

**E** **F** **S** **D**

emergency fund for student dancers

# **HANDBOOK**

[www.efsdancers.org](http://www.efsdancers.org)

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emergency fund for student dancers

#### THE EFSD HANDBOOK

The Emergency Fund for Student Dancers (EFSD) is a financial loan and resource organization that exists to provide timely support to full-time dance students of its member schools. If students find themselves in a crisis situation where they need financial assistance, they should contact the administrator of their schools. If they need help finding health insurance, doctors and other service professionals, they should consult the EFSD handbook, which is available free to all fulltime students.

Member schools currently include: The Ailey School®, Limón Institute, Martha Graham School of Contemporary Dance, Merce Cunningham Studio, Dance Theatre of Harlem School and the Houston Ballet School.

In 1990 The Emergency Fund for Student Dancers was formed by a consortium of professional dance schools in New York City and since its inception, has been able to assist a number of student dancers with essential funds for housing, medical and other emergencies. EFSD's handbook for student dancers provides important information on medical, legal, insurance and other services. Other support services include seminars in conjunction with the Harkness Center for Dance Injuries, increasing awareness of dance and urban lifestyle issues amongst the students of the Funds's member schools. EFSD is always open to suggestions from students about issues they would like EFSD to help address.

Revised Edition  
Summer 2007

# EFSD MEMBER SCHOOLS

## **The Ailey School**

The Joan Weill Center for Dance  
405 W. 55th Street  
New York, NY 10019  
Tel: (212) 405-9000  
Fax: (212) 405-9001  
Web: [www.theaileyschool.edu](http://www.theaileyschool.edu)  
Director: Denise Jefferson  
Business Manager: Jim Paulson  
Faculty Advisor: Melanie Person

## **Merce Cunningham Studio**

55 Bethune Street, 11<sup>th</sup> Floor  
New York, NY 10014  
Tel: (212) 691-9751  
Fax: (212) 633-2453  
Email: [studio@merce.org](mailto:studio@merce.org)  
Web: [www.merce.org/studioandclasses.html](http://www.merce.org/studioandclasses.html)  
Director of Education: Mary Lisa Burns  
International Program Coordinator: Alice Helpern

## **Dance Theatre of Harlem School**

466 West 152<sup>nd</sup> Street  
New York, NY 10031  
Tel: (212) 690-2800  
Fax: (212) 690-8736  
Web: [www.dancetheatreofharlem.com/school.html](http://www.dancetheatreofharlem.com/school.html)  
Director "Dancing Through the Barriers ®": Keith Saunders  
School Administrator: Ronald Alexander

## **Martha Graham School of Contemporary Dance, Inc.**

316 East 63rd Street  
New York, NY 10021  
Tel: (212) 838-5886  
Fax: (212) 838-0339  
Web: [www.marthagraham.org/school](http://www.marthagraham.org/school)  
Director of School: Virginie Mécène  
Director of Education: Tami Alesson

## **Houston Ballet School's Ben Stevenson Academy**

Admin Offices:  
1921 West Bell  
Houston, TX 77019  
Tel: (713) 523-6300, extension 210  
Web: [www.houstonballet.org/Academy](http://www.houstonballet.org/Academy)  
Academy Associate Director: Shelly Power

**Limón Institute**

Admin Offices:

307 W. 38th Street, Suite 1105

New York, NY 10018

Tel: (212) 777-3353

Fax: (212) 777-4764

Email: [Info@limon.org](mailto:Info@limon.org)

Web: [www.limon.org/Class/Sharing.html](http://www.limon.org/Class/Sharing.html)

## STUDENT SERVICES

### IMMIGRATION

**\*\*UNDER CONSTRUCTION\*\***

### INSURANCE

**\*\*UNDER CONSTRUCTION\*\***

### LEGAL SERVICES

**\*\*UNDER CONSTRUCTION\*\***

### NEW YORK PUBLIC LIBRARY

**\*\*UNDER CONSTRUCTION\*\***

# TEMPORARY RESIDENCES

Rooms in temporary residences often prove advantageous for newcomers to New York as they are furnished and offer amenities such as private or shared bathrooms and kitchenette. Depending on the type of housing situation preferred, room rates run from about \$30-\$200 nightly, \$185-\$650 weekly, and \$500-\$1000 monthly. Most residences have single and double rooms and many offer reduces rates for students with valid id.

Attached is a comprehensive reference list of housing. Please call the residences and hotels directly for rates and information. It is highly recommended that you begin searching for housing as early as possible, at least 5 to 6 months in advance for the summer term and 3 to 4 months in advance for all other times of the year.

**Disclaimer**—EFSD disclaims any responsibility, among other things, for the condition of any premises, the terms of any leases, the behavior of any landlord or tenant, or the parties' compliance with any applicable ordinances, statutes or regulations.

HOUSING AGENTS/SERVICES	FACILITIES/NOTES
<b><i>Educational Housing Services</i></b> Tel: 1-800-297-4694 Fax: (212) 307-0701	Housing agent for various short and long term residences in Manhattan & Brooklyn. Call as early as January for summer. <a href="http://www.studenthousing.org">www.studenthousing.org</a>
<b><i>Hotel Referral Service</i></b> 1-800-846-7666	Names, rates and #'s of various 1 to 5 Star Hotels in Manhattan
<b><i>Roommate Finders</i></b> The Fisk Building, suite 1629 250 West 57th Street New York, NY 10019 Tel: (212) 489-6860	This service will locate a roommate for you or someone seeking a roommate. No fee.  <a href="http://www.roommatefinders.com">www.roommatefinders.com</a>
ONLINE HOUSING RESOURCES	
<a href="http://www.newyork.craigslist.org">www.newyork.craigslist.org</a>	Good housing/apartment listings. Good place to find shares and sublets.
<a href="http://www.matchifieds.com">www.matchifieds.com</a>	Good housing/apartment listings
<a href="http://www.myapartmentmap.com">www.myapartmentmap.com</a>	Combines apartment listings from various on-line listings with Google and maps apartment locations.
<a href="http://www.realtycollective.com">www.realtycollective.com</a>	Real Estate Agency – good apartment listings, mostly in Brooklyn. Reduced brokers fee for Ailey students
CO-ED RESIDENCES -	FACILITIES/NOTES

YEARLY	
<p><b>Chelsea International Hostel</b>            251 West 20th St.            New York, NY 10011            Tel: (212) 647-0010            FAX: (212) 727-7789</p>	<p>Youth hostel for <b>international students only</b>.</p> <p><a href="http://www.chelseahostel.com">www.chelseahostel.com</a></p>
<p><b>Habitat House</b>            130 East 57th Street            New York, NY 10022            Tel: (212) 753-8841</p>	<p>Private bath optional; restaurant; <b>under 18 years depends on situation.</b></p>
CO-ED RESIDENCES - continued	
<p><b>Hosteling International</b>            103<sup>rd</sup> St. &amp; Amsterdam Ave.            New York, NY            Tel: (212) 932-2300            Fax: (212) 932-2574  <a href="mailto:reserve@hinewyork.org">reserve@hinewyork.org</a></p>	<p>Must become a member or pay \$3 a night extra</p> <p><a href="http://www.hinewyork.org">www.hinewyork.org</a></p>
<p><b>International House</b>            500 Riverside Drive            New York, NY 10027            Tel: (212) 316-8436</p>	<p>Single rooms; shared bath; phone in room; meals included; visitors permitted  <b>21 years &amp; older</b></p> <p><a href="http://www.ihouse-nyc.org">www.ihouse-nyc.org</a></p>
<p><b>Jazz on the Park</b>            36 West 106<sup>th</sup> St.            New York, NY            Tel: (212) 932-1600</p>	<p>Dorm rooms have 6 – 12 beds. Continental breakfast included</p> <p><a href="http://www.jazzhostel.com">www.jazzhostel.com</a></p>
<p><b>Vanderbilt YMCA</b>            224 East 47th Street            New York, NY 10017            Tel: (212) 756-9600</p>	<p>Out-of-town student s only; Gym; pool; maid; interview &amp; references. <b>under 18 needs chaperone.</b></p>
<p><b>West Side YMCA</b>            5 West 63rd Street            New York, NY 10023            Tel: (212) 875-4100</p>	<p>Single/double rooms; shared bath; gym; 5 min. walk to Ailey; near Central Park; <b>under 18 needs chaperone. NO SUMMER HOUSING</b></p> <p><a href="http://www.ymcanyc.org">www.ymcanyc.org</a></p>
<p><b>YMHA 92nd St., DeHirsch Residence</b>            1395 Lexington Ave.</p>	<p>Single &amp; double furnished rooms; Hebrew organization; maid &amp; linen service; shared kitchen &amp;</p>

New York, NY 10128 Tel: (212) 415-5650	organization; maid & linen service; shared kitchen & bath; fitness center; 24 hour security.
<b>WOMEN'S RESIDENCES</b>	<b>FACILITIES/NOTES</b>
<b><i>The Brandon Residence</i></b> 340 West 85 <sup>th</sup> Street New York, NY 10024 Tel: (212) 496-6901 (212) 873-2600, Ext. 4112 Fax: (212) 769-2629	Private, furnished rooms; Breakfast and dinner included; Housekeeping; Shared bath 24-hour front desk and elevator coverage; Building contains lounge, TV parlor, music rehearsal room, a kitchenette, and laundry facilities  <a href="http://www.thebrandon.org">www.thebrandon.org</a>
<b><i>Carmelite Sisters Terasas of St. Joseph</i></b> 249 West 14 <sup>th</sup> St. New York, NY 10011 Tel: (212)242-8224 /(212)924-9511	Christian Organization run by Carmelite Sisters; 2 meals daily except weekends and in June; garden, recreation room and laundry facilities; <b>18 years &amp; older</b>
<b><i>Centro Maria</i></b> 539 West 54th Street New York, NY 10019 Tel: (212) 757-6989 contact Sister Maria Lopez	Christian Organization run by the Religious Sisters of Mary Immaculate. shared bath; 2 meals daily; 1 meal on Saturday; evening curfews; <b>open to 18 - 29 year olds</b>  <a href="mailto:cenmariany@mindspring.com">cenmariany@mindspring.com</a>
<b><i>Judson Post, YWCA of B'klyn.</i></b> 30 Third Ave. Brooklyn, NY 11217 Tel: (718) 875-1190 ext. 291	Shared rooms; semi-private and private bath; kitchen; laundry facility; <b>18 years &amp; older</b>

<b>WOMEN'S RESIDENCES - continued</b>	
<b><i>Markle Residence (Salvation Army)</i></b> 123 West 13th Street New York, NY 10011 Tel: (212) 242-2400	2 meals daily; 24 hour security; rooftop garden; 2 references & application required; <b>under 16 needs chaperone. Call early as January for summer.</b>
<b><i>Parkside Evangeline (Salvation Army)</i></b> 18 Gramercy Park South New York, NY 10003 Tel: (212) 677-6200 Fax: (212) 388-7515	Shared bath; 2 meals daily; 6 week minimum stay in summer; application required; <b>open to 18 - 35 year olds</b>  <a href="mailto:parksidetsanyc@earthlink.net">parksidetsanyc@earthlink.net</a>
<b><i>St. Mary's Residence</i></b>	Shared bath; laundry; kitchenette; application

225 East 72nd Street New York, NY 10021 Tel: (212) 249-6850 Contact: Sister Virginia	required; <b>waiting list - apply early! 18 years &amp; older.</b> <b>Advance deposit required for 3 month or longer stay</b>
<b><i>Sisters of Sacred Heart Residence</i></b> 432 West 20 <sup>th</sup> St. Contact: Sr. Rocio or Ileana Frances (212) 929-5790	Breakfast and dinner served Monday-Friday  <a href="mailto:sacredheartresidence@hotmail.com">sacredheartresidence@hotmail.com</a>
<b><i>The Webster</i></b> 419 West 34th Street New York, NY 10001 Tel: (212) 967-9000 OR 1-800-242-7909	2 meals; telephone & sink in room; TV; rooftop garden; 2 back gardens; lounge; recreation; interview; <b>18 years &amp; older during year, 16 years &amp; older in summer.</b>
<b>MEN'S RESIDENCES</b>	<b>FACILITIES/NOTES</b>
<b><i>Kolping House</i></b> 65 East 88th Street New York, NY 10128 Tel: (212) 369-6647	Shared bathroom; 5 meals weekly; personal & financial references required; <b>18 years &amp; older.</b>
<b>SUMMER RESIDENCES</b>	<b>FACILITIES/NOTES</b>
<b><u>The Ailey School Summer Housing:</u></b> 1) <i>Fordham University</i> 2) <i>New School University</i>	<b><i>Fordham</i></b> : ages 17 and older <b><i>New School</i></b> : ages 15 and older Information available from The Ailey School upon acceptance to the Summer Program
<b>HELPFUL WEB SITES</b>	<b>NOTES</b>
<a href="http://www.danceart.com">www.danceart.com</a> Dancers resources	Dance stores, performances, housing, schools & studios, etc.
<a href="http://www.villagevoice.com">www.villagevoice.com</a> weekly newspaper	Apartment listings, Entertainment listings, etc,
<a href="http://www.lootusa.com">www.lootusa.com</a> weekly newspaper	Great apartment listings, updated frequently.
<a href="http://www.nypress.com">www.nypress.com</a> weekly newspaper	New York entertainment, restaurants, performances, etc.
<a href="http://www.timeoutny.com">www.timeoutny.com</a> monthly magazine	Everything you want to know about New York! Has lots of links.

<b>HELPFUL WEB SITES - continued</b>	
<a href="http://www.ny.com">www.ny.com</a>	New York info.
<a href="http://www.nycvisit.com">www.nycvisit.com</a>	New York info.
<a href="http://www.nyc.gov">www.nyc.gov</a>	City Hall's "Official New York Web Site". Has lots of links.
<b>BED AND BREAKFASTS</b>	<b>FACILITIES</b>
<b>1291 Bed &amp; Breakfast</b> 337 West 55 <sup>th</sup> Street New York, NY 10019 Tel: 212-397-9686 Fax: 212-397-1494	Unassuming Bed & Breakfast located down the street from The Ailey School. Also offers assistance with finding studios and apartments.  <a href="http://www.1291.com">www.1291.com</a> <a href="http://www.1291cityhomes.com">www.1291cityhomes.com</a>
<b>As You Like It, Select Furnished Accommodations</b> 244 Fifth Ave., NY, NY 10001 Tel: (212) 695-0191 / 695-3404 Fax: (212) 695-4655	Housing agent for various short term furnished residences in Manhattan  <a href="http://www.furnapts.com">http://www.furnapts.com</a>
<b>Bed &amp; Breakfast Network, NY</b> 130 Barrow St., Suite 508 New York, NY 10014 (212) 645-8134, (800) 900-8134 esgoldberg@bedandbreakfastnetny.com	Hosted & un-hosted studio and 1 bedroom apartments Hosted & un-hosted single and double rooms 25% deposit required  <a href="http://www.bedandbreakfastnetny.com">www.bedandbreakfastnetny.com</a>
<b>Manhattan Getaways</b> PO Box 1994, NY, NY 10011 Tel: (212) 956-2010 Fax: (212) 265-3561	Bed & Breakfast includes continental breakfast; studio apartment fees do not include utilities.  <a href="http://www.manhattangetaways.com/">http://www.manhattangetaways.com/</a>
<b>Second Home on Second Ave.</b> 221 Second Ave. New York, NY 10003 Tel: (212) 677-3161	Air conditioning, private phone, cable TV, stereo, VCR, terrace, shared kitchen facilities.  <a href="http://secondhomessecondavenue.com/">http://secondhomessecondavenue.com/</a>
<b>Bed &amp; Breakfast on the Park</b> 113 Prospect Park West Brooklyn, NY 11215 Tel: (718) 499-6115	Upscale Victorian brownstone in Park Slope Brooklyn. Rooms overlook Prospect Park and include cable TV, air conditioning, private phone with voice mail.

FAX : (718) 499-1385	<a href="http://www.bbnyc.com">www.bbnyc.com</a>
<b>SHORT TERM HOTELS</b>	<b>FACILITIES/NOTES</b>
<b><i>Empire Hotel</i></b> 1889 Broadway New York, NY Tel: (212) 265-7400	
<b><i>On The Ave Hotel</i></b> 2178 Broadway New York, NY 10023 Tel: (212)362-1100 Fax: (212) 362-7395	<a href="http://www.ontheave-nyc.com">www.ontheave-nyc.com</a>
<b><i>Milford Plaza</i></b> 700 Eighth Avenue Tel: (212) 869-3600	
<b><i>Days Inn</i></b> 790 Eighth Avenue Tel: (212) 581-7000	
<b><i>Holiday Inn Crowne Plaza</i></b> 1605 Broadway New York, NY Tel: (212) 977-4000	
<b>SHORT TERM HOTELS - continued</b>	
<b><i>Inn at 57th Street</i></b> Tel: (212) 581-8100	
<b><i>Washington Jefferson Hotel</i></b> 318 West 51 <sup>st</sup> Street Contact : Rachelle Schwarzenberg Tel: 212-277-8312 <a href="mailto:rachelle@wjhotel.com">rachelle@wjhotel.com</a>	Recommended. Mention that you are an Ailey student / parent for special rate considerations.  <a href="http://www.wjhotel.com">www.wjhotel.com</a>
<b>LONG TERM HOTELS</b>	<b>FACILITIES/NOTES</b>
<b><i>Beacon Hotel</i></b> 2130 Broadway at 75th Street New York, NY 10023 Tel: (212) 787-1100	Upscale accommodations include living room, bedroom, private bath, kitchenette, maid & linen service; telephone in room
<b>HOMESTAY ORGANIZAITONS</b>	
<b><i>Sara's New York Homestay, LLC</i></b>	Helps place students with host families within Manhattan, Brooklyn, and Queens.

<p>53 West 36th. Street, Suite 802  New York, NY 10018  Phone (212) 564 5979  Fax: (212) 564 0475  <a href="mailto:sara@sarahomestay.com">sara@sarahomestay.com</a></p>	<p><a href="http://www.sarahomestay.com">www.sarahomestay.com</a></p>
<p><b><i>Wish International, Inc.</i></b></p>	<p>Helps place Japanese students with host families.   <a href="http://www.wish.co.jp">www.wish.co.jp</a></p>

## RECREATION

### **Carmine Recreation Center**

3 Clarkson Street  
New York, NY 10014  
Tel: (212) 242-5228

### **Vanderbilt YMCA**

224 East 47<sup>th</sup> Street  
New York, NY 10017  
Tel: (212) 756-9600

## ADDITIONAL RESOURCES

**\*\*UNDER CONSTRUCTION\*\***

# MEDICAL CARE

## Acupuncture

### **Christine E Kuhnke**

22 West 21 Street, 8<sup>th</sup> Floor  
New York, NY 10010  
Tel: (212) 946-1280  
Makes House calls

### **Chan-Yuan Li**

141 East 55<sup>th</sup> Street #9D  
New York, NY 10022  
Tel: (212) 750-8384  
Does not take insurance

### **Frank Lipman**

32 West 22<sup>nd</sup> St. 5<sup>th</sup> Floor  
New York, NY 10010  
(212) 255-1800  
Does not take insurance

### **Naomi Rabinowitz**

1841 Broadway, Room #509  
New York, NY 10023  
Tel: (212) 489-5038  
Does not take insurance

## Chiropractors

### **Dr. Christine Brenner**

34 West 17<sup>th</sup> Street, 10<sup>th</sup> Floor  
New York, NY 10011  
Tel: (212) 929-2424  
Fax: 212.929.2458  
Also offers massage; Trager and Reflexology Dancer rate available

### **Dr. Nancy Colin**

26 West 9<sup>th</sup> Street Suite 4C  
New York, NY 10011  
Tel: (212) 741-2739

Does not take insurance

**Dr. Mark Fornes**

Chelsea Chiropractic  
125 West 16<sup>th</sup> Street  
New York, NY 10011  
Tel: (212) 741-9660  
Does take insurance

**Dr. Ron Lavine**

928 Broadway, Room 804  
New York, NY 10011  
Tel: (212) 420-0572  
Dancer rate available

**Manhattan Chiropractic Center**

300 East 56<sup>th</sup> Street  
New York, NY 10022  
Tel: (212) 688-2016  
Does take insurance  
Dancer rate available

**Dr Alexander Pireno**

Chiropractic Arts Building  
64 East 34<sup>th</sup> St.  
New York, NY 10016  
Tel: (212) 689-2024/2025  
Limited insurance accepted  
30% discount for dancers

**Dr Alan Pressman**

115 East 23<sup>rd</sup> St  
New York, NY 10010  
Tel: (212) 228-5600

**Dr. Eugenie Tartell**

Upper Westside Chiropractic Center  
2121 Broadway, Suite 401A  
New York, NY 10023  
Tel: (212) 496 1630  
Reduced rates for artists, athletes & others without health insurance

**Dr. Errol Toran, D.C**

Excel Chiropractic  
130 West 42<sup>nd</sup> St.  
New York, NY 10036

Tel: (212) 944-0611

Offers free basic health care and massage, as well as an hourly wage to students interested in working a 4-6 hour shift of laundry and light clerical work on a weekly basis.

**Dr. John G Vilkelis**

330 West 58<sup>th</sup> Street, Suite 302

New York, NY 10019

Tel: (212) 582-9704

Emergency Tel: (212) 729-4842

Rates negotiable

**Dr. Amram Weiner**

304 East 65<sup>th</sup> Street, Suite LL1

New York, NY 10021

Tel: (212) 249-3884

**Dr. Greg Werner**

Chiropractic East

164-A East 61 Street

New York, NY

Tel: (212) 980-2626

Special rate for dancers

Does take insurance

**Dr. Daniel L. White**

590 West End Avenue , Suite 2B

New York, NY 10024

Tel: (212) 877-5726

Treatment and education of dancers and dance related injuries; Theraband work  
Every Tuesday is Dancer's Day, where dancers without insurance may schedule a 10-15 minute visit for \$25.

## Dance Injuries

**Harkness Center for Dance Injuries**

Hospital for Joint Diseases

Susan Edgerton

301 East 17<sup>th</sup> Street

New York, NY 10003

Tel: (212) 598-6022

24 Hour; 7 days/week

Emergency Care for dancers; Physical therapy

Dance Clinic By Appointment, Thursdays: 9:00 a.m.-11:00, every other Monday:

1:00-4:00 pm. Sliding scale available

Does take insurance

**The Kathryn and Gilbert Miller Health Care Institute for Performing Artists**

355 W 52<sup>nd</sup> Street 7<sup>th</sup> Floor

New York, NY 10019

Tel: (646) 778-5550

Sliding scale available

The Miller Health Care Institute is affiliated with St. Luke's Roosevelt Hospital Center.

Does take insurance

## Dental Care

**Chelsea Dental Office**

235 West 14<sup>th</sup> Street

New York, NY 10011

Tel: (212) 675-2044

Open 10 am to 5:30 pm and Saturdays (Sept.-June)

Does take insurance

**Dr. Stanley Darrow**

923 5th Avenue

New York, NY 10021

Tel: (212) 734-7270

**Dr Stephen Goldberg**

177 Prince Street, 3<sup>rd</sup> Floor

New York, NY 10012

Tel: (212) 505-5055

Does not take insurance

**Dr. John Holbrook**

111 West 57<sup>th</sup> Street

10<sup>th</sup> Floor, Room 1012

New York, NY10019

Tel: (212) 582-0123

Does not take insurance

## General Health

### **Ryan Community Health Center**

2 Manhattan locations:  
97<sup>th</sup> St. & Columbus Ave.  
Tel: (212) 749-1820  
46<sup>th</sup> St. & 10<sup>th</sup> Ave.  
Tel: (212) 265-4500

### **The Callen-Lorde Community Health Center**

356 West 18th Street  
New York, NY 10011  
Tel: (212) 271-7200  
Web: [www.callen-lorde.org](http://www.callen-lorde.org)

New York City's only primary health care center dedicated to meeting the health care needs of the lesbian, gay, bisexual and transgender (LGBT) communities and people living with HIV/AIDS-regardless of any patient's ability to pay. Includes dentistry, general and mental health services. We are welcoming to all, regardless of sexual orientation or insurance coverage.

## Mental Health

### **Linda Hamilton Ph.D.**

2000 Broadway, PH2C  
New York, NY 10023  
Tel: (212) 362-8308  
Fax: (212) 595-7507  
Does take insurance

### **Institute of Contemporary Psychotherapy**

Beate Becker M.A., M.S.,  
C.M.A., A.D.T.R.  
1841 Broadway, 4<sup>th</sup> Floor  
New York, NY 10023  
Tel: (212) 333-3444  
Sliding scale for dancers  
Accepts limited insurance

### **Mental Health Association**

666 Broadway  
New York, NY 10012  
Tel: (212) 254-0333  
For mental health and substance abuse questions:

1-800-LIFE-NET

**Metropolitan Center for Mental Health**

160 W 86<sup>th</sup> Street  
New York, NY 10024  
Tel: (212) 846-7000  
Does take insurance

**Ginger Perowsky, B.S., A.D.T.R.**

46 West 96<sup>th</sup> Street  
New York, NY 10025  
Tel: (212) 749-8376  
Sliding scale for dancers  
Does not take insurance

**Dr. Edward Ragsdale**

24 E. 12<sup>th</sup> Street, Suite 24  
New York, NY 10003  
Tel: (212) 989-5803  
Private Practice in Eating Disorders

## Nutrition

**Dr. Michael Biamonte**

139 Fulton Street Frn  
New York, NY 10038  
Tel: (212) 587-2330

**Jackie Storm**

115 East 57<sup>th</sup> St., 8<sup>th</sup> floor  
New York, NY 10022  
Tel: (212) 826-6244

**Rachel Tanowitz, R.D., M.S. CDN**

6 Hilltop Road  
Greenwich, CT 06830  
Tel: (203) 532-8062  
Does take insurance

## Hospitals

### **Cabrini Hospital**

227 East 19<sup>th</sup> St.  
New York, NY 10003  
Tel: (212) 995-6000

### **St. Vincent's Hospital**

170 West 12<sup>th</sup> St.  
New York, NY 10011  
Tel: (212) 604-7000

### **The Katherine and Gilbert Miller Health Care Institute for Performing Artists**

355 West 52<sup>nd</sup> St., 7<sup>th</sup> floor  
New York, NY 10019  
Tel: (646) 778-5550  
Web: [www.info@millerinstitute.org](mailto:www.info@millerinstitute.org)

### **Columbia-Presbyterian Medical Center**

622 West 168<sup>th</sup> St.  
New York, NY 10032  
Tel: (212) 305-2500

### **Harkness Center for Dance Injuries**

Hospital for Joint Diseases  
301 East 17<sup>th</sup> St.  
New York, NY 10003  
Tel: (212) 598-6022  
Web: [www.med.nyu.edu/hjd/harkness/](http://www.med.nyu.edu/hjd/harkness/)

### **New York Hospital/Cornell**

510 East 70<sup>th</sup> St.  
New York, NY 10021  
Tel: (212) 746-5050

### **Lenox Hill Hospital**

Park Ave. & East 77<sup>th</sup> St.  
New York, NY 10021  
Tel: (212) 434-3030

## OBSTETRICS/GYNECOLOGY

Gynecological exams can cost up to \$200, but a sliding scale is available to those who qualify at Planned Parenthood. In order to cover new patient information processing fees, doctors generally charge up to \$100 more for the initial visit.

**Dr. Adele Cavalli**

20 5<sup>th</sup> Ave., Suite 1D  
New York, NY 10011  
Tel: (212) 353-0008

**Manhattan Women's Medical**

461 Park Avenue South  
New York, NY 10016  
Tel: (212) 473-6500

**Planned Parenthood of New York**

26 Bleeker Street  
New York, NY 10019  
Tel: (212) 965-7000

Brooklyn and Bronx branches offer a sliding scale fee. You must bring photo id and 2 recent pay stubs to qualify.

Web: [www.plannedparenthood.org/nyc](http://www.plannedparenthood.org/nyc)

**Facts of Life Line**

Tel: (212) 965-7015

A service of Planned Parenthood, the Facts of Life Line addresses women's health issues and answers basic questions.

**Dr. Hanne Meiland**

408 East 76<sup>th</sup> Street  
New York, NY 10021  
Tel: (212) 249-0900

**Dr. Barbara Shortle**

128 East 75<sup>th</sup> Street  
New York, NY 10021  
Tel: (212) 737-6222

**Dr. Michelle Warren**

134 East 73<sup>rd</sup> Street  
New York, NY 10021

## OPHTHALMOLOGY

**Dr. Ruth Weichsel**

820 Park Avenue  
New York, NY 10021  
Tel: (212) 861-6638

## ORTHOPEDICS

**Presbyterian Medical Center Columbia**

College of Physicians & Surgeons of Columbia University  
Ohannes A. Nercessian, M.D.  
Orthopedic Surgery, Orthopedic Trauma, Joint Replacement, Sports Medicine  
161 Fort Washington Ave  
New York, NY 10032  
Tel: (212) 305-5486  
16 East 60<sup>th</sup> Street  
New York, NY 10032  
Tel: (212) 305-4024  
Also available physical therapy  
Tel: (212) 326-3330

**Dr. David W. Altchek**

Hospital for Special Surgery  
Sports Medicine  
525 East 71<sup>st</sup> Street  
New York, NY 10021  
Tel: (212) 606-1909

**Dr. William Hamilton**

Orthopedic Associates  
343 West 58<sup>th</sup> Street  
New York, NY 10019  
Tel: (212) 765-2262

**Dr. William Liebler**

742 Park Ave  
New York, NY 10021  
Tel: (212) 734-7477

**Dr. Neal Mesnick**

Advanced Sports Medicine and Rehabilitation  
333 East 56<sup>th</sup> Street  
New York, NY 10022  
Tel: (212) 319-6500

**Dr. Donald J. Rose**

1095 Park Avenue (at 89<sup>th</sup> St)  
New York, NY 10028  
Tel: (212) 427\*7750  
Administered by Harkness Center for Dance Injuries  
Web: [www.donaldrosemd.com](http://www.donaldrosemd.com)

**Dr. Steven Sheskier**

95 University Place, #8  
New York, NY 10003  
Tel: (212) 604-1633  
Web: [www.sheskier.com](http://www.sheskier.com)

**Dr. David Weiss**

530 First Avenue, #5D  
New York, NY 10016  
Tel: (212) 263-7743

## OSTEOPATHY

**Dr. Richard Bachrach**

317 Madison Ave  
New York, NY 10017  
Tel: (212) 685-8113  
[www.bonesdoctor.com](http://www.bonesdoctor.com)

**Dr. George Kessler**

165 West End Ave  
New York, NY 10023  
Tel: (212) 877-7043

## PHYSICAL THERAPY/CORRECTIVE EXERCISE

**Eastside Sports Physical Therapy**

244 East 84<sup>th</sup> Street  
New York, NY 10028  
Tel: (212) 570-0209  
Web: [www.sportstherapy.com](http://www.sportstherapy.com)

**Kenneth Fey, PT**

Institute of Physical Theraphy  
30 West 60<sup>th</sup> Street, #1C  
New York, NY 10022  
Tel: (212) 751-2693

**Marshall Hagins, PT**

Harkness Center for Dance Injuries  
301 East 17<sup>th</sup> Street  
New York, NY 10003  
Tel: (212) 598-6002  
Web: [www.danceinjury.com](http://www.danceinjury.com)

**Marineanne Liederbach, M.S., A.T.C.**

Program Coordinator, Harkness Center for Dance Injuries  
301 East 17<sup>th</sup> Street  
New York, NY 10003  
Tel: (212) 598-6022

**Daniel Maloney**

736 Broadway  
New York, NY 10003  
Tel: (212) 473-6781

## PODIATRY

**Dr. Thomas Novella**

343 West 58<sup>th</sup> Street  
New York, NY 10019  
Tel: (212) 506-0242  
Web: [www.thomasnovelladpm.com](http://www.thomasnovelladpm.com)

**Dr. Terry L. Spilken**

30 East 40<sup>th</sup> Street  
Tel: (212) 686\*6605  
(908) 536-2979

## SPINAL SURGERY

**Dr. Patrick O'Leary**

1015 Madison Avenue, 4<sup>th</sup> Floor  
New York, NY 10021  
Tel: (212) 249-8100  
Web: [www.pfol.com](http://www.pfol.com)

# BODY AND MOVEMENT THERAPIES

## **Irene Dowd**

14 East 4<sup>th</sup> St. # 606  
New York, NY 10012-1141  
Tel: (212) 420-8782

## **Laura M. Gates**

*Hanna Somatic Education*  
Tel: (718) 350-0637  
E: [laura@fullmovementpotential.com](mailto:laura@fullmovementpotential.com)

## **Lynn Martin**

*Body Alignment, Movement Re-education, Breathing Coordination, Ideokinesis*  
307 East 44<sup>th</sup> St., #418  
New York, NY 10017  
Tel: (212) 490-1934  
E: [info@breathingcoordination.com](mailto:info@breathingcoordination.com)  
Web: [www.breathingcoordination.com](http://www.breathingcoordination.com)

## **Movements Afoot**

*Physical Therapy and Somatic Fitness Center- also Yoga and Pilates*  
151 West 30<sup>th</sup> St. Room 200  
New York, NY 10001  
Tel: (212) 904-1399  
Web: [www.movementsafoot.com](http://www.movementsafoot.com)

## **New York Open Center**

83 Spring St.  
New York, NY 10024  
Tel: (212) 219-2527  
E: [info@opencenter.org](mailto:info@opencenter.org)  
Web: [www.opencenter.org](http://www.opencenter.org)

*Private sessions for healing, support and tension relief. \$65/1-hr session; \$50/hr with a six session package (\$300 total). Includes: Swedish, Shiatsu and Kripulu Massage; Reflexology; Polarity therapy; Craniosacral Balancing; Jin Shin Do; Alexander technique; Energy healing.*

## ALEXANDER TECHNIQUE

The Alexander Technique provides the opportunity for recognition of counterproductive movement patterns and a methodology for reeducation. Emphasis is on exploring the quality of both active and passive movement in relation to specific tasks and functions.

**American Center for the Alexander Technique**

39 West 14<sup>th</sup> Street, Room #507

New York, NY 10011

Tel/Fax: (212) 633-2229

E: [acat@acatnyc.org](mailto:acat@acatnyc.org)

Web: [www.acatnyc.org](http://www.acatnyc.org)

**Hope Gillerman**

32 Union Square East, Room 612 N

New York, NY 10003

Tel: (212) 387-0721

E: [hopeg@bway.net](mailto:hopeg@bway.net)

Web: [alexandertechnyc.com](http://alexandertechnyc.com)

**June Ekman**

47 West 28<sup>th</sup> Street

New York, NY 10001

Tel: (212) 686-4316

E: [juneekman@aol.com](mailto:juneekman@aol.com)

Fees on a sliding scale.

**Manhattan Center for the Alexander Technique**

Caren Bayer, Director

245 West 14th Street, #3B

New York, New York 10011

Tel: (212) 620-0925

Web: [www.carenbayer.com](http://www.carenbayer.com)

**FELDENKRAIS METHOD**

Guild Certified Feldenkrais Practitioners

**The Feldenkrais Learning Center**

2121 Broadway, #404

New York, NY 10023

Tel: (212) 362-8597

**Kevin Creedon**

44 East 32<sup>nd</sup> Street, 11<sup>th</sup> Floor

New York, NY 11016

Tel: (212) 727-2458

E: [kevindwc@aol.com](mailto:kevindwc@aol.com)

**Marcy Lindheimer**

2109 Broadway #9-93  
New York, NY 10023  
Tel: (212) 362-8597  
E: mlindheimr@aol.com

**Tessa Chandler**

185 West End Ave. 25J  
New York, NY, 10023  
Tel: (917) 941-5684  
E: tessa\_chandler@hotmail.com

**Peff Modelski**

202 West 88 Street, Apt. 8  
New York, NY 10024  
Tel: (212) 721-4556  
Cell: (646) 319-2371  
E: [peffdance@aol.com](mailto:peffdance@aol.com)  
Web: [www.movementprocessforliving.com](http://www.movementprocessforliving.com)

## MASSAGE THERAPY

**Gilles Obermayer**

80 East 11<sup>th</sup> St.  
New York, NY 10003  
Tel: (917) 282-7420  
E: gilles\_obermayer@yahoo.com  
Web: [www.ohashiatsu.org](http://www.ohashiatsu.org)

**Greer Jonas**

320 West 90<sup>th</sup> Street  
New York, NY 10034  
Tel: (212) 769-2345

**Sara Vogeler**

148 West 23<sup>rd</sup> Street  
New York, NY 10011  
Tel: (212) 242-4962  
E: svogeler@mac.com  
Web: [www.theneuromuscularcenter.com](http://www.theneuromuscularcenter.com)

**Susan Braham**

*Also in Cobble Hill, Brooklyn by appointment*

80 East 11<sup>th</sup> Street, #639

New York, NY 10003

Tel: (212) 505-0136

Web: [www.susanbraham.com](http://www.susanbraham.com)

**Stacy Sumpman**

Féline Day Spa

235 West 75th Street

New York, NY 10023

Tel: (212) 496-7415

**Thrive Integrated Physical Therapy**

Susan Blankensop *M.S.P.T.*

611 Broadway, Suite 503b

New York, NY 10013

Tel: (212) 254-7750

E: [info@thrivept.com](mailto:info@thrivept.com)

## PILATES

**Dance New Amsterdam**

280 Broadway, 2<sup>nd</sup> Floor

New York, NY 10007

Tel: (212) 625-8369

Web: [www.dnadance.org](http://www.dnadance.org)

**Deborah Lesson**

President, the Pilates Method Alliance

66 Greene Street

New York, NY 10012

Tel: (212) 431-4284

E: [gssclubdeb@aol.com](mailto:gssclubdeb@aol.com)

**Groundfloor Exercise**

139 West 72<sup>nd</sup> Street

New York, NY 10023

Tel: (212) 724-1727

E: [info@groundfloornyc.com](mailto:info@groundfloornyc.com)

Web: [www.groundfloornyc.com](http://www.groundfloornyc.com)

**Finetune Pilates Studio**

329 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: (718) 802-0928  
Web: [www.finetunepilates.com](http://www.finetunepilates.com)

**Power Pilates**

*Five branch locations in Manhattan*  
49 West 23<sup>rd</sup> Street, 10<sup>th</sup> floor  
New York, NY 10010  
Tel: (212) 627-5852  
E: [info@powerpilates.com](mailto:info@powerpilates.com)  
Web: [www.powerpilates.com](http://www.powerpilates.com)

*Find a Pilates Method Alliance (PMA) Certified teacher at:*  
**[www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org)**

## YOGA

**Atmananda Yoga and Holistic Spa**

324 Lafayette Street, 7<sup>th</sup> Floor  
New York, NY 10012  
Tel: (212) 625-1511  
e-mail: [atmananda@mac.com](mailto:atmananda@mac.com)  
Web: [www.atmananda.com](http://www.atmananda.com)

**Integral Yoga Institute**

227 West 13<sup>th</sup> Street  
New York, NY 10014  
Tel: (212) 929-0586  
Web: [www.integralyogaofnewyork.org](http://www.integralyogaofnewyork.org)

**Jivamukti Yoga School**

841 Broadway, 2<sup>nd</sup> Floor  
New York, NY 10003  
Tel: (212) 353-0241  
Web: [www.jivamuktியoga.com](http://www.jivamuktியoga.com)

**OM Yoga Center**

*Also offers Alexander Technique, Massage Therapy*  
826 Broadway, 6<sup>th</sup> Floor  
New York, NY 10003  
E: [info@omyoga.com](mailto:info@omyoga.com)  
Web: [omyoga.com](http://omyoga.com)

**Sivananda Yoga Center**  
243 West 24<sup>th</sup> Street  
New York, NY 10011  
Tel: (212) 255-4560  
E: [newyork@sivananda.org](mailto:newyork@sivananda.org)  
Web: [www.sivananda.org](http://www.sivananda.org)

# HOTLINES

**AIDS Hotline:** 1-800-590-2437

**Alcoholics Anonymous:** (212) 647-1680  
307 7<sup>th</sup> Avenue, 2<sup>nd</sup> Floor  
New York, NY 10001

**Cocaine Hotline:** 1-800-262-2463

**Drug Abuse:** 1-800-522-5353

**Drug Reporting:** 1-800-448-3847

**Eating Disorders (The Open Hand):** (212) 595-0375  
*By appointment*

**National Council on Alcoholism:** (212) 206-6770

**N.Y. Immigration Hotline:** (718) 899-4000

**Sanctuary Hotline:** (212) 909-6160

**Shelter:** (212) 719-5031

**Victim Services:** (212) 577-7777  
*Call after 4:30 for information*

**Women in Need:** (718) 733-8880  
2248 Webster Avenue  
Bronx, NY 10457  
Shelter open 24 hours

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