

2021 CLINTON RESOURCE GUIDE FOR SENIORS



**prepared by
Clinton
Human
Services**

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This information was verified as accurate at the time of printing. If you find an inaccurate listing, or have an addition to this guide, please let us know at humanservice@clintonct.org or 860-669-1103

GENERAL INFORMATION

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

(via Area Agency On Aging)

PHONE: 860-887-3561 ext 111 Joyce Goodkin

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

FINANCIAL ASSISTANCE: State

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

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

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.

FINANCIAL ASSISTANCE: Clinton

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

SOCIAL SERVICES OF CLINTON

PHONE: 860-664-7347/Cheryl Church

WEBSITE: clintonct.org/171/Social-Services

ADDRESS: 48 East Main Street

- ▶ Emergency Assistance Energy Assistance
- ▶ Medicaid (Title 19)
- ▶ Medicare Savings Plan (MSP)
- ▶ Muir Trust
- ▶ 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

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INCOME TAX PREPARATION HELP @ HCH Library

PHONE: 860-669-2342/Sarah Borgnis-Tobin

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

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

CHOICES PROGRAM (via Senior Resources)

PHONE: 860-887-3561

WEBSITE: seniorresourcesec.org/programs-services/medicare

- ▶ Free information and assistance on all Medicare programs

DLS INSURANCE

PHONE: 860-664-4347

WEBSITE: dlsinsuranceservices.com

ADDRESS: 5 West Main Street, Clinton

CONTACT: Peter Smith

- ▶ No-cost counseling

CLINTON INSURANCE CENTER

PHONE: 860-669-9288

WEBSITE: clintoninsurance.com

ADDRESS: 16 West Main St, Clinton

- ▶ No-cost counseling

MEDICARE SAVINGS PROGRAMS (via DSS)

PHONE: 211 or 800-994-9422

- ▶ Assistance paying Medicare premiums for Parts A and B.
- ▶ Available to low-income seniors or disabled people who do not ⁷ qualify for Medicaid.

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 ½ 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: Medical Equipment

Free/
Covered

MEDICARE PART B OR MEDICAID

- ▶ Doctor's order required for durable equipment

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

- ▶ Partially funds durable equipment not covered by insurance, or one-time emergency needs.
- ▶ Contact Senior Resources to apply.

CHARLIE'S CLOSET

PHONE: 203-453-8359

WEBSITE: givct.org/charlies-closet

ADDRESS: 310 State St # 200, Guilford

- ▶ Charges \$1 per item

DOWN TOWNE

PHONE: 203-488-1151

WEBSITE: dtmedicalequipment.com

ADDRESS: 1012 Main Street, Branford

NORTHEAST MEDICAL PRODUCTS

PHONE: 860-388-1437

WEBSITE: northeastmedicalproducts.com

ADDRESS: 520 Boston Post, Old Saybrook

HOUSING: overview

- ▶ **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: State Support for Aging in Place

CT HOME CARE PROGRAM FOR ELDERS (via 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

VETERAN DIRECTED CARE PROGRAM

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

West Haven site: 203-932-5711 ext. 5265

Available to Veterans 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

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: 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: chestelmadultdayservices.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: Independent Living

► CEDAR WOODS

- **PHONE:** 203-433-0645
- **WEBSITE:** holidayseniorliving.com/our-communities/cedar-woods
- **ADDRESS:** 80 Cedar St, Branford

► EVERGREEN WOODS

- **PHONE:** 203-285-8299
- **WEBSITE:** evergreen-woods.com
- **ADDRESS:** 88 Notch Hill Road, North Branford

► SOLSTICE SENIOR LIVING

- **PHONE:** 475-234-4202
- **WEBSITE:** solsticeseniorlivingguilford.com
- **ADDRESS:** 201 Granite Road, Guilford

► THE HEARTH at TUXIS POND

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

► HERITAGE COMMONS

- **PHONE:** 860-344-1221
- **WEBSITE:** heritagecommons.com
- **ADDRESS:** 38 Boston Road, Middletown

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:** theheart.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

OCEAN MEADOW

PHONE: 860-669-9300

WEBSITE: <https://oceanmeadowsl.com>

ADDRESS: 91 East Main St, Clinton

THE HEARTH AT TUXIS POND

PHONE: 203-245-3311

WEBSITE: thehearth.net

ADDRESS: 100 Bradley Rd, Madison

LEGAL RESOURCES: Local

MUNICIPAL AGENT FOR THE ELDERLY:

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.

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.

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

LEGAL RESOURCES: Advocacy Groups

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.

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.

RECREATION: Senior Centers

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

Meals on Wheels

Congregate Lunch (M-F)

Medical Equipment Lending Closet

Foot Care

Medical Transport

Friendly Visitors

Notary Public Services

Haircuts

Preventive Health

Health Screenings

Support Groups

Hearing Clinic

Well Right Now Counseling

Lions Low Vision

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,²⁰
Medicare Roundtable- Benefits Discussions, Strength Training,
Tai Chi, Writers Group ,Zumba.

SUPPORT GROUPS

Please call ahead for updated dates and meeting locations

CAREGIVER SUPPORT GROUP

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

GRANDPARENTS RAISING GRANDCHILDREN

- ▶ Meets at HCH Library, run by Clinton Human Services
- ▶ Contact 860-664-1155

DIVORCE SUPPORT

LIFE & LOSS: A GRIEF SUPPORT GROUP

SHORELINE WOMEN RECREATING RETIREMENT

- ▶ Meet at Women and Family Life Center in Guilford
- ▶ womenandfamilylife.org/our-services
- ▶ Contact 203-458-6699

SUPPORT GROUP FOR PEOPLE WITH CANCER

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

BEREAVED SPOUSES

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

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
 - Deep River
 - Durham
 - Essex
 - East Haddam
 - Haddam
 - Killingworth
 - Lyme
 - Old Lyme
 - Old Saybrook
 - Westbrook