

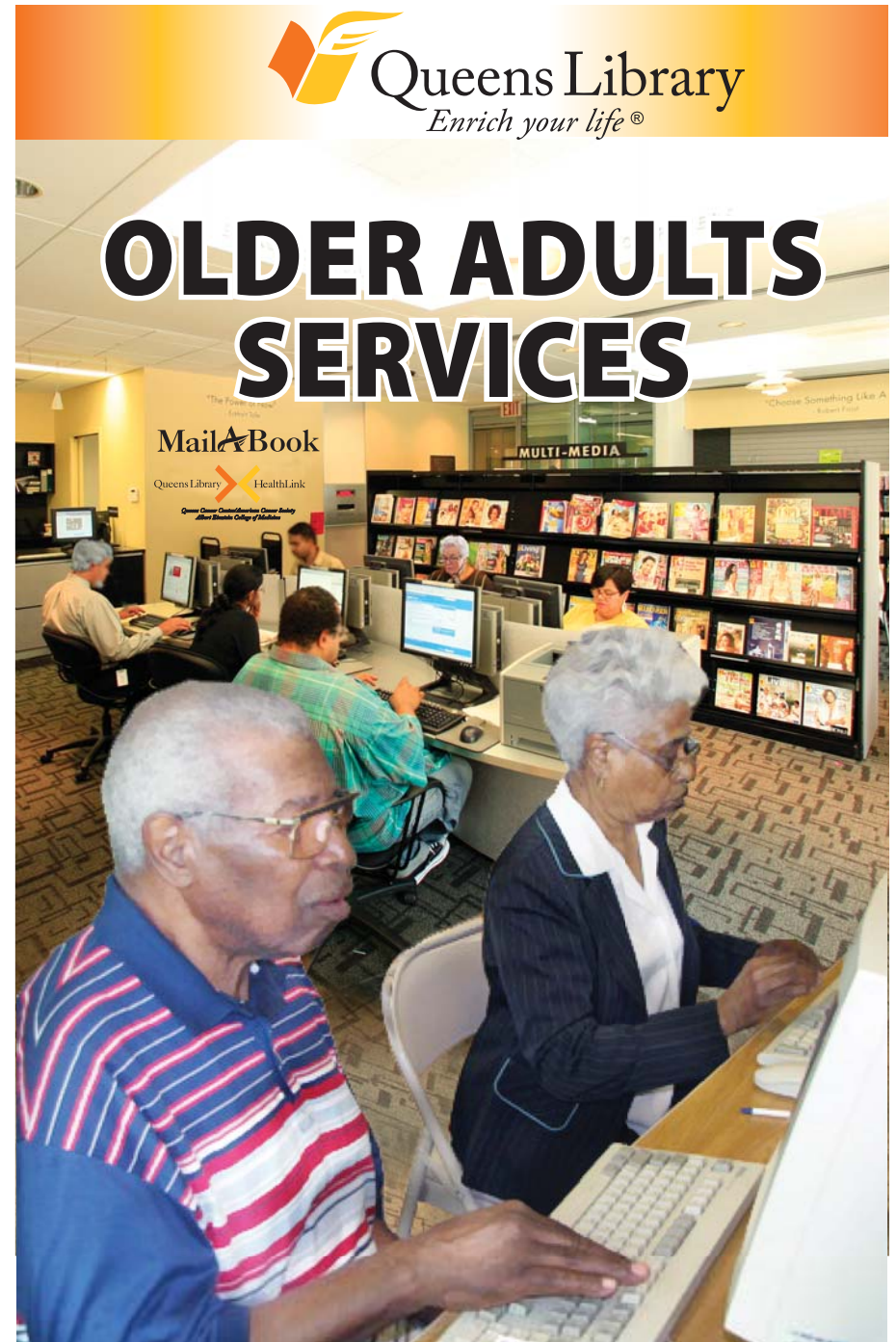
For more information on
**Queens Library programs
for Older Adults,**
go to:
queenslibrary.org/services/older-adults.



89-11 Merrick Boulevard
Jamaica, NY
718-990-0700

These expanded services are made possible
through grants from:
**Fan Fox & Leslie R. Samuels Foundation, Inc.,
Lily Auchincloss Foundation
and Stuart Applebaum Foundation.**

*Queens Library is an independent, not-for-profit corporation and is not affiliated
with any other library system.*



Admission is free. www.queenslibrary.org

Queens Library offers a wealth of programs and resources for older adults: book-discussion groups, live performances and readings, talks and panel discussions, film screenings, drama clubs, chess clubs, arts and crafts workshops and numerous programs on health and wellness. Other programs and services include:

▶ **Closed Circuit Television (CCTV)**

CCTVs enlarge type and images up to 100 times and display them on a TV screen. CCTVs are located at Central and ten other libraries. For more information go to queenslibrary.org/services/disabilities.

▶ **TTY Loan Program**

TTY for the hearing impaired sends messages by phone to a receiving device where they are displayed. This program is offered at Central and other locations. For more information, go to queenslibrary.org/services/disabilities.

▶ **Computer Training**

The Cyber Center at Central offers a range of classes appropriate for older learners, including beginning classes on using computers, the Internet, email, Microsoft programs, Google, Facebook and other technologies and social media. Call **718-990-0769** for more information.



▶ **Mail-a-Book**

This program offers homebound individuals free delivery of library materials right to their door. Materials include books in large and regular print, audiobooks, e-books, e-readers, movies, music and games. Mail-a-Book also offers lectures, classes, games, book discussions, music and theater, debates and chats by teleconference, video and live stream. Rotating Deposit Collections are also maintained at nursing homes and senior residences. For more information, call **718-464-0084**, fax **718-479-4609**, email mailabook@queenslibrary.org or go to queenslibrary.org/books/mail-a-book.

Ask a Librarian

Ask-a-Librarian staff are available seven days a week (hours vary) to provide brief answers to factual questions or suggest resources to help patrons find the information they seek. Patrons can submit questions by phone, live chat, email or phone text. All information is kept confidential. Call **718-990-0728**. To chat, go to **queenslibrary.org/ask-a-librarian/chat**. To send an email, go to **queenslibrary.org/ask-a-librarian/email**. To text by phone, text the library at **66746** and text keyword ASKQL in the body of the message. For more information, go to: **queenslibrary.org/ask-a-librarian**.

Ask a Medical Librarian

Medical Librarian Al Piedra is available at Central's Consumer Health Resources Center, Monday -Friday, from 2:30-4:00 p.m., to answer questions and help with research. All information is kept confidential. Call **718-990-5130**, fax **718-990-8570** or email **apiedra@queenslibrary.org**. For more information, go to **queenslibrary.org/services/health-info/medical-librarian**.



Other introductory classes on using Mac and PC computers, the Internet, Email, Microsoft and Adobe programs, social media and e-books and e-readers are also offered at Central. Call **718-990-8625** for more information, or go to **queenslibrary.org/services/computers-wifi/computer-classes**.

Adult Learner Program

This program offers services and lifelong learning opportunities to adult members of all Queens communities, including classes on learning and practicing English (ESOL). For information on ESOL classes, call **718-480-0222**. For information on all Adult Learner and Literacy programs, go to **queenslibrary.org/services/adult-literacy**.

Adult Learning Centers

Queens Library system has seven Adult Learning Centers staffed by professionals and volunteers who tutor literacy groups, facilitate ESOL conversation groups and lead other workshops and classes. For more information, go to **queenslibrary.org/services/adult-literacy/adult-learning-centers**.





Stay Well Exercise Program

This program introduces adults age 60 and older to special exercises, relaxation techniques and principles of good nutrition. Programs are held at Central and East Elmhurst. Call **718-990-0853** for more information.

HealthLink

HealthLink brings together community members and leaders to plan educational programs, cancer screening events, cancer support groups and other health-and-wellness programs. For more information, call Tamara Michel at **718 990-5197**, email **tmichel@queenslibrary.org** or go to **queenslibrary.org/services/health-info/healthlink**.



*Queens Cancer Center/American Cancer Society
Albert Einstein College of Medicine*

ConnectCare

ConnectCare offers educational health programs and free health screenings at eight Queens Library branches in partnership with the Joseph P. Addabbo Family Health Center, Albert Einstein College of Medicine and other organizations. Older adults and other library patrons can get answers to health questions and make medical appointments at these branches. Contact Savitri Seupersad at **718-990-5154**, email **sseupersad@queenslibrary.org** or go to **queenslibrary.org/services/health-info/connectcare**.



Queens Library
Joseph P. Addabbo Family Health Center
Albert Einstein College of Medicine

Connecting YOU with Health Care!

Consumer Health Resources Center

The Consumer Health Resources Center at Central contains encyclopedias, sourcebooks, directories, journals and online databases that patrons can use to learn more about a prescription drug, disease symptoms or a doctor's credentials and find other information to help take care of their health. For more information, call **718-990-5130** or go to **queenslibrary.org/services/health-info/consumer-health-resource**.