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203-853-0010
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Hospice Care
Cardiac / Pulmonary

Cassena Care at New Britain
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New Britain, CT 06051
860-225-8608
Wound Care
Dementia Care
Pre- and Post-Operative Care

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Getting Started Is Easy

Our guide is divided into 3 distinct sections and divided by color tabs.

1. COMMUNITY RESOURCES AND SERVICES

This section is alphabetical. You will find hundreds of different services and organizations that work with seniors and their families. This includes professional services, such as Adult Day, Care Management, Elder Law, Social Security, Senior Centers, etc...

2. HEALTH AT HOME - HOME HEALTH, NON-MEDICAL HOME HEALTH CARE, AND HOSPICE CARE

This section offers three different comparison grids; the first features Skilled Home Healthcare; the second contains Non-Medical and Personal Assistance at home, and the third grid showcases Hospice Services for end of life care. First Familiarize yourself with the different services that are offered by each agency. You will find definitions about each service at the beginning of this section. Many options exist; we hope this will help you find a provider to meet your specific needs.
First you should familiarize yourself with the many options available and determine which one is best for your needs. You will find definitions of each type of housing at the beginning of the housing section. Then turn to our easy to read comparison grids. The grids are divided into 4 categories, depending on the type of community: Independent Living and Retirement, Assisted Living, Memory Care Assisted Living and Skilled Nursing. The buildings are listed by city or county so you can zero in on the specific areas you are looking for.

You will also find many feature articles throughout the publication. These articles are written by local experts on a variety of topics that can aid you in making the right choices.
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*Fairfield, New Haven and Middlesex Counties*

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**The Challenges of Aging Today**

See page 17.
Welcome to the Fall 2019- Spring 2020 edition of Seniors Blue Book of Southern Connecticut. As members of your local community, we continue our commitment to providing our readers with comprehensive information on “Resources for Aging Well”. As the elder population grows, so does the complexity of understanding the options in supporting seniors. We work diligently to provide the most current and comprehensive information on home care, senior housing and professionals services. It is our goal to help our seniors make educated decisions regarding aging and living well.

Our color-coded sections offer information on all types of senior resources, as well as options in home care and senior living communities. For a quick tutorial, check out our “How to Use This Guide” on pages 2-3. Our easy to read comparison grid format enables our readers to efficiently find the options that best suit their needs.

Within these pages you will find articles written by local experts on many relevant topics such as adult day programs, understanding “continuum of care” and using public transportation. Additionally, you will find hundreds of archived articles on SeniorsBlueBook.com plus information on local events, professional networking opportunities and all of the great information offered in the printed edition. We encourage our vast network of senior care professionals to utilize SeniorBlueBook.com to get the word out about their latest happenings. This is a free option!

Last but not least, I would like to thank the loyal advertisers who are supporting our efforts at Seniors Blue Book and make this publication possible. We appreciate their confidence in our ability to reach their target audience. Please keep them in mind when choosing services.

January will mark six years for us in providing Connecticut seniors, their families and senior care professionals with the most current information available on local resources, options in home care and senior living options.

We look forward to serving the seniors and professionals of Fairfield, New Haven and Middlesex Counties for many years to come and will always welcome any suggestions.

Wishing you health and happiness!

– Carol Raitanen, Publisher
The Role of the Adult Day Center

Where can an aging adult go to socialize, laugh, sing, exercise, receive health care and eat well-balanced, nutritious meals?

Many adult day centers offer these benefits and more for adults who require additional assistance during the day due to health reasons. Currently there are 4,600 adult day centers in the United States serving approximately 260,000 aging adults, younger persons with disabilities, and caregivers. A little over half of those utilizing day service centers have some form of cognitive impairment and more than half require assistance with at least two daily living activities. Estimates show a 63% increase in the number of people serviced by adult day centers since 2002, reflecting the growing need for professional support services for those with dementia or other cognitive impairments.

There are generally two types of adult day care centers: social and medical models. Both types play a key role in the continuum of life for aging adults by providing opportunities for active engagement and socialization. Medical model centers offer added benefits by providing health monitoring and individualized care.

After working for many years and easing into retirement, older adults may not engage with others as much as they used to. They may find themselves staying home, isolated from others, without the companionship they once had. A day center can offer a lonely person a new place to meet people and engage with others. Evidence indicates that participants who regularly attend a day center show improved quality of life.

Caregivers also benefit from the reliable, compassionate services their loved ones receive at an adult day center. The respite from caregiving allows them to recharge their batteries; the caregiver need not quit their jobs or neglect their own health. The result is better health and well-being for families. Additionally, an adult day center often offers counseling and provides caregivers links to community resources and other service providers.

The bottom line is that adult day care centers offer a cost-effective alternative to other long-term care options and allow aging adults to stay engaged in their communities and at home with their families. ~

Editor’s Note: This article was submitted by Donna Spellman, MS, Executive Director at River House Adult Day Center. She may be reached at 203-622-0079 or dspellman@theriverhouse.org. See ad on page 11.
ADULT DAY PROGRAMS

BRANFORD
Orchard House
421 Shore Dr, Branford 06405
203-481-7110

BRIDGEPORT
Park City Adult Day Care
55A Chapel St, Bridgeport 06604
203-335-1001

CLINTON
Robin’s Nest
Intergenerational Day Care
94 High St, Clinton 06413
860-664-3568

DANBURY
Almost Home Adult Day Care
52 Federal Rd, Danbury 06810
203-743-6456

FAIRFIELD
Grasmere by the Sea – Jewish Senior Services
1 Post Rd, Fairfield 06824
203-365-6470

GREENWICH
River House Adult Day Center (ad on page 11)
125 River Rd Ext, Cos Cob 06807
203-622-0079

HAMDEN
Clelian Adult Day Center – Medical Model Adult Day Program
261 Benham St, Hamden 06514
203-288-4151

Lina Adult Day Care
119 Sanford St, Hamden 06514
866-722-1994

Partnerships Ctr for Adult Day Care
3 Industrial Cir, Hamden 06517
203-248-8854

MADISON
Strong House Adult Day Care
560 Durham Rd, Madison 06443
203-245-0436

MIDDLEBURY
Active Day of Middlebury (formerly Senior Care of Middlebury)
900 Straits Rd, Middlebury 06762
203-598-7642

MIDDLETOWN
All Care Adult Day Club
32 Miner St, Middletown 06457
860-632-1119

DayTymers Social Club at Heritage Commons
38 Boston Rd, Middletown 06457
860-632-1119

MILFORD
Milford Senior Citizen Center
9 Jepson Dr, Milford 06460
203- 877-5131

MOODUS
Chestelm Adult Day Services
542 Town St, Moodus 06469
860-873-1455

Continued on page 12 >
No one really understands sundowning: why it happens, how to prevent it, or how to stop it once it has started.

However, we do know that for some people, one or more of the below methods might be helpful, either reducing or preventing the frequency or intensity of sundowning.

Try just one of the below suggestions at a time, so you can judge after a few applications if there is any benefit for each one in the list. Once you are clear about the improvement one of these makes, then add another on a trial basis, discarding only the practices that did not help. Sometimes it is the combination of multiple approaches that will be most effective. Do not expect that all sundowning will disappear – see each step of improvement.

1. **Use best practices for dementia care 24/7.** Everyone involved with the person living with dementia needs to be trained in basic care methods such as watching their body language and providing a person centered care approach.

2. **Watch caffeine, sugar.** Keep these to the morning or early afternoon only, and see if there is any improvement as a result.

3. **Do something meaningful.** Meaningful activities are vital to the health and wellbeing for all of us, including people living with dementia. Doing an activity with the person before sundowning can help them remain better oriented in the evening. This should not be simple busy-work, but something which is meaningful to the person.

4. **More intense light** – Make sure the person with dementia has enough light to function well, especially as the sun is going down and throughout the evening. For example: people with Alzheimer's need 2-3 times more light indoors to see and function best. Most normal household lighting is inadequate.

5. **Increase lighting starting in the afternoon.** The long shadows that form as the sun is setting are thought to further confuse people already confused by dementia, making it difficult to see and understand objects in their environment. Pull the blinds and turn up the lights as the sun starts to get low in the sky.

6. **Have a healthy snack.** For some people, sundowning can be exacerbated by being hungry in the afternoon or evening. This can be especially true of people with diabetes and dementia. Low sugar/carbohydrate, high protein snacking might help keep the person more steady.

*Continued on page 64*
The solution to aging in place

Adult day care that works for all families.
- Socialization
- Therapeutic Recreation
- Compassionate Nursing Care
- Nutritious Meals
- Round-trip Transportation
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Mind Matters, LLC
Dementia Care

Day Care for Adults with Dementia

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High Quality Care in a Social Setting

EMERALD
Certified Nursing Assistant

220 Old Boston Post Rd
Old Saybrook, CT
860.395.7030

801 Poquonnock Rd
Groton, CT
860-449-2903

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ADULT DAY CARE
continued from page 9

MYSTIC

Masonicare at Mystic
Adult Day (ads on pages 71, 97, 105, 119, 149)
45 Clara Dr, Mystic 06355
860-415-2500

NEW CANAAN

Adult Day Program at Waveny
3 Farm Rd, New Canaan 06840
203-594-5429

NEW HAVEN

Goodwin-Levine Adult Day Center
169 Davenport Ave, New Haven 06519
203-789-1650

NORWALK

ElderHouse
7 Lewis St, Norwalk 06851
203-847-1998

OLD SAYBROOK

Mind Matters, LLC –
Day Care for Adults with Dementia
(ad on page 11)
220 Old Boston Post Rd,
Old Saybrook 06475
860-395-7030

SANDY HOOK

Old Glory Days Adult Day Center
107 Church Hill Rd, GL-1,
Sandy Hook 06482
203-648-5983

Website: AOASCC.org
CareNetworkLink.org
Phone: (203) 785-8533
(203) 495-1655
COMMUNITY RESOURCES AND SERVICES

STAMFORD

Lina Adult Day Center
1435 Bedford St, Stamford 06905
866-722-1994

Senior Neighborhood Adult Svcs
(Catholic Charities)
18 Quintard Ter, Stamford 06902
203-324-2404

STRATFORD

Baldwin Center
1000 W Broad St, Stratford 06615
203-385-4055

Remesa Adult Day
(Spanish speaking)
720 Barnum Ave Cut-Off, Stratford 06614
203-380-1228

Sunset Shores
720 Barnum Ave Cut-Off, Stratford 06614
203-380-1228

WALLINGFORD

Masonicare Adult Day at
Ashlar Village (ads on pages 71, 97, 105, 119, 149)
74 Cheshire Rd, Wallingford 06492
203-679-6460

Wallingford Senior Center
238 Washington St, Wallingford 06492
203-265-7753

WESTBROOK

Robin’s Nest
Intergenerational Day Care
72 Fiske Ln, Westbrook 06498
860-399-0379

WEST HAVEN

West Haven Regional
Adult Day Center
201 Noble St, West Haven 06516
203-937-3658

ADVOCACY FOR SENIORS / PATIENTS

Agency on Aging – South Central CT
1 Long Wharf Dr, New Haven 06511
203-785-8873

Agency on Aging – Southwestern CT (ad on page 14)
1000 Lafayette Blvd, Bridgeport 06604
203-333-9288

Agency on Aging – Western CT
84 Progress Ln, Waterbury 06705
203-757-5449

CT Long Term Care Ombudsman Program (www.ct.gov/ltcop)
– Northern Region Intake Number
860-424-5221
– Southern Region Intake Number
860-823-3366
– Western Region Intake Number
203-597-4181

Protects rights and quality of life for residents of skilled nursing facilities and residential care communities

Elder Life Care Planning
(ad on page 16)
860-664-5695
Email: elena@elderlcp.com
(www.elderlcp.com)

Family Centers
40 Arch St, Greenwich 06830
203-869-4848

Indicates website link on seniorsbluebook.com
Guiding Seniors & Families

• Aging Resources
• Medicare & Medicaid
• Caregiver Support

Southwestern CT Agency on Aging
& Independent Living

SWCAA.org
800-994-9422

ALZHEIMER’S SUPPORT

Connecticut Chapter 24/7 Helpline
800-272-3900

Mind Matters, LLC –
Day Care for Adults with Dementia
(ad on page 11)
220 Old Boston Post Rd,
Old Saybrook 06475
860-395-7030

AMBULANCE

American Medical Response
(ad on page 57)
800-379-7700 / Fax 800-670-0831

ANNUITY SPECIALISTS

Ted Heckel – American Senior Benefits
(ad on page 42)
203-567-7864

AQUATIC CLASSES & THERAPY

Darien YMCA
2420 Post Rd, Darien 06820
203-655-8228

Dwight D. Eisenhower Senior Center
263 Golden Hill St, Bridgeport 06604
203-576-7993

Greater Waterbury YMCA
136 W Main St, Waterbury 06702
203-754-9622

JCC of Greater New Haven
360 Amity Rd, Woodbridge 06655
203-387-2522

Middlesex YMCA
99 Union St, Middletown 06457
860-347-6907
Regional YMCA of Western CT – Greenknoll Branch
2 Huckleberry Ln, Brookfield 06804
203-740-9289

Soundview Family YMCA
628 E Main St, Branford 06405
203-481-9622

Valley YMCA
12 State St, Ansonia 06401
203-736-9622

YMCA of Greenwich
50 E Putnam Ave, Greenwich 06830
203-869-1630 ext 306

YWCA Greenwich
259 E Putnam Ave, Greenwich 06830
203-869-6501

ASA
Regional YMCA of Western CT – Greenknoll Branch
2 Huckleberry Ln, Brookfield 06804
203-740-9289

Soundview Family YMCA
628 E Main St, Branford 06405
203-481-9622

Valley YMCA
12 State St, Ansonia 06401
203-736-9622

YMCA of Greenwich
50 E Putnam Ave, Greenwich 06830
203-869-1630 ext 306

YWCA Greenwich
259 E Putnam Ave, Greenwich 06830
203-869-6501

ASA
Agency on Aging South Central CT
1 Long Wharf Dr, New Haven 06511
203-785-8873

Southwestern CT Agency on Aging (ad on page 14)
1000 Lafayette Blvd, Bridgeport 06604
203-333-9288

Western CT Area Agency on Aging
84 Progress Ln, Waterbury 06705
203-757-5449

ASSESSMENTS

Elder Life Care Planning
(ad on page 16)
860-664-5695
Email: elena@elderlcp.com
(www.elderlcp.com)

CAPTIONED PHONE SERVICES

ClearCaptions – John Noonan (ad on page 15)
Captioned Phone Service
clearcaptions.com
203-581-0382

CARE MANAGEMENT

Care Management Associates – A Division of CT Cmnty Care, Inc.
43 Enterprise Dr, Bristol 06010
860-314-2933

Catholic Charities
238 Jewett Ave, Bridgeport 06606
203-416-1503

Danbury Social Services
342 Main St, Danbury 06810
203-207-8950

Continued on page 18
Personalized Service Throughout Connecticut

Care Coordination and Advocacy

Holistic Solutions for Long Term Care

Medicaid Support at home or elsewhere

Strategic Planning with a Road Map

“Elena’s expert guidance gave me & my family the specific actions we needed to take to make things go smoothly.”

You’re not alone, we can help!

145 Durham Road, Suite 1
Madison, CT 06443
860-664-5695
www.ElderLCP.com
The Challenges of Aging Today

Do We Plan for Aging - Plan as We Age or Do We Wait to See What Happens?

The Dynamics of Aging today is a very different landscape from years past. While the challenges of Aging are basically the same, how one prepares for and navigates through each challenge can be remarkably different from their predecessors.

Living a Purposeful Live - In years past our Elders were there for support and guidance. Their wisdom remains meaningful today, unfortunately many of us no longer live close by and we lose out on those experiences as do our Elders. Social Engagement is a new challenge and worthy of a conversation.

Health and Wealth Balance - We are aging well past what was expected. Quality healthcare coupled with a healthy lifestyle increases longevity and may challenge financial well-being. Planning in advance will reduce uncertainty, improve quality of life and avoid financial challenges.

Aging in Place - New Buzz Words defining an ancient tradition. Many Elders prefer to remain in their homes while others find the comfort in living in communities. The opportunities are plentiful regardless of your financial resources. The challenge is navigating the maze of options and knowing what resources are available and how to access them.

Care for a Loved One - Family members will begin to see the signs long before an Elder will acknowledge needing help. Some start providing assistance while they are juggling other responsibilities. Overwhelm will quickly settle in and they realize that more support is needed. In other situations, outside support is needed and families have no idea where to turn for help. Caring for a Loved One has become an epidemic. The challenge is that families are desperate for support and often don’t realize the physical and emotional toll it’s taking on them.

Yesterday, our Elders plan to age in their community with the support of loved ones who lived close by. Today, they remain home lonely, often times isolated, without good care or support, and fearful of their future.

There is a Solution to this Challenge and We are Here to Help!

Elena M. Goggin
Founder & Director
elena@elderlcp.com
CARE MANAGEMENT
continued from page 15

Elder Life Care Planning
(ad on page 16)
860-664-5695
Email: elena@elderlcp.com
(www.elderlcp.com)

Jewish Family Service
– 733 Summer St, Ste 602, Stamford 06901
  203-921-4161
– 325 Reef Rd, Fairfield 06824
  203-366-5438

Jewish Family Svcs of Greenwich
1 Holly Hill Ln, Greenwich 06830
203-622-1881

RVNAHealth
(ad on page 95)
90 E Ridge Rd, Ridgefield 06877
203-438-5555

Stratford Visiting Nurse Association
(ad on page 95)
3060 Main St, Stratford 06614
203-375-5871

CAREGIVER SUPPORT SERVICES

Caregiver Homes
866-782-9567

Masonicare Caregiver Support Groups
(ads on pages 71, 97, 105, 119, 149)
22 Masonic Ave, Wallingford 06492
888-679-9997

Mind Matters, LLC –
Day Care for Adults with Dementia
(ad on page 11)
220 Old Boston Post Rd,
Old Saybrook 06475
860-395-7030

River House Adult Day Center
(ad on page 11)
125 River Rd Ext, Cos Cob 06807
203-622-0079

CHRONIC ILLNESS MANAGEMENT / SUPPORT

Alzheimer’s Association CT Chapter
24/7 Helpline
800-272-3900

American Cancer Society
825 Brook St, Rocky Hill 06067
800-227-2345

American Liver Foundation
127 Washington Ave, East Bldg LL,
North Haven 06473
203-234-2022

Jewish Family Service of Greater New Haven
1440 Whaley Ave, New Haven 06515
203-389-5599

Parkinson’s Foundation
800-473-4636

CLINICAL STUDIES

Yale School of Public Health Dept of Social & Behavioral Sciences
(email: joan.monin@yale.edu
203-785-2895)
A stress reduction study for seniors living with a partner with early stage dementia

COMPUTER REPAIRS, CLASSES, TECH SUPPORT

Tech Einstein
(ad on page 19)
203-434-1052
Learn more about how the brain changes as you get older. If you are healthy and between the ages of 65 to 85, you may be eligible to participate in a free and confidential study that looks at the effects of normal aging on your brain. The study involves screening for diabetes, an assessment of body composition, and an MRI scan of your brain.

Compensation up to $300. To learn more or to see if you are eligible to participate, please contact (203) 737-4777 or email diabetes.research@yale.edu.

JOEL D. MULBAUM, LLC,
Attorneys at Law
(ad on page 24)
– 1100 Summer St, Stamford 06905
203-323-1818
– 191 Post Rd W, Westport 06880
203-221-2620 (appointment only)

RWC, LLC, Attorneys & Counselors at Law
(ad on page 25)
130 E Main St, Clinton 06413
860-669-1222

CONSUMER AFFAIRS

Better Business Bureau
29 Berlin Rd, Cromwell 06416
860-740-4500

Dept of Consumer Protection
165 Capitol Ave, Hartford 06106
860-713-6100

CONTINUING EDUCATION

Fairfield Continuing Education
501 Kings Hwy E, Fairfield 06825
203-255-8376

Institute for Learning in Retirement
700 Prospect St, New Haven 06511
203-256-3166

Lifetime Learners Institute
188 Richards Ave (Norwalk Community College), Norwalk 06854
203-857-3330

Schiller Shoreline Institute For Lifelong Learning
32 Church St, Guilford 06437
203-453-8086

ON SITE TECH SUPPORT TO YOUR DOOR

Setup & Installation, Maintenance, Repair, Virus Removal and Tutorial Svcs
Hour Rates and Flat Fee Packages

203-434-1052
JLouis1286@gmail.com

Indicates website link on seniorsbluebook.com
CREMATION

Neptune Cremation Service  
(ad on page 21)  
3153 Berlin Tpk, Newington 06111  
860-566-8495

BRIDGEPORT

Albion Street Dental Clinic  
46 Albion St, Bridgeport 06605  
203-332-3500

Optimus Dental Clinic  
982 E Main St, Bridgeport 06608  
203-696-3270

Southwest Community Health Center  
361 Bird St, Bridgeport 06605  
203-330-6000

DERBY

Richard O. Belden Dental Clinic  
30 Elizabeth St, Derby 06418  
203-736-5460

MERIDEN

Dental Staffing Resources  
145 Orchid Rd, Meriden 06450  
203-440-3496

NORWALK

Norwalk Hospital Dental Clinic  
11 Maple St, Norwalk 06850  
203-852-2146

STAMFORD

Dental Care of Stamford – Community Health Center  
141 Franklin St, Stamford 06901  
203-969-0802

Optimus Dental Clinic  
1351 Washington Blvd, Stamford 06905  
203-621-3700

STRATFORD

Optimus Dental Clinic  
727 Honeyspot Rd, Stratford 06615  
203-380-5283

DIABETIC SUPPLIES

CENTERBROOK

Nutmeg Pharmacy Centerbrook  
(ad on page 46)  
33 Main St, Centerbrook 06409  
860-767-1389

HIGGANUM

Nutmeg Pharmacy Higganum  
(ad on page 46)  
23 Killingworth Rd, Higganum 06441  
860-345-3607  
888-342-2554 toll-free

MOODUS

Nutmeg Pharmacy Moodus  
(ad on page 46)  
– Opening Winter 2020  
38 William F. Palmer Rd, Moodus 06469  
860-891-8142

TAFTVILLE

Nutmeg Pharmacy Taftville  
(ad on page 46)  
3 N 2nd Ave, Taftville 06380  
860-383-2013
DISABILITY SERVICES

BRIDGEPORT

Bureau of Rehabilitative Services
1057 Broad St, Bridgeport 06604
203-551-5500

Disability Resource Network
1720 Capitol Ave, Bridgeport 06604
203-212-3330

Family Service – Woodfield Svcs for the Deaf & Hard of Hearing
475 Clinton Ave, Bridgeport 06605
888-676-8554

Office of Person with Disabilities
752 E Main St, Rm 180, Bridgeport 06608
203-576-8301

HARTFORD

Adult Svcs Bureau of Assistance Programs DSS
25 Sigourney St, Hartford 06106
860-424-5250

Connecticut Association of Centers for Independent Living (CACIL)
151 New Park Ave, Hartford 06106
860-656-0430

CT Dept of Developmental Svcs
460 Capitol Ave, Hartford 06106
860-418-6000

National MS Society CT Chapter
659 Tower Ave, 1st Fl, Hartford 06112
860-913-2550

Office of Protections & Advocacy
60B Weston St, Hartford 06120
860-297-4300

NAUGATUCK

Independence Northwest
1183 New Haven Rd, Ste 200, Naugatuck 06770
203-729-3299

Continued on next page ›
COMMUNITY RESOURCES AND SERVICES

DISABILITY SERVICES
continued from page 18

NORTH HAVEN
Muscular Dystrophy Association
127 Washington Ave, North Haven 06473
203-248-6500

STAMFORD
Bureau of Rehabilitative Services
1642 Bedford St, Stamford 06905
203-251-9430

STRATFORD
Access Independence
80 Ferry Blvd, Stratford 06615
203-378-6977

TRUMBULL
Kennedy Center, Inc.
2440 Reservoir Ave, Trumbull 06611
203-365-8522

WALLINGFORD
National Spinal Cord Injury Foundation of Connecticut
Gaylord Farm Rd, Wallingford 06492
203-284-2910

WINDSOR
Board of Education & Services for the Blind
184 Windsor Ave, Windsor 06095
860-602-4000

Brain Injury Alliance of Connecticut
200 Day Hill Rd, Windsor 06095
800-278-8242

DONATION PICK-UP

Big Brothers Big Sisters
877-399-2570
www.bbbsswct.org

Habitat for Humanity of Greater New Haven
203-774-7560
www.Restore@habitatgnh.org

The Salvation Army
800-728-7825
www.satruck.org

Vietnam Veterans of America
www.pickupplease.org

DOWNSIZING

Downsize Managers
(ad on page 23)
443-DWN-SIZE
www.downsizeandmanagers.com

Living Organized
203-451-7880

DRIVERS LICENSE OFFICES & INFORMATION

Bridgeport
95 Sylvan Ave, Bridgeport 06606
203-579-6015

Danbury
2 Lee Mac Ave, Danbury 06810
203-797-2794

Hamden
1985 State St, Hamden 06517
800-842-8222

Norwalk
540 Main Ave, Norwalk 06851
203-840-1993
LIVE WITH LESS

Downsize Managers is your partner in downsizing efficiently and quickly for yourself or for a loved one.

Work Together  Within a few weeks we can find new homes for personal belongings you no longer want or need.

Donate to Charities  We say “no” to expensive dumpsters! We say “yes” to gifting your gently used items to local community charities.

Help Environment  Avoid landfills, let us determine what household items, furniture, collectibles, antiques, rugs, tools and more should be included in a local online auction that we conduct.

Call us today 443-DWN-SIZE | www.downsizemanagers.com

Waterbury
2210 Thomaston Ave, Waterbury 06704
800-842-8222

ELDER ABUSE PREVENTION

ANSONIA
CHERISH Elder Shelter Program
Statewide 24 Hr Domestic Violence Hotline
435 E Main St, Ansonia 06401
888-774-2900

BRIDGEPORT
Bridgeport Office
(State of Connecticut Office)
1057 Broad St, Bridgeport 06604
203-551-2701

Center for Women & Families of Eastern CT
753 Fairfield Ave, Bridgeport 06604
203-334-6154

DANBURY
Danbury Social Services
342 Main St, Danbury 06810
203-207-8950

HARTFORD
State of CT – Office of Protection & Advocacy for People with Disabilities
60B Weston St, Hartford 06120
860-297-4300

NEW HAVEN
Jewish Family Service of Greater New Haven
1440 Whaley Ave, New Haven 06515
203-389-5599

Continued on next page
ELDER ABUSE PREVENTION

continued

NORTH HAVEN

BHcare
127 Washington Ave, North Haven 06473
203-736-2601
(serving the Naugatuck Valley and the Shoreline)

STAMFORD

Stamford Dept of Social Services
1642 Bedford St, Stamford 06905
203-251-9392

ELDER LAW

Joel D. Mulbaum, LLC, Attorneys at Law
(ad on page 24)
– 1100 Summer St, Stamford 06905
  203-323-1818
– 191 Post Rd W, Westport 06880
  203-221-2620 (appointment only)

RWC, LLC, Attorneys & Counselors at Law
(ad on page 25)
130 E Main St, Clinton 06413
860-669-1222

EMERGENCY RESPONSE SYSTEMS

Are You Okay (Fairfield Police)
100 Reef Rd, Fairfield 06824
203-254-4800

Assisted Living Technologies
(ad on page 78)
74 S Broad St, Meriden 06450
203-235-8324

Philips Lifeline Through RVNAhealth
(ad on page 95)
27 Governor St, Ridgefield 06877
203-438-5555

EMPLOYMENT OPPORTUNITIES & RESOURCES

Associate for Training & Development
350 Fairfield Ave, Bridgeport 06604
203-502-7303

Fairfield Library (Career Workshops)
1080 Post Rd, Fairfield 06824
203-256-3155

Jewish Family Service
733 Summer St, Ste 602, Stamford 06901
203-921-4161
Utilize Senior Energy
(no fee, employment referrals)
299 Greenwich Ave, Greenwich 06830
203-862-6712

ENERGY RESOURCES
& WEATHERIZATION

Action for Bridgeport Community Development (ABCD), Inc.
1070 Park Ave
203-366-8241
(serving Bridgeport, Easton, Trumbull, Stratford)

CTE, Inc.
34 Woodland Pl, Stamford 06921
203-352-4846
(serving Greenwich & Stamford)

TEAM, Inc.
30 Elizabeth St, Derby 06418
203-736-5420 x225

ESTATE CLEANOUT

Downsize Managers
(ad on page 23)
443-DWN-SIZE
www.downsizemanagers.com

Living Organized
203-451-7880

ESTATE PLANNING

Joel D. Mulbaum, LLC, Attorneys at Law
(ad on page 24)
– 1100 Summer St, Stamford 06905
203-323-1818
– 191 Post Rd W, Westport 06880
203-221-2620 (appointment only)

RWC, LLC, Attorneys & Counselors at Law
(ad on page 25)
130 E Main St, Clinton 06413
860-669-1222

FALL PREVENTION SPECIALISTS

Assisted Living Technologies (ad on page 80)
74 S Broad St, Meriden 06450
203-235-8324

FINANCIAL ASSISTANCE

Energy Assistance
(financial aid for home heating)
2 Renshaw Rd, Darien 06820
203-656-7490

Fuel Assistance ABCD, Inc.
1070 Park Ave, ABCD, Inc.
203-366-8241

Continued on next page

Indicates website link on seniorsbluebook.com
FINANCIAL ASSISTANCE

Home Owners Tax Relief – Renters Rebate Assessors
611 Old Post Rd, Fairfield 06824
203-256-3110

Silver Source
2009 Summer St, Stamford 06905
203-324-6584

State Administered General Assistance (SAGA)
(cash and medical)
25 Sigourney St, Hartford 06106
860-424-5250

Unemployment Compensation – CT Department of Labor
200 Folly Brook Blvd, Wethersfield 06109
860-263-6000

FITNESS & WELLNESS PROGRAMS

Charles Rietdyke Senior Center
211 Nichols Rd, Wolcott 06716
203-879-8100

Darien Senior Programs
Mather Center
2 Renshaw Rd, Darien 06820
203-656-7490

Guilford Senior Center
32 Church St, Guilford 06437
203-453-8086

Janice von Beren Senior Center
40 Peck Rd, Bethany 06524
203-393-2100 ext 124

Jewish Community Center
1035 Newfield Ave, Stamford 06905
203-322-7900

Meriden Senior Center
22 W Main St, Meriden 06451
203-237-0066

Stamford Hospital Health & Fitness Institute – Tully Health Center
32 Strawerry Hill Court, Stamford 06902
203-276-4567

Waterbury Senior Center
1985 E Main St, Waterbury 06705
203-574-6746

FOOD RESOURCES

TEAM, Inc. Meals on Wheels (Valley Residents, M-F)
203-538-5886 x4226

ANSONIA

Doyle Senior Ctr – Sr Cmnty Cafe (M, W, F 11:30 am)
153 Main St, Ansonia 06401
203-736-1051

BRIDGEPORT

CW Resources – Trumbull, Bridgeport, Easton, Monroe, Southport, Stratford, Fairfield
215 Warren St, Bridgeport 06604
203-332-3264

Family Resource Center
680 Park Ave, Bridgeport 06604
203-330-8181

Family Services – Woodfield
475 Clinton Ave, Bridgeport 06605
203-368-5592

St. Ambrose Parish
1596 Boston Ave, Bridgeport 06610
203-333-1336

The Salvation Army
30 Elm St, Bridgeport 06604
203-334-0995
Thomas Merton House
43 Madison Ave, Bridgeport 06604
203-367-9036

CHESHIRE

Cheshire Community Food Pantry
175 Sandbank Rd, Cheshire 06410
203-699-9226

Cheshire Senior Center
240 Maple Ave, Cheshire 06410
203-272-0047

DANBURY

Danbury Senior Nutrition Services
54 Main St, Danbury 06810
203-743-5418

DERBY

Derby Senior Center – Senior Community Cafe (T, Th 11:45 am)
293 Main St, Derby 06418
203-736-1484

DURHAM

The Senior Cafe
(low cost/no cost meals M & W by reservation)
350 Main St, Durham 06442
860-349-3153

EAST HADDAM

East Haddam Food Bank
(Tu 10:00 am-12:00 pm, 2:30-5:30 pm)
488 Town St, East Haddam 06423
860-873-3296

Senior Community Cafe at East Haddam Senior Center
860-873-5034
Available to seniors aged sixty (60) and over and their spouses, companions, or caregivers of any age. A donation of $3 is suggested.

FAIRFIELD

CT Food Bank
74 Linwood Ave, Fairfield 06824
203-256-1935

Operation Hope
636 Old Post Rd, Fairfield 06824
203-292-5588

GREENWICH

Meals-On-Wheels of Greenwich
89 Maple Ave, Greenwich 06830
203-869-1312

Neighbor to Neighbor
248 E Putnam Ave, Greenwich 06830
203-622-9208

HAMDEN

Keefe Community Center
11 Pine St, Hamden 06514
203-562-5129

HARTFORD

Community Renewal Team
90 Retreat Ave, Hartford 06106
860-560-5632

MERIDEN

Meriden Senior Center
22 W Main St, Meriden 06451
203-237-0066

MONROE

Monroe Social Services
7 Fan Hill Rd, Monroe 06468
203-452-3770

NAUGUTUCK

Naugatuck Senior Center
300 Meadow St, Naugatuck 06770
203-720-7069

Continued on next page
FOOD RESOURCES  
continued

NEW CANAAN
Meals-On-Wheels of New Canaan
PO Box 231, New Canaan 06840
203-594-5318

NEW HAVEN
Jewish Family Service of Greater New Haven
1440 Whaley Ave, New Haven 06515
203-389-5599

NORWALK
Christian Community Action
98 S Main St, Norwalk 06854
203-939-1649

Manna House
4 Merritt St, Norwalk 06854
203-866-1057

Norwalk Meals on Wheels
11 Allen Rd, Norwalk 06850
203-847-3115

The Salvation Army
14 Byington Pl, Norwalk 06850
203-866-2125

OLD SAYBROOK
Estuary Council of Seniors
220 Main St, Old Saybrook 06475
860-388-1611
Serving Chester, Clinton, Deep River, Essex, Killingworth, Old Lyme, Old Saybrook and Westbrook

OXFORD
Oxford Senior Ctr – Sr Cmnty Cafe
(2 times a month, 12:00 pm)
10 Old Church Rd, Oxford 06478
203-881-5231

PROSPECT
Prospect Senior Center
6 Center St, Prospect 06712
203-758-5300

SEYMOUR
Rev. A. Callahan House – Sr Cmnty Cafe (M-F 12:00 pm)
32 Smith St, Seymour 06483
203-888-4579

SOUTHBURY
Southbury Food Bank
88 Main St S, Southbury 06488
203-721-0377

STAMFORD
Catholic Charities: Senior Nutrition Program
(Latino & Russian meals available)
30 Myano Ln, Stamford 06902
203-324-6175

Faith Tabernacle Baptist Church
29 Grove St, Stamford 06901
203-348-8755 x14

Food Bank of Lower Fairfield County
461 Glenbrook Rd, Stamford 06906
203-358-8898

JCC Stamford (join us for lunch)
1035 Newfield Ave, Stamford 06905
203-322-7900

Jewish Family Svc (Kosher Food Pantry)
733 Summer St, Ste 602, Stamford 06901
203-921-4161

New Covenant House
198 Selleck St, Stamford 06902
203-964-8228
Salvation Army of Stamford
198 Selleck St, Stamford 06902
203-359-2320

Zion Lutheran Church
29 Grove St, Stamford 06902
203-327-7751

STRATFORD
Sterling House Community Center
2283 Main St, Stratford 06615
203-378-2606

TRUMBULL
Trumbull Social Svcs Food Pantry
24 Priscilla Pl, Trumbull 06611
203-452-5198

WALLINGFORD
Wallingford Senior Center
238 Washington St, Wallingford 06492
203-265-7753

WESTON
Weston Social Svcs Food Pantry
24 School Rd, Weston 06883
203-222-2663

WESTPORT
Gillespie Center Food Pantry
45 Jesup Rd, Westport 06880
203-226-1661

Westport Senior Center
21 Imperial Ave, Westport 06880
203-341-5097

WILTON
Wilton Meals-On-Wheels
439 Danbury Rd, Wilton 06897
203-762-0566

WOLCOTT
Charles Rietdyke Senior Center
211 Nichols Rd, Wolcott 06716
203-879-8133

FUNERAL, CREMATION & MORTUARY SERVICES

Neptune Cremation Service
(ad on page 21)
3153 Berlin Tpk, Newington 06111
860-566-8495

GERIATRIC ASSESSMENT CENTERS

Adler Geriatric Assessment Ctr – Yale New Haven Health
Dana Clinic Bldg, 874 Howard Ave, New Haven 06519
203-688-6361

Bridgeport Hospital
95 Armory Rd, Stratford 06614
203-384-3388

Greenwich Hospital
5 Perryridge Rd, Greenwich 06830
203-863-4373

St Vincent’s Medical Center
762 Lindley St, Bridgeport 06606
203-576-5710

GROCERY SHOPPING ASSISTANCE

Jewish Family Svcs of Greenwich
1 Holly Hill Ln, Greenwich 06830
203-622-1881

GUARDIANSHIP / CONSERVATORSHIP

Faith Tabernacle Church
29 Grove St, Stamford 06901
203-348-8755 ext 14

Hartford Grandfamilies Housing Program
555 Windsor St, Hartford 06120
860-560-5772
HEALTH INSURANCE

Ted Heckel – American Senior Benefits  
(ad on page 42)  
203-561-7864

HEARING SERVICES & RESOURCES

ClearCaptions – John Noonan  
(ad on page 15)  
Captioned Phone Service  
clearcaptions.com  
203-581-0382

Gaylord Hearing Center  
50 Gaylord Farm Rd, Wallingford 06492  
203-284-2880

Masonicare Hearing Center  
(ads on pages 71, 97, 105, 119, 149)  
22 Masonic Ave, Wallingford 06492  
203-679-5888

HOME MEDICAL EQUIPMENT & SUPPLIES

CENTERBROOK

Nutmeg Pharmacy  
Centerbrook  
(ad on page 46)  
33 Main St, Centerbrook 06409  
860-767-1389

HIGGANUM

Nutmeg Pharmacy  
Higganum  
(ad on page 46)  
23 Killingworth Rd, Higganum 06441  
860-345-3607  
888-342-2554 toll-free

MOODUS

Nutmeg Pharmacy  
Moodus  
(ad on page 46)  
Opening Winter 2020  
39 William F. Palmer Rd, Moodus 06469  
860-891-8142

TAFTVILLE

Nutmeg Pharmacy  
Taftville  
(ad on page 46)  
3 N 2nd Ave, Taftville 06380  
860-383-2013

HOME MEDICAL EQUIPMENT LOAN CLOSETS

Access Independence of Fairfield County  
80 Ferry Blvd, Stratford 06615  
203-378-6977

Charles Rietdyke Senior Center  
211 Nichols Rd, Wolcott 06716  
203-879-8133

HOME IMPROVEMENTS & MODIFICATIONS

HomeFront, Inc.  
88 Hamilton Ave, Stamford 06902  
800-887-4673  
Serving Fairfield, New Haven & Hartford Counties

Town of Fairfield Community and Economic Development  
611 Old Post Rd (Old Town Hall), Fairfield 06824  
203-256-3120
Resources for Aging Well

Community Resources and Services

Indicates website link on SeniorsBlueBook.com

Estuary Council of Seniors
134 Main St Ext, Old Saybrook 06457
860-388-0005

Guilford Senior Center
32 Church St, Guilford 06437
203-453-8086

Home Medical Loan Closet – Mather Center
2 Renshaw Rd, Darien 00680
203-656-7328

Janice von Beren Senior Center
40 Peck Rd, Bethany 06524
203-393-2100 ext 124

Naugatuck Senior Center
300 Meadow St, Naugatuck 06770
203-720-7069

Newtown Loan Closet
45 Main St, Newtown 06470
203-270-4377

Seymour Senior, Center
20 Pine St, Seymour 06483
203-888-2507

DANBURY
The Danbury Hospital
24 Hospital Ave, Danbury 06810
203-739-7000

DERBY
Griffin Hospital
130 Division St, Derby 06418
203-735-7421

GREENWICH
Greenwich Hospital
5 Perryridge Rd, Greenwich 06830
203-863-3000

MERIDEN
Midstate Medical Center
435 Lewis Ave, Meriden 06451
203-694-8200

MIDDLETOWN
Middlesex Hospital
28 Crescent St, Middletown 06457
860-358-6000

MILFORD
Milford Hospital
300 Seaside Ave, Milford 06460
203-876-4000

NEW HAVEN
Hospital of Saint Rahael
1450 Chapel St, New Haven 06511
203-789-3000

Yale-New Haven Hospital
20 York St, New Haven 06510
203-688-4242

Continued on next page
COMMUNITY RESOURCES AND SERVICES

HOSPITALS continued

NEW MILFORD
New Milford Hospital
21 Elm St, New Milford 06776
800-585-7198

NORWALK
The Norwalk Hospital
34 Maple St, Norwalk 06856
203-852-2000

STAMFORD
The Stamford Hospital
30 Shelburne Rd, Stamford 06904
203-276-1000

WALLINGFORD
Gaylord Hospital – Long Term Acute Care
50 Gaylord Farm Rd, Wallingford 06492
203-284-2800

WATERBURY
Saint Mary’s Hospital
56 Franklin St, Waterbury 06706
203-709-6000

Waterbury Hospital
64 Robbins St, Waterbury 06721
203-573-6000

WEST HAVEN
VA Connecticut Healthcare Systems
950 Campbell Ave, West Haven 06516
203-932-5711

HOUSE CLEANING SERVICES

Jewish Family Service
733 Summer St, Ste 602, Stamford 06901
203-921-4161

TEAM, Inc. Homemaking Program
203-538-5886 x4226
(Ansonia, Derby, Milford, Oxford, Orange, Shelton, Seymour, & Woodbridge)

HOUSING PLACEMENT & RESOURCE SPECIALISTS

Elder Life Care Planning
(ad on page 16)
860-664-5695
Email: elena@elderlcp.com
(www.elderlcp.com)

Jewish Family Service of Greater New Haven
1440 Whaley Ave, New Haven 06515
203-389-5599

TEAM, Inc.
30 Elizabeth St, Derby 06418
203-736-5420 x225

INFUSION THERAPY

Stratford Visiting Nurse Association (ad on page 95)
3060 Main St, Stratford 06614
203-375-5871

LEGAL SERVICES LOCAL / NO FEE

Center For Medicare Advocacy
PO Box 350, Willimantic 06226
860-456-7790

Connecticut Fair Housing Center
221 Main St, 4th Fl, Hartford 06106
860-247-4400

Connecticut Statewide Legal Svcs
– 211 State St, Bridgeport 06604
203-336-3851
– 20 Summer St, Stamford 06901
203-348-9216
<table>
<thead>
<tr>
<th>Fairfield County</th>
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<tbody>
<tr>
<td>Lawyer Referral Service</td>
<td>1057 Broad St, Bridgeport 06604</td>
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<td>203-335-4116</td>
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<tr>
<th>Probate Court</th>
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<tbody>
<tr>
<td></td>
<td>725 Old Post Rd, Fairfield 06824</td>
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<tr>
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<td>203-256-3041</td>
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<table>
<thead>
<tr>
<th>LIBRARIES</th>
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<thead>
<tr>
<th>ANSONIA</th>
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<tbody>
<tr>
<td>Ansonia Public Library</td>
<td>53 S Cliff St, Ansonia 06401</td>
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<tr>
<td></td>
<td>203-734-6275</td>
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<table>
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<tr>
<th>BEACON FALLS</th>
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<tbody>
<tr>
<td>Beacon Falls Public Library</td>
<td>10 Maple Ave, Beacon Falls 06403</td>
</tr>
<tr>
<td></td>
<td>860-729-1441</td>
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<table>
<thead>
<tr>
<th>BETHANY</th>
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<tbody>
<tr>
<td>Clark Memorial Library</td>
<td>538 Amity Rd, Bethany 06524</td>
</tr>
<tr>
<td></td>
<td>203-393-2103</td>
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<table>
<thead>
<tr>
<th>BETHEL</th>
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<tbody>
<tr>
<td>Bethel Public Library</td>
<td>189 Greewood Ave, Bethel 06801</td>
</tr>
<tr>
<td></td>
<td>203-794-875</td>
</tr>
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<table>
<thead>
<tr>
<th>BRANFORD</th>
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</thead>
<tbody>
<tr>
<td>James Blackstone Memorial Library</td>
<td>758 Main St, Branford 06405</td>
</tr>
<tr>
<td></td>
<td>203-488-1441</td>
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</tbody>
</table>

|                      | Willoughby Wallace Memorial Library | 146 Thimble Islands Rd, Branford 06405 |
|                      | 203-488-8702                      |

<table>
<thead>
<tr>
<th>BRIDGEPORT</th>
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<tbody>
<tr>
<td>Bridgeport Public Library</td>
<td>925 Broad St, Bridgeport 06801</td>
</tr>
<tr>
<td></td>
<td>203-576-7400</td>
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<thead>
<tr>
<th>Newfield Library</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1230 Stratford Ave, Bridgeport 06607</td>
</tr>
<tr>
<td></td>
<td>203-576-7832</td>
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<table>
<thead>
<tr>
<th>Black Rock Branch Library</th>
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<tbody>
<tr>
<td>2705 Fairfield Ave, Bridgport 06605</td>
<td>203-576-7025</td>
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<table>
<thead>
<tr>
<th>North Branch Library</th>
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<tbody>
<tr>
<td>3455 Madison Ave, Bridgeport 06606</td>
<td>203-372-0514</td>
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<thead>
<tr>
<th>BROOKFIELD</th>
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<tbody>
<tr>
<td>Brookfield Library</td>
<td>182 Whisconier, Brookfield 06804</td>
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<tr>
<td></td>
<td>203-775-6241</td>
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<thead>
<tr>
<th>CHESHIRE</th>
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</thead>
<tbody>
<tr>
<td>Cheshire Public Library</td>
<td>104 Main St, Cheshire 06410</td>
</tr>
<tr>
<td></td>
<td>860-272-2225</td>
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<table>
<thead>
<tr>
<th>CHESTER</th>
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<tbody>
<tr>
<td>Chester Public Library</td>
<td>21 W Main St, Chester 06412</td>
</tr>
<tr>
<td></td>
<td>860-526-0018</td>
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<table>
<thead>
<tr>
<th>CLINTON</th>
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</thead>
<tbody>
<tr>
<td>Henry Carter Hull Library</td>
<td>10 Killingworth Tpke, Clinton 06413</td>
</tr>
<tr>
<td></td>
<td>860-669-2342</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>COS COB</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Cos Cob Library</td>
<td>5 Sinawoy Rd, Cos Cob 06807</td>
</tr>
<tr>
<td></td>
<td>203-622-6883</td>
</tr>
</tbody>
</table>

*Indicates website link on seniorsbluebook.com*
LIBRARIES continued

CROMWELL
Cromwell Belden Public Library
39 West St, Cromwell 06416
860-632-3460

DANBURY
Danbury Public Library
170 Main St, Danbury 06810
203-797-4505

DARIEN
Darien Library
1441 Post Rd, Darien 06820
203-655-1234

DEEP RIVER
Deep River Public Library
150 Main St, Deep River 06417
860-526-6039

DERBY
Derby Neck Library
307 Hawthorne Ave, Derby 06418
203-734-1492
Derby Public Library
313 Elizabeth St, Derby 06418
203-736-1482

DURHAM
Durham Public Library
7 Maple Ave, Durham 06422
860-349-9544

EAST HADDAM
East Haddam Public Library
18 Plains Rd, Moodus 06469
860-873-8248

Rathburn Memorial Library
36 Main St, East Haddam 06423
860-873-8210

EAST HAMPTON
East Hampton Public Library
105 Main St, East Hampton 06424
860-267-6621

EAST HAVEN
Hagaman Memorial Library
227 Main St, East Haven 06512
203-468-3890

EASTON
Easton Public Library
691 Morehouse Rd, Easton 06612
203-261-0134

ESSEX
Essex Library Association
33 West Ave, Essex 06426
860-767-1560

FAIRFIELD
Fairfield Public Library
1080 Old Post Rd, Fairfield 06824
203-256-3155
Fairfield Woods Library
1147 Fairfield Woods Rd, Fairfield 06825
203-255-7307

GREENWICH
Byram Shubert Library
21 Mead Ave, Greenwich 06830
203-531-0426
Greenwich Library
101 W Putnam, Greenwich 06830
203-622-7900
<table>
<thead>
<tr>
<th>COMMUNITY RESOURCES AND SERVICES</th>
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<tbody>
<tr>
<td><strong>GUILFORD</strong></td>
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<tr>
<td>Guiford Free Library</td>
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<tr>
<td>67 Park St, Guilford 06437</td>
</tr>
<tr>
<td>860-453-8282</td>
</tr>
<tr>
<td><strong>HADDAM</strong></td>
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<tr>
<td>Brainerd Memorial Library</td>
</tr>
<tr>
<td>920 Saybrook Rd, Haddam 06438</td>
</tr>
<tr>
<td>860-345-2204</td>
</tr>
<tr>
<td><strong>HAMDEN</strong></td>
</tr>
<tr>
<td>Brundage Community Branch Libr</td>
</tr>
<tr>
<td>91 Circular Ave, Hamden 06514</td>
</tr>
<tr>
<td>203-287-2675</td>
</tr>
<tr>
<td>Miller Memorial Central Library</td>
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<tr>
<td>2901 Dixell Ave, Hamden 06518</td>
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<tr>
<td>203-287-2680</td>
</tr>
<tr>
<td>Whitneyville Branch Library</td>
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<tr>
<td>125 Carleton St, Hamden 06517</td>
</tr>
<tr>
<td>203-287-2677</td>
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<tr>
<td><strong>KILLINGWORTH</strong></td>
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<tr>
<td>Killingworth Library</td>
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<tr>
<td>301 Rte 81, Killingworth 06419</td>
</tr>
<tr>
<td>860-663-2000</td>
</tr>
<tr>
<td><strong>MADISON</strong></td>
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<tr>
<td>E.C. Scranton Memorial Library</td>
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<tr>
<td>801 Boston Post Rd, Madison 06443</td>
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<tr>
<td>20-245-7365</td>
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<tr>
<td><strong>MERIDEN</strong></td>
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<tr>
<td>Meriden Public Library</td>
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<tr>
<td>105 Miller St, Meriden 06460</td>
</tr>
<tr>
<td>860-783-3290</td>
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<tr>
<td><strong>MIDDLEBURY</strong></td>
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<tr>
<td>Middlebury Public Library</td>
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<tr>
<td>30 Crest Rd, Middlebury 06762</td>
</tr>
<tr>
<td>203-758-2634</td>
</tr>
<tr>
<td><strong>MIDDLEFIELD</strong></td>
</tr>
<tr>
<td>Levi E Coe Library</td>
</tr>
<tr>
<td>414 Main St, Middlefield 06455</td>
</tr>
<tr>
<td>860-349-3857</td>
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<tr>
<td><strong>MIDDLETOWN</strong></td>
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<tr>
<td>Russell Library</td>
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<tr>
<td>123 Broad St, Middletown 06457</td>
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<tr>
<td>860-347-2528</td>
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<td><strong>MILFORD</strong></td>
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<tr>
<td>Milford Public Library</td>
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<tr>
<td>57 New Haven Ave, Milford 06460</td>
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<tr>
<td>203-783-3304</td>
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<tr>
<td><strong>MONROE</strong></td>
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<tr>
<td>Edith Wheeler Memorial Library</td>
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<tr>
<td>733 Monroe Tpk, Monroe 06468</td>
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<tr>
<td>203-452-2850</td>
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<tr>
<td><strong>NEW CANAAN</strong></td>
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<tr>
<td>New Canaan Public Library</td>
</tr>
<tr>
<td>151 Main St, New Canaan 06840</td>
</tr>
<tr>
<td>203-594-5000</td>
</tr>
<tr>
<td><strong>NEW FAIRFIELD</strong></td>
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<tr>
<td>New Fairfield Public Library</td>
</tr>
<tr>
<td>2 Brush Hill Rd, New Fairfield 06812</td>
</tr>
<tr>
<td>203-312-5679</td>
</tr>
<tr>
<td><strong>NEW HAVEN</strong></td>
</tr>
<tr>
<td>Mitchell Branch Library</td>
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<tr>
<td>37 Harrison St, New Haven 06515</td>
</tr>
<tr>
<td>203-946-8117</td>
</tr>
<tr>
<td>Stetson Branch Library</td>
</tr>
<tr>
<td>200 Dixwell Ave, New Haven 06511</td>
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<tr>
<td>203-946-8119</td>
</tr>
</tbody>
</table>

*Continued on next page*
LIBRARIES continued

NEWTOWN
Newtown Public Library
25 Main St, Newtown 06470
203-426-4533

NORTH BRANFORD
Atwater Memorial Library
1720 Foxon Rd, North Branford 06471
203-315-6020
North Branford Library Dept
1720 Foxon Rd, North Branford 06471
203-315-6020

NORTH HAVEN
North Haven Memorial Library
17 Elm St, North Haven 06473
203-239-5803

NORWALK
Norwalk Public Library
1 Balden Ave, Norwalk 06850
203-899-2780
South Norwalk Branch
10 Washington St, Norwalk 06854
203-899-2790

OLD GREENWICH
Perrot Memorial Library
90 Sound Beach Av, Old Greenwich 06870
203-637-1066

OLD SAYBROOK
Acton Public Library
60 Old Boston Post Rd, Old Saybrook 06475
860-395-3184

ORANGE
Case Memorial Library
613 Orange Center Rd, Orange 06477
203-891-2170

OXFORD
Oxford Public Library
486 Oxford Rd, Oxford 06478
203-888-6944

PORTLAND
Portland Library
20 Freestone Ave, Portland 06480
860-342-6770

PROSPECT
Prospect Public Library
17 Center St, Prospect 06712
860-758-3001

RIDGEFIELD
Ridgefield Library
472 Main St, Ridgefield 06877
203-438-2282

SEYMOUR
Seymour Public Library
46 Church St, Seymour 06483
203-888-3903

SHELTON
Huntington Branch Library
41 Church St, Shelton 06484
203-926-0111
Plumb Memorial Library
65 Wooster St, Shelton 06484
203924-1580
SHERMAN

Shemam Public Library
1 Sherman Ctr, Sherman 06784
860-354-2455

SOUTHBRURY

Southbury Public Library
561 Main St S, Southbury 06488
860-262-0626

STAMFORD

Harry Bennett, Library
115 Vine Rd, Stamford 06905
203-351-8290

South End Branch
34 Woodland Ave, Stamford 06902
203-351-8280

The Ferguson Library
1 Public Library Plaza, Stamford 06904
203-351-8205

Weed Memorial & Hollander Branch
1143 Hope St, Stamford 06907
203-351-8284

STRATFORD

Stratford Library
2203 Main St, Stratford 06615
203-385-4164

TRUMBULL

Fairchild Nichols Memorial Library
1718 Huntington Tpk, Trumbull 06611
203-452-5196

Trumbull Library
33 Quality St, Trumbull 06611
203-452-5197

WALLINGFORD

Wallingford Public Library
200 N Main St, Wallingford 06492
203-265-6754

Yalesville Branch Library
400 Church St, Wallingford 06492
203-269-3688

WATERBURY

Bunker Hill Branch Library
192 Bunker Hill Ave, Waterbury 06708
203-574-8240

Silas Bronson Library
267 Grand St, Waterbury 06702
203-574-8221

WESTBROOK

Westbrook Public Library
61 Goodspeed Dr, Westbrook 06498
860-399-6422

WEST HAVEN

Louis Piantino Branch Library
1 Forest Rd, West Haven 06516
203-933-9335

Ora Mason Branch Library
260 Benham Hil Rd, West Haven 06416
203-933-9381

West Haven Public Library
– 300 Elm St, West Haven 06516
203-931-0053
– 260 Benham Hil Rd, West Haven 06516
203-287-2677

WEST REDDING

Mark Twain Library
439 Redding Rd, West Redding 06896
203-938-2545

Continued on page 39
End of Life Planning: Having The Difficult Conversation

Most of us have planned for major life events: education, work, vacation, retirement. Yet many of us delay making end-of-life plans.

It’s natural that thinking about our mortality seems unpleasant or depressing. But there are important reasons to overcome hesitation about planning final arrangements and have “the conversation” with loved ones about your wishes:

- You have the opportunity to consider how you want to be memorialized; and talk about it with the people most important to you.
- By including your loved ones in the process, you can help prevent confusion, disagreement, and hurt feelings. Speaking honestly about an emotional issue can make your family bonds stronger.
- Your loved ones can be a valuable support system in your decision-making.

In a survey by The Conversation Project, 90% of those interviewed said that talking with their loved ones about end-of-life care is important – but only 27% had actually done it.

“The more organized you are, the less emotionally driven you’ll be,” says professor and consumer issues author Kit Yarrow.

Although your family may initially be uncomfortable, making your wishes known will ultimately save them the anxiety of making decisions at an already overwhelming time. And finding a trustworthy, affordable provider protects your loved ones financially. Many of us called on to make final arrangements for a loved one are doing it for the first time; the combination of inexperience and emotion can result in overspending, and possibly buying services and products we don’t need.

Family members often describe the peace of mind in knowing final arrangements have been taken care of as the greatest gift their loved one could leave.

Editor’s Note: This article was submitted by Marsha McCarthy, Sales Director for Neptune Cremation Services. Neptune also offers a free, comprehensive guide on cremation planning, along with many other useful resources, including how to store important documents, advance directives, designating power of attorney, wills and trusts, veterans’ benefits, and becoming an organ donor.
LIBRARIES
continued from page 37

WESTON
Weston Public Library
56 Norfield Rd, Weston 06883
203-222-2665

WESTPORT
Westport Public Library
20 Jesup Rd, Westport 06880
203-291-4800

WILTON
Wilton Library
137 Old Ridgefield Rd, Wilton 06897
203-762-3950

WOLCOTT
Wolcott Public Library
469 Bound Line Rd, Wolcott 06716
203-879-8110

WOODBRIDGE
Woodbridge Town Library
10 Newton Rd, Woodbridge 06525
203-389-3433

LIFE INSURANCE

Ted Heckel – American Senior Benefits
(ad on page 42)
203-561-7864

LONG TERM CARE INSURANCE

CT Long Term Care Ombudsman
25 Sigourney St, Hartford 06106
860-424-5200

MEDICARE & MEDICAID INFORMATION

Acquired Brain Injury Waiver (ABI)
DSS Social Work Svcs
– Bridgeport Office
  925 Housatonic Ave, Bridgeport 06606
  203-551-2706
– Stamford Office
  1642 Bedford St, Stamford 06905
  203-251-9392

Bureau of Assistance Programs
25 Sigourney St, Hartford 06106
860-424-5250

CHOICES
1-800-994-9422
CT Program for Health Insurance Assistance. Call to speak with a counselor in your area

Connecticut Homecare Program for Elders (CHCPE): The Alternate Care Unit at DSS
25 Sigourney St, Hartford 06106
860-424-4904

Department of Developmental Disabilities (DDS): Dept of Social Services Eligibility Unit
25 Sigourney St, Hartford 06106
866-433-8192

Elder Life Care Planning
(ad on page 15)
860-664-5695
Email: elena@elderlcp.com
(www.elderlcp.com)

Continued on page 42 >
Medicare 2020 “In A Nutshell”  
*(Parts A, B & Medigap Plans)*

Original Medicare is a government health insurance program primarily for people age 65 and older. It has four main parts: A, B, C & D.

The chart below is an example of how Parts A & B work together with a traditional Medicare supplement also known as a “Medigap Plan.”

<table>
<thead>
<tr>
<th>Medicare Part A</th>
<th>Medicare Part B</th>
<th>Supplemental Policy Plans A - N Medigap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Insurance</td>
<td>Medical Insurance</td>
<td>Premium varies by company, age, location &amp; other factors.</td>
</tr>
<tr>
<td>Generally no cost (If you paid Medicare taxes while working)</td>
<td>Most people pay monthly $135.50–$144.30 (Premium could be higher based on income)</td>
<td>These plans generally pay Part A deductible, the 20% not covered by Part B &amp; other Part B &amp; other Medicare eligible benefits</td>
</tr>
<tr>
<td>$1,364 deductible (per benefit period)</td>
<td>$185 annual deductible.</td>
<td>When this coordinates with Medicare, many benefits are 100% covered</td>
</tr>
<tr>
<td>It is possible to pay the $1,364 deductible and other daily charges for multiple stays &amp; extended care.</td>
<td>80/20 after deductible.</td>
<td>A popular option, Plan F will NOT be available for new enrollees in 2020</td>
</tr>
<tr>
<td>Plan covers: Inpatient hospital care, home health care services, hospice, inpatient skilled nursing &amp; more.</td>
<td>Plan covers: health care providers, ambulance, emergency care, outpatient surgical, preventive services and other Medicare approved benefits.</td>
<td>Can provide benefits outside USA</td>
</tr>
<tr>
<td>Providers are paid by Medicare assignment.</td>
<td>Most doctors accept Medicare.</td>
<td>Plans are only available through insurance companies.</td>
</tr>
<tr>
<td>No coverage outside USA.</td>
<td>No coverage outside the USA.</td>
<td>Need to add a Part D plan to cover prescription drugs &amp; avoid penalties.</td>
</tr>
<tr>
<td>No out-of-pocket maximum.</td>
<td>No out-of-pocket maximum.</td>
<td>Must have Part A &amp; B to enroll.</td>
</tr>
<tr>
<td>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the “gaps” in the coverage.</td>
<td>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the “gaps” in the coverage.</td>
<td></td>
</tr>
</tbody>
</table>

A person on Medicare is also known as a “Medicare Beneficiary.”

There is no additional cost to use the services of a full time insurance professional. Please call us or a broker in your local area for additional assistance.

This article was written by Craig N. Anderson, President of Anderson Benefits, Inc. located in Salt Lake City, Utah. To contact call: 877-363-9575 or craig@andersonbenefits.com
Medicare Advantage plans are governed by Medicare. They are only offered through insurance companies that have an annual contract with Medicare. They are NOT the same as Medigap policies. They must cover all Medicare approved services. Most Advantage plans include Part D prescription drug coverage.

<table>
<thead>
<tr>
<th>Advantage Plans</th>
<th>Medicare Part D Drug Program</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Part C</strong> INSTEAD of a Medigap Plan (A-N)</td>
<td><strong>Premium varies by company and coverage.</strong> <em>(Same premium for all ages).</em></td>
</tr>
<tr>
<td><strong>Part B premium $135.50–$144.30 is still paid</strong> <em>(Premium can be higher depending on income)</em></td>
<td><strong>Plans are generally a variation of the following:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Deductible (Phase I)</strong> $0–$435 deductible</td>
</tr>
<tr>
<td></td>
<td><strong>Initial Coverage (Phase II)</strong> co-pay coverage until the total cost of the drugs = $4,020</td>
</tr>
<tr>
<td></td>
<td><strong>Coverage Gap / Doughnut Hole (Phase III)</strong> The member now pays much more for covered drugs 25% generic / 25% brand. There is a drug manufacture discount on brand name drugs that can count toward the “True out-of-pocket” (TrOOP) You remain here until the $6,350 (TrOOP) has been met</td>
</tr>
<tr>
<td></td>
<td><strong>Catastrophic Coverage (Phase IV)</strong> For the remaining calendar year, covered drugs are: $3.60 / $8.95 or 5% depending on drug tier</td>
</tr>
<tr>
<td></td>
<td><strong>Part D can be separate with Medigap &amp; PFFS plans. There is a penalty for late enrollment into Part D.</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Annual Election Period is Oct 15–Dec 7 each year</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Must have Part A or B to enroll.</strong></td>
</tr>
<tr>
<td>Plans have co-pays and /or coinsurance for covered benefits &amp; services.</td>
<td></td>
</tr>
<tr>
<td>Preventive care is covered 100%.</td>
<td></td>
</tr>
<tr>
<td>Plans have an annual out-of-pocket maximum.</td>
<td></td>
</tr>
<tr>
<td>Plans may have additional services and discounts, including dental, vision, gym membership &amp; more.</td>
<td></td>
</tr>
<tr>
<td>There is an Annual Election Period (AEP) which runs from October 15–December 7 of each year. This is the time to make changes in company or coverage.</td>
<td></td>
</tr>
<tr>
<td>Must have Part A &amp; B to enroll.</td>
<td></td>
</tr>
</tbody>
</table>

For more information visit www.medicare.gov or call 1-800-MEDICARE.

This information is the opinion of the author and intended as an easy to read summary. This is not a contract. Additional limitations and exclusions may apply to services. In the event of any inconsistencies with Medicare or with a published medical insurers certificate, the certificate / Medicare will control. Prepared 10/2019.
Need help with Medicare?

- Are you turning 65?
- Do you need help with your yearly review?
- Do you need help paying for your prescriptions?
- Are you aware of the recent changes that may save you $1200/year?

Health Care costs will be the second biggest expense in retirement. Make sure you are not over paying for it!

I am a local and licensed Medicare Supplement and Medicare Advantage Plan specialist with American Senior Benefits. My service costs you nothing, and you’ll pay the same rate whether you go direct or work with a local agent, so let me do the work for you!

*Dental/Vision Plans Available!

Ted Heckel
American Senior Benefits
203-561-7864
www.ASBofNE.com
TedHeckel@myasbagent.com

MEDICARE & MEDICAID INFORMATION
continued from page 39

Joel D. Mulbaum, LLC, Attorneys at Law
(ad on page 24)
– 1100 Summer St, Stamford 06905
  203-323-1818
– 191 Post Rd W, Westport 06880
  203-221-2620 (appointment only)

Masonicare Medicare Benefits Counseling CHOICES – Certified Counselors
888-679-9997

Personal Care Attendant Waiver (PCA): Dept of Social Svcs Social Work Services: Stamford
25 Sigourney St, Hartford 06106
203-251-9392

Ted Heckel – American Senior Benefits (ad on page 42)
203-561-7864

Wise program: Dept of Mental Health & Addiction Services
410 Capital Ave, PO Box 341431, Hartford 06134
866-548-0265

RWC, LLC, Attorneys & Counselors at Law (Title 19)
(ad on page 25)
130 E Main St, Clinton 06413
860-669-1222

MEDICARE ADVANTAGE PLANS

Ted Heckel – American Senior Benefits (ad on page 42)
203-561-7864
COMMUNITY RESOURCES AND SERVICES

MEDICATION MANAGEMENT

Assisted Living Technologies (ad on page 80)
74 S Broad St, Meriden 06450
203-235-8324

CENTERBROOK

Nutmeg Pharmacy Centerbrook (ad on page 46)
33 Main St, Centerbrook 06409
860-767-1389

HIGGANUM

Nutmeg Pharmacy Higganum (ad on page 46)
23 Killingworth Rd, Higganum 06441
860-345-3607
888-342-2554 toll-free

MOODUS

Nutmeg Pharmacy Moodus (ad on page 46)
Opening Winter 2020
39 William F. Palmer Rd, Moodus 06469
860-891-8142

TAFTVILLE

Nutmeg Pharmacy Taftville (ad on page 46)
3 N 2nd Ave, Taftville 06380
860-383-2013

MENTAL HEALTH & COUNSELING

ANSONIA

BHcare Valley Offices
435 E Main St, Ansonia 06401
203-736-2601

BETHANY

BHcare Shoreline Offices
14 Sycamore Wy, Bethany 06405
203-483-2630

BRIDGEPORT

Applied Behavioral Rehabilitation Research Institute
655 Park Ave, Bridgeport 06604
203-335-5339

Bridgeport Hospital REACH Program (Inpatient/Outpatient)
1558 Barnum Ave, Bridgeport 06610
203-384-3377

Catholic Charities of Fairfield County (Outpatient)
238 Jewett Ave, Bridgeport 06606
203-416-1318

Family Svcs of Woodfield (Outpatient)
475 Clinton Ave, Bridgeport 06605
203-368-4291

Greater Bridgeport Community Mental Health Center (Inpatient/Outpatient)
1635 Central Ave, Bridgeport 06605
203-551-7400

Jewish Family Services (Outpatient)
2370 Park Ave, Bridgeport 06604
203-366-5438

Optimus Behavioral Health (Outpatient)
1450 Barnum Av, Ste 205, Bridgeport 06610
203-333-3030

Southwest Community Health Center
46 Albion St, Bridgeport 06605
203-330-6000

Continued on next page

Indicates website link on seniorsbluebook.com
### MENTAL HEALTH & COUNSELING

<table>
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<tr>
<th>Community</th>
<th>Address</th>
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<tbody>
<tr>
<td><strong>DERBY</strong></td>
<td>Griffin Hospital Outpatient Psychiatric Services 248 Seymour Ave, Derby 06418 203-732-7580</td>
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<tr>
<td><strong>FAIRFIELD</strong></td>
<td>Dept of Human Services 100 Mona Terrace, Fairfield 06824 203-256-3166</td>
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<tr>
<td></td>
<td>Fairfield Counseling Services Center (Outpatient) 125 Penfield Rd, Fairfield 06824 203-255-5777</td>
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<td><strong>GREENWICH</strong></td>
<td>Family Centers 40 Arch St, Greenwich 06830 203-869-4848</td>
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</tr>
<tr>
<td></td>
<td>Jewish Family Svcs of Greenwich 1 Holly Hill Ln, Greenwich 06830 203-622-1881</td>
<td></td>
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<tr>
<td><strong>MERIDEN</strong></td>
<td>Rushford Center 883 Paddock Ave, Meriden 06450 203-630-5280</td>
<td></td>
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<tr>
<td><strong>MILFORD</strong></td>
<td>Bridges – A Community Support System, Inc. 941 Bridgeport Ave, Milford 06460 203-878-6365</td>
<td></td>
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<tr>
<td><strong>NEW HAVEN</strong></td>
<td>APT Foundation 1 Long Wharf Dr, Ste 321, New Haven 06511 203-781-4600</td>
<td></td>
</tr>
<tr>
<td><strong>COLUMBUS HOUSE, INC.</strong></td>
<td>586 Ella T Grasso Blvd, New Haven 06519 203-401-4400 x106</td>
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<tr>
<td><strong>CONNECTICUT MENTAL HEALTH CENTER</strong></td>
<td>34 Park St, New Haven 06508 203-974-7300</td>
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<tr>
<td><strong>NEW HAVEN HOME RECOVERY</strong></td>
<td>153 East St, Ste 300, New Haven 06511 203-492-4866</td>
<td></td>
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<tr>
<td><strong>SOUTH CENTRAL BEHAVIORAL HEALTH NETWORK</strong></td>
<td>1435 State St, New Haven 06511 203-498-4160</td>
<td></td>
</tr>
<tr>
<td><strong>STAMFORD</strong></td>
<td>DuBois Center Crisis Hotline 780 Summer St, Stamford 06901 203-358-8500</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jewish Family Service (Outpatient) 733 Summer St, Ste 602, Stamford 06901 203-921-4161</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Laurel House 1616 Washington Blvd, Stamford 06902 203-324-1816</td>
<td></td>
</tr>
<tr>
<td><strong>TRUMBULL</strong></td>
<td>Fairfield Cnty Medical Association (helps find doctor) 12 Cambridge, Ste 100, Trumbull 06611 203-372-4543</td>
<td></td>
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<tr>
<td></td>
<td>The Kennedy Center 2440 Reservoir Ave, Trumbull 06611 203-365-8522</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trumbull Counseling Ctr (Outpatient) 121, Old Mine Rd, Trumbull 06611 203-261-5110</td>
<td></td>
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</tbody>
</table>
WEST HAVEN

 Veteran’s Affairs Connecticut Health Care System *(ad on Back Cover)*
(West Haven Medical Center)
950 Campbell Ave, West Haven 06516
203-932-5711

WESTPORT

 St. Vincent’s Behavioral Health Svcs
47 Long Lots Rd, Westport 06880
203-227-1251

NATIONAL / REGIONAL

 National Alliance on Mental Illness
– Connecticut
 241 Main St, 5th Fl, Hartford 06106
 800-215-3021
– Fairfield
 148 Beach Rd, Fairfield 06824
 203-259-8396x30

MOBILITY EQUIPMENT

 New England Stairlifts *(ad on page 55)*
781-229-0072
Serving All of New England

 Uplifts *(ad on page 47)*
40B NorthPlains Industrial Rd,
Wallingford 06489
860-761-0008

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 Downsize Managers *(ad on page 23)*
443-DWN-SIZE
www.downsizemanagers.com
Living Organized
203-451-7880

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 Nutmeg Pharmacy Centerbrook *(ad on page 46)*
33 Main St, Centerbrook 06409
860-767-1389

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23 Killingworth Rd, Higganum 06441
860-345-3607
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Continued on next page ❯
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44 Abbott Ter, Waterbury 06702
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Beacon Brook Health Care Center (ad on Back Cover)
89 Weid Dr, Naugatuck 06770
203-720-7820

Cassena Care at Norwalk (ad on Inside Front Cover)
23 Prospect Ave, Norwalk 06850
203-853-0010

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203-351-8300

Gaylord Hospital Outpatient Svcs
50 Gaylord Farm Rd, Wallingford 06492
203-284-2888

Laurel Ridge Health Care Center (ad on Back Cover)
642 Danbury Rd, Ridgefield 06877
203-438-8378

Maefair Health Care Center (ad on Back Cover)
21 Maefair Ct, Trumbull 06611
203-459-5152

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860-358-5600

Middlesex Health Care Center (ad on Back Cover)
100 Randolf Rd, Middletown 06457
860-344-0353

Montowese Health & Rehab Center (ad on Back Cover)
163 Quinnipiac Ave, North Haven 06473
203-624-3303

Northbridge Health Care Center (ad on Back Cover)
2875 Main St, Bridgeport 06606
203-336-0232

RVNAhealth (ad on page 95)
27 Governor St, Ridgefield 06877
203-438-5555

Continued on next page
REHABILITATION SERVICES continued

Shady Knoll Health Care Center (ad on Back Cover)
41 Skokort St, Seymour 06483
203-881-2555

Stratford Visiting Nurse Association (ad on page 95)
3060 Main St, Stratford 06614
203-375-5871

The Nathaniel Witherell (ad on Inside Back Cover)
70 Parsonage Rd, Greenwich 06830
203-618-4200

Wadsworth Health Care & Rehab Center (ad on Back Cover)
30 Boston Rd, Middletown 06457
860-346-9299

RESPITE CARE

CT Alzheimer’s Respite Care Prog
10 Middle St, Bridgeport
203-333-9288

Masonicare at Ashlar Village (ads on pages 71, 97, 105, 119, 149)
74 Cheshire Rd, Wallingford 06492
203-679-6460

Masonicare at Mystic (ads on pages 71, 97, 105, 119, 149)
45 Clara Dr, Mystic 06355
860-415-2500

Mind Matters, LLC – Day Care for Adults with Dementia (ad on page 11)
220 Old Boston Post Rd, Old Saybrook 06475
860-395-7030

River House Adult Day Center (ad on page 11)
125 River Rd Ext, Cos Cob 06807
203-622-0079

SENIOR ACTIVITIES & ENTERTAINMENT

Charter Oak Pass
Sherwood Island State Park, (Exit 18 off I-95), Westport 06880
860-424-3200

Fairfield Parks and Recreation
Fairfield 06824
203-256-3144

JCC Stamford
1035 Newfield Ave, Stamford 06905
– Classes & Group Activities
  Senior Adult Fitness
  203-322-7900
  Life Enhancement Classes
  203-322-7900
  Fun & Games
  203-322-7900

SENIOR CENTERS

ANSONIA

Doyle Senior Center
153 Main St, Ansonia 06401
203-736-5933

BEACON FALLS

Beacon Falls Senior Citizens
57 N Main St, Beacon Falls 06403
203-723-2344

BETHANY

Janice von Beren Senior Center
40 Peck Rd, Bethany 06524
203-393-2100
<table>
<thead>
<tr>
<th>Town</th>
<th>Senior Center</th>
<th>Address</th>
<th>Phone</th>
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<tr>
<td>Bethel</td>
<td>Bethel Senior Center</td>
<td>1 School St, Bethel 06801</td>
<td>203-792-3048</td>
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<tr>
<td>Branford</td>
<td>Canoe Brook Center</td>
<td>11 Cherry Hill Rd, Branford 06405</td>
<td>203-481-3429</td>
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<tr>
<td>Bridgeport</td>
<td>Black Rock Senior Center</td>
<td>2676 Fairfield Ave, Bridgeport 06605</td>
<td>203-576-7528</td>
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<td>East Side Sr Ctr (Spanish Speaking)</td>
<td>1057 E Main St, Bridgeport 06608</td>
<td>203-576-7212</td>
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<td>Eisenhower Senior Center</td>
<td>263 Golden Hill St, Bridgeport 06604</td>
<td>203-576-7993</td>
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<td>Ella Jackson Senior Center</td>
<td>52 George Pipkins Way, Bridgeport 06608</td>
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<td>Park Avenue Senior Center</td>
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<td>203-334-0092</td>
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<td>Brookfield</td>
<td>Brookfield Senior Center</td>
<td>100 Pocono Rd, Brookfield 06804</td>
<td>203-775-5308</td>
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<tr>
<td>Cheshire</td>
<td>Cheshire Senior Center</td>
<td>240 Maple Ave, Cheshire 06410</td>
<td>203-272-3165</td>
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<td>Cromwell</td>
<td>Cromwell Senior Center</td>
<td>41 West St, Cromwell 06416</td>
<td>860-632-3447</td>
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<tr>
<td>Danbury</td>
<td>Elmwood Hall</td>
<td>10 Elmwood Pl, Danbury 06810</td>
<td>203-797-4686</td>
</tr>
<tr>
<td>Darien</td>
<td>Darien Senior Programs – Mather Center</td>
<td>2 Renshaw, Darien 06820</td>
<td>203-655-7490</td>
</tr>
<tr>
<td>Derby</td>
<td>Derby Senior Center</td>
<td>293 Main St, Derby 06418</td>
<td>203-736-1484</td>
</tr>
<tr>
<td>East Haddam</td>
<td>East Haddam Senior Center</td>
<td>15 Great Hillwood Rd, Moodus 06469</td>
<td>860-873-5034</td>
</tr>
<tr>
<td>East Hampton</td>
<td>East Hampton Senior Center</td>
<td>105 Main St, East Hampton 06424</td>
<td>860-267-4426</td>
</tr>
<tr>
<td>East Haven</td>
<td>East Haven Senior Center</td>
<td>91 Taylor Ave, East Haven 06512</td>
<td>203-468-3277</td>
</tr>
<tr>
<td>Easton</td>
<td>Easton Senior Center</td>
<td>650 Morehouse Rd, Easton 06612</td>
<td>203-268-1145</td>
</tr>
</tbody>
</table>

Continued on next page
**MIDDLEFIELD**

Middlefield Senior Center
405 Main St, Middlefield 06455
860-349-7114

**MIDDLETOWN**

Middletown Senior Center
61 Durant St, Middletown 06457
860-344-3513

**MILFORD**

Milford Senior Center
9 Jepson Dr, Milford 06460
203-877-5131

**MONROE**

Monroe Senior Center
235 Cutlers Farm Rd, Monroe 06468
203-452-2815

**NAUGATUCK**

Naugatuck Senior Center
300 Meadow St, Naugatuck 06770
203-720-7069

**NEW CANAAN**

New Canaan Senior Center
663 South Ave, New Canaan 06840
203-594-3620

**NEW HAVEN**

Atwater Senior Center
25 Atwater St, New Haven 06513
203-946-8558

Dixwell-Newhallville Senior Center
255 Goffe St, New Haven 06511
203-946-8541

East Shore Senior Center
411 Townsend Ave, New Haven 06512
203-946-8544
NEWTOWN

Newtown Senior Center
14 Riverside Rd, Newtown 06482
203-270-4310

NORTH BRANFORD

North Branford Senior Center
1332 Middletown Av, North Branford 06471
203-484-6017

NORTH HAVEN

Joyce C. Budrow Senior Center
189 Pool Rd, North Haven 06473
203-239-5432

NORWALK

Norwalk Senior Center
11 Allen Rd, Norwalk 06851
203-847-3115

Norwalk Senior Center South
(Spanish speaking)
92 Cedar St, Norwalk 06854
203-299-1500

OLD SAYBROOK

Estuary Council of Seniors
220 Main St, Old Saybrook 06475
860-388-1611

Serving Chester, Clinton, Deep River, Essex, Killingworth, Old Lyme, Old Saybrook and Westbrook

ORANGE

Orange Senior Center
525 Orange Center Rd, Orange 06477
203-891-2154 Ext108

OXFORD

Oxford Senior Center
10 Old Church Rd, Oxford 06478
203-881-5231

PORTLAND

Portland Senior Center
7 Waverly Ave, Portland 06480
860-342-6760

PROSPECT

Prospect Senior Center
6 Center St, Prospect 06712
203-758-5300

REDDING

Redding Senior Center
37 Lonetown Rd, Redding 06896
203-938-9725

RIDGEFIELD

Founders Hall
193 Danbury Rd, Ridgefield 06877
203-431-7000

SEYMOUR

Seymour Senior Citizen Center
20 Pine St, Seymour 06483
203-888-2507

SHELTON

Shelton Senior Center
81 Wheeler St, Shelton 06484
203-924-9324

SOUTHBURY

Southbury Senior Center
561 Main St S, Southbury 06488
203-262-0651

STAMFORD

Over 60 Club at St. John’s Episcopal Church
628 Main St, Stamford 06901
203-705-8679

Continued on next page ➔

Indicates website link on seniorsbluebook.com
COMMUNITY RESOURCES AND SERVICES

SENIOR CENTERS continued

Senior Neighborhood Support
18 Quintard Ter, Stamford 06902
203-324-2404

Stamford Senior Center
888 Washington Blvd, Stamford 06901
203-977-5151

Baldwin Center
1000 W Broad St, Stratford 06615
203-385-4050

TRUMBULL

Trumbull Senior Center
23 Priscilla Pl, Trumbull 06611
203-452-5199

WALLINGFORD

Wallingford Senior Center
238 Washington St, Wallingford 06492
203-265-7753

WATERBURY

Waterbury Senior Center
1985 E, Main St, Waterbury 06705
203-574-6746

WEST HAVEN

Allingtown Senior Center
1 Forest Rd, West Haven 06516
203-937-3509

WESTON

Weston Senior Center
9 School Rd, Weston 06883
203-222-2608

WESTPORT

Westport Center for Senior Activities
21 Imperial Ave, Westport 06880
203-341-5099

WILTON

Wilton Senior Center
180 School Rd, Wilton 06897
203-834-6240

WOLCOTT

Charles Rietdyke Senior Center
211 Nichols Rd, Wolcott 06716
203-879-8133

WOODBRIDGE

Woodbridge Senior Center
4 Meeting House Ln, Woodbridge 06525
203-389-3430

SENIOR HEALTH CLINICS

BRIDGEPORT

Americares Free Clinic of Bridgeport
115 Highland Ave, Bridgeport 06604
203-333-9175

Bridgeport Senior Health Clinic
263 Golden Hill St, Bridgeport 06604
203-576-8159

Hollow Community Health Center
82 George St, Bridgeport 06604
203-576-3881

Optimus Health Care
982 E Main St, Bridgeport 06608
203-696-3260

Park City Primary Care Center
64 Black Rock Ave, Bridgeport 06605
203-579-5000

Ralphola Taylor Community Health
790 Central Ave, Bridgeport 06607
203-332-4567
COMMUNITY RESOURCES AND SERVICES

Southwest Community Health Ctr
– 361 Bird St, Bridgeport 06605
  203-330-6000
– 743 South Ave, Bridgeport 06604
  203-330-6000
– 510 Clinton Ave, Bridgeport 06605
  (Women’s health only)
  203-330-6000

Wiseman AmeriCares
Free Clinic of Bridgeport
115 Highland Ave, Bridgeport 06604
  203-333-9175

DANBURY

Boehringer Ingeheim Americare
Free Clinic of Danbury
76 West St, Danbury 0680
  203-746-6188

FAIRFIELD

Bridgeport Hospital – Fairfield
Urgent Care Center
309 Stillson Rd, Fairfield 06825
  203-331-1924

St. Vincent’s Immediate
Care Center
1055 Post Rd, Fairfield 06824
  203-259-3440

MERIDEN

Community Health Ctr of Meriden
134 State St, Meriden 06450
  203-237-2229

MONROE

St. Vincent’s Urgent Care Center
401 Monroe Tpk, Monroe 06468
  203-268-2501

NORWALK

Bob Maccauley AmeriCares Free
Clinic of Norwalk
98 S Main St, Norwalk 06854
  203-899-2493

Community Health Center
49 Day St, Norwalk 06854
  203-854-9292

Norwalk Community Health Center
120 Connecticut Ave, Norwalk 06854
  203-899-1770

STAMFORD

AmeriCares Free Clinics, Inc.
88 Hamilton Ave, Stamford 06902
  800-486-4357

Community Health Center
141 Franklin St, Stamford 06901
  203-969-0802

Optimus Health Care
– 1351 Washington Blvd
  Stamford 06905
  203-621-3700
– 805 Atlantic St, Stamford 06902
  203-327-5111

STRATFORD

Stratford Community Health Center
727 Honeyspot Rd, Stratford 06615
  203-375-7242

SENIOR ORGANIZATIONS
& SERVICES

At Home in Darien
2 Renshaw Pl, Darien 06820
  203-655-2227

At Home in Greenwich
139 E Putnam Ave, Greenwich 06830
  203-327-2342

Continued on next page

Indicates website link on seniorsbluebook.com
COMMUNITY RESOURCES AND SERVICES

SENIOR ORGANIZATIONS & SERVICES continued

Links Connections for Independent Living
2 High Point Rd, Westport 06880
203-227-6785

Silver Source
2009 Summer St, Ste 301, Stamford 06905
203-324-6584

Stay at Home Wilton
PO Box 46, Wilton 06897
203-423-3225

Staying Put in New Canaan
58 Pine St, New Canaan 06840
203-966-7762

TEAM, Inc. Elderly Services Programs (Valley Residents)
203-538-5886 x4226

United Way 211
www.211ct.org

SOCIAL SECURITY – CT OFFICES

Ansonia
475 Main St, Ansonia 06401
866-331-7096

Bridgeport
3885 Main St, 3rd Fl, Bridgeport 06606
866-331-6399

Danbury
131 West St, Danbury 06810
866-275-7821

Meriden
321 Research Pkwy, Ste 212, Meriden 06450
877-409-8429

Middletown
425 Main St, Middletown 06457
877-692-3145

New Haven
150 Court St, 4th Fl, New Haven 06510
866-331-5281

Stamford
2 Landmark Square, Stamford 06901
866-770-1881

Waterbury
51 N Elm St, Waterbury 06702
877-405-4874

STAIR LIFTS

New England Stairlifts
(ad on page 55)
781-229-0072
Serving All of New England

Uplifts (ad on page 47)
40B NorthPlains Industrial Rd,
Wallingford 06489
860-761-0008

SUBSTANCE ABUSE PROGRAMS

ALSO Cornerstone
871 State St, New Haven 06511
203-787-2111

APT Foundation
– 425 Grant St, Bridgeport 06610
203-337-9943
– 1 Long Wharf Dr, Ste 10
New Haven 06511
203-781-4646

CASA Recovery House
1124 Iranstan Ave, Bridgeport 06605
203-336-4745

Central Naugatuck Valley Help, Inc.
900 Watertown Ave, Waterbury 06708
203-756-8984
Chemical Abuse Service Agency
690 Artic St, Bridgeport 06608
203-339-4112

Connecticut Renaissance
350 Fairfield Ave, Ste 701
Bridgeport 06604
203-336-5225

Liberation Programs Center
399 Mill Hill Ave, Bridgeport 06610
203-384-9301

MCCA
Senior Substance Abuse Program
203-733-4477

Positive Directions
420 Post Rd W, Westport 06880
203-227-7644

Recovery Counseling Services
480 Bond St, Bridgeport 06610
203-366-5817

Recovery Network of Programs – Shelton
2 Trap Falls Rd, Shelton 06484
203-929-1954

Silver Hill Hospital
208 Valley Rd, New Canaan 06840
866-542-4455

St. Vincent’s Behavioral Health – Hall Brooke
47 Long Lots Rd, Westport 06880
203-227-1251

The Connection
100 Roscommon Dr, Middletown 06457
860-343-5500

* Indicates website link on seniorsbluebook.com to find out more information about them.
SUPPORT GROUPS & SERVICES

Connecticut National Family Caregiver Support Program
10 Middle St, Bridgeport 06604
203-333-9288

JCC Stamford
1035 Newfield Ave, Stamford 06905
203-322-7900
Morning Movie Matinee / Games

JCC Stamford – Retired Men’s Club
1035 Newfield Ave, Stamford 06905
203-322-7900

Jewish Family Svc Bereavement Support Group
733 Summer St, Ste 602, Stamford 06901
203-921-4161

Mind Matters, LLC – Day Care for Adults with Dementia
220 Old Boston Post Rd, Old Saybrook 06475
860-395-7030

TAX INFORMATION

Bridgeport
45 Lyon Ter, Rm 105, Bridgeport 06604
203-576-7421

Darien
2 Renshaw Pl, Darien 06820
203-656-7314

Easton
225 Center Rd, Easton 06612
203-268-6291

Fairfield
611 Old Post Rd, Fairfield 06824
203-256-3110

Greenwich
101 Field Point Rd, Greenwich 06830
203-622-7885

Monroe
7 Fan Hill, Monroe 06468
203-452-2804

New Canaan
237 Elm St, New Canaan 06840
203-594-3005

Norwalk
125 East Ave, Norwalk 06851
203-854-7888

Stamford
888 Washington Blvd, Stamford 06901
203-977-5888

Stratford
2725 Main St, Stratford 06615
203-385-4025

Trumbull
5866 Main St, Trumbull 06611
203-452-5016

Weston
56 Norfield Rd, Weston 06883
203-222-2607

Westport
110 Myrtle Ave, Rm 104, Westport 06880
203-341-1070

Wilton
238 Danbury Rd, Wilton 06897
203-563-0121

TRANSPORTATION

American Medical Response (ad on page 57)
800-379-7700

TEAM, Inc. Medical Transportation (Ansonia, Derby, Seymour, Shelton)
203-538-5886 x4226
Travel Training – The Kennedy Center Mobility Services
203-365-8522 x2011
Showing CT seniors how to use public transportation

Way To Go Connecticut – Mobility Management Programs
860-667-6207
www.waytogoct.org/mobility-management

BRIDGEPORT
Greater Bridgeport Transit Access (GBTA)
1 Cross St, Bridgeport 06610
203-579-7777

CHESHIRE
Cheshire Senior Center
240 Maple Ave, Cheshire 06410
203-272-0047

DANBURY
Van Transportation Program
10 Dlmwood Pl, Danbury 06810
203-797-4686

BETHANY
Janice von Beren Senior Center
40 Peck Rd, Bethany 06524
203-393-2100 ext 324

Indicates website link on seniorsbluebook.com

Continued on page 59
As our population ages, individuals find it far less expensive, more socially engaging and less stressful to utilize the low cost and subsidized transportation options available through their respective towns, senior centers and the CT DOT.

Many do not use public transportation for fear of losing their independence, even though giving up their vehicle can result in significant financial gains, upwards of $10,000 per year! Consider car payments, insurance, motor vehicle taxes, maintenance, repairs, gas, etc. Most can easily surpass these costs for personal transportation!

Many individuals fear foreign things, like riding public transportation. The Kennedy Center’s Travel Training Program is FREE. Please call (203) 365-8540 for further information.

Helpful tips for the rider:

1. Plan ahead. Don’t wait until you find yourself needing transportation immediately. Call the provider to create a profile verbally over the telephone or request an application.

2. For Paratransit Service, there is an application process of two to three weeks, though sometimes the process is much quicker.

3. Purchase bus tickets ahead of time and check out the on-line options. Save money with a bulk purchase and if you must carry cash, please prepare to have exact change.

4. Remember, SUGGESTED DONATION means, if you have it, please pay it. If you do not have it, you will not be denied a ride.

5. Do not carry more bags than you can comfortably handle by yourself and safely. You pose a safety hazard to yourself and others and some providers limit the number of bags you can carry onto their bus or van.

6. If you travel with a PCA, Personal Care Attendant, please TELL THE RESERVATIONIST to ensure the provider reserves a seat for them and they are not charged for the trip.

7. Take advantage of discounts available for seniors and people with disabilities! The CT Reduced Fair Photo Identification Program can save you 50% of your train and bus fares! Call me @ (475) 298-3103 to learn more.

8. Don’t have transportation where you work, live, shop or receive medical treatment? Call me! I am here for you if you have questions or concerns and can save you money AND get you to your destinations safely.

Editor’s Note: This article was submitted by April Chaplin, M.S.H.S. NW CT Regional Mobility Manager, The Kennedy Center, Inc, 475-298-3103, www.thekennedycenterinc.org
TRANSPORTATION

continued from page 57

DERBY

Valley Transit – Naugatuck Valley
41 Main St, Derby 06418
203-735-6408

EAST HAMPTON

East Hampton Senior Center
105 Main St, East Hampton 06424
860-267-4426

FAIRFIELD

Bigelow Center for Senior Activities
100 Mona Ter, Fairfield 06824
203-256-3166
(Fairfield residents only)

Handicapped Parking Permit
100 Mona Ter, Fairfield 06824
203-256-3170

ITN Coastal Connecticut
303 Linwood Ave, Fairfield 06824
203-858-2001

GREENWICH

Call-A-Ride of Greenwich
37 Lafayette Pl, Greenwich 06830
203-661-6633
(Greenwich residents only)

Transportation Association of Greenwich
13 Riverside Ave, Greenwich 06878
203-637-4345
(Greenwich residents only)

GUIFORD

Guilford Senior Center
32 Church St, Guilford 06437
203-453-8086

HAMDEN

Hamden Senior Transportation
2901 Dixwell Ave, Hamden 06518
203-288-2885

MERIDEN

Meriden Senior Center
22 W Main St, Meriden 06451
203-237-3338

MIDDLETOWN & SURROUNDING TOWNS

Middletown Area Transit
860-346-0212
(serving Middletown, Portland, East Hampton, Middlefield, Durham, & East Haddam)

Middletown Dial-a-Ride/Paratransit
860-347-3313
(serving Middletown, Portland, East Hampton, Middlefield, Durham, & East Haddam)

NAUGATUCK

H.R.D.
575 Rubber Ave, Naugatuck 06770
203-729-5285

Naugatuck Senior Center
300 Meadow St, Naugatuck 06770
203-720-7069

NEW CANAAN

Getabout
61 Main St, New Canaan 06840
203-972-7433
(New Canaan residents only)

Continued on next page
TRANSPORTATION
continued

New Canaan Red Cross
51 Main St, New Canaan 06840
203-966-1663
(New Canaan residents only)

NORWALK

Easy Access (Town to Town)
275 Wilson Ave, Norwalk 06854
203-299-5180

Norwalk Dispatch a Ride
275 Wilson Ave, Norwalk 06854
203-852-0000

OLD SAYBROOK

Estuary Council of Seniors
220 Main St, Old Saybrook 06475
860-388-1611
Serving Chester, Clinton, Deep River, Essex, Killingworth, Old Lyme, Old Saybrook and Westbrook

PROSPECT

Prospect Senior Center
6 Center St, Prospect 06712
203-758-5300

SEYMOUR

Seymour Senior, Center
20 Pine St, Seymour 06483
203-888-2507

SOUTHBURY

Southbury Sr Transportation Prog
561 Main St S, Southbury 06488
203-262-0652

STAMFORD

Stamford Senior Services
2009 Summer St, Ste 2, Stamford 06905
203-324-6584
(Stamford residents only – medical)

STRATFORD

Stratford Senior Transportation
100 W Broad St, Stratford 06615
203-385-4051
(Stratford residents only)

TRUMBULL

Trumbull Senior Transportation
23 Priscilla Pl, Trumbull 06611
203-452-5137
(Trumbull residents only)

WALLINGFORD

Wallingford Senior Center
238 Washington St, Wallingford 06492
203-265-7753

WATERBURY

Waterbury Senior Shuttle
83 Bank St, 3rd Fl, Waterbury 06702
203-346-2607 ext 7280

Who Can Help Us with Our Transportation Needs?
Start your search at SeniorsBlueBook.com
COMMUNITY RESOURCES AND SERVICES

**WESTON**

Weston Dial-a-Ride  
Norfield Rd, Weston 06883  
203-222-2576  
(Weston residents only)

**WILTON**

Wilton Dial-a-Ride  
180 School Rd, Wilton 06897  
203-834-6234  
(Wilton residents only)

**WOLCOTT**

Charles Rietdyke Senior Center  
211 Nichols Rd, Wolcott 06716  
203-879-8133

**TRAVEL SERVICES**

Road Scholar  
800-454-5768

**VETERANS BENEFITS**

**RWC, LLC, Attorneys & Counselors at Law**  
(ad on page 25)  
130 E Main St, Clinton 06413  
860-669-1222

**VETERAN SERVICES**

CT Dept of Veteran Affairs – District Veterans Svcs Officers  
– Dist 1: Dawn Waldron  
email: Dawn.Waldron@ct.gov  
55 Willard Ave, Newington 06111  
860-594-6604 or 6606  
– Dist 2: Jeannie Gardiner  
email: Jeannie.Gardiner@ct.gov  
100 Broadway, Rm 305, Norwich 06360  
860-887-9162

– Dist 3: Anne James  
email: Anne.James@ct.gov  
70 W River St, Milford 06460  
203-874-6711

– Dist 4: Ramon Agosto  
email: Ramon.Agosto@ct.gov  
752 E Main St, Bridgeport 06608  
203-336-2570

– Dist 5: Peter DiMaria  
email: Peter.DiMaria@ct.gov  
55 W Main St, Ste 140, Waterbury 06702  
203-805-6340

Danbury Veteran Center  
457 N Main St, Danbury 06811  
203-790-4000

Fairfield Veterans Information and Advisory Center  
197 Reef Rd, Fairfield 06824  
203-259-9005

Independence Northwest  
1183 New Haven Rd, Ste 200, Naugatuck 06770  
203-729-3299

Soldiers, Sailors and Marines Fund  
350 Fairfield Ave, Bridgeport 06604  
203-331-8876

Veteran’s Affairs New England Health Care System  
(ad on Back Cover)  
950 Campbell Ave, West Haven 06516  
203-932-5711

Veterans Administration (Outpatient Clinic)  
(ad on Back Cover)  
– 7 Germantown Rd, Ste 2B, Danbury 06810  
203-798-8422  
– 1275 Summer St, Ste 102, Stamford 06905  
203-325-0649

*Indicates website link on seniorsbluebook.com*
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Enroll in the VA New England Healthcare System and begin enjoying the benefits you earned and deserve.

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✓ No premiums
✓ No deductibles

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1-844-VA-CARES, Press 2
www.newengland.va.gov/bluebook
VISION RESOURCES

Choice Magazine Listening
888-724-6423

JCC Stamford – Adults Support Group for Blind & Visually Impaired
1035 Newfield Ave, Stamford 06905
203-322-7900

Lions Low Vision Centers of Fairfield & New Haven Counties
- Administrative Office
  22 Barnabas Rd, Ste 212, Hawleyville 06440
  866-319-9733
- Jewish Senior Services
  4200 Park Ave, Bridgeport 06604
  203-365-8454
- Danbury Hospital Rehab Ctr
  235 Main St, Danbury 06810
  203-730-5900
- Griffin Hospital’s Rehab Svcs Dept
  350 Seymour Ave, 2nd Fl, Derby 06418
  203-732-7445
- Greenwich Hospital Physical Medicine & Rehab
  5 Perryridge Rd, Greenwich 06830
  203-863-3290
- Saint Mary’s Physical Therapy of Naugatuck
  799 New Haven Rd, Naugatuck 06770
  203-720-1750
- Cornell Scott Hill Health Ctr
  428 Columbus Ave, New Haven 06519
  203-503-3230
- Quinnipiac University, N1-HCS
  370 Bassett Rd, North Haven 06473
  203-582-7703

Danbury Hospital Physical Medicine Ctr
22 Old Waterbury Rd, Ste 101,
Southbury 06488
203-262-4230

Saint Mary’s Hospital Health & Wellness Center
1981 E Main St, Waterbury 06705
203-709-6232

VOLUNTEER OPPORTUNITIES

At Home in Darien
2 Renshaw Rd, Darien 06820
203-655-2227

Jewish Family Service of Stamford
733 Summer St, Ste 602, Stamford 06901
203-921-4161

Jewish Family Service of Greater New Haven
1440 Whaley Ave, New Haven 06515
203-389-5599

Jewish Family Services of Greenwich
1 Holly Hill Ln, Greenwich 06830
203-622-1881

Jewish Senior Services
175 Jefferson St, Fairfield 06825
203-396-1240

NEON Retired Senior Volunteer
98 S Main St, Norwalk 06854
203-663-7333

Retired Senior Volunteer Program (RSVP)
- 263 Golden Hill St, Bridgeport 06604
  203-576-8048
- 57 North St, Danbury 06810
  203-885-1076

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COMMUNITY RESOURCES AND SERVICES

VOLUNTEER OPPORTUNITIES

continued

– 1 Long Wharf Dr, New Haven 06511 203-752-3059
– 232 N Elm St, Waterbury 06702 203-575-9779

TEAM, Inc.
54 Grove St, Ste 6, Shelton 06484
203-538-5886 x4226

WALK-IN BATHTUBS

New England Stairlifts / Boston Walk-In Bath & Stairlift (ad on page 55)
781-229-0072
Serving All of New England

10 Sundowning Tips continued from page 10

7 Napping might help. By late afternoon, some people are just plain tired, whether or not they have dementia. An afternoon nap or even a rest without sleep might help. Given that people with dementia can have very disturbed sleep patterns, working to optimize sleep might be a worthwhile focus.

8 Get moving! Is the person living with dementia physically active during the day? If not, then adding physical activities might help with sundowning. Get them walking, stretching or helping around the house. Consult the person’s physician before starting a new exercise program.

9 Reduce discomforts. Is the person in pain? Hungry? Too hot or cold? Need to use the toilet? Anything that makes them physically uncomfortable or emotionally upset can exacerbate sundowning.

10 Log the sundowning behavior. Keep a record of the circumstances present beginning an hour before sundowning to see if there is a pattern of triggers or what improves the situation. For example: sundowning might be better or worse following certain activities. ~

Portions of this article originally appeared on www.comforcare.com/blog.

Editor’s Note: This article was submitted by Nicol Rupolo, owner of ComForCare of Lower Fairfield County; adapted with permission by ComForCare Health Care Holding, LLC. Nicol may be reached at 203-705-0220 or Nicol@ComForCare.com. See ad on page 1
Non Medical Home Care Definitions

24 HOUR CONTACT – Refers to someone being available 24 hours a day to speak with you.

BONDED – Being bonded means that a bonding company has secured money that is available to the consumer in the event they file a claim against the company.

HOMEMAKER / COMPANION – Non-medical assistance with meal preparation, laundry, light housekeeping, errands, activities, outings, companionship and other household duties. These agencies are licensed by the state.

INSURED – This refers to what happens if someone gets hurt on the job. If the company isn’t insured, then the claim gets filed against the homeowner’s insurance. If the company is insured, then the claim gets filed against the company’s insurance.

MED-ALERT AVAILABLE – Personal medical alert products activated by pushing a button.

MEDICATION REMINDER – Assistance with reminding an individual about medications but not dispensing medications.

MINIMUM HOURS PER VISIT – This refers to the minimum number of hours that an agency provides service.

TRANSPORTATION – Rides to shopping, appointments and other outings.

WORKER’S COMP – Insurance that covers medical and rehabilitation costs and lost wages for employees injured at work. ~
<table>
<thead>
<tr>
<th>Non-Medical Home Care Agencies</th>
<th>Phone #</th>
<th>Counties Served</th>
</tr>
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<tbody>
<tr>
<td>Aides &amp; Companions, LLC</td>
<td>203-777-1234</td>
<td>F NH</td>
</tr>
<tr>
<td>Alina's Elder Care, LLC</td>
<td>203-435-9995</td>
<td>F NH</td>
</tr>
<tr>
<td>Angelic Elderly Care</td>
<td>203-428-7558</td>
<td>F NH</td>
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<tr>
<td>Assisted Living Services, Inc – Meriden</td>
<td>203-634-8668</td>
<td>F NH</td>
</tr>
<tr>
<td>Assisted Living Services, Inc – Fairfield</td>
<td>475-999-4900</td>
<td>F NH</td>
</tr>
<tr>
<td>Assisted Living Services, Inc – Clinton</td>
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**Counties Served:**
- F: Fairfield
- M: Middlesex
- NH: New Haven

**COUNTIES SERVED:**
- BIW (24 Hour Contact)
- BIW (24 Hour Care)
- BiW (Med-Alert)
- BIW (Medication Reminders)
- BIW (Transportation)
- BIW (Incontinence Care)
- BIW (Alzheimer’s/Dementia Care)
- BIW (Homemaker/Companion)

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*COUNTIES:  F = Fairfield   NH = New Haven   M = Middlesex   BC = Back Cover

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*COUNTIES:  F = Fairfield  NH = New Haven  M = Middlesex

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- Light Housekeeping
- Incidental Transportation
- Alzheimer’s/Dementia Care
- Transitional Care
- End of Life Care

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<td>Osborn Home Care</td>
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NON-MEDICAL HOME CARE AGENCIES (cont'd)

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## Health at Home - Non Medical Home Care

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**Non-Medical Home Care Agencies (cont’d)**

<table>
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<th>Agency</th>
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<td>203-254-0402</td>
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<td>M NH</td>
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### Service Offerings

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### Additional Information

- **County Abbreviations:**
  - F = Fairfield
  - NH = New Haven
  - M = Middlesex

- **Payment Options:**
  - Private Pay
  - Private Insurance
  - Medicare
  - Medicaid
  - Contract with VA

- **Minimum Hours per Visit:**
  - 3
  - 3
  - 4
  - 3
  - 3

- **Contact Information:**
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Non-Medical Home Care Agencies continued

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Virtual Reality: The Empathy Effect

Carrie Shaw was 19 years old when her mother, Rebecca, was diagnosed with early onset Alzheimer’s disease. As her mother’s condition progressed, and her family needed to hire in-home care providers, Shaw experienced first-hand how training her mother’s caregivers lead to better care delivery.

Ten years later, Shaw and the company she co-founded, EMBODIED LABS, now offers an immersive virtual reality training platform designed to allow healthcare professionals and family care partners the opportunity to walk in the shoes of someone living with Alzheimer’s disease and other age related conditions, such as macular degeneration and Lewy Body dementia. “These immersive experiences literally allow someone to see through the eyes of an older adult and feel what it is like to live with a progressive disease,” said Michael Savoie of Executive Care.

Shaw and her two co-founders, Erin Washington and Thomas Leahy, launched Embodied Labs in 2016. Today nearly 50 universities and 60 senior care providers in the U.S. use their platform to train people on the unique needs of the aging population.

Creating Empathy Reduces Frustration

Seeing through the eyes of an older adult living with Alzheimer’s disease not only creates empathy, but also reduces caregiver frustration by providing insight on the individual’s needs. After experiencing the world as a woman named Beatriz living with Alzheimer’s disease, one caregiver, Ana, took off her virtual reality headset and began to cry.

Continued on next page
She couldn’t pinpoint which part of the experience left her in tears. After all, she works with Alzheimer’s patients every day.

When Anna put on the headset and tried to navigate a virtual grocery store, the lights were overpowering and the food labels were fuzzy. When people spoke to her, their words were distorted. Her family were visibly frustrated with her and could not understand why she kept forgetting things.

Such virtual reality programs are yet one more way to help caregivers better understand the people they serve. It fills the need for additional training that benefits the care partners and the care recipients.

Executive Care partnered with Embodied Labs to train their caregivers and the greater community. By experiencing the Embodied Labs caregiver training platform, you will gain a deeper knowledge of Alzheimer’s disease and dementia. After seeing through the eyes of Beatriz, a woman experiencing early, middle, and late stage Alzheimer’s, you will learn:

- How Alzheimer’s disease affects more than just memory.
- How changes in communication, as well as visual and auditory processing, affect activities of daily living.
- How to calm, redirect and engage people living with dementia.
- How care teams can contribute to quality of life.
- How a person living with disease can continue having relationships and enjoying life regardless of their diagnosis and progressive physical and cognitive changes.

Executive Care is the first in the state to offer this one-of-a-kind training. Call us to schedule your personalized virtual reality experience. 203-690-1963. ~
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What does continuum of care mean? In a nutshell, it means the right care at the right time in the right place - ensuring delivery of appropriate, exceptional patient care.

Think of it as a one-stop shop for healthcare, identifying and removing barriers to proactively promote coordinated care, while guiding and tracking patients over time through a comprehensive range of health services spanning all levels of care. This is especially important for patients who are more dependent on health services – elderly patients, patients with complex medical conditions, or chronic diseases.

According to the U.S. Census Bureau, in 2016 over 575,000 Connecticut residents were age 65 and older, making up an estimated 16% of the state’s total population. Logic and statistics tell us that as a person ages, the need for health care intervention and treatment increases. As the need increases, patients may utilize several providers to meet their medical necessities. In a typical scenario, providers may not always fully communicate with each other in a timely manner. This break in continuity of care can lead to confusion with physician instructions, issues with recovery, and can also result in increased ER visits.

Every individual is unique and therefore, every care journey is different. Older adults will usually enter the continuum of care process for aging as they begin to need minor support services. Initially, it might resemble gaining access to transportation services, the use of a walker, or an aide providing assistance with tasks in the home. Eventually, they progress through stages needing daily assistance with care, perhaps moving into an assisted living community before requiring a nursing home or memory care facility some time later.

Looking to age in place, older adults find communities that offer a wide range of senior care services most appealing. Those that offer a continuum of care typically include independent residential living apartments and/or cottages and villas, assisted living, memory care, and skilled nursing. Some offer home health, rehabilitation and hospice services as well.

Designed to maximize independence and increase quality of life, a continuum of care fulfills the evolving needs of patients – caring for the whole person – mind, body and spirit.

Editor’s Note: This article was submitted by Marie Jablonski, Manager, Corporate Marketing, Masonicare, 203-679-7740, 22 Masonic Avenue, Wallingford, CT, www.masonicare.org

Indicates website link on seniorsbluebook.com
Home Health Care Definitions

24 HOUR CARE – Refers to “round the clock treatment” in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

CARDIAC CARE – Refers to services including patient assessment, specific diet information, and management of the disease process, medication management and education. Cardiac care is a program designed to help a person with heart disease return to health. Cardiac care may consist of exercise, modifying risk factors to prevent further heart damage, or psychological rehabilitation.

DIABETIC CARE – Refers to services including patient assessment specific diet information, management of the disease process, medication management and education on all the above. Services are provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN’s in their employ.

ENTERAL FEEDING – Enteral feeding, or tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

HOUR MINIMUM – The least number of hours a Non-Medical Home Care Agency will be available for hire.

Medicare certified Home Health Agencies are not on a specified time frame.

HOSPICE – Refers to a comprehensive program of care to patients and families facing a life threatening illness. Hospice emphasizes palliative rather than curative treatment. The dying are comforted. Professional medical care is given, and sophisticated symptom relief provided.

INTRAVENOUS THERAPY (IV) – Refers to any medical treatments/medications that need to be introduced into the body via a patient’s veins. Numerous IV Therapies can be provided in a patient’s home under supervision of a MD. Some of these include: inter-infective/antibiotic therapies, hydration therapy, pain management, chemotherapy and central line care and maintenance.

PRIVATE DUTY PERSONAL CARE – Assistance with Activities of Daily Living (ADL’s), homemaking, companionship and other non-medical in home care. These services are available for hire after, or in conjunction with, Medicare certified services. Private payment, Medicaid and Veterans Benefits are a few of the ways personal care can be paid for.

PSYCHIATRIC CARE – Refers to the agencies’ ability to offer services
related to psychiatric support with the prevention, diagnosis, and treatment of mental illness. Services may include counseling or administering of medications.

**SOCIAL WORKER** – A clinical social worker whose purpose in health care is to enhance, promote, maintain, and restore the best possible social abilities of the patient or family. Services provided may be preventive, developmental, or remedial in nature.

**THERAPY SERVICES (ST, PT, OT, RT)** –

**Speech Therapy** – Refers to services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

**Physical Therapy** – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.

**Occupational Therapy** – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

**Respiratory Therapy** – Refers to services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilator support, bronchi pulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural, artificial, and mechanical airways.

**TRACH CARE** – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

**WOUND CARE** – Refers to services for providing diagnosis and treatment for ulcers, pressure sores and other wounds. Treatments may include but is not limited to irrigations, dressing, and wound vacs. Some agencies may employ specialty nurses to provide and instruct in care specifically for patients with more complicated wounds. ~
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*COUNTIES: F = Fairfield  NH = New Haven  M = Middlesex

**THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory

Indicates website link on seniorsbluebook.com

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*COUNTIES: F = Fairfield    NH = New Haven    M = Middlesex
**THERAPIES: S=Speech / P=Physical / O=Occupational / R=Respiratory
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### Home Health Care Agencies (cont’d)

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*Indicates website link on seniorsbluebook.com

**Therapies:** S = Speech / P = Physical / O = Occupational / R = Respiratory
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What is a “Continuum of Care”?

The phrase “continuum of care” has been around for a while – but not all providers are part of a true continuum when it comes to caring for seniors. Most providers involved in a continuum of care system offer opportunities for seniors to remain within a system that provides an array of services, often allowing a senior to “age in place,” knowing they don’t have to move or change caregivers, even as their healthcare needs change.

A full continuum for senior care typically contains the following spectrum of senior housing and health-care options; post-hospital rehabilitative care, dementia care services, traditional skilled, long-term nursing care, assisted living and senior living options, and hospice care.

Breaking it down

Skilled nursing services are devoted to people whose care needs require regular monitoring. This could be short-term for those who have been discharged from a hospital and need extra support time to recover, or those who need traditional longer-term nursing care. For short-term patients, rehabilitative therapy services are available on-site, as often as needed and as prescribed for optimal recovery and health.

When the focus of care is on activities of daily living rather than on skilled nursing, these individuals can often thrive in an assisted or independent living community. Traditional assisted and independent living communities offer apartments and often include daily activity programs, 24/7 staffing, three meals a day, medication monitoring, and more.

The home health care segment of a continuum allows for individuals to remain in their current living environment, with the add-on of in-home support for medically complex patients. This care may be provided by nurses, physical, occupational, speech-language therapists and home health care aides.

Additionally, homemaker and companion service allows individuals the added support they need to maintain their maximum independence in their own home and may include medication reminders to assistance with personal care, meal preparation, light housekeeping, etc.

Hospice professionals provide the physical, emotional, social and spiritual support to terminally ill patients, as well as their families and loved ones, while assisting patients and families to live with dignity and comfort as they cope with end-of-life issues.

Editor’s Note: This article was submitted by Tim Brown, who is director of marketing and communications with Athena Health Care Systems and may be reached at 860-751-3900 or by email TBrown@AthenaHealthCare.com
Compassion. Care. Respect. Expertise. All in the comfort of your home.

Athena Health Care Systems, Southern New England’s leader in continuum of care services since 1984, is a recognized leader in providing home healthcare services throughout the following Connecticut counties:

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Hospice Care Definitions

HOSPICE (See definition in home health grid definitions)

Services Provided:

**N-Nurse** – Assesses patient’s physical needs, develops and coordinates the plan of care, ensures symptom control and management, provides patient/family teaching as needed.

**SSW-Social Worker** – Assesses patient and family emotional and social needs, develops a plan of care, provides counseling, referrals and support to meet identified needs.

**Chaplain** – Assesses patient and family spiritual needs, develops a plan of care, provides counseling, assists with memorial preparations.

**Home Health Aide** – Provides direct personal care to patient, emotional support to patient and family, reports identified needs to RN.

**Volunteer** – Provides respite and needed non-medical services for patients and their families, offers support at time of death and during bereavement.

Levels of Care:

**RO-Routine Care** – Occurs when regularly scheduled visits are adequate in maintaining the individual’s symptom management. Care is provided at the individual’s residence, this can be their private home, a retirement community, an assisted living, or a skilled nursing facility.

**RE-Respite Care** – Provided when the family needs time to rest or go out of town for a short time. Ideally, this service is provided for five consecutive days. Care may be provided in a long-term care facility depending on the condition of the individual. Hospice is responsible for financial arrangements with the Long-term care facility, at no cost to the patient or the family.

**GIP – General In-Patient Care** – Provided in a skilled nursing facility when the symptoms cannot be managed elsewhere. The skilled nursing facility must have 24-hour R.N. coverage as deemed by Medicare guidelines. General in-patient care is usually short in duration. This level of care is usually due to symptoms which are out of control and more intensive nursing services are required. If an individual is at a care facility, room and board are covered by hospice during this period.

**CC-Continuous Care** – Provided to prevent the individual from going to the hospital when a crisis occurs. Continuous care also is given when more help is needed to assist the individual and family in coping with the crisis. This level of care is usually provided at the individual’s residence no matter where that may be. The criteria for continuous care may include: Severe pain or symptoms which are out of control, psychotic episodes, breakdown of caregiver, imminent death and family unable to cope. Continuous care is typically

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Well enough’ is not enough.

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Hospice Care Definitions continued from page 92

reserved for end of life or other crises that requires a constant presence by a nurse or care team.

**24/7 ADMISSIONS** – Can a patient be admitted to the particular hospice agency 24/7? If a patient qualifies for hospice care, they should be admitted as early as the family requests. Many agencies admit patients to hospice, 24/7, evenings weekends, and holidays.

**GRIEF SUPPORT GROUPS** – Grief is the normal and universal reaction humans have to the loss of those they love. When your loved one passes, you may go through a period of bereavement and experience grief. Each hospice agency will have a grief and bereavement support program. Many provide grief groups that meet and address issues of grief in a supportive group setting.

**INDIGENT PATIENTS** – Does the hospice accept non funded or indigent patients? This is usually on a case by case basis and at the determination of the hospice company. Many have a non-profit organization that can help support the care of non-covered patients. Many Hospice agencies utilize social workers to help find resources for indigent families.

**LICENSED MASSAGE THERAPY** – Massage has become one of the fastest growing trends in therapy for hospice patients. Used as a method for relaxation to alleviate stress, anxiety and pain with a light hands-on approach, as well as providing an alternative to those who can’t take medication or prefer not to, massage therapy has become essential in hospice care. This is not reimbursed by Medicare; it is an added benefit that select hospice companies have decided to provide for their patients.

**MUSIC THERAPY** – Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals. A music therapist is not just a music performer, but actually trained in counseling and music. A music therapist creates goals and objectives for their patients and uses music activities and music experiences (listening, composition, improvisation, or playing/singing a familiar song) in order to achieve those goals. This is not reimbursed by Medicare; it is an added benefit that select hospice companies have decided to provide to their patients.

**PAIN PUMPS AVAILABLE** – Many patients have their symptoms controlled through oral medications. Some situations require a pain pump where medications are administered through an IV pump. If this is the situation, inquire with the hospice RN case manager to see if pain pumps are available through their agency.
PCP-OVERSIGHT – Can the hospice patient retain their own primary care physician in addition to the hospice medical director? All hospice organizations require a medical director, a physician to oversee their care. Many times the hospice medical director will work in conjunction with the patient’s own physician. The patient, family and hospice team can determine which physicians will oversee the care and certify the hospice eligibility criteria.

PET THERAPY – There’s nothing like a visit from a four-legged creature to brighten the day of a terminally ill patient. Pet therapy teams visit with patients wherever they reside – at home or in professional care settings. For some patients, contact with these gentle animals evokes memories of pets in their lives, past or present. Studies have shown many benefits of pet companionship, ranging from reduced blood pressure and anxiety to relief from boredom, pain and loneliness. This service is not reimbursed by Medicare, it is an added benefit that select hospice companies have decided to provide for their patients.

VA CONTRACT – If the patient is not a Medicare recipient and is covered by the VA, the VA will make payments directly to their contracted agencies. If a patient is a Veteran, but is a Medicare Recipient, they may choose any Medicare approved hospice agency for their care.

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Hospice Care at Masonicare

Masonicare 203-894-6051
Home Health & Hospice

masonicare.org  

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**PREFERRED HOSPICE CARE PROVIDERS**

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**THERAPIES – HOSPICE**

- A=Aroma
- MA=Massage
- Mu=Music
- P=Pet
- PCP=Physician
- SW=Social Worker
- CH=Chaplain
- V=Volunteer

**LEVELS OF CARE**

- RO=Routine
- RE=Respite
- G=General In-Patient Care
- C=Continuous Care

**24/7 ADMISSIONS**

- Pain pumps available
- Grief support groups
- 24/7 admissions
- Palliative care

**COUNTIES SERVED**

- NH=New Haven
- M=Middletown
- F=Fairfield

**PHONE #**

- 860-751-3620
- 203-894-6051
- 860-358-5700
- 860-358-5960
- 203-438-5555

**PCP OVERSIGHT**

- Home health agency
- Indigent patients
- Multi-lingual
- Private insurance
- Private pay
- Medicaid
- Medicare
- Contract w/VA

**PALLIATIVE CARE**

- Hospice care
- Hospice & Palliative Care
- Hospice Care
- Hospice Services
- Hospice Providers

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**COUNTIES:**  
F = Fairfield  
NH = New Haven  
M = Middlesex

**Services:**  
RN = Registered Nurse  
SW = Social Worker  
C = Chaplain  
V = Volunteers

**Levels of Care:**  
RO = Routine  
RE = Respite  
GIP = General In-patient  
CC = Continuous Care

**Therapies:**  
A = Aroma  
Ma = Massage  
Mu = Music  
P = Pet

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**Therapies: A=Aroma / Ma=Massage / Mu=Music / P=Pet

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**HOSPICE CARE**
**Senior Housing Definitions**

**AGE RESTRICTIONS** – Some communities have a restriction on the youngest age they are allowed to accept. These restrictions vary by community.

**ALZHEIMER’S / DEMENTIA ASSISTED LIVING COMMUNITY** – Licensed assisted living facility or skilled nursing facility that specialize in delivering care to victims of Alzheimer’s and dementia. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents’ safety. Specifically trained staff usually serves the special needs of this population. Amenities vary for each community.

**ASSISTED LIVING COMMUNITY** – Typically apartment-style with kitchens and private baths. Some offer companion accommodations. Personal assistance with Activities of Daily Living (ADLs) bathing, grooming, dressing, toileting, eating and ambulation. Rates vary from an all-inclusive to base rates with levels of care. Amenities vary for each community.

**DAY CARE** – Any provider can elect to provide day/night services on a short or long term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed communities are prohibited by law to promote these services without a specific license.

**DEPARTMENT OF HOUSING & URBAN DEVELOPMENT (HUD)** – helps apartment owners offer reduced rents to low-income tenants.

**HOUSING CHOICE VOUCHER PROGRAM** – *(Sec 8)* - find your own place and use the voucher to pay for all or part of the rent. Participating households are required to pay the greater of 10% of their gross annual income or 30% of their adjusted income towards rent. To qualify, a household’s annual income must not exceed the applicable income limit for the area as adjusted by family size.

*(Sec 236)* Property owners in this program make mortgage payments that are based on a 1% mortgage interest rate. HUD then provides a subsidy to their lender to cover the difference between 1% and the market interest rate on the property’s loan. Participating households are required to pay rent equal to the greater of 30% of their adjusted income (not to exceed the market rent) or the basic rent amount set by HUD for that particular property. Any amount paid by the household that is more than basic rent is considered excess rent, which the owner pays back to HUD in repayment of the subsidy.

Continued on next page
### Senior Housing Definitions continued

<table>
<thead>
<tr>
<th><strong>INDEPENDENT HOUSING</strong></th>
<th>Apartments and communities for adults 55+ with little or no senior support services (e.g. no meals, etc...)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INTERMEDIATE CARE</strong></td>
<td>24 hour inpatient care residents who need licensed nursing supervision and supportive care, but do not require continuous nursing care. Residents may receive full assistance with ADL's and transfers. Residents receive meds from a nurse following a doctor’s orders and may receive outpatient rehab services. Facilities may use a nurse as a their consultant and the residents receive periodic assessments from a licensed practitioner.</td>
</tr>
<tr>
<td><strong>MEDICAID WAIVER</strong></td>
<td>An assisted living waiver may be used to transition individuals out of nursing facilities or to provide persons at risk of institutionalization with options for remaining in their communities. Assisted living waivers are designed to provide an alternative to more costly nursing home care.</td>
</tr>
<tr>
<td><strong>PRICE DEPENDENT ON LEVELS OF CARE</strong></td>
<td>Flexible levels of service geared to accommodate different needs over time. Rates may vary depending on the changing levels of care while one maintains the same physical residence.</td>
</tr>
<tr>
<td><strong>PUBLIC HOUSING (PH)</strong></td>
<td>Affordable apartments for low-income families, the elderly and persons with disabilities.</td>
</tr>
<tr>
<td><strong>RESIDENTIAL HOME</strong></td>
<td>Assisted living homes are private residential homes that typically have a small number of residents who live together and receive care from live-in caretakers. Adult family homes offer room and board for seniors who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour. They are also referred to as personal board and care homes. Most accept private pay; Medicaid in some instances.</td>
</tr>
<tr>
<td><strong>RESPITE CARE / SHORT-TERM STAY</strong></td>
<td>Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.</td>
</tr>
<tr>
<td><strong>RETIREMENT COMMUNITY</strong></td>
<td>Housing designed specifically for mature adults. Typically Studio, 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services</td>
</tr>
</tbody>
</table>

*Continued on page 145*
Making Your Move to a Senior Living Community & Tips for Downsizing

If you have made the decision to move to a senior living community, you can expect more time as you take advantage of a variety of convenient services and amenities – and to spend your time on activities you enjoy.

One major thing to start planning for: downsizing your possessions. For many people, a move to senior living means choosing to live in a cozier space, and you may need to prioritize the belongings that go with you.

How can you get started with downsizing ahead of your move, and what can you do to assist a loved one with the process?

Planning for Success

Depending on when you plan to move, you may have plenty of time to go through your things, or the process may be a little more rushed. It is always best to get started as soon as possible; begin by creating a plan for each day or week you have available until your move. If you can visit your new home prior to your move, you can get an idea of the space you will have available for your furnishings and personal belongings.

As you sort through items you will take with you and items you will either give away or donate, avoid disposing of your belongings immediately. Instead, set them aside for a brief period to ensure you will not regret your decisions. Keep items you know you will use or that have significant sentimental value. Downsizing provides an opportunity to assess which of your possessions have real meaning and which you can live without.

Helping a Loved One With Downsizing

If your family member is planning a move to a senior living community and has not started the downsizing process, you may want to offer assistance. Understand that your loved one may have attachments to certain items, and be prepared to slow down and take breaks when needed.

Consider offering to take any sentimental items that your loved one may not want to let go, including gifts from grandchildren, scrapbooks, photo albums and other precious mementos. Spend some time researching local thrift shops and groups that accept donations to provide your family member with options for charitable disposal of unwanted or duplicate items.

Editor’s Note: This article was submitted by Elizabeth S. Dupree, Director of Sales and Marketing, Edgehill Community. She may be reached at 203-595-2307 or by email at edupree@benchmarkquality.com. See ad on Inside Back Cover.
<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone #</th>
<th># of Units</th>
<th>Lowest Starting Price</th>
<th>Meals/Meal Options</th>
<th>Activities</th>
<th>Housekeeping</th>
<th>Covered Parking</th>
<th>Scheduled Transportation</th>
<th>Fitness Center</th>
<th>Pets</th>
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</thead>
<tbody>
<tr>
<td>Crosby Commons</td>
<td>580 Long Hill Ave, Shelton 06484</td>
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<td>$6,600</td>
<td>• • • • •</td>
<td>• •</td>
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<td>• • • • • • • • • • • •</td>
<td>• •</td>
<td>Sm</td>
<td></td>
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<tr>
<td>Edgehill</td>
<td>122 Palmers Hill Rd, Stamford 06902</td>
<td>203-595-2300</td>
<td>216</td>
<td>$5,400</td>
<td>• • • • • • •</td>
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<tr>
<td>Heritage Commons</td>
<td>38 Boston Rd, Middletown 06457</td>
<td>860-344-1221</td>
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<td>$2,575</td>
<td>• • •</td>
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<tr>
<td>Masonicare at Ashlar Village</td>
<td>74 Cheshire Rd, Wallingford 06492</td>
<td>203-894-6051</td>
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<td>$1,980</td>
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<td>• • • • • • • • • • • •</td>
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<td>Masonicare at Chester Village</td>
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<tr>
<td>Masonicare at Mystic</td>
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<td>203-894-6051</td>
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<td>• • • • • • • • •</td>
<td>• • • • • • • • • • • •</td>
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</tbody>
</table>
Residential living at Masonicare is all about lifestyle and choices. With three unique locations throughout Connecticut, our vibrant, active retirement communities in Chester, Wallingford and Mystic offer an abundance of cultural, recreational, educational, and social opportunities.

For more information about Masonicare’s maintenance free living, please call 203-894-6051 or visit www.masonicare.org
## Preferred Independent / Retirement Living Community (Cont’d)

<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone #</th>
<th># of Units</th>
<th>Lowest Starting Price</th>
<th>Pets</th>
<th>Fitness Center</th>
<th>Scheduled Transportation</th>
<th>Covered Parking</th>
<th>Housekeeping</th>
<th>Activities</th>
<th>Meals / Meal Options</th>
<th>Assisted Living Community</th>
<th>1-Bedroom</th>
<th>2-Bedroom</th>
<th>Studio</th>
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<tbody>
<tr>
<td>Sunshine Senior Residence</td>
<td>7 Forest Hill Rd, Norwalk 06850</td>
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<td>Sunshine Senior Residence</td>
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<td>Sunshine Senior Residence</td>
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<tr>
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<td>●</td>
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<tr>
<td>The Osborn</td>
<td>101 Theall Rd, Rye, NY 10580</td>
<td>914-925-8203</td>
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**Note:**
- Pets: Sm = Small, Med = Medium, Lg = Large
- Activities may include: Housekeeping, Covered Parking, Scheduled Transportation, Fitness Center, Pets, Meals / Meal Options, Assisted Living Community
- Lowest Starting Price in dollars
- Phone numbers provided
- AD on Page: 134 for Sunshine Senior Residence and 79 for The Osborn
<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th># of Units</th>
<th>Monthly Rent</th>
<th>Features</th>
</tr>
</thead>
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<tr>
<td>The Saybrook at Haddam</td>
<td>1556 Saybrook Rd, Haddam 06438</td>
<td>860-345-3779</td>
<td>79</td>
<td>$4,000</td>
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<tr>
<td>Wesley Heights</td>
<td>580 Long Hill Ave, Shelton 06484</td>
<td>203-929-5396</td>
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<td>Wormser Congregate Senior Housing</td>
<td>28 Vine Rd, Stamford 06905</td>
<td>203-977-1400 x3161</td>
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<tr>
<th>BRANFORD</th>
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<tbody>
<tr>
<td>Cedar Woods, 80 Cedar St, 06405</td>
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<tr>
<td>The Hearth at Gardenside, 173 Alps Rd, 06405</td>
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<tr>
<th>BRIDGEPORT</th>
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<tbody>
<tr>
<td>The Watermark at 3030 Park, 3030 Park Ave, 06604</td>
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<tr>
<th>CHESHIRE</th>
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<tr>
<td>Elim Park Place, 140 Cook Hill Rd, 06410</td>
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<table>
<thead>
<tr>
<th>CHESTER</th>
</tr>
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<tbody>
<tr>
<td>Masonicare at Chester Village</td>
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<tr>
<th>CROMWELL</th>
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<tbody>
<tr>
<td>Covenant Living of Cromwell, 52 Missionary Rd, 06416</td>
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</table>

Sm = Small / C = Cats Only
( ) = Call
IBC = Inside Back Cover
Indicates website link on seniorsbluebook.com
Continued on next page
<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone Number</th>
<th># of Units</th>
<th>Lowest Starting Price</th>
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</thead>
<tbody>
<tr>
<td>Glen Crest, 3 Glen Hill Rd, 06811</td>
<td>203-790-9161</td>
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<tr>
<td>Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811</td>
<td>203-748-0506</td>
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<tr>
<td>The Residence at Selleck’s Woods, 1 Parkland Dr, 06820</td>
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<tr>
<td>The Village at Mariner’s Point, 111 South Shore Dr, 06512</td>
<td>203-467-0067</td>
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<tr>
<td>The Village at Wharf, 201 Granite Rd, 06437</td>
<td>860-767-7201</td>
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<tr>
<td>Essex Meadows, 30 Bokum Rd, 06426</td>
<td>203-458-3337</td>
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**PETS**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**FITNESS CENTER**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**SCHEDULED TRANSPORTATION**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**COVERED PARKING**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**HOUSEKEEPING**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**ACTIVITIES**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**MEALS / MEAL OPTIONS**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**SKILLED NURSING FACILITY**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**ASSISTED LIVING COMMUNITY**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**2-BEDROOM**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**1-BEDROOM**
- **Studio**: Sm
- **1-Bedroom**: Sm
- **2-Bedroom**: Sm
- **3-Bedroom**: Sm

**STUDIO**
- **Studio**: Sm
- **1-Bedroom**: Sm
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- **3-Bedroom**: Sm
<table>
<thead>
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<th>Community</th>
<th>Address</th>
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<th>Units</th>
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<td><strong>HADDAM</strong></td>
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<tr>
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<td>860-345-3779</td>
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<tr>
<td><strong>HAMDEN</strong></td>
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<tr>
<td>Atria Larson Place</td>
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<tr>
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<tr>
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<td>203-848-2641</td>
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<tr>
<td><strong>MADISON</strong></td>
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<tr>
<td>The Hearth at Tuxis Pond</td>
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<td>Miller Memorial Community</td>
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<td><strong>MIDDLETOWN</strong></td>
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<tr>
<td>Heritage Commons</td>
<td>38 Boston Rd, Middletown 06457</td>
<td>860-344-1221</td>
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<td>$2,575</td>
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<tr>
<td><strong>MILFORD</strong></td>
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<tr>
<td>Carriage Green at Milford</td>
<td>77 Plains Rd, 06461</td>
<td>203-874-4408</td>
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</tbody>
</table>

*Sm = Small / C = Cats Only / Call = Call / IBC = Inside Back Cover*
### INDEPENDENT / RETIREMENT COMMUNITIES

#### MYSTIC

- **Masonicare at Mystic**  
  45 Clara Dr, Mystic 06355
  - Phone: 203-894-6051
  - Units: 105, 119, 149
  - Lowest Starting Price: $2,100
  - 1-Bedroom: •
  - 2-Bedroom: •

#### NEW CANAAN

- **The Inn – Waveny LifeCare Network**, 73 Oenoke Ridge, 06840  
  - Phone: 203-594-5450
  - Units: 37

#### NORTH BRANFORD

- **Evergreen Woods Life Care Retirement Cmnty**, 88 Notch Hill Rd, 06471
  - Phone: 203-488-8000
  - Units: 249

#### NORTH HAVEN

- **Village on State**, 160 State St, 06473
  - Phone: 475-238-6813
  - Units: 15

#### NORWALK

- **Sunshine Senior Residence**  
  7 Forest Hill Rd, Norwalk 06850
  - Phone: 203-517-0440
  - Units: 134

#### REDDING

- **Meadow Ridge**, 100 Redding Rd, 06896
  - Phone: 866-979-7015
  - Units: 332

#### RIDGEFIELD

- **Atria Ridgefield**, 55 Old Quarry Rd, 06877
  - Phone: 203-295-4713
  - Units: 3
<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
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<th>Price</th>
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<td>Pomperaug Woods</td>
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<td>203-267-7100</td>
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<td>203-327-4551</td>
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<td>Edgehill</td>
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<tr>
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<td>27 Fox Hill Rd, Stamford 06903</td>
<td>203-517-0440</td>
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**Sm = Small / C = Cats Only**

*Indicates website link on seniorsbluebook.com*
## INDEPENDENT / RETIREMENT COMMUNITIES

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<tr>
<th>Community Name</th>
<th>Address</th>
<th>Phone #</th>
<th># of Units</th>
<th>Lowest Starting Price</th>
<th>Studio</th>
<th>1-Bedroom</th>
<th>2-Bedroom</th>
<th>Assisted Living Community</th>
<th>Skilled Nursing Facility</th>
<th>Meals / Meal Options</th>
<th>Activities</th>
<th>Housekeeping</th>
<th>Covered Parking</th>
<th>Scheduled Transportation</th>
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<th>Pets</th>
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<td>203-977-1400 x3161</td>
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### STAMFORD (cont’d)

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<th># of Units</th>
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<th>2-Bedroom</th>
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<th>Skilled Nursing Facility</th>
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<th>Activities</th>
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</table>
### WALLINGFORD

**Masonicare at Ashlar Village**  
74 Cheshire Rd, Wallingford 06492  

- **Phone:** 203-894-6051  
- **Units:** 359  
- **Price:** $1,980  
- **Sm = Small / C = Cats Only**

### WEST HAVEN

Seacrest Retirement Center / Worthington Manor / Marbridge  
Retirement Center, 588 Ocean Ave, 06516  

- **Phone:** 203-931-2510  
- **Units:** 55  
- **Price:** $5,000  
- **Sm**

### WESTPORT

The Residence at Westport, 1141 Post Rd E, 06880  

- **Phone:** 203-720-6272  
- **Units:** 96  
- **C = Call**

### WILTON

The Greens at Cannondale, 435 Danbury Rd, 06897  

- **Phone:** 203-761-1191  
- **Units:** 96  
- **Sm**

---

**Discharge Planners Resource Notebook**

Our **Discharge Planners Resource Notebook** is a version of Seniors Blue Book formatted specifically for use by Case Managers, Social Workers and Discharge Planners at hospitals and skilled nursing facilities throughout Southern Connecticut. The DPRN is a valued resource and provides professionals with efficient access to information about services needed in planning next steps for patients leaving a facility.  

Contact **carol@seniorsbluebook.com**
## Community Resources and Services

### Subsidized Housing

### New Haven (cont’d)

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Zip Code</th>
<th>Phone Number</th>
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<tr>
<td>Capital Apartments</td>
<td>290 Main St, 06401</td>
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<td>203-777-1875</td>
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<td>Bishop Curtis Homes</td>
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<td>Reynolds Ridge</td>
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<td>203-797-9909</td>
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<td><strong>Bridgeport</strong></td>
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<tr>
<td>Augustana Homes</td>
<td>Bridgeport, 525 Palisade Ave, 06610</td>
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<td>203-366-4333</td>
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<td>Barnum House</td>
<td>100 Fairlawn Ave, 06604</td>
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<td>203-367-3906</td>
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<td>280 Jewett Ave, 06606</td>
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<td>203-927-5496</td>
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<td>Bridgeport Towers</td>
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### New Haven (cont’d)

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<td>Nunnawauk Meadows</td>
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<td>Broad River Homes</td>
<td>108 New Canaan Ave, 06850</td>
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<td>203-846-3700</td>
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<td>Cedar Court Senior Housing Project</td>
<td>92 Cedar St, 06854</td>
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<td>203-839-5779</td>
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<td>Hilltop Homes</td>
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<td>Ludlow Commons</td>
<td>11 Roger St, 06859</td>
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<td>203-352-3263</td>
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<td>The Maron – Under One Roof, Inc – for Srs</td>
<td>60 Gregory Blvd, 06855</td>
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<td>203-854-4660</td>
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### Riverside

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<td>Greenwich, 1040 E Putnam Ave, 06879</td>
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<tr>
<td>Hill House Senior Residence</td>
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### Southbury

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<td><strong>Stamford</strong></td>
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<td>Augustus Manor</td>
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### Cheshire

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### Danbury

<table>
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114 SOUTHERN CONNECTICUT – FAIRFIELD, NEW HAVEN, AND MIDDLESEX COUNTIES – FALL 2019-WINTER 2020
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<td>Parish Court, 15 North Main St, 06430</td>
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<td>Sullivan-McKimney, 24 Maplewood Rd, 06430</td>
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<td>Hanover Towers, 70 Butler St, 06340</td>
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<td>203-878-7195</td>
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<td>Luther Ridge at Middletown, 624 Congdon St, W, 06457</td>
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<td>School House Apartments, 156 South Ave, 06840</td>
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<td>203-777-9736</td>
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<td>Marble Court, 100 River Rd, 06878</td>
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<td>Woodbridge</td>
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<td>203-573-4343</td>
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<tr>
<td>Woodbridge</td>
<td>Woodbridge Elderly Housing, 15 Lucy St, 06515</td>
<td>203-827-3701</td>
</tr>
</tbody>
</table>

Indicates website link on seniorsbluebook.com
We offer 24/7 memory care/assisted living not in large facilities but in true home settings. We provide professional care in a safe, serene setting for your loved one that enhances their quality of life, while providing you peace of mind.

Wormser Congregate Senior Housing
(203) 977-1400 ext. 3161
Affordable congregate housing for seniors 62 and over.
$1,659 per month includes rent and congregate fee.
Residents may be eligible for rent & congregate subsidies

Heritage Commons
Monthly Rent Includes:
- Chef Prepared Meals
- Transportation
- Housekeeping
- Activities & Entertainment
- And so much more!

Call Today 860-344-1221
38 Boston Road, Middletown, CT 06457

Celebrating 30 Years of Retirement at Its Best! | www.heritagecommons.com
Thursday, March 19, 2020
CALA/ISLE 25th Anniversary Assisted Living Conference & Trade Show
NEW LOCATION: Aqua Turf Club in Plantsville, CT

Be a part of the biggest senior living event in Connecticut in 2020!
This event is a “must” for owners, executives and directors in aging services, operations, marketing, recreation, dining, and memory care. Whether you work in a community or support the industry, you want to be a part of this conference and trade show!
<table>
<thead>
<tr>
<th>Pets</th>
<th>SCHEDULED TRANSPORTATION</th>
<th>ADULT DAY PROGRAMS</th>
<th>RESPITE / SHORT TERM STAY</th>
<th>PRICE ALL INCLUSIVE</th>
<th>SECURED MEMORY CARE UNIT</th>
<th>SKILLED NURSING FACILITY</th>
<th>PRIVATE ROOMS</th>
<th>SEMI-PRIVATE ROOMS</th>
<th>RESIDENTIAL HOME</th>
<th>MEDICAID</th>
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**PREFERRED ASSISTED LIVING COMMUNITIES**

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<th><strong>ApplePie Properties</strong></th>
<th><strong>Church Hill Village</strong></th>
<th><strong>Crosby Commons</strong></th>
<th><strong>Edgehill</strong></th>
<th><strong>Masonicare at Ashlar Village Assisted Living</strong></th>
<th><strong>Masonicare at Mystic Living</strong></th>
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<tbody>
<tr>
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Enjoying life and making your own choices is important.

Assisted Living residents enjoy private apartments with a choice of studio, one- and two-bedroom floor plans. Residents can furnish and decorate their apartments with their own furniture and special touches. Services include nutritious meals, transportation, 24/7 nursing care and on-site security.

Call today for more information - 203-894-6051
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120 SOUTHERN CONNECTICUT – FAIRFIELD, NEW HAVEN, AND MIDDLESEX COUNTIES – FALL 2019-WINTER 2020
The Commons of Newtown – Assisted Living Community
139 Toddy Hill Rd, Newtown 06470

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Sm = Small / C = Cats Only
Indicates website link on seniorsbluebook.com

Paws To Consider What's Important

Meet Snowy, a Rescue adopted by a Woodbine Senior Living Community in PA!

203-748-0506 | 8 Glen Hill Road | Danbury, CT 06811 | www.springvillagedanbury.com
<table>
<thead>
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<th>Community</th>
<th>Address</th>
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Sm = Small / C = Cats Only

Indicates website link on seniorsbluebook.com

~~Retirement and Assisted Living~~

Gracious Retirement & Assisted Living in the Heart of CT

- Beautiful, rural setting
- Large, private apartments
- Cultural, spiritual, and recreational programs to enjoy at your leisure
- 24/7 staffing
- On-site nurses to provide just the right support to remain as independent as possible

Call 860.345.3779 to schedule a tour.

~Retirement and Assisted Living~ Memory Care~

1556 Saybrook Rd. | Haddam, CT 06438 | TheSaybrookAtHaddam.com
<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone #</th>
<th>Lowest Starting Price</th>
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Sm = Small / C = Cats Only  
Indicates website link on seniorsbluebook.com  
( ) = Call  
BC = Back Cover  
IBC = Inside Front Cover  
Continued on next page →
## Assisted Living Communities

### Hamden

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<th>Address</th>
<th>Phone</th>
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<th># of Units</th>
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**NOTES:**
- **AD ON PAGE #**
- **PHONE #**
- **LOWEST STARTING PRICE**
- **# OF UNITS**
- **RESIDENTIAL HOME**
- **SENIOR LIVING COMMUNITIES**
- **SKILLED NURSING FACILITY**
- **SECURED MEMORY CARE UNIT**
- **PRIVATE ROOMS**
- **MEDICAID**
- **RESPIRE / SHORT TERM STAY**
- **ADULT DAY PROGRAMS**
- **TRANSPORTATION**
- **SCHEDULED**
- **AGE RESTRICTIONS**
- **PET POLICIES**

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## ASSISTED LIVING COMMUNITIES

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<td>Mary Wade</td>
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**Notes:**
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- **C** = Call
- **BC** = Back Cover
- **IBC** = Inside Front Cover

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<th>Community</th>
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<th># of Units</th>
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Sm = Small / C = Cats Only
Indicates website link on seniorsbluebook.com
BC = Back Cover
IBC = Inside Front Cover

Continued on next page
### ASSISTED LIVING COMMUNITIES (cont'd)

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**Legend:**
- **Sm** = Small
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- **()** = Call
- **Indicates website link on seniorsbluebook.com**
- **BC** = Back Cover
- **IBC** = Inside Front Cover
Home is a Feeling

CREATIVE ARTS THERAPY

• The new best medicine for dementia care
• Only assisted living community to provide all the creative arts therapies by licensed and accredited staff

OUR PEOPLE

• Specially trained dementia practitioners

“What makes The Greens the best choice is the heart and the care and the concern. It is genuine.” Daughter of Resident

OUR HOME

• Small, safe and inviting with the comfort of a family feeling
• Beautiful setting in a quiet residential neighborhood

The Greens at Greenwich has been an important part of the community for over 25 years providing compassionate care, education, intergenerational programs, culture and community events

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Contact Maria: mscaros@thegreensatgreenwich.com
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Our 60-day Short-term Stay allows your patient or client to fully experience all the benefits of living at our community without a long-term commitment.

Experience the feeling of fulfillment and safety at One MacDonough Place. The Smarter Choice for Senior Living.

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We are raising the bar for personalized care as it should be! Sunshine Senior Residence is designed to promote independence and enhance quality of life for only 4 residents in a beautiful, true home environment.

Committed to providing the best team of round-the-clock caregivers and on-call physicians and staff members trained specifically for working with Alzheimer’s, Parkinson’s and Dementia residents.

• Common living, dining, and outdoor areas
• Comfortable home-like environment
• Serene natural setting
• Affordable all-inclusive monthly fees (we are half the cost of a large senior assisted living facility)
• Spacious private or semi-private rooms
• Caregivers on staff 24/7

(203) 517-0440
www.SunshineSeniorResidence.com
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203-748-0506 | www.springvillagedanbury.com
8 Glen Hill Road, Danbury, CT 06811

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Sm = Small / C = Cats Only  BC = Back Cover  IBC = Inside Back Cover  Indicates website link on seniorsbluebook.com
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- Continued on next page
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MEMORY CARE ASSISTED LIVING COMMUNITIES

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### STAMFORD

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### TRUMBULL

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<td>Bridges by EPOCH at Trumbull</td>
<td>2415 Reservoir Ave, 06611</td>
<td>203-397-6800</td>
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<td>Middlebrook Farms at Trumbull</td>
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Sm = Small / C = Cats Only / Call = BC = Back Cover / IBC = Inside Back Cover
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<td>74 Cheshire Rd, Wallingford 06492</td>
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<td>Village at East Farms</td>
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<td>The Residence at Westport</td>
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<td>203-720-6272</td>
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Sm = Small / C = Cats Only      
Call = Call Back Cover (BC) = Inside Back Cover
Indicates website link on seniorsbluebook.com
Senior Housing Definitions continued from page 102

include meal plans, transportation, housekeeping, laundry and maintenance. Amenities are usually abundant; formal libraries, computer stations, swimming pools, gardens, and other social gathering spaces. Rates are monthly, and are typically based on size/location of apartment.

SECURED UNIT – A secured unit dedicated to Alzheimer’s/Dementia residents to prevent wandering outside the community without supervision.

SKILLED CARE – 24 hour licensed nursing services, eight hours of which are RN covered. Patient may receive rehab services either inpatient or outpatient and may be fully dependent for ADL's. Patients receive medications by an RN according to a licensed physicians orders.

SKILLED NURSING FACILITY – Facilities provide 24/7 care for residents and offer full assistance with ADL's. Daily rates typically include a furnished bedroom and a private or shared bath, meals, activities, transportation, phone service, cable television and all personal/nursing care. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

TRACH CARE - Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or remove secretions.

VENTILATOR - Moves breathable air into and out of the lungs, to provide the mechanism of breathing for a patient who is physically unable to breathe, or is breathing insufficiently.

WANDERGUARD - Offered at some facilities. A resident with memory loss or confusion wears a small discrete pendant. Each external door in the care home is fitted with a radio detector which detects when a pendant moves near an exit. The WanderGuard will sound an audible alarm, alerting the staff of a patient wandering.
Our Discharge Planners Resource Notebook is a version of Seniors Blue Book formatted specifically for use by Case Managers, Social Workers and Discharge Planners at hospitals and skilled nursing facilities throughout Southern Connecticut. The DPRN is a valued resource and provides professionals with efficient access to information about services needed in planning next steps for patients leaving a facility.

Contact carol@seniorsbluebook.com
The Church Hill Village team invites you to learn more about Newtown’s newest assisted living & memory care community.

CALL 475-800-1598 FOR YOUR APPOINTMENT TODAY!
<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Ad On Page</th>
<th>Phone #</th>
<th># of Beds</th>
<th>Lowest Daily Rate</th>
<th>Long-Term Care</th>
<th>Intermediate Care</th>
<th>Short-Term Care</th>
<th>Skilled Care</th>
<th>Respite/Short-Term Stay</th>
<th>Secured Memory Care Unit</th>
<th>Wanderguard</th>
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<th>Semi-Private Rooms</th>
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<td>93, BC</td>
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<td>Beacon Brook Health Center</td>
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<td>93, BC</td>
<td>203-729-9889</td>
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</table>
Immediate access to the state’s premier long-term skilled nursing center is now available on a first-come, first-served basis.

Call 203-894-6051 today & make Masonicare your home.

Your Wait is Over!

Masonicare Health Center
125 years strong. Built to last.

Private, Medicare & Medicaid accepted. 22 Masonic Avenue • Wallingford, CT
## Preferred Skilled Nursing Facilities (cont’d)

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<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
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<td>CHESTER</td>
<td>Aaron Manor Nursing &amp; Rehab, 3 S Wig Hill Rd, 06412</td>
<td>860-526-5316</td>
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<td>860-635-1010</td>
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### SKILLED NURSING FACILITIES

#### DANBURY
- **Filosa for Nursing & Rehab, 13 Hakim St, 06810**
  - Phone: 203-744-3366
  - Beds: 64
  - Lowest Daily Rate: $470

- **Glen Hill Center, 1 Glen Hill Rd, 06811**
  - Phone: 203-744-2840
  - Beds: 100
  - Lowest Daily Rate: $441

- **Hancock Hall, 31 Staples St, 06810**
  - Phone: 203-794-9466
  - Beds: 96
  - Lowest Daily Rate: $465

- **St. John Paul II Center, 33 Lincoln Ave, 06810**
  - Phone: 203-797-9300
  - Beds: 141
  - Lowest Daily Rate: $385

- **Western Rehab Care Center, 107 Osborne St, 06810**
  - Phone: 203-792-8102
  - Beds: 180
  - Lowest Daily Rate: $470

#### DURHAM
- **Twin Maples Healthcare Facility, 809 New Haven Rd, 06422**
  - Phone: 860-349-1041
  - Beds: 44

#### EAST HAMPTON
- **Cobalt Health Care & Rehab Center, 29 Middle Haddam Rd, 06414**
  - Phone: 860-267-9034
  - Beds: 60

#### EAST HAVEN
- **Apple Rehab Laurel Woods, 451 N High St, 06512**
  - Phone: 203-466-6850
  - Beds: 90
  - Lowest Daily Rate: $435

- **Whispering Pines Rehab & Nursing Center, 38 Talmadge Ave, 06512**
  - Phone: 203-469-2316
  - Beds: 90

#### ESSEX
- **Essex Meadows Health Center, 30 Bokum Rd, 06426**
  - Phone: 860-767-7201
  - Beds: 45
  - Lowest Daily Rate: $395

#### FAIRFIELD
- **Carolton Chronic & Convalescent Hospital, 400 Mill Plain Rd, 06824**
  - Phone: 203-255-3573
  - Beds: 229
  - Lowest Daily Rate: $470
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<td>The Bradley Home &amp; Pavilion</td>
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<td>203-876-5132</td>
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<td>Golden Hill Rehab Pavilion</td>
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<td>203-876-5302</td>
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<td>Wadsworth Glen Health Care &amp; Rehab Center</td>
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**SKILLED NURSING FACILITIES**
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<td>Chestelm Health &amp; Rehab Center, 534 Town St, Moodus 06469</td>
<td>860-873-1455</td>
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<td>NAUGATUCK</td>
<td><strong>Beacon Brook Health Center</strong>&lt;br&gt;89 Weid Dr, Naugatuck 06770</td>
<td>203-729-9889</td>
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<td>Glendale Center, 4 Hazel Ave, 06770</td>
<td>203-723-1456</td>
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<td>NEW BRITAIN</td>
<td>Autumn Lake at New Britain, 400 Brittany Farms Rd, 06053</td>
<td>860-224-3111</td>
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<td><strong>Cassena Care at New Britain</strong>&lt;br&gt;66 Clinic Dr, New Britain 06051</td>
<td>860-225-8608</td>
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<td>Autumn Lake at New Britain, 400 Brittany Farms Rd, 06053</td>
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<td>NEW HAVEN</td>
<td>Advanced Nursing &amp; Rehab of New Haven, 169 Davenport Ave, 06519</td>
<td>203-789-1650</td>
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<td>Grimes Center, 1354 Chapel St, 06511</td>
<td>203-867-8365</td>
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<td>Mary Wade, 118 Clinton Ave, 06513</td>
<td>203-672-7809</td>
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<td>RegalCare at New Haven, 181 Clifton St, 06513</td>
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<td>NEWTOWN</td>
<td><strong>Newtown Rehabilitation &amp; Health Care Center</strong>, 139 Toddy Hill Rd, Newtown 06470</td>
<td>203-426-5847</td>
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<td>NORTH BRANFORD</td>
<td>Evergreen Woods Health Center, 88 Notch Hill Rd, 06471</td>
<td>203-483-3205</td>
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<td>NORTH HAVEN</td>
<td><strong>Montowese Health &amp; Rehabilitation Center</strong>, 163 Quinnipiac Ave, North Haven 06473</td>
<td>203-624-3303</td>
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### Skilled Nursing Facilities

#### Norwalk
- **Autumn Lake Healthcare at Norwalk**, 34 Midrocks Dr, 06851  
  Phone: 203-847-9686  
  # of Beds: 150  
  Lowest Daily Rate: $390
- **Cassena Care at Norwalk**, 23 Prospect Ave, Norwalk 06850  
  Phone: IFC 203-853-0010  
  # of Beds: 150  
  Lowest Daily Rate: $457
- **Notre Dame Health & Rehab Center**, 76 W Rocks Rd, 06851  
  Phone: 203-847-5893  
  # of Beds: 60  
  Lowest Daily Rate: $385

#### Old Saybrook
- **Apple Rehab Saybrook**, 1775 Boston Post Rd, 06475  
  Phone: 860-399-6216  
  # of Beds: 120  
  Lowest Daily Rate: $380
- **Gladeview Rehab & Health Center**, 60 Boston Post Rd, 06475  
  Phone: 860-388-6696  
  # of Beds: 132  
  Lowest Daily Rate: $381

#### Orange
- **Orange Health Care Center**, 225 Boston Post Rd, 06477  
  Phone: 203-795-0835  
  # of Beds: 60  
  Lowest Daily Rate: $395

#### Portland
- **Portland Care & Rehab Centre**, 333 Main St, 06480  
  Phone: 860-342-0370  
  # of Beds: 65  
  Lowest Daily Rate: $365

#### Redding
- **Ridge Crest at Meadow Ridge**, 100 Redding Rd, 06896  
  Phone: 866-825-7055  
  # of Beds: 62  
  Lowest Daily Rate: $392

#### Ridgefield
- **Laurel Ridge Health Care Center**, 642 Danbury Rd, Ridgefield 06877  
  Phone: 93, BC 203-438-8226  
  # of Beds: 126  
  Lowest Daily Rate: $534
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<th>Location</th>
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<td>101 Theall Rd, Rye, NY 10580</td>
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<td>SEYMOUR</td>
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<td>203-881-2555</td>
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<td>SHELTON</td>
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<td>Gardner Heights Health Care Center, 172 Rocky Rest Rd, 06484</td>
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<td>STAMFORD</td>
<td>Cassena Care at Stamford</td>
<td>53 Courtland Ave, Stamford 06902</td>
<td>IFC</td>
<td>203-351-8300</td>
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*Indicates website link on seniorsbluebook.com*
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<td>203-395-2400 877-219-1164</td>
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<td>Long Ridge Post-Acute Care</td>
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<td>203-329-4026</td>
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<td>St. Camillus Center</td>
<td>494 Elm St, 06902</td>
<td>203-325-0200</td>
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<td>Villa at Stamford</td>
<td>188 Rock Rimmon Rd, 06903</td>
<td>203-322-3428</td>
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<td>Masonicare Health Center</td>
<td>22 Masonic Ave, Wallingford 06492</td>
<td>203-894-6051 203-894-6051</td>
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**Lowest Daily Rate**: $456

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• Out-patient therapy services
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