

**2021-2022
CLINTON RESOURCE
GUIDE FOR SENIORS**



**Prepared by Clinton
Human Services**

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This guide was developed by Clinton Human Services, covering programs and services provided locally, statewide, and nationally. Services range from financial to supportive. Information was verified at the time of publication. For additions or corrections, contact jpaglino@clintonct.org

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GENERAL INFORMATION: TOWN

CLINTON TOWN GOVERNMENT

WEBSITE: clintonct.org

- Assessor 860-669-9269
- Human Services 860-669-1103
- Social Services 860-669-7347
- Park and Rec 860-669-6901
- Public Works 860-664-1100
- Tax Collector 860-669-9067
- Town Manager 860-669-9333

GENERAL INFORMATION: REGIONAL

CONNECTICUT RIVER HEALTH AREA DISTRICT (Old Saybrook)
860-661-3300

ESTUARY COUNCIL (Old Saybrook)
860-388-1611

NEW HORIZONS DOMESTIC VIOLENCE SERVICES (Middletown)
1-888-774-2900

UNITED WAY/211
24/7 confidential help accessed by dialing 211

WOMEN AND FAMILIES CENTER (Middletown)
860-344-1474

GENERAL INFORMATION - SENIORS

ELDERCARE LOCATOR (via USA Administration on Aging)

PHONE: 1-800-677-1116

WEBSITE: eldercare.acl.gov

- ▶ Elder rights
- ▶ Housing
- ▶ Health Insurance and benefits
- ▶ Support services and transportation

SENIOR RESOURCES (our Area Agency On Aging)

PHONE: 860-887-3561

WEBSITE: SeniorResourcesEC.org

ADDRESS: 19 Ohio Avenue Suite 2, Norwich

HOURS: 8:30 am - 4:00 pm, Monday to Friday

- ▶ Benefits screening
- ▶ Medicare and insurance counseling
- ▶ Health care fraud education
- ▶ Respite information
- ▶ Money Follows the Person
- ▶ Nutrition education and Live Well program

SHORELINE ELDERCARE ALLIANCE

PHONE: 800-426-5086

WEBSITE: sea-ct.org

ADDRESS: PO Box 446, Branford CT

- ▶ Local business owners and organizations providing education, resource referrals, and professional services

ADVOCACY RESOURCES

CENTER FOR MEDICARE ADVOCACY

PHONE: 860-456-7790

WEBSITE: Medicareadvocacy.org

- Advancing access to comprehensive Medicare coverage and quality health care for seniors and people with disabilities.
- Provides legal analysis, education, and advocacy.

DISABILITY RIGHTS CONNECTICUT

PHONE: 800-842-7303

WEBSITE: disrightsct.org

- Legal advocacy and rights protection for a wide range of people with disabilities.

LAWYER TIME @ Women and Family Life Center

PHONE: 203-871-1412

WEBSITE: womenandfamilylife.org/our-services

ADDRESS: 96 Fair Street, Guilford

- Free appointments with volunteer attorneys to discuss basic legal questions and better understand your rights in the legal process.

ADVOCACY RESOURCES

MUNICIPAL AGENT FOR THE ELDERLY and VETERANS' AFFAIRS

PHONE: 860-669-7347/Cheryl Church

WEBSITE: ClintonCt.org/171/Social-Services

ADDRESS: 48 East Main Street, Clinton

Information about community resources, referrals to appropriate agencies, and liaison to the State Commission on Aging.

NEW HAVEN LEGAL ASSISTANCE ASSOCIATION, ELDER LAW UNIT

PHONE: 203-946-4811

WEBSITE: nhlegal.org

ADDRESS: 205 Orange Street, New Haven

Free or low-cost services for low-income individuals 60+ in southcentral Connecticut

- Advice
- Brief service
- Full representation
- Policy advocacy
- Community education

PROTECTIVE SERVICES FOR THE ELDERLY

PHONE: 888-385-4225 (from 8:30 – 4:30 pm, 211 after hours)

ADDRESS: 50 Humphrey Street, New Haven

Elder abuse:

- Intentional or neglectful acts that lead or may lead to harm of an older adult.
- Abuse may be physical, emotional, psychological, verbal, sexual, or financial.
- Neglect and abandonment are types of elder abuse.

FINANCIAL ASSISTANCE: State

ENERGY ASSISTANCE

PHONE: Clinton Social Services/860-669-7347/Cheryl Church

PHONE: Community Renewal Team/860-560-5800

WEBSITE: crtct.org

- ▶ Helps offset winter heating costs.
- ▶ Available to households whose income falls at or below 60% of state median income.

STATE SUPPLEMENT TO THE AGED, BLIND OR DISABLED

PHONE: 1-855-626-6632

WEBSITE: connect.ct.gov

- ▶ Cash assistance program administered by DSS.
- ▶ Serves individuals 65+, or adults 18 - 64 with a permanent disability, and individuals who are blind.
- ▶ Individuals must have income and assets below allowable limits.

STATE TAX RELIEF (via Clinton Tax Assessor)

- ▶ Income-based credits towards your property tax, for single or married homeowners earning below \$45,100/year.
- ▶ Credit amounts change year to year, are set by Office of Policy Management.
- ▶ Must apply in person at Clinton Town Hall/Assessor's Office between Feb 1 and May 15.

SUPPLEMENTAL SERVICES (via Senior Resources)

PHONE: 860-887-3561/Robin Brewer

- ▶ Funds for grandparents and other relatives aged 55+ who are raising children under age 18.
- ▶ Will help finance summer camps, music lessons, school supplies, kids' clothing.

FINANCIAL ASSISTANCE: Clinton

SOCIAL SERVICES OF CLINTON

PHONE: 860-669-7347/Cheryl Church

WEBSITE: clintonct.org/171/Social-Services

ADDRESS: 48 East Main Street

- ▶ Energy Assistance
- ▶ Holiday Meal Assistance
- ▶ Medicaid (Title 19)
- ▶ Medicare Savings Plan (MSP)
- ▶ Renter's Tax Relief Program (Rent Rebate)
- ▶ Saga (State General Assistance)
- ▶ SNAP (Food Stamps)
- ▶ Soldiers', Sailors', and Marines' Fund
- ▶ Veterans benefits

FAMILIES HELPING FAMILIES

PHONE: 860-669-5592/Miner Vincent

WEBSITE: fhfclinton.org

- ▶ Food assistance
- ▶ Energy assistance

INCOME TAX PREPARATION HELP @ HCH Library

PHONE: 860-669-2342

- ▶ Call in January for appointment.
- ▶ Offered February – April

DAVID A. MUIR TRUST

PHONE: 860-669-7347/Cheryl Church

- ▶ Grants for Clinton residents aged 70+ to assist them in obtaining necessities and living a more comfortable life.

TAX RELIEF (via Clinton Town Assessor)

PHONE: 860-669-9269

- ▶ Tax breaks for seniors with less than \$60K annual income.
- ▶ Must be a permanent town resident.
- ▶ Homeowners can also defer 75% of taxes until they die or sell their home. Town holds an interest-free lien on your house.

FOOD ASSISTANCE

CT FOOD BANK TRUCK

PHONE: 860-669-7347/Cheryl Church

ADDRESS: 48 East Main Street, Clinton

- ▶ First Friday of the month, 9:00-10:00am.
- ▶ Park in Town Hall parking lot for drive-thru service.
- ▶ For additional locations, call 203-741-9751.

EMERGENCY PANTRY @ CLINTON SOCIAL SERVICES

PHONE: 860-669-7347/Cheryl Church

ADDRESS: 48 East Main, 2nd floor

- ▶ Open during regular office hours.

MEALS ON WHEELS

PHONE: 860-388-1611 x217/Laura

- ▶ Meals delivered Mon-Fri between 10am and 12pm.
- ▶ Suggested donation of \$3 per meal.

SHORELINE SOUP KITCHENS AND PANTRIES

ADDRESS: 1st Congregational Church, 55 Church Road

- ▶ Wednesday nights from 3:30 – 6:00 pm

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

PHONE: 866-974-SNAP (7627)

WEBSITE: Connect.ct.gov

EMAIL: SNAP@endhungerct.org for senior help

- ▶ Nutrition assistance to eligible individuals and families .
- ▶ Benefits deposited monthly to an Electronic Benefit Transfer (EBT) account; account holders get a card to be used like a credit/debit card.
- ▶ To be pre-screened, use website or Call Center number (open 7 days).
- ▶ Call Center hours for older adults *M-F 8am -10am*, specify when you call.
- ▶ Clinton Social Services can assist with the paper application if you choose not to apply by phone.

HEALTHCARE: Medicare Overview

PART A “HOSPITAL INSURANCE”

- ▶ National coverage of inpatient care in hospitals, skilled nursing facility, hospice without any premiums.

PART B “DOCTOR VISITS”

- ▶ Covers doctors services, outpatient hospital care, and some home health care and preventive services.
- ▶ Pays for durable medical equipment.
- ▶ You must choose to participate; you are not automatically enrolled in Part B.
- ▶ You pay a premium, typically \$144.60 per month.

PART C “MEDICARE ADVANTAGE PLANS”

- ▶ Administered by Medicare-contracted private insurance companies.
- ▶ You must be enrolled in A and B.
- ▶ Includes Part A and B benefits and sometimes D (prescription drugs) benefits, sometimes for an extra cost.
- ▶ Some plans can offer more benefits for an extra cost (for example vision and dental coverage).
- ▶ Yearly limit of \$6700 on out-of-pocket costs.

PART D “PRESCRIPTION DRUG PLAN”

- ▶ Available to a Medicare beneficiary enrolled in Part A and/or B.
- ▶ Monthly premiums and cost-shares.
- ▶ Optional, but if you do not enroll when you are first eligible and join later, you may be assessed life-long penalties.

HEALTHCARE: Medicare Support

1-800-MEDICARE

WEBSITE: medicare.gov

CHOICES PROGRAM (via Senior Resources)

PHONE: 860-887-3561

WEBSITE: seniorresourcesec.org/programs-services/medicare

- ▶ Free information and assistance on all Medicare programs

CLINTON INSURANCE CENTER

PHONE: 860-669-9288

WEBSITE: clintoninsurance.com

ADDRESS: 16 West Main St, Clinton

- ▶ No-cost counseling

DLS INSURANCE

PHONE: 860-664-4347/Peter Smith

WEBSITE: dlsinsuranceservices.com

ADDRESS: 5 West Main Street, Clinton

- ▶ No-cost counseling

MEDICARE SAVINGS PROGRAMS (via DSS)

PHONE: 211 or 800-994-9422

- ▶ Available to income-eligible seniors or disabled people who don't qualify for Medicaid.
- ▶ Assistance paying Medicare premiums for Parts A and B.

OFFICE OF THE HEALTHCARE ADVOCATE

PHONE: 1-866-466-4446

EMAIL: healthcare.advocate@ct.gov

- ▶ Healthcare insurance enrollment, coverage or billing questions
- ▶ Claim denials or pre-authorization issues, internal and external appeals
- ▶ Explanations regarding a healthcare benefit, program or coverage
- ▶ An assessment of the healthcare plans offered in Connecticut
- ▶ Your rights and responsibilities as a healthcare plan member
- ▶ Referral and pre-authorization procedures required by your healthcare plan

HEALTHCARE: Dental

MEDICARE

- ▶ pays when dental care and medical needs intersect

MEDIGAP/MEDICARE SUPPLEMENTAL INSURANCE

- ▶ no dental coverage

MEDICARE ADVANTAGE (PART C)

- ▶ some plans offer benefits via private companies, e.g. Delta Dental

MEDICAID

- ▶ dental benefits vary by state

SENIOR DENTAL SAVINGS PLANS

- ▶ often does not cover preexisting conditions
- ▶ will not replace teeth lost prior to purchasing the coverage
- ▶ offers affordable treatment for existing oral health problems
- ▶ no annual limits (caps) on coverage

UCONN SCHOOL OF DENTAL MEDICINE

WEBSITE: health.uconn.edu/dental

PHONE: 1-844-388-2666

LOCATIONS: West Hartford and Storrs

- ▶ fees generally 1/3 to 1/2 less than regular dental offices - lower rates since it's a training facility for dental students
- ▶ open Monday-Friday, 8:30 am to 5 pm

HEALTHCARE: Durable Medical Equipment

Free or
Covered

MEDICARE PART B OR MEDICAID

- ▶ Doctor's prescription required for durable equipment

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

- ▶ Partially funds durable equipment not covered by insurance, or one-time emergency needs.
- ▶ Apply with Senior Resources.

CHARLIE'S CLOSET

PHONE: 203-453-8359

WEBSITE: givct.org/charlies-closet

ADDRESS: 310 State St # 200, Guilford

- ▶ Charges \$1 per item

FIRST CHURCH OF CHRIST LENDING CLOSET

PHONE: 860-669-5735

ADDRESS: 55 Church Road, Clinton

- ▶ Stocks canes and crutches, commode risers, rollator walkers, shower benches, transfer tub benches, and transport wheelchairs

Retail

DOWN TOWNE PHARMACY

PHONE: 203-488-1151

WEBSITE: dtmedicalequipment.com

ADDRESS: 1012 Main Street, Branford

NEAT CENTER

PHONE: 866-526-4492

WEBSITE: assistivetechology.oakhillct.org/equipment-center

ADDRESS: 33 Coventry St. Hartford

NORTHEAST MEDICAL PRODUCTS

PHONE: 860-388-1437

WEBSITE: northeastmedicalproducts.com

ADDRESS: 520 Boston Post, Old Saybrook

HOUSING: Overview

▶ CTHOUSINGSEARCH.ORG

- ▶ Free service to list and locate accessible, affordable or market rate housing.

▶ AGING IN PLACE

- ▶ Living independently in your own home and community, with the support of home modifications and in-home assistance.

▶ INDEPENDENT LIVING

- ▶ Housing arrangement designed exclusively for adults 55+.
- ▶ Also called: Active adult community, Congregate care, Retirement community, Senior Living, or Co-Housing.

▶ ADULT DAY CENTER

- ▶ Recreational program for seniors needing supervised care during the daytime hours, or those who are isolated while aging in place.

▶ RESPITE CARE

- ▶ Can include: adult day care, home health aides, homemakers, companions, skilled nursing, short-term assisted living, or a nursing home.

▶ ASSISTED LIVING

- ▶ Intended for seniors who need ongoing assistance with activities of daily living (cooking, housekeeping, med management, travel).

▶ NURSING HOME/REHAB

- ▶ For seniors needing custodial care (feeding, bathing, dressing) or ongoing medical care.
- ▶ Can be temporary, like after a hospitalization or injury, or indefinite.

▶ ADULT FAMILY LIVING

- ▶ Aging-in-place with a principal caregiver living in your home, who's paid a stipend through the CHCPE program.
- ▶ Senior must first qualify for Medicaid.
- ▶ Caregiver can be a non-spousal relative, and must be supervised by a nurse with a state-licensed agency.

▶ MEMORY CARE

- ▶ Specialized nursing facility designed for seniors with dementia and Alzheimer's disease.
- ▶ Can be within a larger nursing home, or a standalone facility devoted exclusively to memory care.

HOUSING: Support for Aging in Place

CT HOME CARE PROGRAM FOR ELDERS

PHONE: 1-855-626-6632

WEBSITE: portal.ct.gov/DSS

Applicants must be CT residents 65+, at-risk of nursing home placement, and meet financial eligibility.

CHCPE will design an individualized plan including:


- ▶ care management
- ▶ home health services
- ▶ meal prep/home-delivered meals
- ▶ companion services and homemaking
- ▶ personal care services
- ▶ attendance at an adult day center

MYPLACECT.org

- ▶ Web-based resource helping older adults and people with disabilities live with optimal independence, health and well-being:
 - ▶ In home care
 - ▶ Housing
 - ▶ Assistive tech and home modifications
 - ▶ Meals and groceries
 - ▶ Transportation
 - ▶ Mental health services
 - ▶ Social engagement

Clinton FREE HELP AT HOME

For
residents age
70+ or age 18+
with physical
disabilities

- 
- Household chores
 - Yard work
 - Companionship
 - Transportation

See sample task list

Local
volunteers
needed
age 15* & up

(*ages 15-17 with adult
consent and supervision)

Sign up now at:

www.URCommunityCares.org

All participants are background-checked.

*A new community connection from
Clinton Community Assistance Team
(CCAT)*



Michelle Puzzo, President

Call/text: 860-430-4557

Email: info@urcommunitycares.org

Vincent DeMaio, Chief of Police

Phone: 860-669-0451

David Melillo, Human Services Director

Phone: 860-669-1103

HOUSING: Support for Aging in Place

Go to www.URCommunityCares.org for full list

Special requests will be considered.

Household Tasks

- Wash inside windows
- Dust
- Wash, fold, put away laundry
- Iron, mend clothes
- Clean, organize living area
- Sweep, vacuum, mop floors
- Change linens, make bed
- Clean bedroom
- Clean kitchen surfaces, appliances
- Clean refrigerator
- Wash/put away dishes
- Prepare meal, cook, clean up
- Water indoor plants, maintain plants
- Pet care, walk pets
- Bag up trash, declutter
- Organize cabinets, closets, drawers

Yard Work

- Water plants, tend to gardens
- Mow lawn
- Rake leaves, clean up yard
- Trash
- Bring in mail, papers

Companionship

- Play board games, cards
- Socialization
- Share music, play instruments
- Coach technology use

Local Transportation

- Medical appointments
- Shopping trips, errands in town

About UR Community Cares, the online platform for home-based assistance at no charge

Our mission: To connect people who need at-home help with those who want to help, town by town.

Our model: We provide a secure digital platform with free access for all enrolled participants at URCommunityCares.org.

Who we help: Community members age 70+ or age 18+ with a permanent or temporary physical disability.

Who helps us: Volunteers contribute their time on a monthly or weekly basis. Local agencies refer and enroll residents in need of free home-based support.

What supports us: Municipal funding, grant awards, sponsorships and donations from individuals and organizations.

What funds are used for: Annual background checks for the safety of all participants, top-tier website security and updates, insurance (including transportation) and COVID-compliant supplies.

We are a 501(c)(3) nonprofit organization and 100% volunteer-based.

HOUSING: Independent Living

▶ AMBLESIDE – Westbrook

▶ PHONE: 603-878-2400

▶ CEDAR WOODS - Branford

▶ PHONE: 203-433-0645

▶ WEBSITE: holidayseniorliving.com/our-communities/cedar-woods

▶ CHERRY HILL – Chester

▶ PHONE: 860-526-9724

▶ WEBSITE: chesterct.org/cherry-hill-apartments

▶ EVERGREEN WOODS – North Branford

▶ PHONE: 203-285-8299

▶ WEBSITE: evergreen-woods.com

▶ GLEN HAVEN - Clinton

▶ PHONE: 860-669-6383

▶ LAFAYETTE GREEN - Clinton

▶ PHONE: 603-878-2400

▶ SOLSTICE SENIOR LIVING - Guilford

▶ PHONE: 475-234-4202

▶ WEBSITE: solsticeseniorlivingguilford.com

▶ THE HEARTH at TUXIS POND - Madison

▶ PHONE: 203-245-3311

▶ WEBSITE: thehearth.net

▶ WORTHINGTON MANOR – Westbrook

▶ PHONE: (860) 613-6176

HOUSING: Adult Day Centers

BRANFORD

Orchard House
421 Shore Drive

PHONE: 203-481-7110

WEBSITE: theorchardhouse.org

EAST HADDAM

Chestelm Adult Day Service
534 Town Street

PHONE: 860-873-3833

WEBSITE: chestelmadulldayservices.com

MADISON

Strong House
546 Durham Road

PHONE: 203-245-0524

WEBSITE: stronghousect.org

MIDDLETOWN

DayTymers Social Club at Heritage Commons
38 Boston Road

PHONE: 860-344-1221

WEBSITE: heritagecommons.com/daytymers-club

HOUSING: Respite Care

ALZHEIMER'S RESPITE CARE *(via Senior Resources)*

PHONE: 860-887-3561 or 800-690-6998

WEBSITE: seniorresourcesec.org

- ▶ Helps caregiver purchase services up to \$7,500 per year.
- ▶ Requires physician's diagnosis of dementia.
- ▶ Must meet financial eligibility requirements .

CT STATEWIDE RESPITE CARE PROGRAM

(via Senior Resources)

PHONE: 860-887-3561 or 800-690-6998

WEBSITE: seniorresourcesec.org

- ▶ Usually requires a 20% co-pay on services.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

(via Administration on Aging, under HHS Dept.)

- ▶ Provides grants for state-run programs, which then provide partial funding/cost sharing for services.
- ▶ Also provides "supplemental services" and funds for grandparents raising grandchildren.

VETERANS RESPITE CARE PROGRAM

In Clinton: contact Linda Norman at 860-616-3708

- ▶ Free service, allows veterans to stay in a VA facility for 3 to 28 calendar days in one year.
- ▶ *Not currently running due to a reauthorization process.*

HOUSING: Assisted Living

MONEY FOLLOWS THE PERSON

PHONE: 211 or via Senior Resources at 860-887-3561

WEBSITE: ctmps.com

- ▶ Federal program helping Medicaid-eligible individuals currently living in long-term care facilities transition back to the community.

ARTIS SENIOR LIVING

- ▶ **PHONE:** 203-204-3056
- ▶ **WEBSITE:** artisseniorliving.com
- ▶ **ADDRESS:** 814 E Main St, Branford

THE HEARTH at TUXIS POND

- ▶ **PHONE:** 203-245-3311
- ▶ **WEBSITE:** thehearth.net
- ▶ **ADDRESS:** 100 Bradley Rd, Madison

THE SAYBROOK AT HADDAM

- ▶ **PHONE:** 860-345-3779
- ▶ **WEBSITE:** thesaybrookathaddam.com
- ▶ **ADDRESS:** 1556 Saybrook Road, Haddam

HOUSING: Adult Family Living

ASSISTED LIVING SERVICES, INC.

PHONE: 860-669-1400/Lynne

WEBSITE: www.assistedlivingct.com

ADDRESS: 84 W Main St, Clinton

- ▶ Approved provider for Adult Family Living under Connecticut Home Care Program for Elders.
- ▶ Adult family living = non-spousal relative as a paid caregiver

HOUSING: Memory Care

ALZHEIMER SUPPORT

WEBSITE: alzheimersupport.com/memory-care/Connecticut

Free search tool and database of licensed Alzheimer's care facilities.

THE HEARTH AT TUXIS POND

PHONE: 203-245-3311

WEBSITE: thehearth.net

ADDRESS: 100 Bradley Rd, Madison

OCEAN MEADOW

PHONE: 860-669-9300

WEBSITE: oceanmeadowsl.com

ADDRESS: 91 East Main St, Clinton

RECREATION: at Henry Carter Hull Library

▶ **VIRTUAL MEDITATION: Mondays @ 11 AM**

- ▶ Beginners and new members welcome! This virtual class is guided by Certified Mindfulness & Meditation Teacher Johanne Vannelli.
- ▶ Registration is required, register at sarah@hchlibrary.org

▶ **SCRABBLE CLUB: Tuesdays 2 PM - 4 PM**

- ▶ Drop-in for a friendly game of Scrabble with fellow word-enthusiasts at this casual weekly meetup in the Large Conference Room.
- ▶ No registration required.

▶ **"GET REAL" NONFICTION READING GROUP: 2nd Tuesdays @ 1 PM**

- ▶ Join a group of readers for engaging discussion on a different nonfiction book selection each month. New members welcome!
- ▶ For more information or to request a copy of the current book, call 860-669-2342 or email cathleen@hchlibrary.org.

▶ **TED Talks: 3rd Wednesdays @ 10:30 AM**

- ▶ Explore a different topic each month as we view and discuss a curated selection of TED Talks at the library.
- ▶ Register at 860-669-2342 or email sarah@hchlibrary.org

▶ **BOOK CHAT: Monthly on the 3rd Thursday @ 1 PM**

- ▶ Join us at the library for a casual reader's discussion group for adults as we share reviews of what we've been reading and make recommendations based on our interests. Meetings will also include a discussion on a different featured genre or topic each month.
- ▶ Register at 860-669-2342 or email sarah@hchlibrary.org.

Estuary Council of Seniors, Inc.

220 Main Street

Old Saybrook, CT 06475

860-388-1611

Fax 860-388-6770

Monday - Friday 8:00 a.m. - 4:00 p.m.

Saturday - 9:00 a.m. - 1:00 p.m.

Website: www.ecsenior.org

Director:

Stan Mingione

director@ecsenior.org

Municipal Agents:

Chester: Rosie Binninger **860-526-0013 ext 213**

Clinton: Cheryl Church **860-669-7347**

Deep River: Rosie Binninger **860-526-6013 ext. 213**

Essex: Mary Ellen Barnes **860-767-4340 ext 201**

Killingworth: Mercedes Ricauti **860-663-1765 ext 510**

Old Saybrook: Susan Consoli **860-395-3190**

Lyme/Old Lyme: Valarie Goncalves **860-434-1605 Ext. 228**

Westbrook: Elizabeth Carpenter **860-399-3090**

SERVICES PROVIDED AT OR THROUGH THE SENIOR CENTER

CHOICES Counseling

Congregate Lunch (M-F)

Foot Care

Friendly Visitors

Haircuts

Health Screenings

Hearing Clinic

Lions Low Vision

Meals on Wheels

Medical Equipment Lending Closet

Medical Transport

Notary Public Services

Preventive Health

Support Groups

Well Right Now Counseling

EDUCATIONAL, RECREATIONAL & SOCIALIZATIONAL ACTIVITIES

AARP Mature Drivers, Art Classes, Better Breathing Group, Board Games,
Book Club, Caregiver Support, Chair Massage, Chair Yoga/Gentle Yoga,
Chronic Illness Group, Computer Club, Diabetes Group, Estuary Players-Actors Club,
Financial Health Check-Up, Fitness Center, Fitness Training, Line Dancing, Mah Jongg,²⁴
Medicare Roundtable- Benefits Discussions, Strength Training,
Tai Chi, Writers Group, Zumba.

Senior Resources

SUPPORT GROUPS

Please call ahead for the most up-to-date information.

BEREAVED SPOUSES

- ▶ Meets at CT Hospice in Branford.
- ▶ Contact 203-315-7544.

BRANFORD CAREGIVERS SUPPORT

- ▶ In-person support for caregivers of loved ones with dementia.
- ▶ Contact Linda at ad.gardenside@thehearthllc.net.

CAREGIVER SUPPORT

- ▶ Meets at Madison Senior Center, run by VNA.
- ▶ Contact 866-474-5230.

DE-CLUTTERING SUPPORT

- ▶ Contact Lee in Branford at 203-903-1755.

GRANDPARENTS RAISING GRANDCHILDREN

- ▶ Meets monthly, run by Clinton Human Services .
- ▶ Contact Jill at 860-664-1155.

SPEAKERS FROM THE HEART GROUP

- ▶ Meets at Madison Senior Center, run by Alcoholics Anonymous.
- ▶ Meets in-person Wednesdays, 5:30 - 6:30 pm.

SUPPORT GROUP FOR PEOPLE WITH CANCER

- ▶ Meets at YNHH/Goose Lane in Guilford.
- ▶ Contact 203-200-3355.

WOMEN RECREATING RETIREMENT

- ▶ Bimonthly meetings, plus speakers and travel opportunities.
- ▶ Contact jenniferc.221@hotmail.com for meeting dates and locations.

WOMEN'S STEP MEETING

- ▶ Run by Alcoholics Anonymous.
- ▶ Meets Wednesdays 9:30 - 11:00 am at First Congregational Church, 1166 Boston Post Road, Westbrook.

TRANSPORTATION

9 TOWN TRANSIT

PHONE 860-510-0429

WEBSITE: estuarytransit.org

► **SHORELINE SHUTTLE**

Runs from Madison to Old Saybrook (Mon-Fri)

- Connects with Dattco Bus to New Haven @ Scranton Library parking lot.
- Wheelchair accessible.
- Costs \$1.75 one-way (*get reduced rate Senior Fare Card via website*).
- Off-route service available by reservation for people with disabilities.

► **DIAL-A-RIDE**

- Door-to-door transit service outside the area of 9-Town Transit shuttle.
- Costs \$3.50 per ride, book 1 day to 2 weeks in advance.
- A shared ride service, meaning you may ride with others and will not always take a direct route to your destination.
- Available anywhere within the following towns:
 - Chester
 - Clinton
 - Haddam
 - Deep River
 - Durham
 - Essex
 - East Haddam
 - Killingworth
 - Lyme
 - Old Lyme
 - Old Saybrook
 - Westbrook

ESTUARY TRANSPORTATION (EMOTS)

PHONE: David at 860-388-1611 x203

- Private door-to-door transport to medical appointments for those 60+ who live within 9 town estuary region.
- \$20 fee for local trips.
- \$40 fee for out of town trips up to 5 hours.

VETERANS SERVICES

VA MAIN INFORMATION LINE

PHONE: 800-698-2411

VETERANS HEALTH CARE

PHONE: 877-222-VETS (8387)

WEBSITE: va.gov/health

VETERANS BENEFITS

PHONE: 1-800-827-1000

WEBSITE: ebenefits.va.gov

VETERAN-DIRECTED CARE PROGRAM

PHONE: 860-887-3561 ext. 121/Joan Marshall

West Haven site: 203-932-5711

- ▶ Available to those enrolled in VA health care who are “in need of nursing home care” (determined by VAMC after assessment)
 - ▶ facilitated assessment and care/service planning
 - ▶ fiscal management services
 - ▶ counseling and support
 - ▶ funds to hire a PCA for day or night respite.
 - ▶ assistance of service broker

VETERANS CRISIS LINE

PHONE: 1-800-273-8255, press 1

- ▶ Qualified responders who are trained and experienced in helping Veterans.

NATIONAL CEMETERY ADMINISTRATION

WEBSITE: va.gov/burials-memorials

- ▶ Provides burial services for Veterans and eligible family members.



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