistance Program (SNAP), School Breakfast and Lunch Programs, Summer Food Service Program, Women, Infants and Child program, Child Nutrition, Farmers' Markets Nutrition Program, and Food Banks in New York State.

### **Home Energy Assistance Program (HEAP)**

HEAP is a federally funded program that assists eligible households in meeting their home energy needs.

### **Weatherization Assistance Program**

The Weatherization Assistance Program assists income-eligible families and individuals by reducing their heating/cooling costs and improving the safety of their homes through energy-efficiency measures.

### **Child Support Program**

The Child Support program helps strengthen families by placing the responsibility for supporting children on those parents with the financial resources to provide such support. The program assists custodial parents in establishing paternity, and obtaining, modifying and enforcing financial and medical support obligations.

### **Child Care Subsidies**

New York State offers many resources including subsidies to low-income families to make safe, quality child care accessible and affordable.

### **Tax Credits**

Information on the following tax credit programs: Earned Income Tax Credits, New York State Noncustodial Parent Earned Income Tax Credit, Child Tax

<https://nystateofhealth.ny.gov/>

New York State Health insurance programs: Medicaid, Child Health Plus, Family Health Plus, Healthy NY and the Individual Marketplace.

### **Social Security Disability Insurance and Supplemental Security Income Programs**

The Social Security Disability Insurance and Supplemental Security Income programs provide assistance to people with disabilities. While these two programs are different in many ways, only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

### **Unemployment Benefits**

Unemployment insurance is temporary income for eligible workers who become unemployed through no fault of their own and who are ready, willing, able to work and have sufficient work and wages in covered employment.

### **Job Search Assistance**

Tools to assist you in training for a new job, writing a resume and finding a job.

### **Housing**

Find affordable housing; avoid foreclosure, and more helpful tips.

**Pay for College** <http://www.hesc.ny.gov/pay-for-college.html>

Learn about the financial aid that can help you finance your education.

## **[NY Governor's Resources Page for Working Families](#) (Cont)**

**<http://www.otda.state.ny.us/workingfamilies/default.asp>**

*(The comprehensive list of resources below & on the previous page  
can be accessed through the above website)*

### **[Head Start and Early Head Start](#)**

Head Start and Early Head Start are comprehensive child development programs. Head Start serves children ages 3 to 5 and their families. Early Head Start serves pregnant women and their families and children birth to age 3 and their families.

### **[Voter Registration Application](#)**

Register to vote or update the information you have on file with the **[Board of Elections](#)** or using your driver's license online through the **[New York State Department of Motor Vehicles](#)**.

**[Veteran's Benefits](#)** - If you ever served in the United States Armed Forces you are a veteran and you may be eligible for benefits.

### **[Refugee and Immigrant Assistance](#)**

Services and assistance to certain immigrant populations, including refugees, asylees, victims of human trafficking & other immigrants.

### **[Temporary Assistance](#)**

Temporary help for needy men, women and children. If you are unable to work, can't find a job, or your job does not pay enough, temporary assistance may be able to help you pay for your expenses.

### **[Financial Education](#)**

Information to assist you with credit usage and counseling, debt collection and mediation and how to open a bank account.

### **[Consumer Protection Information](#)**

New York State Department of State's, Division of Consumer Protection offers consumer protection information on, filing a consumer complaint, energy service companies, home heating, prevention and assistance with identity theft and much more.

### **[NYS Kinship Navigator](#) (*non-parent caregivers*)**

A statewide program specifically designed to provide information and resources to kinship caregivers across all of New York State.

### **[Autism Platform](#)**

Information on New York State services and supports for individuals with autism.

### **[Affordable Wireless Services](#)**

Lifeline Assistance is a program created by the federal government to help provide discounted or free telephone service to income-eligible consumers.

### **[Local Departments of Social Services](#)**

A listing of Local Departments of Social Services by County.

## New York “ONE-STOP SHOPPING”- Helpline and Resource Guides

**NY State Helpline 2-1-1** <http://www.uwnys.org/images/2-1-1call.centers.websites.oct%2030%2012.pdf>

**Capital Region** <http://www.211neny.org>

**Hudson Valley** <http://www.Hudson211.org>

**Long Island -** <https://211longisland.communityos.org/zf/taxonomy/directory>

**NYC Helpline 3-1-1** <http://www.nyc.gov/apps/311/>

- ◆ **2-1-1 & 3-1-1** (New York City) are **24-hour-7-day-a-week Statewide Helplines** staffed by professional & confidential counselors with access to various governmental, private & non-profit human services. And you need NOT know what service you are looking for – just tell the counselor your concerns & they will locate appropriate resources.
- ◆ **2-1-1 & 3-1-1** are available in multiple languages (Spanish, etc.)
- ◆ To call NYC **3-1-1** outside of NY, please call **212 639-9675**.

### **NY Governor's Resources Page for Working Families**

- ◆ *(The NY Governor's Resources Page for Working Families is very comprehensive, so please review before proceeding.)*
- ◆ <http://www.otda.state.ny.us/workingfamilies/default.asp>  
Twenty-seven (27) specific services can be accessed through this website - simply click on the **blue title** of the required service.
- ◆ (Listed first) **myBenefits** – <https://www.mybenefits.ny.gov/> is an online tool for New York State residents where they can check eligibility for multiple human services benefit programs and apply online for food stamps.

### **Guide to all New York and New York City County Resource Guides**

<http://www.nysegov.com/citguide.cfm?context=citguide&content=munibycounty1>

Go on this website and click on your county for local information and resources.

### **New York City**

**ACCESS NYC** is located on the City's Resource Guide at [www.nyc.gov/accessnyc](http://www.nyc.gov/accessnyc)

ACCESS NYC is an online public screening tool that city residents can use to determine the City, State and Federal health and human service benefit programs for which they are potentially eligible to enroll.

## [Healthcare: Services, Advocacy, Insurance Coverage, Chronic Illness Organizations and Prescription Drug Discount Programs](#)

### **Disclaimer:**

*The resources provided below are for informational purposes only & should never be used to self-diagnose or treat health or medical conditions. Please contact a licensed health care provider for diagnosis and treatment of health and medical conditions.*

### **New York State Department of Health <https://www.health.ny.gov/>**

- **Health Insurance Programs:** Medicaid, Child Health Plus, EPIC, Family Health Plus and Healthy NY. [https://www.health.ny.gov/health\\_care/](https://www.health.ny.gov/health_care/)
- **Toll Free Helplines:** Comprehensive site covering health care services, insurance, healthy lifestyles, public health issues, etc. <http://www.health.state.ny.us/contact/doh800.htm>
- **Marketplace** Purchase plans; Navigators, etc. <https://nystateofhealth.ny.gov/>

### **New York City Department of Health & Mental Hygiene - Health Topics A-Z, Healthy Living, Mental and Behavioral Health, Healthy Environment, Emergency Preparedness, etc.**

<http://www.nyc.gov/html/doh/html/home/home.shtml>

### **US Department of Human Services Health Resources & Services Administration Find a Health Center**

[http://findahealthcenter.hrsa.gov/Search\\_HCC.aspx](http://findahealthcenter.hrsa.gov/Search_HCC.aspx)

- ◇ **Federally-funded health centers care for you even if you have no health insurance.**
- ◇ Payment is based on income.
- ◇ Just enter your zip code or city and state to locate the center nearest you.

### **Medicare.Gov** is the official US Government site for Medicare

- Call **800 633-4227** <http://www.medicare.gov/CallCenter.asp>
- **Medicare Plan Options** <http://www.medicare.gov/Default.aspx>
- **Medicare Starter Kit** – AARP article addressing whether you need Medicare, when to sign up & options available. <http://www.aarp.org/health/medicare-insurance/info-04-2011/medicare-starter-guide.html>

### **NYSAC Dental Network Card** provides members with information to locate dentists who have agreed to charge relatively low fees.

<http://www.nysac.org/about/NYSACDentalDiscountCard.php>

### Chronic Illness Organizations

#### Alzheimer's

Nat'l Alzheimer's Association 800 272-3900 24/7 <http://www.alz.org/index.asp>

#### Autism

**National Autism Association** 877 622-2884 <http://nationalautismassociation.org/>

#### **NY State Department of Health - Autism**

[https://www.health.ny.gov/community/infants\\_children/early\\_intervention/autism/](https://www.health.ny.gov/community/infants_children/early_intervention/autism/)

#### Cancer

**US National Institutes of Health, National Cancer Institute (NCI)** 800 422-6237 (800-4-CANCER)

Comprehensive Cancer Information <http://www.cancer.gov/>

#### Diabetes

**American Diabetes Association**—800 342-2383 (800-DIABETES) <http://www.diabetes.org/>

Their mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes through Research, Providing Information and Advocacy, and by Delivering Services.

**[Healthcare](#)** (cont)

Heart /Cardiovascular Disease & Stroke **800 242-8721**

**American Heart Association Heart Hub** – is the patient portal for Information, Tools and Resources about Cardiovascular Disease and Stroke. <http://www.hearhub.org/>

**National Stroke Association – 800 787-6537(800-STROKES)** <http://www.stroke.org>

Develops education programs focused on Prevention, Treatment, Rehabilitation and Support. Free newsletter.

Heart, Lung & Blood

**US Dept of Health & Human Services NIH National Heart, Lung & Blood Institute** Provides science-based, plain-language information about Heart, Lung, Blood, & Sleep disorders & articles on Diseases, Conditions, Tests, Procedures, etc. <http://www.nhlbi.nih.gov/health/dci/Browse/Lung.html>

Parkinson's

**American Parkinson Disease Association, Inc. – 800 223-2732** <http://www.apdaparkinson.org/>

Information on research, patient support, education and raising public awareness.

#### Statewide Prescription Drug Discount Programs

**New York Rx Card** [www.newyorkrxcard.com](http://www.newyorkrxcard.com)

“As a resident of New York, you and your family have access to a **FREE** Prescription Drug Card program. Simply download and print a free **New York Rx Card**. This card is pre-activated & can be used immediately.”

**Elderly Pharmaceutical Insurance Coverage (EPIC) 800-332-3742**

[https://www.health.ny.gov/health\\_care/epic/](https://www.health.ny.gov/health_care/epic/)

A New York State Department of Health program for income-eligible seniors aged 65/older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC **at any time of the year** & must be enrolled or eligible to be enrolled in a Medicare Part D drug plan to receive EPIC & maintain coverage.

#### County-Based

- ◆ **Free Prescription Drug Savings Plans ProAct, Inc. 877 776-2285** <http://www.proactrxsavings.com/>  
Many counties in New York, including Albany, Clinton, Columbia, Green, Oneida, Orange, Monroe, Nassau, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Sullivan, Ulster and Westchester counties offer low-cost prescription drug assistance programs. Even fully insured people can still use the discount savings cards to save money on prescription drugs that are not covered by their standard health insurance plans. ProAct Discount Vision, LASIK, and Hearing Discount Program included. Click on *Choose the state and then the county in which you live.* If your county is not listed, it may not be participating.
- ◆ **National Association of Counties (NACo) 877 321-2652**  
<http://www.rxprintacard.biz/naco/> Dutchess, Essex, Herkimer, Madison, and Monroe counties.
- ◆ **Rockland County Discount Drug Card - 877 321-6755** Free card with no eligibility restrictions.  
<http://freedrugcard.us/county/rockland-county-ny-disc-ount-drug-card.html>

#### New York City

**Big Apple Rx Card** <http://www.bigapplerx.com/> 1-888-454-5602 or 311

Free Discount Prescription Drug Card for NY City residents, employees & visitors.

#### Non-profit

**Familywise Prescription Drug Discount Card 800 222-2818** [www.familywise.org](http://www.familywise.org)

- ◆ United Way distributed Prescription Drug Discount Program
- ◆ Free Card
- ◆ NO ELIGIBILITY REQUIREMENTS
- ◆ Can be used by Medicare Part D subscribers *in the donut hole*

## **New York Energy Assistance Guide - Fall 2015**

*(NY 2015-2016 guidelines should be listed on these websites in October)*

### **STRUGGLING TO PAY YOUR ENERGY BILLS? HELP IS AVAILABLE!**

- ◆ Carefully review all the material included in your energy providers bills (electric, heating & cooling). If you are having trouble paying your bills, first look for information that addresses payment options & payment assistance. Providers may also offer free services, home energy audits & rebates for energy efficient appliances, light bulbs, thermostats and weatherization.
- ◆ Whether you are on a limited income or experiencing unanticipated financial hardship, there are programs available to help qualified households better manage their energy bills.

### **LIHEAP Low Income Home Energy Assistance Program - 800 342-3009**

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally-funded program that helps low-income households pay their home heating and cooling bills. <http://liheap.ncat.org/profiles/NY.htm>  
A comprehensive website that provides many energy assistance programs offered by each local utility provider, including water, gas, electric and weatherization.

### **NY State Energy Research & Development Authority (NYSERDA) - 866 697-3732**

<http://www.nyserda.ny.gov/Residents-and-Homeowners>

- Free or reduced-cost comprehensive home energy assessments.
- Incentives to help offset the cost of improvements.
- Low-interest loans, which you can apply for at the end of the energy assessment application, to help you pay for your project.

### **Governor's Resources Page for Working Families**

<http://otda.ny.gov/workingfamilies/default.asp>

#### **Home Energy Assistance Program (HEAP) - 800 342-3009**

<http://otda.ny.gov/programs/heap/>

HEAP is a federally-funded program that assists eligible households in meeting their home energy needs. HEAP may help you pay for Electricity, Propane, Natural Gas, Wood, Oil, Kerosene, Coal or any other heating fuel.

Website includes:

- ◆ Regular and emergency benefits
- ◆ Heating equipment repair and replacement
- ◆ Income and eligibility guidelines

#### **Weatherization Assistance <http://otda.ny.gov/workingfamilies/wap.asp>**

Assists income-eligible families and individuals, with priorities for senior citizens, by reducing their Heating and Cooling costs and improving the Safety of their Homes through Energy-efficient measures.

Website includes:

- ◆ Types of Services Offered
- ◆ Income & Eligibility Guidelines
- ◆ How to apply