BRONX health guide

GET WELL.
STAY WELL.
HERE’S HOW!
On behalf of Pfizer Helpful Answers®, the National Association of Hispanic Nurses and the National Black Nurses Association, we would like to welcome you to the Bronx Health Guide for the uninsured and underinsured. We share the goal of helping to ensure the health and well being of Bronx residents and we hope this guide provides you with the information, resources, and support to help you and your family stay healthy and well.

Notice: Information in this guide is correct as of time of publication. Due to space limitations, not all health resources may be listed. The web sites listed in this guide, other than www.PHAHelps.com, are neither owned nor controlled by Pfizer. Pfizer is not responsible for the content or services of these sites. Funded entirely by private donations provided by Pfizer Helpful Answers®. Published May 2013| PHAS38819
Fellow Bronxites:

We are pleased to share with you the Bronx Health Guide, which contains valuable and important information about health care services and resources available to you and your family throughout our borough.

We are on the brink of major changes in the availability and delivery of health care in our country, but in the City of New York we have a history of making health care accessible for our residents. In a city as large as New York, however, finding the right services and resources for your health needs and budget can often be a challenge. This guide can help you identify affordable medical care, dental care, substance abuse treatment services, mental health services, school-based care, and other programs that offer free and low-cost medicines, as well as many other helpful and useful health resources in the Bronx.

Seeing a doctor on a regular basis, knowing your family’s health history, and having preventive screenings and checkups are vital first steps to managing your health. By taking positive action, you can prevent chronic diseases and costly conditions such as diabetes, obesity, heart disease, and stroke, all of which are conditions that affect many Bronx residents. We hope that this guide gives you some of the necessary tools and information needed to prevent these potential health challenges.

In the end, we all want to live a healthier and happier life. Caring for our bodies and minds is key to achieving this goal. You can count on us to help you accomplish this. Salud!

Sincerely,

Maria del Carmen Arroyo
Council Member, District 17

Annabel Palma
Council Member, District 18

We hope this guide gives you some of the necessary tools and information to help you prevent potential health challenges for you and your family.
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Quick Reference Resource Guide

- **FIRE/POLICE AMBULANCE 911**
- **MULTIPLE SCLEROSIS SOCIETY 212-463-7787**
- **MUSCULAR DYSTROPHY ASSOCIATION 718-430-3814**
- **NARCOMICS ANONYMOUS 212-929-7117**
- **NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN 800-843-5678**
- **NEW YORK CITY BOARD OF EDUCATION (OFFICE OF PUPIL TRANSPORTATION) 718-392-8855**
- **NEW YORK STATE HURRICANE SANDY HELPLINE 1-888-769-7243**
- **POISON CONTROL 212-POISONS**
- **SALVATION ARMY 800-SAL-ARMY**
- **VETERANS AFFAIRS MEDICAL CENTER 718-584-9000**

*Welcome to the Bronx Health Guide*
Your nearest Community Health Center may be your best option when it comes to family health care; even if you are uninsured. They offer primary health care services that could prevent more expensive medical needs later. In most cases, pay what you can based on your income. Most community health centers offer annual physicals for your child, school vaccines, and even diabetes and prenatal care.

**What Community Health Centers Offer:**
- Wellness checkups
- Treatment if you are ill
- Vaccines and checkups for your children
- Care when you are pregnant
- Dental care
- Medicines
- Help and treatment for substance abuse (alcohol and drugs)

Here are some of the various types of health centers in your area including free clinics and federally-funded centers. Contact the one nearest you for an appointment.

For more information on community centers near you, visit [www.nyc.gov](http://www.nyc.gov).
Get Care

**FREE AND LOW-COST COMMUNITY HEALTH CENTERS**

All Med Medical and Rehabilitation of New York
- North Bronx
  - 4377 E 238th St
  - Bronx, NY 10466
  - 718-325-0700
- South Bronx
  - 423 E 138th St
  - Bronx, NY 10454
  - 718-292-0100

**BASICS Community Health Center**
- 1064 Franklin Ave
  - Bronx, NY 10456
  - 718-299-1100
  - x1590

**Bella Vista Health Center**
- 890 Hunts Point Ave
  - Bronx, NY 10474
  - 718-589-2141

**BronxCare**
- 1770 Grand Concourse
  - Bronx, NY 10457
  - 718-518-5581

**Bronx Community Health Network (BCHN)**
- Claremont Family Health Center
  - 262-4 E 174th St
  - Bronx, NY 10457
  - 718-466-1574
- Park Avenue Family Health Center
  - 4196 Park Ave
  - Bronx, NY 10457
  - 718-466-1574
- Clay Avenue Family Health Center
  - 1776 Clay Ave
  - Bronx, NY 10457
  - 718-299-1100
  - x3020

**Dr Martin Luther King Jr Health Center**
- (Bronx Lebanon)
  - 1265 Franklin Ave
  - Bronx, NY 10456
  - 718-503-7700
  - www.mlkhealthcenter.com

**El Nuevo San Juan Health Center**
- 1065 Southern Blvd
  - Bronx, NY 10459
  - 718-589-2440

**Institute for Family Health**
- Mt Hope Family Practice
  - 130 W Tremont Ave
  - Bronx, NY 10453
  - 718-583-9000
  - www.institute2000.org
- Parkchester Family Practice
  - 1597 Unionport Rd
  - Bronx, NY 10462
  - 718-822-1818
  - www.institute2000.org
- Stevenson Family Health Center
  - 731 white Plains Rd
  - Bronx, NY 10473
  - 718-589-2232
  - www.institute2000.org

**Institute for Family Health**
- Urban Horizons Family Health Center and River Center for Counseling
  - 50 E 168th St
  - Bronx, NY 10452
  - 718-293-3900
  - www.institute2000.org
- Walton Family Health Center
  - 1894 Walton Ave
  - Bronx, NY 10453
  - 718-583-3060
  - www.institute2000.org

**La Peninsula Community Health Center**
- 1967 Turnbull Ave
  - 2nd Fl. Unit 17
  - Bronx, NY 10473
  - 718-589-4755
  - www.myurbanhealthplan.org

**Montefiore Comprehensive Health Care Center**
- 305 E 161 St
  - Bronx, NY 10451
  - 718-579-2500
  - www.montefiore.org

**Morris Heights Health Center**
- 85 W Burnside Ave
  - Bronx, NY 10453
  - 718-716-4400
  - www.mhyc.org

**Morrisania Diagnostic & Treatment Center**
- 1225 Gerard Ave
  - Bronx, NY 10452
  - 718-960-2777

**Neighborhood & Family Community Health Center**
- 324 E 149th St
  - Bronx, NY 10451
  - 718-665-4300

**Plaza del Sol Family Health Center**
- 37-16 108th St
  - Corona, NY 11368
  - 718-651-4000
  - www.myurbanhealthplan.org

**St. Anthony’s Free Medical Clinic**
- 421 E 155th St
  - Bronx, NY 10455
  - 718-401-9705

**Segundo Ruiz Belvis Diagnostic & Treatment Center**
- 545 E 142nd St
  - Bronx, NY 10454
  - 718-579-4000

**Union Community Health Centers**
- 2021 W Grand Concourse
  - Bronx, NY 10453
- 260 E 188th St
  - Bronx, NY 10458
- 470 E Fordham Rd
  - Bronx, NY 10458
- 4487 3rd Ave
  - Bronx, NY 10457

**Urban Community Health Centers**
- 2021 W Grand Concourse
  - Bronx, NY 10453
- 260 E 188th St
  - Bronx, NY 10458
- 470 E Fordham Rd
  - Bronx, NY 10458
- 4487 3rd Ave
  - Bronx, NY 10457

**For all locations**
- 718-220-2020

**Urban Health Plan at Kips Bay Boys and Girls Club**
- 1930 Randall Ave
  - Bronx, NY 10473
  - 718-589-4755
  - www.myurbanhealthplan.org

**Getting Around**

Reaching your resource can be as easy as accessing the following services.

**Metropolitan Transit Authority**
- www.mta.info
- For all MTA Services, dial 511
- For information on subways and buses, say “subways and buses” at any time during the call.
- Access-a-Ride (NYC paratransit service)
  - 877-337-2017
  - Outside the NY Region 718-399-4999

**Mobile Health Van**
- Call for locations/hours
  - 212-545-2495
  - www.chnnyc.org

**Community health centers** provide a variety of services for you and your family. In most cases, pay what you can based on your family size and income.
When it comes to the issue of obesity, we really need to bring healthy thoughts to the table, along with nutritious food for our children. Reports show that obesity among our children is increasing at an alarming rate, even tripling in some cases since the 1960s.*

But the good news is we can all join together to do something about it. Consider the risks that obesity brings to our children: possible cases of high blood pressure, higher cholesterol, and even diabetes. Also, the Centers for Disease Control and Prevention (CDC) says, as children get older and become teens, they are more likely to be obese compared to children of pre-school age.

Here’s what we can do:

1. Get moving!!! Being physically active for at least 30 minutes each day can help us all “lighten up.” It may be easier than you think. Take a brisk walk during lunch, get off your train a stop before your station to get extra steps, or take the stairs instead of the elevator.

2. Set a time limit for television. If you must watch TV, try to fit in exercise during commercials such as chair squats or jumping jacks.

3. Fruits and vegetables are your weight-loss friends! They are low in calories and high in fiber to keep you full.

4. Try to drink something other than soda, like flavored seltzer. Instead of sugary beverages such as fruit juices, eat an orange or apple.

5. Breakfast is your best friend! You will eat less later.

6. Make better choices at fast food restaurants. Add a salad to your burger, ask for sauce on the side and read the menu to see the amount of calories.

7. Looking for fun family time? Include your children to help plan meals with smarter, limited portion sizes. Parents can be great role models in creating healthier environments.

8. Some additional ideas:
   - Make sure you and your family get enough sleep.
   - Work with your school, day care center, and community on better food options and healthier environments.

Get Care

Local Hospitals

A Weighty Issue

Obesity in NYC has reached epidemic levels. 34% of adult New Yorkers are overweight and 22% are obese. In all, that’s over half the total population. In addition, it’s reported that 1-in-5 New York City Kindergarten students and 1-in-4 Head Start Children are obese.

Did you know even modest loss of weight such as 5-to-7% (about 10 pounds) can improve your health and cut down risk of diseases such as diabetes, heart disease, stroke, high blood pressure, arthritis, and cancer?

Growing Up Healthy Hotline

The NY State Department of Health operates the Growing Up Healthy Hotline, which provides information about health care, nutrition, health and human services, and a wide range of health topics. An operator will help identify the services you need and provide information on how to locate a provider in your area. This service is available 24/7 in English, Spanish and other languages.
1-800-522-5006
1-800-655-1789 TTY
All calls are confidential.
How do you keep healthy during your pregnancy? Here are some answers. There are many prenatal and natal care programs ready to help you all along the way.

**Prenatal Care Programs**
The health care women get before and during pregnancy is called prenatal care. Diabetes and high blood pressure are some chronic conditions to watch out for during these stages, so it’s very important to control them. Ways to improve the health of both mom and baby include taking a multi-vitamin with folic acid to prevent certain birth defects, maintaining a healthy lifestyle (that means proper diet and exercise), lowering stress levels, and avoiding drinking alcohol. It is important to speak to a doctor if you are pregnant or planning to get pregnant.

**Women Children and Infant (WIC) Program**
The Women Children and Infant (WIC) Program is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, breastfeeding support, and help accessing health care are provided to low-income women, infants, and children.

**WIC Office Locations**
Call the Growing Up Healthy Hotline (see Pg. 9) to find a WIC office near you or visit: www.nyc.gov/accessnyc or www.health.ny.gov

**Additional Resources**
There are prenatal care services available through Medicaid and other options. To explore pre and postnatal health care and coverage see Pg. 19 of this Guide (Get Coverage)
It’s reported that the Bronx has one of the highest rates of teen pregnancy of any NYC borough. In addition, the Bronx ranks as the poorest county in NY state. With that in mind, there are resources and programs just for teens to help them in time of need.

In New York State, teens have the legal right to receive sexual health services (STD tests, birth control, etc.) without parental permission or having to inform guardians, boyfriends, girlfriends, relatives, or anyone else. To find free or low-cost clinics call 311.

Resources
Here are some of the confidential and free or low-cost teen sexual health resources where you can receive services, including:

- Condoms
- STD testing and treatment
- HIV testing
- Pregnancy testing
- Birth control
- Emergency contraception (morning-after pill)

For additional locations please refer to the Community Health Center Section on pg. 7 of this Guide.

Help Is There When You Need It

There is help and there are resources to help teens in time of need.

Who Qualifies?

- Pregnant women
- An infant or child up to 5-years of age
- A mother of a baby up to 6-months
- A breastfeeding mother of a baby up to 12 month-old
- Residents of New York State; you do not need to be U.S. citizen
- Those who meet income eligibility requirements or receive benefits from Food Stamps, Medicaid, or Temporary Assistance for Needy Families
- Those assessed by a WIC health care professional

For WIC Centers in the Bronx and How to Apply for WIC:

- Complete a Medical Referral Form with your health care provider (physician, nurses, and physician’s assistants). Nutritionists and dieticians can also complete the forms.
- Visit a WIC Office with the completed Medical Referral Form.
- Apply at the office where you wish to receive services.
- Bring documents with you such as proof of identity, residency, and income.
- You can receive WIC even if you are receiving Food Stamps.

Adolescent and Young Adult Health Program, Bronx Care at Third Avenue – MLK, JR Health Center
2739 Third Ave
Bronx, NY 10451
718-838-1016

Adolescent REP Program at Children’s Hospital at Montefiore Medical Center
111 E 210th St
Bronx, NY 10467
718-882-0023

Lincoln Medical Center
TEEN Program
234 East 149th St
Bronx, NY 10451
1-866-ZIP-TEEN
1-866-947-8336
www.nyc.gov/hhc/lincoln

Morris Heights Health Center - Women’s Health and Birthing Pavilion
70 W Burnside Ave
Bronx, NY 10453
718-716-2229
www.mhhc.org

Morrisania Diagnostic and Treatment Center
1225 Gerard Ave
Bronx, NY 10452
718-960-2616

Morrisania STD Clinic - NYC Department of Health and Mental Hygiene
1309 Fulton Ave
Bronx, NY 10456

Planned Parenthood of New York City - Bronx Center
349 E 149th St, 2nd Fl
Bronx, NY 10451
212-965-7000
800-230-PLAN
www.plannedparenthood.org

Segundo Ruiz Belvis Diagnostic and Treatment Center
545 E 142nd St
Bronx, NY 10454
718-579-4000

The Children’s Aid Society - Bronx Clinic
910 E 172nd St
Bronx, NY 10460
347-767-2200
www.childrensaudsociety.org
Types of heart disease

Coronary Artery Disease (CAD)
CAD is the most common type of heart disease and is the leading cause of heart attacks. It can lead to:

Angina: Angina is chest pain or discomfort that happens when the heart does not get enough blood. It may feel like a pressing or squeezing pain, often in the chest, but sometimes the pain is in the shoulders, arms, neck, jaw, or back.

Heart attack: A heart attack occurs when an artery is severely or completely blocked, and the heart does not get the blood it needs for more than 20 minutes.

If you think you are having a heart attack call 911 right away. Tell the operator your symptoms and that you think you’re having a heart attack.

Heart Failure
It occurs when the heart is not able to pump blood through the body as well as it should.

Signs of heart failure include:
- Shortness of breath (feeling like you can’t get enough air)
- Swelling in feet, ankles, and legs
- Extreme tiredness

Heart Arrhythmias
Heart arrhythmias are changes in the beat of the heart. Most people have felt dizzy, out of breath, faint or had chest pains at one time. These changes in heartbeat are harmless for most people. As you get older, you are more likely to have arrhythmias.

Take Action
You can reduce your chances of getting heart disease by taking these steps:
- Be physically active
- Don’t smoke. If you smoke, try to quit. If you’re having trouble quitting, there are products and programs that can help:
  - Nicotine patches and gums
  - Support groups
  - Programs to help you stop smoking
  - Prescription medicines
- Limit eating foods that are high in fat and sugar such as burgers and donuts.
- Maintain a healthy weight. A healthy weight is one that is right for your body type and height.
- Know your numbers (blood pressure, cholesterol, and triglycerides). Years of high blood pressure can lead to heart disease. People with high blood pressure often have no symptoms, so have your blood pressure checked regularly (at least every 1 to 2 years; more often if you are at higher risk) and get treatment if you need it.
The Office of School Health (OSH) manages school-based health centers (SBHC) throughout the Bronx and the rest of NYC. SBHCs are mainly located in areas that have limited access to health care services. Like a doctor’s office inside a school, SBHCs offer great benefits to students.

Research has shown that SBHCs can reduce absenteeism and parents’ time away from work; even fewer hospital stays and trips to the emergency room.

**SBHCs offer three types of primary services:**
- Primary care and preventive health services
- First aid
- Emergency care on school premises

Medical care is provided free of charge regardless of insurance or immigration status.

While they are at school, students have medical and screening services available to them including management of chronic health problems, preventive health screenings, urgent care, medication administration, preventive counseling, health education, and referral services.

Get Care

Students have medical and screening services available to them while they are at school. Look into school-based health centers for easy access to care.

Health Care at Schools
## School-Based Health Centers

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<td>216/217 Campus</td>
<td>977 Fox St, Bronx, NY 10459</td>
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<tr>
<td>Albert V Campus</td>
<td>921 E 228th St, Bronx, NY 10466</td>
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<tr>
<td>Bronx Regional Campus</td>
<td>1010 Rev J Polite Ave, Bronx, NY 10459</td>
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<tr>
<td>Bronx Health Sciences High School</td>
<td>120 E 184th St, Bronx, NY 10468</td>
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<tr>
<td>Kingsbridge International High School</td>
<td>240 E 172nd St, Bronx, NY 10457</td>
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<tr>
<td>Lemonade Preparatory School</td>
<td>1020 Anderson Ave, Bronx, NY 10453</td>
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<tr>
<td>The Family School</td>
<td>1116 Sheridan Ave, Bronx, NY 10456</td>
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</tbody>
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Get Care

Services available at school-based health centers may include preventive health screenings, management of chronic health problems and more!

42 SCHOOLS WHERE YOU CAN GET CARE

Here’s a quick guide to school-based health centers in the Bronx and the schools they serve.
Asthma is a long-term lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

More than 25-million Americans are known to have asthma. It is estimated about 7-million are children. In the Bronx, some of the highest asthma rates in the US are being reported, with hospitalization rates about five-times higher than the national average. In some Bronx neighborhoods, it’s thought that about 20% of the children have asthma.

Be sure to consult with your doctor about asthma. If you or someone in your family has asthma, here are some things to remember:

- Discuss an asthma action plan with your health care provider to know when to use your rescue inhaler medication (medicine that is fast-acting) and when to seek medical attention.
- Get a peak flow meter (a small device that measures the flow of air from the lungs) to help determine if you are having an asthma attack or an airway blockage.
- Be aware of irritants and pollutants in your environment, such as second hand smoke, that can cause an asthma flare up.

Refer to caregivers in this guide and the Bronx resources listed here. For services and information in your neighborhood contact the Community Health Centers listed on Pg. 7.

For more information about asthma, visit: www.asthmabasics.org

Bronx Health Link
The Bronx Health Link, Inc helps to connect Bronx residents to health and social support services.

Services include:
- Guides to Bronx Services
- Printed Health Education Materials
- Breastfeeding Resources

The Bronx Health Link, Inc
851 Grand Concourse
Rm 914
Bronx, NY 10451
718-590-2648
www.bronxhealthlink.org

American Lung Association
432 Park Ave S
8th Fl
New York, NY 10016
1-800-LUNG USA
212-315-8700
www.lungusa.org/asthma

Asthma Action
Line New York City Department of Health
Asthma Initiative
NYC Department of Health & Mental Hygiene
40 Worth St
Chw Rm 1607
New York, NY 10013
CALL 311

Asthma Action Line
1-877-ASTHMA-0
1-877-278-4620

Asthma Clinic - Bronx Lebanon Hospital
2432 Grand Concourse
Bronx, NY 10457
718-579-PEDS
718-579-7337

Health Force
552 Southern Blvd
Bronx, NY 10455
718-585-8585

Hunts Point Childhood Health Promotion Initiative
940 Garrison Ave
Bronx, NY 10474

The John Edsall - John Wood Asthma Center
Columbia Presbyterian Medical Center
622 W 168th St
Room 859
New York, NY 10032
212-305-0631
www.cumc.columbia.edu

The Lung Helpline
1-800-548-8252
DENTAL HEALTH
Smile, Please!

Looking for signs of good health? You need look no further than your smile! That’s right... dental health has everything to do with your overall physical well-being so protect your smile by brushing and flossing after meals.

Below is a list of low-cost community dental clinics. If you or your child has public health insurance such as Medicaid, Child Health Plus, or Family Health Plus and is part of a managed care plan, check with your plan to make sure you or your child can receive dental care through the clinics listed.

Know this: Community Health Centers also provide dental care on a sliding scale fee. Services vary per center. Contact the Community Health Center in your area listed in this guide on Pg. 7 for more information.

Bronxcare Dental at 1770
1770 Grand Concourse
Bronx, NY 10457
718-901-8400
www.bronx-leb.org

Bronx Lebanon - Poe Medical & Dental Service Center
2432 Grand Concourse
Bronx, NY 10458
718-817-7921/7922

Children’s Aid Society - Bronx Family Center
1515 Southern Blvd
Bronx, NY 10460
718-860-8595
www.childrensasociety.org

Lincoln Medical Center - Dental
234 E 149th St
Bronx, NY 10451
718-579-4900

Montefiore Dental
1575 Blondell Ave
Suite 150
Bronx, NY 10461
718-405-8190

DENTAL HEALTH
A Shot of Love

We all know immunizations are not at the top of anyone’s favorite “things-to-do” list but, when it comes to showing love for your family, especially children and teens, vaccines go a very long way in showing you care.

Just think, vaccines have wiped out polio and smallpox in the United States!

Vaccines also protect against diphtheria, tetanus, polio, measles, hepatitis, and the mumps. Plus, kids need them before enrolling in school.

The Health Department offers Immunization Walk-in Clinics that provide the immunizations required for children over 4 years of age, teens, and adults.

These include vaccines for:

- Whooping cough
- Pneumonia
- Human papillomavirus (HPV)
- Meningitis
- Flu
- Haemophilus influenzae (HIB)
- Polio
- Chickenpox

Know this:
- Children between the ages of 4 and 18 must be accompanied by a parent or guardian or have a signed consent form from the guardian.
- For immunizations for children less than 4 years of age, call 311 to find a Child Health Clinic near you.
- For a complete list of which immunizations are required for school attendance visit www.nyc.gov and search for “Bureau of Immunization.”
NYC’s Human Resources Administration (Department of Social Services) has many choices of health insurance available to Bronx residents. For a full listing visit www.nyc.gov and search “Public Health Insurance.”

Here is a description of some programs for you and your family:

**Children**

New York’s two health insurance programs for children are Medicaid (Coverage for Children) and Child Health Plus. These are complete health insurance programs covering a wide range of children’s health care and dental needs.

Due to the income requirements, many working families can receive free or low-cost health insurance for their children.

**Adults**

Family Health Plus is a public health insurance program for adults between 19-and-64 years of age who do not have health insurance on their own or through their employer but have incomes too high for Medicaid.

Family Health Plus Premium Assistance Program is available to help eligible lower-income employees and their families participate in their employer’s health insurance program. Learn more at www.nyc.gov/accessnyc.
Access to Care for You and Your Family

Medicaid provides free health insurance for low-income adults and children, including many from working families. Those eligible receive medical care through a managed care plan or from doctors and health care centers that accept Medicaid. If eligible, Medicaid may cover the cost of medical care for a period of 90 days before your application is approved.

There are many neighborhood locations where you can meet with an enrollment counselor to help you enroll into Medicaid. It is important to meet with an enrollment counselor to see if you qualify and help you with the application process. You can find counselors at Medical Assistance Program Offices, community-based organizations, hospitals and health plans.

Prenatal Care Services through Medicaid

- Offers complete pregnancy care and other health services to women and teens who live in NY State and meet income guidelines. Health insurance is available for pregnant women regardless of their immigration status.
- Under Prenatal Care Services, pregnant women receive prenatal health services, such as lab tests, HIV tests, nutrition screenings, and other services related to their pregnancy and for at least 2 months after delivery. Babies receive health care services for at least 1 year after birth.
- Must be a NY State resident and meet monthly income eligibility requirements.

Other Available Programs

HIV Special Needs Plan - for people living with HIV or AIDS and on Medicaid

Medicaid Buy-in Program - for working people with disabilities

Medicaid Excess Income Program - for people above the income limits to receive Medicaid but who still need help with medical bills

For more Information on Medicaid, including prenatal care services, call 311 and ask for HRA Medicaid Helpline or call: HRA Medicaid Helpline 1-888-692-6116

AccessNYC

You can screen your family for up to 30 different city, state, and federal health and human service benefit programs all in one place. Learn about programs, the application process, where to go, and you can even print the filled-in applications! Visit nyc.gov/accessnyc or call 311 and ask for ACCESS NYC.

Note: For other listings please refer to the Community Health Center Section on Pg. 7 of this Guide.
The nation's Patient Protection and Affordable Care Act (ACA) also known as the Health Reform Law, took effect in 2010 and many changes are now in full force. For instance, you can now take advantage of benefits such as:

- Pre-existing condition insurance
- Dependent coverage for children to age 26
- Prevention services provided at no cost
- Increased Medicare drug coverage

However, there are new and important changes that may affect you. By October 1 of this year state Health Insurance Exchanges must be up and running and by January 1, 2014, you may be required to buy health insurance or pay a penalty. To help individuals meet this requirement, the Exchanges will offer a range of affordable health plans and NY State has already set up its exchange. For more information, visit: www.healthbenefitexchange.ny.gov

How do you know if the requirement to buy insurance applies to you?

**There will be no penalty for being without health insurance if:**

- Your family income is below the IRS limits for filing a tax return
- You have to pay more than 8% of your income for health insurance after tax credits or contributions from your employer
- You have religious restrictions
- You are a member of an Indian tribe
- You are an undocumented immigrant
- You are incarcerated

You can meet the requirement to have health insurance and not be penalized if you are insured for the whole year through one or a combination of the following sources:

- Medicare
- Medicaid or the Children’s Health Insurance Program (CHIP)
NYC has special insurance options for small businesses. Depending on location, income level, and small business needs, these may be options for your business and employees.

- **HealthPass** Employers decide on contribution toward cost and employees choose from over 28 available benefit options [www.healthpass.com](http://www.healthpass.com)
- **Healthy New York** For small businesses that have not provided health insurance during the last 12-months [www.dfs.ny.gov/healthyny](http://www.dfs.ny.gov/healthyny)
- **LIA Health Alliance** Gives NYC’s small businesses and sole proprietors the opportunity to choose from 5 insurers and 39-benefit plan options with one bill for employers [www.lihealthalliance.com](http://www.lihealthalliance.com)

There may be changes to the current health plans and programs in place as the result of health reform. For more information about health reform changes, visit [www.healthcare.gov](http://www.healthcare.gov).
It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or even for free. There are more than 475 public and private patient assistance programs offering access to over 2,500 brand name and generic medications free or at a low-cost. Nearly 200 of these programs are offered by pharmaceutical companies.

**Pfizer Helpful Answers®**

Is a family of prescription assistance programs that provides eligible patients with their Pfizer prescriptions for free or at a savings, and offers reimbursement support services for select products. In the last five years (2008-2012), Pfizer Helpful Answers® helped 3.4 million uninsured and underinsured patients get access to more than 40 million Pfizer prescriptions. Call or go online to learn more about Pfizer Helpful Answers® or to receive a program application. 

1-866-706-2400  www.PHAHelps.com

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**NATIONAL AND LOCAL PROGRAMS**
Get Help

You never plan on being sick but when you are dealing with a health condition it’s important to have access to medicines you may need to get better.

**Partnership for Prescription Assistance**
Brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that’s right for them.
1-888-477-2669 www.pparxny.org

**NeedyMeds**
Is a non-profit organization founded in 1997 as a resource for people who need help with the cost of medicine. NeedyMeds has information on more than 4,000 programs that can help people of all ages, with and without insurance. Find assistance for:
- The cost of prescriptions
- Co-pays and premiums
- Disease-related expenses
1-800-477-2669 www.needymeds.org

**BigAppleRx**
City of New York’s official prescription discount card. Provides discounts averaging 15% on brand-name drugs and 53% on generic drugs. Free to everyone, regardless of age, income, citizenship or health insurance status.
1-800-697-6974 www.bigapplerx.com

**New York Prescription Saver Card**
Pharmacy discount card sponsored by NY State that can lower the cost of your prescriptions by as much as 60% on generics and 30% on brand name drugs.
1-800-788-6917
TTY 1-800-290-9138
https://nyprescriptionsaver.fhsc.com

**New York Rx Card**
Free prescription discount card for NYC residents providing savings on both brand and generic medications, offering savings as high as 75%, with an average savings of 30%.
1-800-931-2297 www.newyorkrxcard.com

**Hospital Assistance**
If you are uninsured and need to go to the hospital, you should know that you may be able to get financial assistance from the hospital to help pay your bill.
Every hospital is different but if it receives money from the state to help support the cost of treating uninsured patients, you may be able to get discounts, save on interest payments on unpaid bills, and be able to pay your bill over time. They may also help you apply for health insurance. Hospitals post their financial assistance policies in their facilities and provide them to you in writing upon request. Ask your hospital to let you know what they are or for more information, visit http://hospitals.nyhealth.gov/psa.php
Quitting Time Never Felt So Good

When it comes to nicotine, it’s all about the negatives. There’s nothing good about something that causes lung cancer, heart disease, harm to a child during pregnancy and possible impotence. As if that is not enough bad news, second-hand smoke is dangerous for your family and friends or anyone around you when you are smoking. Lung cancer, heart disease, asthma, and respiratory infections in children have been linked to the grownups around them who smoke.

The Plus Sides Of Quitting
How about the fact you will feel better!!! And there’s more...an improved sense of smell and taste, money savings, and an overall healthier lifestyle. The huge bonus? You will set a great example for the children around you.

How to Quit Now
■ Patches and medicines are some of the products available to help you quit smoking.
■ Create a support group.
■ Tell your family and friends so that they can form a safety net that will give you plenty of support to quit.
■ Contact one of the services listed here for additional help.

We know you can do it!
What You Need to Know

Uncontrolled diabetes can cause serious health problems including heart disease, blindness, kidney failure, and leg amputations. Diabetes is the 7th leading cause of death in the US.

It’s reported that, in the Bronx, approximately 150,000 adults and children have type 2 diabetes.

Types of Diabetes

Type 1 diabetes: A person with type 1 diabetes is unable to produce insulin in the body to control sugar levels.

Type 2 diabetes: A person with type 2 diabetes may have insulin but their body does not respond to it. Type 2 may be prevented by maintaining an active lifestyle and healthy weight.

Gestational diabetes: This type of diabetes can occur during pregnancy.

Other types of diabetes can also result from specific genetic syndromes, surgery, drugs, malnutrition, infections, and other illnesses.

Diabetes Care

Healthy eating, physical activity, and blood glucose testing are the basic therapies for type 1 diabetes. The amount of insulin taken must be balanced with proper nutrition and daily activities. Blood sugar levels must be closely watched through regular blood testing. Healthy eating, exercise, and blood sugar testing are what you need to do for type 2 diabetes. In addition, many people with type 2 diabetes require oral medicine, insulin, or both to control their blood sugar levels.

People with diabetes must take responsibility for their day-to-day care, and keep blood glucose levels from going too low or too high.

Know the Signs

- Low blood sugar: feeling shaky, pale skin, racing pulse, dizziness, confusion, passing out, coma
- High blood sugar: increased thirst, tired feeling, headaches, frequent urination, and difficulty concentrating.

People with diabetes should also see a doctor on a regular basis.

Get Help

Staying healthy may just mean having the right tools: the right knowledge, attitude, health care and resources.

FOR MORE INFORMATION
American Diabetes Association
Local Office
333 Seventh Ave
17th Fl
New York, NY 10001
212-725-4925
www.diabetes.org

BRONX DIABETES CARE CENTERS
Jacobi Medical Center
Diabetes Clinic/ Diabetes Practice
1400 Pelham Parkway South
Bronx, NY 10461
718-918-4313

Lincoln Medical & Mental Health Center
234 E 149th St
Bronx, NY 10451
718-579-5623

Morrisania Diagnostic & Treatment Center
1225 Gerard Ave
Bronx, NY 10452
718-960-2777
W e’ve all been there. Sometimes life puts more on our plates than we can handle at one given time. Just know that there is help right around the corner, exactly when you need that assistance. Your doctor can refer you to area agencies trained to help or you can call directly. If you or someone in your life needs help right now, contact a professional. You will be glad you did.

Here are some resources to get you started

Bronx Psychiatric Center
1500 Waters Pl
Bronx, NY 10461-2796
718-931-0600
www.omh.ny.gov

LIFENET
A confidential/toll-free help line and online network of care for NYC residents. Hotline staff of mental health professionals help you find the mental health and substance abuse services that are right for you. The line is run by the Mental Health Association of NYC in partnership with the Department of Health and Mental Hygiene.

800-LIFENET
800-543-3638
877-298-3373 Spanish
877-990-8585 Mandarin/Cantonese/Korean
212-982-5284 TTY

NYC Children’s Center (NYCCC)
Provides an array of behavioral health services to youth with serious emotional disturbances. The Center serves children ages 5-21.

NYCCC Bronx Campus
1000 Waters Pl
Bronx, NY 10461
718-239-3639
www.omh.ny.gov

NY State Office of Mental Health
A toll free resource for questions or complaints about mental health services in NY State.
800-597-8481
www.omh.ny.gov

Vida Guidance Center
4419 Third Ave
Bronx, NY 10457
718-364-7700
Outpatient mental health services for children, teens, adults, seniors and families.

Help For Teens
For teens who might need help or advice, help may be just a phone call away. Free or low-cost health services are available at many clinics and community health centers. To find the right resource for you, go to: NYC Teen Health nyc.gov/teenhealth
Also see Community Health Centers section on Pg. 7 of this Guide. Additional resources are listed on the next page.
You may find that learning more about how you feel and that you are not alone is the first step to feeling better and stronger.

Ways to Heal

Here is so much healing in sharing thoughts and words with someone who cares and is trained to listen.

Here are some signs you or someone you love may need to talk with someone:

- Low mood that lasts a long time
- A feeling of hopelessness
- Desperation
- Anxiety and/or tension
- Problems sleeping
- Withdrawal
- An increase in use of alcohol and/or drugs
- Threatening suicide or talking about a strong desire to die
- Unexpected anger or rage

Help is always there whenever you need it. Reach out for assistance. Someone will be there for you.

**ADDITIONAL TEEN HELP**

**National Center for Missing and Exploited Children**
800-843-5678
www.missingkids.com

**National Child Abuse Hotline**
800-4-A-CHILD
800-422-4453
www.childhelp.org

**National Drug and Alcohol Treatment Hotline**
800-662-HELP
800-662-4357

**National Domestic Violence Hotline**
800-799-7233
www.thehotline.org

**National Gay and Lesbian Hotline**
888-484-4564
4pm - 12 midnight
www.glsen.org/helpcenter.org

**National Teen Dating Helpline**
866-331-9474
www.loveisrespect.org

**National STD Resource Center Hotline**
800-230-PLAN
800-230-7526
www.plannedparenthood.org

**Self-Injury Hotline**
(SAFE - Self Abuse Finally Ends)
800-DONTCUT
800-366-9999
www.selfinjury.com

**Youth Crisis Hotline**
(Covenant House Hotline)
800-784-2433
24hr hotline
www.covenanthouse.org

**National Suicide Hotline**
800-784-2433
24hr hotline
www.suicidehotlines.com

**Locals Resource for Young Latinas**
Comunilife Inc
Life is Precious Program
4419 Third Ave
2nd Fl
Bronx, NY 10457
718-364-7604

**TEEN SERVICES**

Bronxworks
60 E Tremont Ave
Bronx, NY 10453
646-393-4000
www.bronxworks.org

Community Health - care Network - Bronx
975 Westchester Ave
Bronx, NY 10459
718-320-4466
www.chnnyc.org

Inwood House: Teen Family Services Center
369 E 148th St
Bronx, NY 10455
718-742-8100
www.inwoodhouse.com

Urban Health Plan
Adolescent Health and Wellness Center/Club TIA
960 Southern Blvd
Bronx, NY 10459
718-589-4755
www.myurbanhealthplan.org

**Suicide Crisis Resources**

The Samaritans of New York Suicide Prevention Hotline
877-YOUTHLINE
877-968-8454
Counseling for Teens by Teens

**Veteran’s Crisis Line**
877-Vet-2-Vet
877-838-2838
800-273-8255
Press #1

**The Trevor Project**
866-488-7386
Crisis intervention & suicide prevention for lesbian, gay, bisexual, transgender, and questioning youth

**Postpartum Depression Hotline**
800-PPD-MOMS
800-773-6667
What is HIV/AIDS?
HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), which affects the immune system, the part of the body that fights diseases. Untreated, AIDS can be fatal because it can decrease the body’s ability to fight off infections and illness.

How do people become infected?
HIV is acquired through the blood stream (sharing needles for drugs, or tattoos) or through sexual activity (oral, vaginal or anal) with people who are infected. You cannot tell if a person has HIV or AIDS (the person might not know either) but don’t worry: you won’t be infected by shaking hands or living or working with someone with HIV/AIDS.

Getting treatment
There is no cure for HIV but if you have HIV/AIDS, there are many medicines and treatments that can help you live an enjoyable, normal life. Treatment blocks the virus from building up in your body and can prevent HIV from advancing to AIDS. If you have tested positive, it’s important to talk to a health care provider who has experience in treating HIV and AIDS to decide on a treatment plan that is best for you.

The Importance of Routine Testing
AIDS is completely preventable, so it is important to be protected, use condoms, and get tested to avoid infection and infecting others.
It’s never too late!!!

About 1.2 million people in the US are living with HIV infection and approximately 20-25% of those living with HIV infection are not aware of their positive status. Blacks/African Americans and Hispanics are the racial/ethnic groups most affected by HIV. The US Preventive Services Task Force suggests that adolescents and adults 15 to 65 years get screened for HIV infection and that younger and older adults who are at increased risk for HIV also get screened.

For more information on HIV/AIDS, treatment, and to get tested, please refer to the Community Health Center Section on Pg. 7 of this Guide or contact one of the resources listed in this section.
Sexually Transmitted Diseases (STDs)

What Are they?
Diseases such as chlamydia, gonorrhea, herpes, and syphilis can be passed on through oral, vaginal and anal sex. There are no cures for some of them and you can infect other people if not practicing safe sex (using condoms or dental dams).

How do people get infected?
You can contract STD’s through oral, vaginal and anal sex. Herpes transmission can occur from skin to skin contact with lesions. Get tested and ask your partner to get tested to avoid infecting others.

How do I get treated?
The best way to prevent infection of HIV AIDS and STDs is not to have unprotected sex. Always wear a condom and talk to your partner about their sexual history. WIC and HIV clinics near you offer treatment and support. Don’t be afraid to talk openly and seek out help.
Finding just the right care for older adults is a critical issue for many. We want you to know there are many resources and trained professionals ready to help you. Here’s a list of some of the assistance you may be able to find:

- Help at home
- Assistance with wellness and nutrition
- Caregiver programs
- Protecting your safety and your rights
- Help with Medicare and insurance
- Many other services and programs

For additional resources in your area and to find a Senior Citizens Center in your neighborhood, contact:

New York State Office For The Aging Helpline
800-342-9871
www.aging.ny.gov

Legal Aid Society
For assistance with government benefits, housing issues, family and domestic law
260 E 161st St, 8th Fl
Bronx, NY 10451
718-991-4600

New York City Department For The Aging
Central Information & Referral
2 Lafayette St, 6th Fl
New York, NY 10007
Call 311 or visit www.nyc.gov

HEALTHY AGING
For Those in Need

For individuals and for families, there is help for those who find themselves homeless in the Bronx. Shelter, a helping hand, and support are among the services available.

“Drop In” At Drop-In Centers
In partnership with non-profit organizations, the Department of Homeless Services (DHS) sponsors 6 Drop-In Centers located throughout the City. Drop-Ins provide hot meals, showers, laundry facilities, clothing, medical care, recreational space, employment referrals and other social services. Staff also can help you find a safe and secure place to sleep. Drop-In Center located at:

The Living Room
800 Barretto St
(at Lafayette Ave)
Subway: 6 to Hunt’s Point Ave

Families with Children Under 21 Years
Families with children younger than 21 years of age who are applying for shelter must go in-person to the Prevention Assistance and Temporary Housing (PATH) Office in the Bronx. The PATH Office is open 24/7.

Pregnant Families
Includes single pregnant women, pregnant couples, or parent/grandparent(s) with a pregnant child 21 years of age or over.

Pregnant families must go in-person to the Prevention Assistance and Temporary Housing (PATH) Office in the Bronx. The PATH Office is open 24/7.

Adult Families with No Children Under 21
must go to the Adult Family Intake Center (AFIC), located in Manhattan. AFIC is open 24/7.

Prevention Assistance and Temporary Housing (PATH) Office
151 E 151st St
Bronx, NY 10451
Open 24/7

Adult Family Intake Center (AFIC)
400-430 E 30th St/First Ave
New York, NY 10016 (Manhattan)

Single Adult Services
Homeless individuals who have been in a shelter within the past 12 months should go to that shelter. Otherwise, they should go to an intake center. The intake facilities for single adults are open 24/7, including holidays. Bringing ID is strongly suggested, though not required. The following forms of ID are very helpful during the intake process:

- Any form of ID with a picture and proof of age - such as a driver’s license, state-issued ID, passport or visa, welfare card or green card
- Social Security card
- Medicaid card, if available
- If working, your most recent pay stub
- Interpreter assistance will be made available for people who do not speak English.
30th St Intake (Men)
400-430 E 30th St/First Ave Manhattan
Subway: 6 to 28th St

Franklin Shelter (Women)
1122 Franklin Ave (near E 166th St) Bronx
Subway: 2 to 149th St then #55 bus to 166th St and Third Ave

Note: Families in need of placement in shelters by the city’s Department of Homeless Services, should call 311 for assistance.

HOMELESS PREVENTION SERVICES

Homebase
Homelessness Prevention:
Department of Homeless Services (click on Prevention) Dial 311 for assigned office location.
[www.mhc.gov](http://www.mhc.gov)

BronxWorks Homeless Outreach Team
2070 Grand Concourse
Bronx, NY 10451
Single Stop Hotline
718-731-3114
[www.bronxworks.org](http://www.bronxworks.org)

Catholic Charities 1 Homebase
2155 Blackrock Ave
Bronx, NY 10472
718-414-1050

Catholic Charities 2 Homebase
4377 Bronx Blvd
Rm 303
Bronx, NY 10466
347-947-3920

Help USA HELP
Bronx Morris Ave (Transitional Housing)
285 E 171st St
Bronx, NY 10457
718-583-0174
[www.helpusa.org](http://www.helpusa.org)

Help Homebase 1
775 Crotona Park N
Bronx, NY 10460
718-299-8473

Help Homebase 2
1780 Grand Concourse
Level 1
Bronx, NY 10457
347-226-4540

Metropolitan Council on Housing Tenants Rights Hotline
339 Lafayette St, #301
New York, NY 10012
212-979-0611 x1
[www.metcouncilonhousing.org](http://www.metcouncilonhousing.org)

Nazareth Housing
519 E 111th St
New York, NY 10009
212-777-1010
[www.nazarethhousingny.org](http://www.nazarethhousingny.org)

Neighborhood Association for Inter-Cultural Affairs, Inc
1075 Grand Concourse
#1-B
Bronx, NY 10452
718-538-3344

Neighborhood Initiatives Development Corporation
Community Board 11/ Northeast Bronx
2523 Olinville Ave
Bronx, NY 10467
718-231-9800
[www.nidcny.org](http://www.nidcny.org)

Picture the Homeless
2427 Morris Ave 2nd Fl
Bronx, NY 10468
646-314-6423
Providing Support
The Veterans’ Services Division, part of the Department of Veterans Affairs (VA), provides a network of Veterans’ Benefits Counselors.

These counselors provide a wide range of services including information, counsel, and veterans’ assistance. Veterans’ dependents and survivors also get help including matters that pertain to state and federal benefits earned by honorable service in the US Armed Forces.
Qualifying
You must have served in the Army, Navy, Air Force, Marines, or Coast Guard, and been discharged under conditions other than dishonorable.

Reservists and National Guard Members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits. Health care eligibility is not exclusive to those who served in combat. Other groups may be eligible for some health benefits.

Applying
You can apply for VA health care, nursing home, domiciliary or dental benefits by completing VA Form 1010EZ Application for Health Benefits.

Obtaining the form
Download the form from the VA web site www.1010ez.med.va.gov
Visit, call, or write any VA Health Care Facility or Veterans’ Benefits Office Call the US Department of Veterans’ Affairs Statewide 1-800-827-1000

Assistance including counseling and a wide range of health and support services is available for those who serve our country.

WHERE TO GO
Bronx Vet Center
2471 Morris Ave
Ste 1A
Bronx, NY 10468
718-367-3500 or 877-927-8387
In an effort to better serve veterans and their family members, upon request, Vet Centers will provide services outside of normal work hours.

James J Peters
VA Medical Center
130 W Kingsbridge Rd
Bronx, NY 10468
718-584-9000
www.bronx.va.gov

VA Nurses Helpline
1-800-877-6976
Service is available 24/7 for medical advice or for questions about medications. Triage nurses provide medical and emotional support. They can help with a wide variety of problems and/or concerns. Do not call the VA Nurse Helpline for an emergency. Call 911 immediately.
Finding the Right Care

These are special services and programs mainly designed to provide services to individuals who are disabled or have special medical needs.

NYC Department of Health and Mental Hygiene Early Intervention Program
To be eligible for services, children must be under 3 years of age and have a confirmed disability or established developmental delay, as defined by the State, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and/or adaptive.

Early Intervention Services
The Early Intervention Program offers a variety of therapeutic and support services to eligible infants and toddlers with disabilities and their families, including:

- Physical therapy
- Psychological services
- Service coordination
- Nursing services
- Nutrition services
- Social work service
- Vision services
- Assistive technology devices and services

BRONX COUNTY RESOURCES
Municipal/County Contact for Early Intervention Programs
1309 Fulton Ave, 5th Fl
Bronx, NY 10456
718-410-4110
www.nyc.gov
SEARCH “EARLY INTERVENTION”

Bronx Metro NY Developmental Disabilities Services Office
2400 Halsey St
Bronx, NY 10461
718-430-0474
www.nyc.gov

Bronxworks Services include children, youth, family, and senior citizen’s programs, immigrant assistance, employment help, HIV/AIDS programs, homeless services and homelessness prevention.
www.bronxworks.org
If you need help and are not sure what program to contact, call 718-731-3114.

ADDITIONAL RESOURCES
AHRC Bronx - Article 16 Clinic
2488 Grand Concourse
3rd Fl, Rm 337
Bronx, NY 10458
718-367-3691
www.ahrcnyc.org

The Bronx Health Link, Inc
851 Grand Concourse
Ste 914
Bronx, NY 10451
718-590-2648
www.bronxhealthlink.org

Children’s Evaluation and Rehabilitation Center Rose F Kennedy
Center Albert Einstein College of Medicine
1410 Pelham Parkway S
Bronx, NY 10461
718-430-8500
www.einstein.yu.edu

Highbridge Advisory Council
880 River Ave, 2nd Fl
Bronx, NY 10452
718-992-1321
www.hacfamilyservices.org

The Institute of Applied Human Dynamics
3625 Bainbridge Ave
Bronx, NY 10467
718-920-0800
www.iadny.org

LifeSpire
1313 Loomis St
Bronx, NY 10461
718-792-4320
www.lifespire.org

Morrissania Diagnostic & Treatment Center Developmental Clinic
1225 Gerard Ave
Bronx, NY 10472
718-960-2991

Narcolepsy Institute - Montefiore Medical Center
111 E 210th St
Bronx, NY 10467
718-920-6799
www.montefiore.org

United Cerebral Palsy Of New York City, Inc
● Bronx Office
1770 Stillwell Ave
Bronx, NY 10469
● Main Clinic
408 E 137th St
Bronx, NY 10454
718-993-3458
718-652-9790
www.ucpnyc.org

United Cerebral Palsy Of New York City, Inc Day Hab
408 E 137th St
Bronx, NY 10454
718-993-3458
www.ucpnyc.org

YAI Center for Specialty Therapy
3060 E Tremont Ave
Bronx, NY 10461
718-239-1790
New Referrals
866-292-4546
www.yai.org

Beth Abraham Health Services Home Care
2275 Olmstead Ave
Bronx, NY 10467
718-515-5500 x2032

Comprehensive Care Management
2401 White Plains Rd
Bronx, NY 10467
719-515-8600
Family Support for Autism

Autism spectrum disorder (ASD) and autism are both general names for a group of disorders of brain development. These disorders are known to cause problems in relating to people, communications, and cause repetitive behaviors. Some of the different kinds of disorders are: autistic disorder, Rett syndrome, and Asperger syndrome.

ASD can be linked with learning disability, problems with motor skills, and attention and gastrointestinal troubles. Some persons with ASD do very well in visual skills, music, math, and art.

Autism seems to have its roots in very early brain development. However, the most clear signs and symptoms of autism tend to emerge between 2 and 3 years of age.

BRONX RESOURCES

Autism Parent Support Group at Bronx-Lebanon Hospital/Department of Pediatrics
1650 Selwyn Ave Ste 6D
Bronx, NY 10457
718-590-1800 x6653
Free and open to the public
www.blhcpediatrics.org

Autism Society Bronx Chapter - FSPDD at North Central Bronx Hospital
3424 Kossuth Ave Rm 15A11
Bronx NY 10467
718-519-4797
www.autism-society.org

Parents of ANGELS - Bronx parent support group
1968 Eastchester Rd
Bronx, NY 10461
718-931-0515
www.meetup.com/bxangels
Facts and Tips
Here are some important facts and thoughts when it comes to cancer issues. Cancer is the overall name for more than 100 different diseases. But, all types of cancer begin with abnormal cells that grow out of control. Unlike normal cells though, cancer cells can invade other tissues. Cancer, if left untreated, can lead to serious illness and can even be fatal.

It’s very important to know that different types of cancer behave differently so treatment is needed for that specific kind of cancer.

According to the American Cancer Society, half of all men and one-third of all women living in the US will develop cancer during their lifespan. So, screening for cancer is important.

Also according to the American Cancer Society, lifestyle changes and avoiding tobacco, limiting sun exposure, getting exercise, and eating well, may reduce some cancer risks.

Visit www.cancer.org or call 1-800-227-2345 to find out more.
New York State Cancer Services Program:
Free screenings for breast, cervical and colorectal cancer for women and men who:
■ Do not have health insurance or have health insurance that does not cover the cost of these screenings
■ Cannot pay for these screenings
■ Meet income eligibility requirements
■ Meet age requirements
■ Live in NY

To talk to someone 24/7, call toll free 866-442-CANCER or 866-442-2262.

Breast and Cervical Cancer
Regular physical checkups not only safeguard your health but also are very important for spotting breast and cervical cancer at their earliest stages.

Breast cancer is the second most common form of cancer in women, after skin cancer. But, there is hope:

- New York State Cancer Services Program: Free screenings for breast, cervical and colorectal cancer for women and men who:
  ■ Do not have health insurance or have health insurance that does not cover the cost of these screenings
  ■ Cannot pay for these screenings
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Take Care New York (TCNY) is the City’s broad health policy to help all New Yorkers live longer and healthier lives. First launched in 2004, TCNY identified 10 steps New Yorkers could take to improve their health and set big goals for 2012 in each of the 10 priority areas:

- Promote quality health care for all
- Be tobacco free
- Promote physical activity and healthy eating
- Be heart healthy
- Stop the spread of HIV and other sexually transmitted infections
- Recognize and treat depression
- Reduce risky alcohol use and drug dependence
- Prevent and detect cancer
- Raise healthy children
- Make all neighborhoods healthy places

www.nyc.gov

We hope this Bronx Health Guide is a valuable tool toward reaching your health goals!