

## Patient Welcome Guide: Navigating NYC



Welcome to the Vascular Birthmark Institute and New York Facial Paralysis Center. Here you will find a staff dedicated to always providing the highest quality, most compassionate care and service to each and every one of our patients in a warm and friendly environment.

To ensure your stay in NYC is as smooth and comfortable as possible, we've put together this ***During Your Stay*** guide with helpful resources. The beauty of the Big Apple is the sheer number of places there are to explore. Inside, you'll find:

- ❖ Directions to our office, including a map and parking information
- ❖ Parking details for both of our hospital locations
- ❖ Nearby hotel recommendations and Ronald McDonald House accommodations
- ❖ Links to NYC transportation options through the MTA
- ❖ Our favorite theaters, restaurants, and spots to explore in the city

We are committed to supporting you throughout your journey. We wish you a comfortable stay and look forward to welcoming you soon! Should you have any questions or need assistance, please don't hesitate to give us a call at 212-434-4050.

## Table of Contents

- 1.** Welcome to New York City Overview
- 2.** Table of Contents
- 3.** Getting to Our Office: Directions, Parking, and Maps
- 4.** Nearby Parking Garages To Our Office
- 5.** Nearby Hotels and Accommodations
- 6.** Nearby Hotels and Accommodations (cont.)
- 7.** Hospital Directions and Parking
- 8.** Nearby Subway Lines and Attractions
- 9.** Nearby Subway Lines and Attractions (cont.)
- 10.** Commuter Trains
- 11.** Commuter Trains & Subway Tips
- 12.** Accessibility Information
- 13.** Local Pharmacies
- 14.** Local Dining and Restaurants



vascular  
birthmark  
institute



NEW YORK  
FACIAL PARALYSIS  
DIAGNOSIS, MEDICAL AND SURGICAL TREATMENT

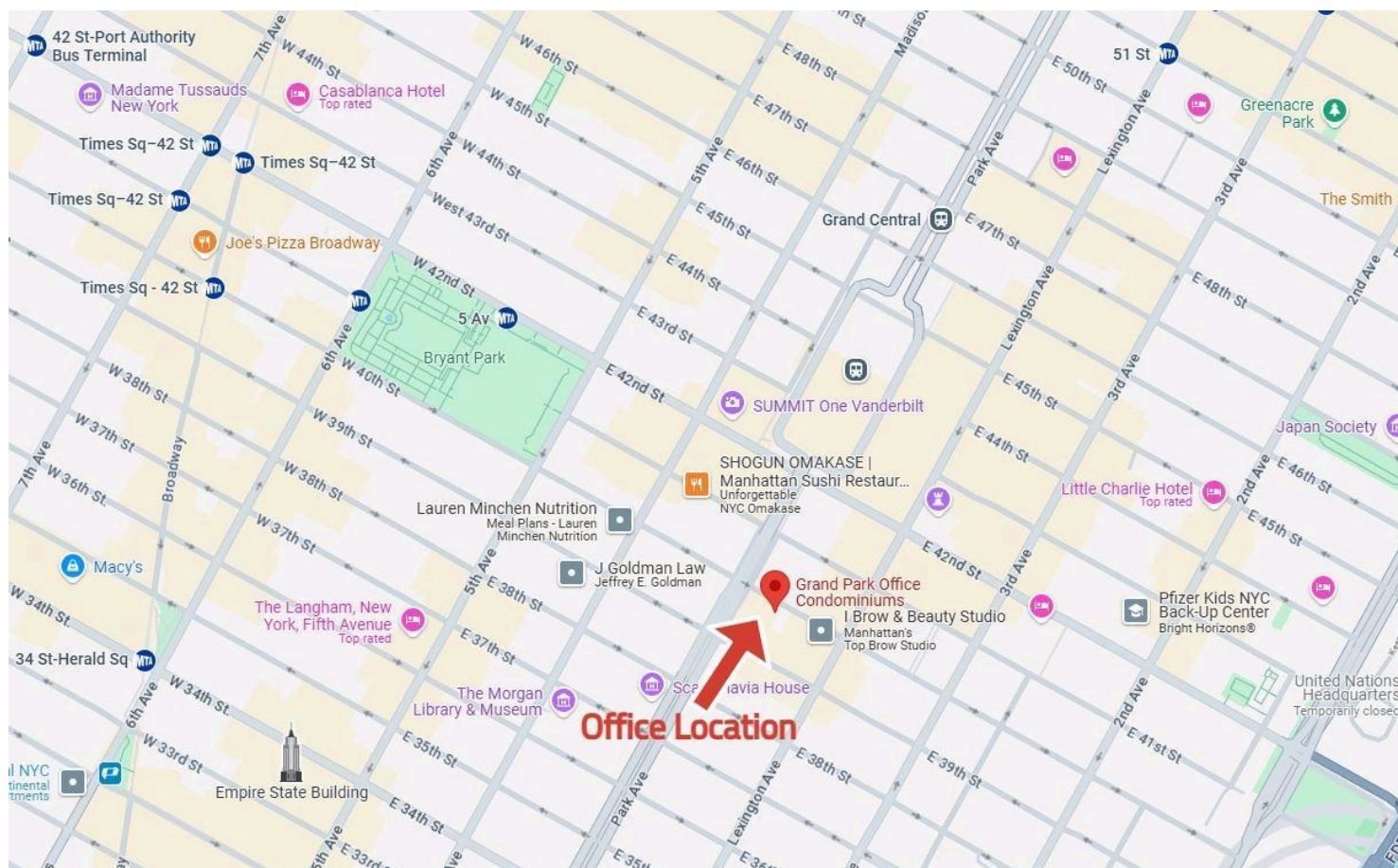
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## Getting to Our Office: Directions, Parking, and Maps

The Vascular Birthmark Institute and New York Facial Paralysis Center are located at **110 E 40th Street, Suite 501, New York, NY 10016**, in the Grand Park Office Building.

We're just a 5-minute walk from Grand Central Station, making us easy to reach. Additionally, we're close to some of New York City's most iconic landmarks, including the Empire State Building, Times Square, SUMMIT One Vanderbilt, the Port Authority Bus Terminal, Bryant Park, and the New York Public Library — all within a 20-minute walk! For more local spots to explore, please see the attached recommendations.



## Nearby Parking Garages To Our Office

Below, you'll find a list of nearby parking garages offering a range of options, with varying rates depending on the duration of your stay. If you plan to park for less than an hour, we recommend calling the garage ahead of time to ensure availability and avoid any inconvenience. For added convenience, you can reserve your parking spot in advance using services like SpotHero.

Please note that rates may vary depending on the time of day, and most garages accept major credit cards or mobile payment methods.

### 1. Noble Garage

Location: 310 E 40th St, New York, NY 10016

Distance: Approximately a 2-minute walk (0.1 miles).

Rates: Starting at \$17 for 30 minutes, up to \$61 for 24 hours.

### 2. Icon Parking

Location: 238 E 40th St, New York, NY 10016

Distance: About a 3-minute walk (0.1 miles).

Rates: Starting around \$28 for 2 hours.

### 3. iPark

Location: 315 East 40th Street

Distance: About a 2-minute walk (0.1 miles)

Rates: \$21 for up to 1 hour, up to \$45 for 24 hours.

### 4. SpotHero Garage

Location: 29 E 39th Street

Distance: About a 3-minute walk (0.2 miles)

Rates: Prices start at \$60

Valet Service Provided

### 5. SpotHero Garage

Location: 20 E 39th St. (261 Madison Ave.)

Distance: About a 2-minute walk (0.1 miles)

Rates: Prices start at \$35.

Valet Service Provided

## Nearby Hotels & Accommodations

We understand that booking accommodations in a new city can feel overwhelming, especially when you're traveling for medical treatment. To help make your stay more comfortable, we've compiled a list of hotels conveniently located near our office, with options to suit a range of preferences and budgets. Whether you're looking for a luxurious stay or a more affordable option, these nearby hotels offer a variety of amenities to ensure you feel at home during your visit to New York City.

We're here to make your experience as seamless as possible—please feel free to reach out with any questions about your stay.

### 1. The Renwick Hotel New York, Curio Collection by Hilton

- ❖ Address: 118 E 40th St, New York, NY 10016
- ❖ Phone: +1 (212) 447-0900
- ❖ Rates: Prices start around \$250 per night
- ❖ Distance from office: A 3-minute walk
- ❖ Amenities: Stylish, loft-style rooms, complimentary WiFi, fitness center, on-site dining at Bedford & Co.
- ❖ Parking: Valet parking available (\$50 per night)

### 2. Grand Hyatt New York

- ❖ Address: 109 E 42nd St, New York, NY 10017
- ❖ Phone: +1 (212) 883-1234
- ❖ Rates: Prices start at \$275 per night
- ❖ Distance from office: A 5-minute walk
- ❖ Amenities: Spacious rooms, on-site dining options, fitness center, meeting rooms
- ❖ Parking: On-site parking available (\$55 per night)

### 3. Grand Hyatt New York

- ❖ Address: 109 E 42nd St, New York, NY 10017
- ❖ Phone: +1 (212) 883-1234
- ❖ Rates: Prices start at \$275 per night
- ❖ Distance from office: A 5-minute walk
- ❖ Amenities: Spacious rooms, on-site dining options, fitness center, meeting rooms
- ❖ Parking: On-site parking available (\$55 per night)

## Nearby Hotels & Accommodations (cont.)

### 4. The Pod 51 Hotel

- ❖ Address: 230 E 51st St, New York, NY 10022
- ❖ Phone: +1 (212) 355-0300
- ❖ Rates: Prices start around \$140 per night
- ❖ Distance from office: A 10-minute walk
- ❖ Amenities: Modern, compact rooms, rooftop bar, free WiFi, and a lounge area.
- ❖ Parking: Nearby parking garage (\$35–\$45 per day)

### 5. Holiday Inn Express Manhattan Times Square South

- ❖ Address: 60 W 36th St, New York, NY 10018
- ❖ Phone: +1 (212) 564-6400
- ❖ Rates: Prices start around \$180 per night
- ❖ Distance from office: About a 10-minute walk
- ❖ Amenities: Free breakfast, fitness center, free WiFi, and business services.
- ❖ Parking: Public parking available nearby (rates around \$40–\$50 per day)

### 6. The Hotel at Times Square

- ❖ Address: 59 W 46th St, New York, NY 10036
- ❖ Phone: +1 (212) 869-3600
- ❖ Rates: Prices start around \$150 per night
- ❖ Distance from office: About a 12-minute walk
- ❖ Amenities: Complimentary breakfast, free WiFi, fitness center, business services.
- ❖ Parking: Nearby public parking options (rates around \$30–\$40 per day)

## HOSPITAL DIRECTIONS AND PARKING

### **Lenox Hill Hospital**

100 East 77th Street, 1<sup>st</sup> Floor  
New York, NY 10075

#### **Parking**

Lenox Hill Hospital offers valet parking to patients and visitors at significantly discounted rates every day of the week between 5AM and 9PM. Valet parking is located at the main hospital entrance at 100 East 77th St.

Parking garages are available within walking distance to the hospital. iPark located at 165 East 77th Street (between Lexington and Third Avenues), offers Lenox Hill Hospital patients and their families special rates for parking up to five hours.

To take advantage of these rates, parking stubs must be validated at the patient information desk in the main lobby.

#### Parking rates:

- Up to 4 hours – \$30
- From 4 to 8 hours – \$40
- From 8 to 24 hours – \$45

### **MEETH Manhattan Eye, Ear, and Throat Hospital**

210 East 64th Street, 1<sup>st</sup> Floor  
New York, NY 10065  
(212) 702-7777

#### **Parking**

Patient and visitor valet services are offered at MEETH Monday – Friday from 6AM to 5PM. Valet parking is located at the main entrance at 210 East 64th street between 2nd and 3rd Avenues.

Self Park Garages are located at:

245 East 63rd Street between 2nd and 3rd Avenue  
220 East 63rd Street between 2nd and 3rd Avenue  
250 East 63rd Street between 2nd and 3rd Avenue

## NEARBY SUBWAY LINES & ATTRACTIONS

The Vascular Birthmark Institute is located in the heart of Midtown Manhattan, making it easy to access New York City's most popular attractions. With subway stations nearby, it's quick and easy to explore everything the city has to offer. Here's a guide to help you navigate the subway system and visit nearby landmarks.

### Nearest Subway Stations to the Vascular Birthmark Institute:

1. **Grand Central – 42nd Street** (2 blocks away)
  - **Subway Lines:** 4, 5, 6, 7, S (Shuttle)
  - This station is one of the most iconic transportation hubs in New York City, and it's located just a few blocks away from the clinic. You can access several subway lines from here, which will take you to key destinations in Manhattan and beyond.
2. **33rd Street Station** (Approx. 15-18 minute walk)
  - **Subway Line:** 6 (6th Avenue local)
  - This station is located on the **6** train line, which runs along Manhattan's East Side and is an easy way to travel uptown or downtown. It's a slightly longer walk compared to Grand Central but still very convenient.
3. **34th Street-Penn Station** (Approx. 20 minute walk)
  - **Subway Lines:** A, C, E (8th Avenue), 1, 2, 3 (Broadway)
  - Penn Station is one of New York's busiest transit centers, and it's a short walk from the clinic. It provides access to multiple subway lines that will take you to various parts of Manhattan and Brooklyn.

### Popular Attractions and How to Get There by Subway:

1. **Times Square (Theater District)**
  - **Subway Line:** Take the **7** train from **Grand Central – 42nd Street** to **Times Square-42nd Street** (1 stop).
  - **Walk Time:** Approx. 5 minutes from the clinic to Grand Central
  - Times Square is famous for its Broadway theaters, shopping, and iconic billboards. It's the heart of Manhattan and a must-see for visitors.
2. **Central Park**
  - **Subway Line:** Take the **6** train from **33rd Street Station** to **59th Street-Lexington Avenue** (3 stops), then transfer to the **N**, **R**, or **W** train to **57th Street-Seventh Avenue** (1 stop), or walk to the park.
  - **Walk Time:** Approx. 10 minutes from the clinic to 33rd Street Station
  - A visit to Central Park is a must for any New Yorker or visitor, offering scenic walking paths, attractions like Bethesda Terrace, and the Central Park Zoo.

### 3. Empire State Building

- **Walking Directions:** From the clinic, head west on 40th Street to 5th Avenue. The Empire State Building is located at 34th Street and 5th Avenue.
- **Walk Time:** Approx. 10 minutes
- The Empire State Building is a quintessential New York experience, offering breathtaking views of the city from its observation decks.

### 4. The Museum at the Fashion Institute of Technology (FIT)

- **Subway Line:** Take the **1** train from **34th Street-Penn Station** (a 10-minute walk from the clinic) to **14th Street** (3 stops), then transfer to the **A, C, or E** lines to **23rd Street**.
- **Walk Time:** Approx. 10-12 minutes from the clinic to Penn Station
- The FIT Museum offers an in-depth look at fashion history, with rotating exhibits that highlight the world of fashion, textiles, and design.

### 5. Rockefeller Center

- **Subway Line:** Take the **B, D, F, or M** train from **34th Street-Herald Square** (10-12 minute walk from the clinic) to **Rockefeller Center** (1 stop).
- **Walk Time:** Approx. 10 minutes from the clinic to 34th Street-Herald Square
- Rockefeller Center is home to famous landmarks such as the ice rink, Radio City Music Hall, and the famous tree during the holiday season.

### 6. The Metropolitan Museum of Art (The Met)

- **Subway Line:** Take the **6** train from **33rd Street Station** to **86th Street** (7 stops), then walk west on 86th Street to the museum.
- **Walk Time:** Approx. 10 minutes from the clinic to 33rd Street Station
- The Met is one of the largest and most prestigious art museums in the world, housing an incredible collection of art from ancient to modern times.

### 7. The High Line & Chelsea Market

- **Subway Line:** Take the **1** train from **34th Street-Penn Station** to **14th Street** (3 stops), then walk to the High Line (about a 10-minute walk).
- **Walk Time:** Approx. 10 minutes from the clinic to Penn Station
- The High Line is a beautiful elevated park built on a former railway track, and Chelsea Market offers a diverse selection of food and shopping options.

### Helpful Tips for Navigating the Subway System:

- **MetroCard:** You can purchase a **MetroCard** at any subway station, which will allow you to ride the subway and local buses. You can refill the card as needed.
- **Subway App:** Download the **MTA Subway Time** app or use Google Maps for real-time subway schedules and directions. This is particularly helpful for any service changes or delays.
- **Know Your Lines:** Pay close attention to subway line numbers and letters, as well as the direction (uptown, downtown) to ensure you're on the right train.
- **Transfers:** The subway allows easy transfers between many lines, so be sure to check station maps for transfer options if needed.

## SUBWAY COMMUTER TRAINS TO AND FROM NYC

For those coming to the Vascular Birthmark Institute from surrounding states or farther regions, New York City's **commuter rail lines** provide easy access to Manhattan. Several major commuter rail stations are located near the clinic, offering connections to **Metro-North**, **Long Island Rail Road (LIRR)**, and **Amtrak**. Here's a guide to navigating these train services and their connections to the subway system for easy travel around the city.

### 1. Metro-North Railroad

**Grand Central Terminal** (Approx. 5 minute walk from the clinic)

- **Routes Served:** Metro-North offers service to points north of New York City, including areas in the **Hudson Valley, Connecticut, and Westchester County**.
- **Connections to Subway:** From Grand Central, you can easily transfer to the **4, 5, 6, 7, and S (Shuttle)** subway lines.
  - To get to the Vascular Birthmark Institute, simply walk south (toward 40th Street), and the clinic is located on **E 40th Street, Suite 501**.
  - Grand Central also connects to various attractions and neighborhoods, making it a great starting point for your New York City visit.

### 2. Long Island Rail Road (LIRR)

**Penn Station** (Approx. 20 minute walk from the clinic)

- **Routes Served:** The LIRR connects Manhattan with several points on **Long Island**, including **Brooklyn, Queens, Nassau, and Suffolk Counties**.
- **Connections to Subway:** Penn Station serves as a hub for several subway lines:
  - **A, C, E** (8th Avenue lines), and the **1, 2, 3** (Broadway lines) are all accessible from Penn Station.
  - To reach the Vascular Birthmark Institute, walk to **34th Street-Herald Square** (about 10-12 minutes from Penn Station), and take the **B, D, F, or M** subway lines to **Rockefeller Center** (1 stop).

### 3. Amtrak

**Penn Station** (Approx. 20 minute walk from the clinic)

- **Routes Served:** Amtrak connects New York City with major cities on the **East Coast** and beyond, including **Boston, Washington D.C., Philadelphia, and Baltimore**.
- **Connections to Subway:** Like the LIRR, Amtrak trains also arrive at Penn Station, allowing easy access to subway lines **A, C, E, 1, 2, 3**, and more.
  - Walk to **34th Street-Herald Square** (about 10-12 minutes from Penn Station) and take the **B, D, F, or M** subway lines to **Rockefeller Center** (1 stop).

### 4. New Jersey Transit

**Penn Station** (Approx. 20 minute walk from the clinic)

- **Routes Served:** New Jersey Transit (NJ Transit) connects **New Jersey** with New York City, offering service to places like **Newark**, **Hoboken**, and the **Pascack Valley**.
- **Connections to Subway:** After arriving at Penn Station, transfer to the subway lines (**A, C, E, 1, 2, 3**) for access to Manhattan and beyond.
  - From Penn Station, follow the walking directions to **34th Street-Herald Square**, then transfer to the **B, D, F**, or **M** subway lines to reach **Rockefeller Center**.

### **Commuter Train and Subway Tips:**

- **Amtrak Tickets:** For travelers arriving by Amtrak, you'll need to have your **Amtrak ticket** on hand for boarding. Tickets can be purchased online, at kiosks, or at Penn Station.
- **Train Schedule Apps:** Whether you're taking Metro-North, LIRR, Amtrak, or NJ Transit, it's always helpful to check the **train schedules** via their respective apps or websites before traveling. This will keep you updated on any delays or changes to your service.

## **Accessibility Information**

New York City is known for being a bustling urban environment, and while many areas are accessible, not all stations or entrances are designed for those with mobility needs. Here's what you need to know about accessing our clinic and nearby locations:

### **Accessibility at the Vascular Birthmark Institute:**

- Our clinic is located on the **5th floor** of **110 E 40th Street**, which is an **elevator-accessible building**.

### **Nearby Accessible Subway Stations:**

- **Grand Central Terminal (4, 5, 6, 7, S lines):**
- **33rd Street Station (6 Line):**
  - This station is also accessible, though **elevators** are only available at the **Lexington Avenue** side.
- **34th Street-Herald Square (B, D, F, M Lines):**
  - **34th Street-Herald Square** is a large subway station with **elevator access**, though there may be some walking involved to navigate through the station.

### **Wheelchair Accessible Taxis or Ride Shares:**

- **UberWAV** and **Lyft** both offer **wheelchair-accessible vehicles**. Simply request a ride through their apps and select the accessible vehicle option. These vehicles are available in the area surrounding the clinic.

## LOCAL PHARMACIES

There are a variety of essential services close to the Vascular Birthmark Institute, please see below for local pharmacies:

### 1. CVS Pharmacy

- **Address:** 100 E 42nd Street, New York, NY 10017
- **Distance from Clinic:** 5-7 minute walk
- **Hours:** Open 24 hours
- CVS is conveniently located near Grand Central Terminal, offering over-the-counter medications, personal care products, and prescription refills.

### 2. Walgreens Pharmacy

- **Address:** 330 Lexington Ave, New York, NY 10016
- **Distance from Clinic:** 3-5 minute walk
- **Hours:** Open 24 hours

### 3. Rite Aid Pharmacy

- **Address:** 450 Lexington Ave, New York, NY 10017
- **Distance from Clinic:** 7-10 minute walk
- **Hours:** Mon-Fri: 8am - 9pm, Sat-Sun: 9am - 6pm

## POPULAR DINING AND RESTAURANTS

### 1. Katz's Delicatessen

- **Address:** 205 E Houston St, New York, NY 10002
- **Distance from Clinic:** 23-minute subway ride (take the **6** train from **33rd Street** to **Bleecker Street**, transfer to **B, D, F, M** at **West 4th Street** to **2nd Avenue**)
- **Why Go:** One of the most famous delis in NYC, known for its **pastrami on rye** and **matzo ball soup**. If you're craving an authentic New York deli experience, Katz's is the place to go.

### 2. Joe's Pizza

- **Address:** 7 Carmine St, New York, NY 10014
- **Distance from Clinic:** 20-minute subway ride (take the **1** train from **34th Street-Penn Station** to **Houston Street**)
- **Why Go:** Joe's Pizza is one of New York City's most famous spots for a classic **New York slice**. Simple, delicious, and authentically New York, this spot has been serving up pizza since 1975.

### 3. The Oyster Bar at Grand Central Terminal

- **Address:** 89 E 42nd St, New York, NY 10017
- **Distance from Clinic:** 5-minute walk
- **Cuisine:** Seafood
- **Why Go:** Located in **Grand Central Terminal**, the **Oyster Bar** has been serving fresh seafood since 1913. Known for its **raw oysters**, **clam chowder**, and **lobster rolls**, it's a must-visit for those seeking **New York-style seafood** in an iconic, historic setting.

### 4. Tompkins Square Bagels

- **Address:** 165 Avenue A, New York, NY 10009
- **Distance from Clinic:** 20-minute subway ride (take the **6** train from **33rd St** to **Astor Place**, then transfer to the **L** train)
- **Cuisine:** Bagels
- **Why Go:** Known for its **freshly baked bagels**, huge portion sizes, and classic fillings (like **lox and cream cheese**), **Tompkins Square Bagels** serves up some of the best bagels in New York. It's a local favorite for breakfast. The bagels are **chewy and delicious**, making them a true NYC essential.

### 5. Avra Estiatorio

- **Address:** 141 E 62nd St, New York, NY 10065
- **Distance from Clinic:** 20-minute subway ride (take the **6** train from **33rd St** to **Lexington Ave/59th St**, transfer to the **Q** or **N** line to **63rd St/Lexington Ave**)
- **Cuisine:** Mediterranean, Greek
- **Why Go:** Avra Estiatorio is a **beloved Mediterranean restaurant** that specializes in **Greek and Mediterranean seafood** dishes. It's known for its **fresh fish**, **raw bar**, and a variety of **grilled meats**. The atmosphere is **elegant and inviting**, that makes it perfect for both casual dinners or more upscale meals.