



empower you

building up families to strengthen our communities



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Introduction: Before We Go...

Here is roadmap for our travels. The Best You Possible: Exploring Pathways for Self-Empowerment is a uniquely created guide just for you! It is designed to provide you with helpful information as you journey towards your goals. This guide addresses a variety of possible obstacles that you may face while on your path to becoming “The Best You Possible.”

More than a reference book, this is a guide that you can use at your own pace. It is full of *pathway exploration points*, where each of the points cover information appropriate for the six cities in which the empowerYOU Program operates: **GREENBURGH**; **MOUNT VERNON**; **NEW ROCHELLE**; **TUCKAHOE**; **WHITE PLAINS**; and **YONKERS**. Please note that if there is not a source in your city, do not despair; you may still have options at a city or cities closest to you. Also, if you desire additional options under one of the *pathway exploration points*, please look for them in the Appendix section.

The “Who Am I” stop requires special attention. It is the last *stop* along your ongoing journey, and actively addresses five different areas for your consideration: digital footprints, public libraries, affordable clothing, legal services, and identification cards. Each of these will be important as you strive to become *The Best YOU*.

If there is anything within this playbook that you may need more clarity on, please contact your local **empowerYOU** staff person. We would love to assist you! Lastly, we want your feedback; so, please let us know at any time if this playbook has been beneficial for you. Your suggestions will be taken seriously and will help others along their journeys in the future!

Thanks for your time and welcome to “THE BEST YOU POSSIBLE.”

The Best You Possible:
Exploring Pathways for Self-Empowerment

I. *GETTING READY*

You woke up this morning and decided that today is your day! No more second-guessing, no more delays, and no more excuses; instead, today is the day that you present your “true” self to the world: a determined individual who has plans for the future, someone who no longer is content with “just getting by.” As a result, you imagine that from this point on you will be able to create a better environment for you and your loved ones. And with this burst of determination and with an increased “glide to your stride,” you seek out to get what had been



previously missing in your life.

Despite your best-repeated efforts, however, the results are disappointing. Furthermore, as you are heading home, you hear the opening words to what sounds like an “old school” song coming from the radio of a passing car that seems as if you had written the song about yourself:

...Down-hearted and confused
Because lately you've been startin' to lose
Losin' out on everything, you might try to do
Bad luck's...gotta hold on you¹

Feeling discouraged and confused are normal reactions whenever a plan does not



develop as you imagined.

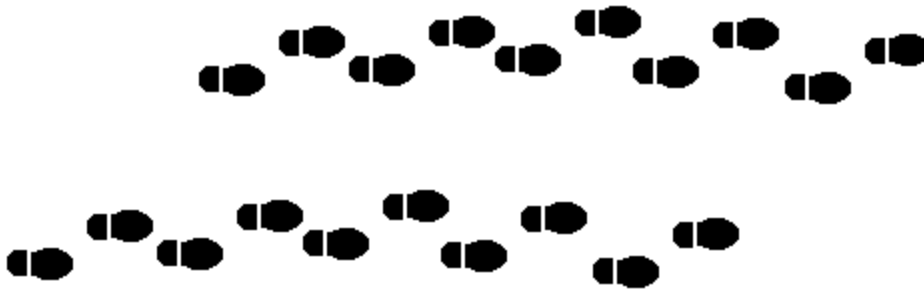
But this not the 1970s and you are not the songwriter of “Bad Luck” for the rhythm and blues group, Harold Melvin and the Blue Notes. What happened to you is not unique; everyone encounters obstacles in pursuit of goals no matter how prepared one thinks he or she is. In fact, despite our best intentions, we often do not fully explore all the avenues that can

¹ “Bad Luck,” Gene Mcfadden, John Whitehead, and Victor Carstarphen, writers (Sony/ATV Music Publishing LLC, Warner/Chappell Music, Incorporated), 1975



affect the pursuit of our goals. So, let us together look at some of the pathways that can influence whether you are presenting the “Best You.” Remember, however, that success is never guaranteed; at the same time, however, also remember that failure is when you stumble and choose not to get up. The “Godfather of Soul,” James Brown, said this idea better: ♪ ♪ ♪ “If you don’t do it the first time, back up[,] and try it again!” ♪ ♪ ♪

Let’s begin our explorations...



First stop on our journey....

II. *CHILD CARE*

Being a parent has to be one of the toughest jobs in the world. Having reliable and affordable child care can provide you with the peace of mind you need to focus on becoming the best you. Here are some local choices for child care services whose fees are based upon income:

GREENBURGH

Lois Bronz Children’s Center

30 Manhattan Ave, White Plains, NY 10607

Website: lbcc4kids.org

Phone: 914-761-6134

Contact information: admin@lbcc4kids.org

Family YMCA at Tarrytown: Y Early Learning Center

(Accepts Infants, Toddlers, and Pre-Schoolers)

Hours: Monday through Friday, 7:30 am to 6:30 pm (September through August)

Phone: 914-418-5561

Nicole Bernadone, Senior Director

Susan Barak, Childcare Administrator

Website: ymcattarrytown.org

MOUNT VERNON

Vernon Heights Day Care Center

Barbara Bracey
Vernon Hts. Congregational Church
258 South Columbus Avenue
Mount Vernon, NY 10550
914-668-7988

Mt Vernon Day Care Center

151 S 2nd Ave
Mount Vernon, NY 10550
914- 664-6557

NEW ROCHELLE

New Rochelle Day Nursery

115 Clinton Avenue, New Rochelle, NY
Hours: 7:30am-6:00pm
914-632-2093

Boys and Girls Club of New Rochelle

311 Broadfield Rd, New Rochelle, NY
Mon-Fri: 3pm-6pm (Summer Hours: 8am-6pm)
914-235-3736

Growing Minds of NY Inc.

466 Main Street, New Rochelle, NY
Hours: 8am-6pm
914-738-2747

TUCKAHOE

Andrus Early Learning Center

65 Main Street
Tuckahoe, NY 10707
914.965.3700

WHITE PLAINS

North Street Center

First Baptist Church of White Plains
456 North Street
White Plains, NY 10606

WHITE PLAINS (continued)

Rochambeau Center

Early Childhood Education
228 Fisher Avenue, White Plains, NY 10606

Slater Center

2 Fisher Court
White Plains, NY 10606

Bethel Center

Bethel Baptist Church
1 Fisher Court, Second Floor
White Plains, NY 10601

White Plains Family YMCA

Contact Person: Sara Frontera
914-949-8030, Extension 204
Email: erussell@ymca-cnw.org

YONKERS

Child Care Council of Westchester

313 Central Park Ave.
Hartsdale, NY 10530
Mon-Fri. 9:00am-5:00pm
914-761-3456

Greystone Family Daycare

68 Warburton Ave
Yonkers, NY 10701
914-376-7200.

Next stop....

III. *FOOD ASSISTANCE*

If you as well as those close to you have not either eaten nutritiously or consistently, this can have a negative impact on how you present yourself. Imagine how distracting it would be, for example, if your stomach is “growling” during a job interview or if you are worried that you may not have enough food at home for dinner. Local food pantries can provide both immediate and long-term assistance.

Government programs can also aid long term food needs. One governmental program that you may want to consider is SNAP (Supplemental Nutrition Assistance Program). This program is available for any person who meets Federal

income guidelines. To see if you are eligible and to learn more about SNAP, go to www.mybenefits.ny.gov and/or call (914) 995-3333.

Here are some pantries in your area:

GREENBURGH

WestCOP @ Greenburgh/Elmsford Community Action Partnership

Area Director: Amanda Kyle-Shaw
Program Assistant: Annette Rodriguez
914-761-6605/6606

MOUNT VERNON

Bowen Outreach Program Food Pantry

14 North Columbus Avenue (914)803-7454
Mount Vernon, NY 10553
914-207-3275
Contact Person: Felicia Medley
Bowenmemorial@yahoo.com

First Reformed Church Food Pantry

135 South Sixth Avenue
Mount Vernon, NY 10550
Contact Person: Emma Stackhouse
914-664-3846
Hours: 4th Wednesday/month, Noon –1:00pm

Good Shepherd Food Pantry

245 South First Avenue
Mount Vernon, NY 10550
Contact Person: Trevor Dalling
914-664-2176
Hours: Every 3rd Thursday 6:00PM-8:00PM

Mosaic Center Food Pantry

137 South 4th Avenue
Mount Vernon, NY 10550
914-699-1025

(Supplemental food pantry & dry foods only. Bags given to all who request food)

MOUNT VERNON (continued)

Mount Vernon Community Action Program

28 East 1st Street Mount Vernon, NY 10601

Contact Person: Tanisha Terry Settles

914-664-8680 ext. 100

Church of God of Prophecy Community Outreach

140 East 3rd Street

Mount Vernon, NY 10550

Contact Person: Janet Wright

914-664-6280

Hours: 2nd & 3rd 9:00AM-Noon

First Reformed Church Soup Kitchen

136 South Sixth Avenue

Mount Vernon, NY 10550

Contact Person: Emma Stackhouse

914-664-3846

Hours: Monday 5:00PM-7:00PM

Grace Baptist Church Food Pantry

52 South 6th Avenue

Mount Vernon, NY 10550

Contact Person: Harold Davis

914-329.8441

Hours: Every 3rd Wed. of Month, 1:00-4:00PM

Mount Olive Food Pantry

60-62 Martin Luther King Blvd.

Mount Vernon, NY 10550

Contact Person: Olivia Dickens

914-664-0839

Hours: 2nd Wednesday of every month 10:00am- 1:30pm

Community Service Associates Hot Meal Programs

Sacred Heart Church

115 Sharpe Boulevard South

Mount Vernon, NY 10550

914-668-1428

Breakfast Hours: Tues - Fri 7:00am-7:30am

Dinner Hours: Tues - Fri 5:00pm-5:45pm

(Bagged lunch provided for take-out)

NEW ROCHELLE

Kingdom Manna Ministry @ Union Baptist Church

311 Huguenot Street, New Rochelle, NY

Thursday, 5:00pm-6:30pm

(bags of food are given along with a hot meal)

Hope Community Service

50 Washington Avenue, New Rochelle, NY

914-235-2607

(Soup Kitchen: Tuesday/Wednesday/Friday & last 2 Mondays of each month, 5:00pm)

New Rochelle C.A.P.

95 Lincoln Avenue, New Rochelle, NY

914-636-3050

TUCKAHOE

(None Available)

WHITE PLAINS

Cardinal McCloskey

1900 Saw Mill River Road

White Plains, NY 10607

Sydnee Petersen, Program Director

914-592-8320

Ecumenical Emergency Food Pantry

Thomas Slater Center

2 Fisher Court

White Plains, NY 10601

Contact Person: Lorraine Buonocunto

914-428-5770

Hours: Fri 8:00am - 11:00am

White Plains Cap Food Pantry

70 Ferris Avenue, Lower Level

White Plains, NY 10603

Contact Person: Don Brown

914-428-7030

Hours: Mon-Fri 10:00am-5:00pm or by appointment

WHITE PLAINS (continued)

First S.D.A. Church Food Pantry

180 Juniper Hill Road
White Plains, NY 10607
Contact Person: Sonya Ennis
SLENNIS240@GMAIL.COM
914-374-7439
Hours: Every 3rd Thurs of month 4::00-6:00 PM

Lifting Up Westchester Soup Kitchen

Nancy Izzina
33 Church Street
White Plains, NY 10601
914-949-2874
Hours: Mon thru Fri 10:30am-11:30am (Lunch)

Greenburgh-Elmsford C.A.P. Food Pantry

Amanda Kyle-Shaw
32 Manhattan Avenue
White Plains, NY 10607
914-761-6605
Hours: Tues, Wed and Thurs 10:00am - 4:00pm

Open Arms Men's Shelter

86 East Post Road
White Plains, NY 10601
Contact Person: Ada Raiford
Araiford@LiftingUpWestchester.org
914-948-5044
Residential Program, Open 24/7
(Walk-ins welcome for all meals)

Salvation Army White Plains Food Pantry

Clare Wares
16 Sterling Avenue
White Plains, NY 10606
914-949-2908
Hours: Tuesday 9am - 2pm

The French Speaking Baptist Church Food Pantry

Rev. Jean Alix Larose
237 Ferris Avenue
White Plains, NY 10603
914-946-1117
Hours: 2nd Saturday/month, 12:30pm - 2pm

WHITE PLAINS (continued)

Search For Change

Nyisha Hutton
Search for Change
115 East Stevens Ave
Valhalla N.Y 10595
914-428-5600

(Pantry is for Clients of Supported Housing Program only)

Union Food For Life Soup Kitchen

Pat Coleman
31 Manhattan Ave.
White Plains, NY 10607
914-948-6439
Hours: Tues, 6pm - 7:30pm

Sterling Community Center Food Pantry

Paula Nocca
29 Sterling Avenue
White Plains, NY 10606
914-949-1212
Hours: Monday-Friday 12:00pm-1:00pm

Union Food For Life Soup Kitchen

Pat Coleman
31 Manhattan Ave.
White Plains, NY 10607
914-948-6439
Hours: Tues, 6pm - 7:30pm

Mount Hope Table of Grace Soup Kitchen

James Dyson
65 Lake Street
White Plains, NY 10604
914-948-6372
Hours: Fridays 11am-2pm

YWCA White Plains

Toni Tweedy
69 North Broadway
White Plains, NY 10603
914-428-1130
Hours: 24 hours/7 days a week

YONKERS

Saint Peters Church

91 Ludlow Street 10701
Tel: 914-963-0822 Tue. & Fri. 10-2pm.

Bethany AME Church

21 Ludlow Street 10701
Tel: 914-965-0511 Wed. 3-5pm.

Kingdom Christian Cultural Center

68 Palisades Ave. 10701
924-375-1110 every other Sat. Starting 6/25 11-2pm

Now, Let us consider....

IV. *Feeling Good?*

How you feel physically and emotionally are important factors in presenting your best possible self. At times, we can sense when things are just not right: aches and pains, a long-lasting cough or cold, or just a constant state of the “blahs,” are just some of the symptoms.

If you are feeling out of sync for any reason, and you have some type of medical insurance, you should see a doctor. If you have no or limited health insurance,



; you have some options courtesy of the Federal



Government . President Barack Obama signed into law the Patient Protection and Affordable Care Act--hey, you may have heard of it as “Obamacare” -- in March 2010, and it began fully as of 1 January 2014. There is no need to get down into the weeds about this important federal legislation. Here is what you need to know: the aim of “Obamacare” has been to provide health care options for the estimated 30 million Americans who were uninsured when the act came into law. What are these options? Well, among the most important are federal subsidies (financial assistance) to help people like you to purchase private health plans through “exchanges,” and expanding the enrollment rules (“eligibility”) for Medicaid, the federal health insurance program for people with limited financial resources.



You may be a bit confused, just like millions of other Americans when they first heard about the law. Again, do not get discouraged, because there are many ways to find out what health care plan fits your medical and most importantly, financial needs. In New York State, your first stop is New York State



of Health; you can get acquainted by calling (855) 355-5777 Monday - Friday, 8:00am - 8:00 pm & Saturday, 9:00 am - 1:00 pm or through its website: nystateofhealth.ny.gov (the website also provides information about planned enrollment events that may be in your neighborhood). The customer service representatives and the Affordable Healthcare Navigators are patient and professional, and will help in you in many ways, from telling you about the financial documents you need to submit to measure eligibility to assisting you in choosing the health insurance plan that is right for you.

Please note that New York State of Health telephone line can get very busy during enrollment; enrollment period for the upcoming year usually begins during the



Fall, so pay attention to announcements that will appear on television, radio, and social media. Although New York State of Health is generally excellent, you may have to spend upwards of 20 minutes on hold during enrollment. If neither waiting for a telephone representative nor confidence in your online skills is high on your lists, there may be additional options finding skilled Affordable Care Navigators. For example, some private insurance companies, like Affinity Health, that help clients with federal health care enrollment (For further information, contact Lenke Ganz, Medicare Marketing Specialist, Affinity Health Plan, (cell) 917-295-0748; email: lganz@affinityplan.org).

O.K., let us see where we are now: we need to locate some places that can provide you with quality health care. In addition, we need to uncover some “surprise” locations that can assist you with the ins and outs of “Obamacare.” Here are some places in your area where you can receive “Obamacare” assistance as well as the health care that you may need and deserve:

GREENBURGH

Greenburgh Health Center
295 Knollwood Road,
Greenburgh, New York 10607
914.989.7600 (*ext. 7657 Olga Mendoza*)

MOUNT VERNON

Affordable Healthcare/“Obamacare” Navigator:

Mount Vernon Public Library

28 South 1st Avenue
Mount Vernon, New York 10550
Phone: (914) 668-1840

(sponsored by the Westchester Department of Health, Trustee’s Room, Mondays, 1:00pm-7:00pm [by appointment only])

Health Care Providers:

Mount Vernon Neighborhood Health Center Network

107 West 4th Street
Mount Vernon, NY 10550
(914) 699-7200

Montefiore Mount Vernon

12 North Seventh Avenue
Mount Vernon, New York 10550
Phone: (914) 664-8000

(176-bed community-based teaching hospital)

Planned Parenthood

6 Gramatan Avenue
Suite 404
Mount Vernon, New York 10550
(914) 668-7927

(Provides an array of reproductive health services)

The Mosaic Center

137 South 4th Avenue
Mount Vernon, New York 10550
(914) 699-1025

(Multi-service center that provides screening for sexually transmitted diseases and risk prevention education)

NEW ROCHELLE

Montefiore Outpatient Clinic

29 Glover Johnson Place, New Rochelle, NY
914-632-5000

NEW ROCHELLE (continued)

Hope Community Services
50 Washington Avenue, New Rochelle, NY
(Wellness Screening and Consultation every Tuesday 10am-2pm)

Planned Parenthood
247 North Avenue, #249
New Rochelle, NY
914-632-4442

TUCKAHOE

New York Presbyterian-Lawrence Hospital Center
33 Palmer Avenue
Bronxville, NY 10708

WHITE PLAINS

Family Health Center
White Plains Hospital
41 E Post Rd, White Plains, NY 10601
(914) 681-1128

Dr. Roy Forrest
West Med
210 Westchester Avenue
GPS Enter, West Harrison
White Plains, NY 10604-2901
(914) 682-0700
(Fluent in Spanish, Portuguese, & Creole)

Dr. Eric Jay Levene MD
Chester Pediatrics
15 No Broadway
White Plains, NY
(914) 948-4422
*(Accepts Child Health Plus & Medicaid; Specializes in Pediatrics,
Child & Adolescent Medicine)*

YONKERS

St. Joseph's Clinic
81 S. Broadway 10701
914-375-3200
Walk-In: 9:00am-2:00pm

YONKERS (continued)

Affordable Healthcare/“Obamacare” Navigator:

Grinton I. Will Library

1500 Central Park Avenue

Bronxville 10708

914-968-4717

(Affordable Healthcare/ “Obamacare” Navigator: Rick)

Department of Social Services

131 Warburton Avenue 10701

914-995-3333

Mondays-Fridays, 8:00am-5:00pm

Before we leave, another reminder about health insurance: finding the health insurance plan that is right for you is a difficult process, one that you should nevertheless not avoid. Not only does health insurance help you address any physical and emotional needs on your way to becoming the “best you,” having health insurance is required by law (there is a financial penalty based upon income and amount of time you have been uninsured). You can take a



chance, but you may find that the penalty cost more than the available health insurance plan. Besides, is not a “Healthy Best You” worth the investment, if possible?

Next, Let’s explore....

V. HOUSING/SHELTER

As you know, having a safe and clean place to live is important: it is where you start your day anew, and where you end it in order to refresh yourself. Furthermore, being inside is better than struggling with the weather. Yet, sometimes you can find yourself in need of housing, either temporary or long-term (for example, a new apartment in a better location). Depending on your situation, here are some options to explore:

GREENBURGH

**WestCOP @ Greenburgh/Elmsford Community Action
Partnership (CAP)**

Area Director: Amanda Kyle-Shaw

Program Assistant: Annette Rodriguez

914-761-6605/6606

MOUNT VERNON

Drop -In- Centers

100 East 1st Street
Mount Vernon, NY 10550
914-363-1500

Youth Shelter Program

220 East Eighth Street
Mount Vernon, NY 10550
914-668-4702

NEW ROCHELLE

Emergency Shelter at OASIS

19 Washington Avenue
New Rochelle, NY
Mon-Fri 7pm (*Single person only*)
914-633-0101

Providence House

89 Sickles Avenue
New Rochelle, NY
914-632-4177

TUCKAHOE

(None Available)

WHITE PLAINS

The Bridge Fund

171 E Post Rd # 200
White Plains, NY 10601
914-949-8146

(Back Rent and Eviction Prevention Assistance)

White Plains Housing Authority

223 Dr. Martin Luther King Jr. Boulevard
White Plains, NY 10601
914-949-6462

YONKERS

Sharing Community Emergency Shelter

1 Hudson Street
Yonkers, NY 10701
914-963-2626

YONKERS (continued)

Westhab Incorporated
8 Bashford Street 10701
914-345-2800 Mon-Fri. 9am-5pm

Next, Let's see about....

VI. WHO AM I?

Although you made the powerful decision to present the best possible you to the world, you may not have fully thought about how many of “you” exist. We know you are important; we know that you have distinct qualities that separate you from others. Now we have to make sure that others see these as well. Here are **five** important “stops” on our “Is This Me?” journey.



First, there is your so-called digital footprint, in other words, your internet presence, from email address to *Facebook*, from *Snapchat* and *Instagram* to uploaded videos on *YouTube*. You never want to present an image that contradicts the one you have worked hard to develop; so, even if you truly love your body, neither email addresses like juicybutterbuns@nomail.com nor videos and pictures that elaborate on this theme will have others take you seriously. So, make those changes wherever necessary.

Second, if need to polish your image-- something we all have to do throughout our life--get to know your local public library. Libraries are no longer just the place to get and to return books. Instead, they provide a range of services such as free *Wi-Fi* access, (timed) free computer use (vital for reshaping your digital footprint, as we discussed), and instructional workshops. Often these workshops address areas important to your effort to show the “true you”: computer software lessons and job application advice (for example, drafting a cover letter and creating resume, your initial “handshake” to a potential employer). Furthermore, some library-based workshops address perhaps the most important first step in you will need to show others who you are: how to earn a high school equivalency diploma [in New York State, TASC (***Test Assessing Secondary Completion***) is the free examination in either English or Spanish for the equivalency degree.



HOLD ON! : If this is missing step in your journey, do no



worry! ; to learn about the TASC and services available at Westchester libraries to help with your exam preparation (and successful



completion!), call either 914-231-3264 or email TASC@wlsmail.org; you can also get additional scheduling information at www.westchesterlibraries.org/tasc-connect. Finally, you never know whom you may meet at your local library: an inspirational public speaker to a resident who is also on the same empowering journey as yours. Visit the public library or libraries in your area:

GREENBURGH

300 Tarrytown Road
Elmsford, New York 10523
Phone: 914-721-8200
Monday 10:00 am – 5:30 pm
Tuesday 10:00 am – 9:00 pm
Wednesday 10:00 am – 9:00 pm
Thursday 10:00 am – 5:30 pm
Friday 10:00 am – 5:30 pm
Saturday 10:00 am – 5:30 pm
Sunday 1:00 pm– 5:00 pm

(closed Sundays from Memorial Day Weekend to Labor Day)

MOUNT VERNON

28 South 1st Avenue
Mount Vernon, New York 10550
Phone: (914) 668-1840
Monday - Thursday: 10:00am - 8:30pm
Friday: 10:00am - 6:00pm
Saturday: 10:00am - 5:00pm
Sunday: Closed

NEW ROCHELLE

1 Liberty Plaza, New Rochelle, NY
Mon/Tues/Thur: 9am-8pm
Wed 10am-6pm/ Fri-Sat 9am-5pm/Sundays 1pm-5pm

TUCKAHOE

Tuckahoe Public Library

71 Columbus Ave #1
Tuckahoe, NY 10707
914.961.2121

Bronxville Public Library
201 Pondfield Road
Bronxville, NY 10708
914-337-7680

Eastchester Public Library
11 Oakridge Place
Eastchester, NY 10709
914-793-5055

TUCKAHOE (continued)

Scarsdale Public Library
54 Olmstead Rd
Scarsdale, NY 10583
914-722-1300

WHITE PLAINS

100 Martine Ave
White Plains, NY 10601
914-422-1400

YONKERS

Yonkers Public Library Riverfront
1 Larkin Plaza, Yonkers, NY 10701
Phone:(914) 337-1500
Monday-Thursday: 9:00 am-8:00 pm
Friday & Saturday: 9:00 am-5:00 pm
Sunday: 12:00-5:00 pm (closed in July & August)

Third, you have heard the expression, “Clothes make the man”; well, clothes make the woman as well. Feeling good about the clothes in our closet helps us to feel our best. Sometimes what we have in our closet, however, does not entirely satisfy our needs, whether it is for a job interview or it is to get through the day. Access to proper clothes matters, and there is no shame in seeking out places that can help you.

Local thrift stores, the Salvation Army [for a location in your neighborhood, go to www.salvationarmyusa.org and enter your zip code], and “consignment shops/stores” are excellent “go to” places to find those items necessary to round

out your wardrobe. **Be advised, however, that clothing at these places are not free--in fact, at consignment stores, where the owner acts the “middle person” between the original owner and buyer--can be a bit**



pricey. So, if money is an issue, which it is for most of us, we have identified a few alternative places in Westchester County that provide various types of clothing that can assist you throughout your typical day or that special day to impress. Here are a few places available to all to start (please each has its own requirements for clients, please contact each one before visiting):

Career Closet

30 South State Road
Briarcliff Manor, New York 10510
914- 944-1472

Sharing Shelf

47 Purdy Avenue
Portchester, New York 10573
914-305-5950

Continuing our journey, look for some additional clothing access options in your particular city:

GREENBURGH
(None Available)

MOUNT VERNON

Mount Vernon Family Store and Adult Rehabilitation Center

745 South Third Ave
Mount Vernon, New York 10550
914-664-0800
answers@use.salvationarmy.org

NEW ROCHELLE

Goodwill: New Rochelle Store

28 Joyce Road
New Rochelle, NY 10801
914-633-0964

TUCKAHOE

Eastchester Community Action Program (ECAP)
142-144 Main Street
Tuckahoe, NY 10707

WHITE PLAINS

White Plains Education and Training Center

303 Quarropas Street
White Plains, New York 10601
914-422-8200

YONKERS

Wayside Thrift Shop

454 S. Broadway
Yonkers 10705
Mon-Fri 10:00am-2:30pm
914-965-3328

Salvation Army

29 Palisades Avenue
Yonkers, 10701
914-969-4571

(Call; hours fluctuate daily)

Salvation Army

110 New Main Street
Yonkers, 10701
914-963-1222

(Call; hours fluctuate daily)

Before we leave, there are two stops remaining on our “Is This Me?” journey.

Fourth, remember those “Knock Knock” jokes when we were kids? (“Knock, knock. Who’s there? Lettuce. Lettuce who? Let us in, we’re freezing!”). But there is nothing funny if that unexpected knock on your door is the police, your landlord, or anyone demanding your attention. Is it truly you who you the caller wants? If so, what should you do? You may think that the **Legal Aid Society of Westchester** (1 N Broadway, White Plains, New York 10601 (914) 286-3400; legal-aid.org) is the place to go. But Legal Aid deals with persons charged with criminal felonies through court referral only. Instead, check out **Legal Services of the Hudson Valley** (www.lshv.org), which provides free bi-lingual legal services to low income persons (that is, those with incomes based upon the Federal poverty level guidelines for individuals and families, respectively) in the following areas:

Housing

Domestic Violence (Divorce Pending)

Elder Law

Children’s Advocacy

Public Benefits

HIV/AIDS

Community Support Services Assistance (for Adults with Mental Illness)

Developmentally Disabled Advocacy and Protection

Disability Advocacy and Protection

Social Security and Supplemental Security Income (SSI) Disability Claims

There are three offices in Westchester County:

MOUNT VERNON

100 East First St., Suite 810
Mount Vernon, New York 10550
914-813-6880
(New walk-ins from 9:00am to 12:00 pm)

WHITE PLAINS (MAIN OFFICE)

90 Maple Avenue
White Plains, New York 10601
914-949-1305

YONKERS

30 South Broadway, 6th Fl
Yonkers, New York 10701
914-376-3757

If you find that you are not eligible for their services, Legal Services will refer you to the appropriate federal, state, or local agencies so that you get the assistance that you need. Furthermore, do not be discouraged if you need legal help and do not have a Legal Services office near you. Contact the organization's intake telephone number at 877-574-8529 to see if the Legal Services representatives can refer you to an office closer to where you live.

Fifth, and last stop (promise!). While you and your family and friends know who you are, others need convincing. There are two important identifications that you need if you do not currently own:

1) **Social Security Card**. This is necessary for a variety of reasons, ranging from starting a new job to opening a bank account. Other reasons include replacing a damaged or lost card or changing your name due to marriage or



divorce. If there is a change in your immigration status , then you need a new social security card.

2) **New York State Identification Card**. A state identification card with a photograph, either in the form of a driver's license or a non-driver's license, is

essential for most everyday activities such as opening a bank account or receiving money from *Western Union*. Although you can print the forms from the New York State Department of Motor Vehicles (NYSDMV) website (dmv.ny.gov), you have to apply for a new card in person (note that there are two types non-driver photograph identification cards: the original non-driver photo ID card (**NDID**) and an enhanced non-driver photo ID card (**ENDID**). According to the Department of Motor Vehicles, you need to bring following three items with you to get an identification card:

1) Proof of Identity

2) Your Social Security card

3) Original proof of name documents (This may include a college ID card, a bank statement, or a utility bill). A complete list of accepted proof of name documents is online at the NYSDMV website.

Please note that the NYSDMV identification cards are not free, except if you are over the age of 62 and receive Social Security benefits (another reason to get a Social Security card: advantages in addition to the cash payments that come with retirement); the fee ranges from \$6.50 to \$14.00, depending on the type of card.

Here are the Social Security and Department of Motor Vehicles offices, respectively, in your area (you should check the website and/or telephone the local office to get additional information and confirm office hours):

GREENBURGH

(NONE)

MOUNT VERNON

(NONE; see New Rochelle for the Social Security Office & Yonkers for the Department of Motor Vehicles)

NEW ROCHELLE

Social Security Office

Street Level

85 Harrison Street

New Rochelle, New York 10801

Hrs: Mon-Tues & Thur-Fri: 9:00am-4:00pm

Wed: 9:00am-12:00pm

(Exception to opening hours: Federal holidays)

General Information: 800-772-1213

TUCKAHOE

(NONE; see New Rochelle for the Social Security Office & Yonkers for the Department of Motor Vehicles)

WHITE PLAINS

Department of Motor Vehicles

200 Hamilton Avenue
White Plains, New York 10601
Hours of Operation (*except Federal holidays*)
Mon., Tue, Wed 8:30am – 4:00pm
Thurs. 10:00am – 6:00pm
Fri 8:30am – 4:00pm
718-477-4820

YONKERS

Department of Motor Vehicles

1 Larkin Plaza
Yonkers, New York 10701
Monday-Friday 8:00am - 6:00pm (*except Federal holidays*)
718-477-4820

VII. *LAST STOP* (?)

Although we have completed our journey, we have not reached our final destination. Becoming the best person one can possibly be is ongoing and never complete. The road to self-improvement can be one of satisfaction; but do not allow the detours of disappointment to stop you. Whenever setbacks occur, remember there is no shame in seeking assistance in your quest, especially if this assistance enables you to achieve your goals. And do not forget that we at



empowerYou will be with you every step of the way .

VIII. *APPENDIX*