Welcome to the

Carter Burden Network

cbn carter burden network

leading the way in aging services

CBN Participant

"The Carter Burden Network means a lot to me because the entire staff always goes above and beyond for us, no matter the situation. Not only do they listen to us, but they're always willing to help us, without hesitation. The people there always greet me with a smile and make me feel right at home. Carter Burden Network is my home away from home."

- Barbara, CBN Participant

Your Home.
Your City.
Your Network.

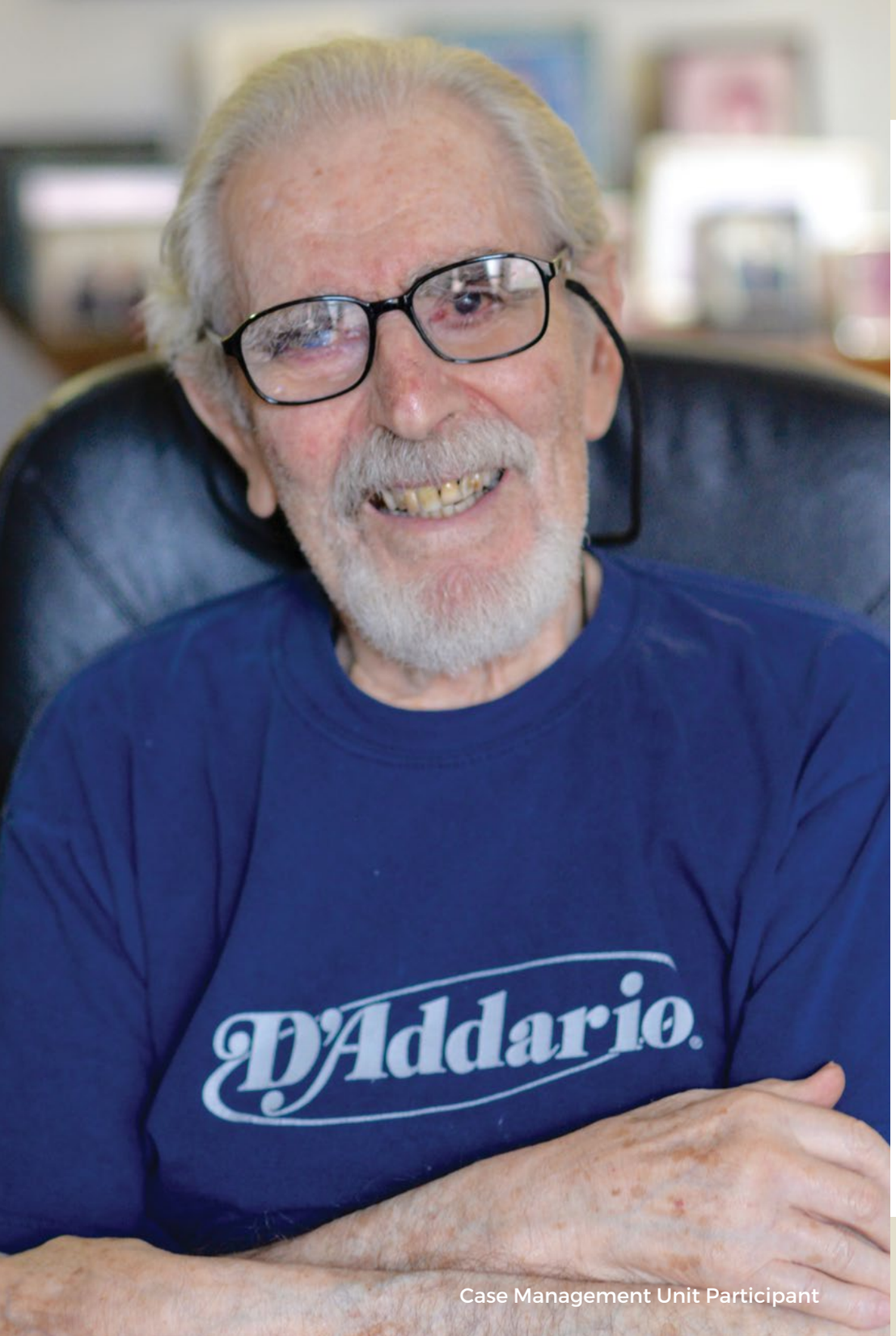
As a leader in aging services in NYC, the Carter Burden Network (CBN) welcomes seniors to participate in programs and attend centers offering vital resources that support your independence and provide opportunities to form connections that enrich your life. Our senior centers are places where meals, activities and counseling are offered to all and are consistently unique. Where sitting down for lunch launches friendships and signing up for workshops sparks knowledge. Where creativity is nurtured and artistry embraced. Where there's pleasure in finding new paths to physical and mental wellness.

Our delivery of social services and case management means connecting you to resources by drawing upon our understanding of how benefits work, and how to make them work for you. CBN offers assistance to help address your concerns individually, confidentially and effectively.

Volunteers at Covello

We encourage individuality, celebrate culture and ensure your voice is heard. We not only want you to feel involved, but inspired. We strive to help you begin the discovery of your best self the moment you walk through the doors of one of our centers or programs or receive a visit from our staff in your own home.

We will always go above.
You will always belong.



Case Management Unit Participant

"I had no help before the Carter Burden Network. I was alone. Now, not only are they helping me get someone to help me with daily activities but they got me set up with a virtual senior center. This helps me feel social even if I can't get out. The people at the Carter Burden Network don't just try and meet your basic needs, they try and make sure you are happy."

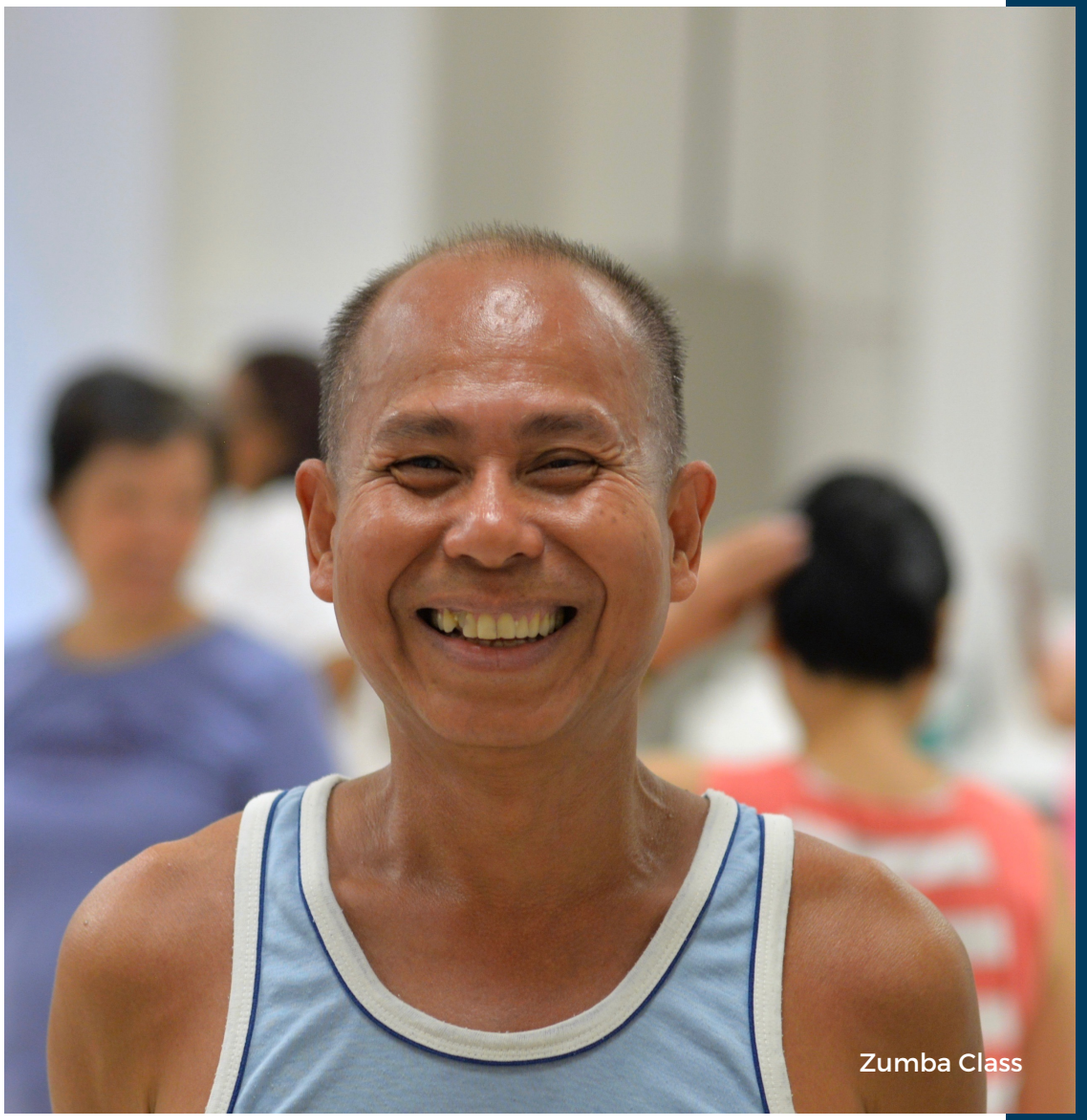
- Elaine, Case Management Unit

Independence to live your way.

We understand the pride you take in your independence. And when you make CBN's activities, programs and services part of your daily routine, living life the way you want becomes healthier, safer and easier to achieve.

It starts with **Congregate Meal Programs** at our **Senior Centers**, where delicious meals with new neighbors create lasting friendships. CBN's **Volunteer Services** provide opportunities for you to engage with community, corporate and student volunteers who assist with meal delivery, friendly visiting and weekly phone calls. And, you too can volunteer to give back to your community through CBN.

Our **Case Management** and **Social Service Units** help with issues that include government benefits, landlord/tenant disputes, transitional healthcare and much more. CBN's **Elder Mistreatment & Abuse Prevention Program** helps ensure that you can live with the confidence and protection you deserve. And our **Caregiver Resource Program** provides information and support to informal unpaid caregivers for loved ones who are 60 and older with a variety of diagnoses.



Zumba Class

Health of mind, body and spirit.

Your physical and emotional well-being are equally important to day-to-day living. That's why our programs, services, activities and classes are designed to nurture mind, body and spirit.

The **Health & Wellness Programs** at CBN's **Senior Centers** offer a full range of workshops, lectures and exercise classes that encourage you to make choices that positively impact your health. We focus on building knowledge and empowering you to make positive changes in your own life. Our **Education Classes** – including guest lecturers, language classes and computer training and tutoring – introduce new skills for curious minds. You'll feel stronger, smarter and happier, too.

We also focus on meeting your practical needs and fighting isolation through our individualized **Case Management, Social Services, Elder Abuse** and **Caregiver Resource** programs. CBN provides you with opportunities for meaningful engagement including **Volunteer Service** activities to support and assist others.

"Sometimes especially at my age your body isn't healthy so it's important to keep your mind and spirit right to make up for it. I feel like the people who work for Carter Burden Network really care about that. Not because it's their job but because they care about my well-being."

- Vivian, Case Management Unit

Yoga Class

Creativity that uncovers your inner artist.

CBN uses creative approaches that inspire and encourage students at all skill levels and with multiple areas of interest to help you find your own unique artistic outlets.

Our multi-faceted **Arts Programs** engage your imagination with exciting and stimulating activities such as ceramics, jewelry-making, sewing, singing in a choir, joining a dance troupe, taking guitar lessons, visiting a museum and much more. We believe that when creativity is unlocked, you see the world in new ways.

So we invite you to put a brush to canvas, challenge yourself with an imaginative project or just discover your favorite new piece of music. CBN strives to help the artist within you come alive. And the **Carter Burden Gallery** in Chelsea celebrates works by re-emerging older professional NYC artists.

We invite you and all seniors to come get creative with us.

Lindsay, *Redhead*,
Carter Burden Gallery artist

Art Class

Discover the Carter Burden Network for yourself.

1. **CBN Headquarters**
   Also houses: Social Services Unit
2. **Case Management Unit**
3. **Carter Burden Gallery**
4. **Carter Burden/Leonard Covello Senior Program**
   Also houses: Community Elder Mistreatment & Abuse Prevention Program, Caregiver Resource Program and Volunteer Services Program
5. **Carter Burden Luncheon Club & Senior Program**
6. **Lehman Village Senior Program**
7. **Roosevelt Island Senior Center**

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Our Mission

The mission of the Carter Burden Network is to promote the well-being of seniors, 60 and older, through a continuum of services, advocacy and volunteer programs in NYC oriented to individual, family and community needs. We are dedicated to supporting the efforts of older people to live safely and with dignity.

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415 East 73rd Street
(Between First and York Avenues)
New York, NY 10021
212.879.7400
contactus@carterburdennetwork.org
carterburdennetwork.org