

# **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](mailto: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](http://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](http://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](http://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](http://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](http://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](http://fhfclinton.org)

- ▶ Food assistance
- ▶ Energy assistance

## **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](http://seniorresourcesec.org/programs-services/medicare)

- ▶ Free information and assistance on all Medicare programs

## **DLS INSURANCE**

**PHONE:** 860-664-4347

**WEBSITE:** [dlsinsuranceservices.com](http://dlsinsuranceservices.com)

**ADDRESS:** 5 West Main Street, Clinton

**CONTACT:** Peter Smith

- ▶ No-cost counseling

## **CLINTON INSURANCE CENTER**

**PHONE:** 860-669-9288

**WEBSITE:** [clintoninsurance.com](http://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 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](http://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: 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](http://givct.org/charlies-closet)

**ADDRESS:** 310 State St # 200, Guilford

- ▶ Charges \$1 per item

Retail

## DOWN TOWNE

**PHONE:** 203-488-1151

**WEBSITE:** [dtmedicalequipment.com](http://dtmedicalequipment.com)

**ADDRESS:** 1012 Main Street, Branford

## NORTHEAST MEDICAL PRODUCTS

**PHONE:** 860-388-1437

**WEBSITE:** [northeastmedicalproducts.com](http://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, medication 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](http://theorchardhouse.org)

## **EAST HADDAM**

Chestelm Adult Day Service  
534 Town Street

**PHONE:** 860-873-3833

**WEBSITE:** [chestelmadulldayservices.com](http://chestelmadulldayservices.com)

## **MADISON**

Strong House  
546 Durham Road

**PHONE:** 203-245-0524

**WEBSITE:** [stronghousect.org](http://stronghousect.org)

## **MIDDLETOWN**

DayTymers Social Club at Heritage Commons  
38 Boston Road

**PHONE:** 860-344-1221

**WEBSITE:** [heritagecommons.com/daytymers-club](http://heritagecommons.com/daytymers-club)

# HOUSING: Independent Living

## ▶ CEDAR WOODS

- ▶ **PHONE:** 203-433-0645
- ▶ **WEBSITE:** [holidayseniorliving.com/our-communities/cedar-woods](http://holidayseniorliving.com/our-communities/cedar-woods)
- ▶ **ADDRESS:** 80 Cedar St, Branford

## ▶ EVERGREEN WOODS

- ▶ **PHONE:** 203-285-8299
- ▶ **WEBSITE:** [evergreen-woods.com](http://evergreen-woods.com)
- ▶ **ADDRESS:** 88 Notch Hill Road, North Branford

## ▶ SOLSTICE SENIOR LIVING

- ▶ **PHONE:** 475-234-4202
- ▶ **WEBSITE:** [solsticeseniorlivingguilford.com](http://solsticeseniorlivingguilford.com)
- ▶ **ADDRESS:** 201 Granite Road, Guilford

## ▶ THE HEARTH at TUXIS POND

- ▶ **PHONE:** 203-245-3311
- ▶ **WEBSITE:** [thehearth.net](http://thehearth.net)
- ▶ **ADDRESS:** 100 Bradley Rd, Madison

## ▶ HERITAGE COMMONS

- ▶ **PHONE:** 860-344-1221
- ▶ **WEBSITE:** [heritagecommons.com](http://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](http://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](http://artisseniorliving.com)
- ▶ **ADDRESS:** 814 E Main St, Branford

## **THE HEARTH at TUXIS POND**

- ▶ **PHONE:** 203-245-3311
- ▶ **WEBSITE:** [thehearth.net](http://thehearth.net)
- ▶ **ADDRESS:** 100 Bradley Rd, Madison

## **THE SAYBROOK AT HADDAM**

- ▶ **PHONE:** 860-345-3779
- ▶ **WEBSITE:** [thesaybrookathaddam.com](http://thesaybrookathaddam.com)
- ▶ **ADDRESS:** 1556 Saybrook Road, Haddam

# HOUSING: Adult Family Living

## ASSISTED LIVING SERVICES, INC.

**PHONE:** 860-669-1400/Lynne

**WEBSITE:** [www.assistedlivingct.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ecsenior.org)**

### **Director:**

**Stan Mingione**

[director@ecsenior.org](mailto: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,<sup>20</sup> Medicare Roundtable- Benefits Discussions, Strength Training, Tai Chi, Writers Group, Zumba.

*Senior Resources*

# 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](http://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](http://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