RESOURCES FOR AGING WELL

FALL 2019 – WINTER 2020

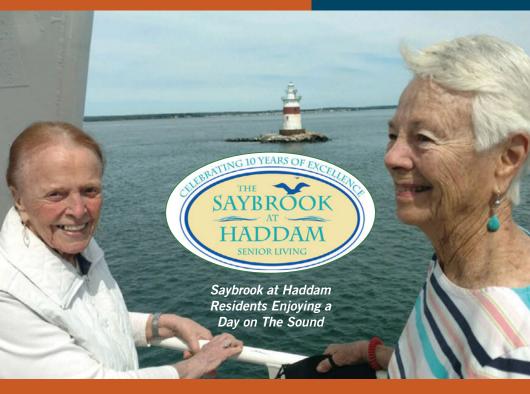


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Getting Started Is Easy

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





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...



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.





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HEALTH AT HOME

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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.





SeniorsBlueBook.com

- Enhanced Search Option
- Activity Calendars
- Ask an Expert
- Articles Library
- E-flip version of printed book
- Look for the and find out more information online.



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SOUTHERN CONNECTICUT Fairfield, New Haven and Middlesex Counties

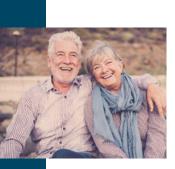
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DEAR SENIORS. PROFESSIONALS AND FRIENDS OF THE SENIORS **BLUE BOOK,**

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 Senior-BlueBook.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 loval 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 of 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



Carol Raitanen Publisher Carol@SeniorsBlueBook.com 203.303.7400

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Bernadette de Isaza Art Director

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Additional copies of this Directory are available FREE at most of the gathering places for seniors. Give us a call at 203.303.7400 and we will direct you to the location nearest you.

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The Role of the Adult Day

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 Center

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.

A-A

ADULT DAY PROGRAMS

BRANFORD

Orchard House

421 Shore Dr. Branford 06405 203-481-7110

BRIDGFPORT

Park City Adult Day Care

55A Chapel St. Bridgeport 06604 203-335-1001

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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

MIDDI FBURY

Active Day of Middlebury (formerly Senior Care of Middlebury)

900 Straits Rd, Middlebury 06762 203-598-7642

MIDDLETOWN

All Care Adult Day Club

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DayTymers Social Club at **Heritage Commons**

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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

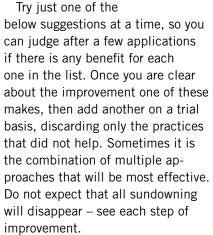
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10 Sundowning Tips

No one really understands sundowning: why it happens, how to prevent it, or how to stop it once it has started.

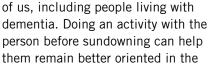
However, we do know that for some people, one or more of the below methods might be helpful, either reducing or preventing the frequency or intensity of sundowning.



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

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

3 Meaningful activities are vital to the health and wellbeing for all



evening. This should not be simple busywork, 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.

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.

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ADULT DAY CARE

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✓ 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

NFW HAVEN

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

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Old Saybrook 06475
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SANDY HOOK

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Senior Neighborhood Adult Svcs (Catholic Charities)

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STRATFORD

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Sunset Shores

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WALLINGFORD

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

203-679-6460

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

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- 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

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(ad on page 16)

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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.



Elena M. Goggin Founder & Director elena@elderlcp.com

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!



CARE MANAGEMENT

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Elder Life Care Planning

(ad on page 16)

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- 325 Reef Rd, Fairfield 06824
 203-366-5438

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Stratford Visiting Nurse Association (ad on page 95)

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

203-622-0079

CHRONIC ILLNESS MANAGEMENT / SUPPORT

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Jewish Family Service of Greater New Haven

1440 Whaley Ave, New Haven 06515 203-389-5599

Parkinson's Foundation

800-473-4636

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(ad on page 19)

email: joan.monin@yale.edu 203-785-2895

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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

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NORWALK

Norwalk Hospital Dental Clinic

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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 202038 William F. Palmer Rd, Moodus 06469

TAFTVIIIF

860-891-8142

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



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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 FI, 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 >





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 Association 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.downsizemanagers.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

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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 >

eldercare with care

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JOEL D. MUHLBAUM, LLC

ATTORNEYS AT LAW

Joel D. Muhlbaum, Esq. Sharon H. Rosen, Esq.

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ELDER ABUSE PREVENTION

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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

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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, Bridgeport 06604 203-366-8241

Continued on next page >





FINANCIAL ASSISTANCE

continued

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 Stawberry 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

F•F

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

DFRBY

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.

FAIRFIFI D

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, Naugutuck 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 PI, Norwalk 06850 203-866-2125

OLD SAYBROOK

Saybrook and Westbrook

Estuary Council of Seniors

220 Main St, Old Saybrook 06475 860-388-1611 Serving Chester, Clinton, Deep River, Essex, Killingworth, Old Lyme, Old

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 PI, 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

WIITON

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

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 IMPROVEMENTS & MODIFICATIONS

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Town of Fairfield Community and Economic Development

611 Old Post Rd (Old Town Hall), Fairfield 06824 203-256-3120

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

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

HOSPITALS

BRANFORD

Connecticut Hospice & Palliative Care

100 Double Beach Rd. Branford 06405 203-315-7500

BRIDGEPORT

Bridgeport Hospital

267 Grant St, Bridgeport 06610 203-384-3000

St Vincent's Medical Center

2800 Main St, Bridgeport 06606 203-576-6000

DANBURY

The Danbury Hospital

24 Hospital Ave. Danbury 06810 203-739-7000

DFRBY

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 >



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 FI, 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

Fairfield County Lawyer Referral Service

1057 Broad St, Bridgeport 06604 203-335-4116

Probate Court

725 Old Post Rd, Fairfield 06824 203-256-3041

LIBRARIES

ANSONIA

Ansonia Public Library

53 S Cliff St. Ansonia 06401 203-734-6275

BEACON FALLS

Beacon Falls Public Library

10 Maple Ave, Beacon Falls 06403 860-729-1441

BFTHANY

Clark Memorial Library

538 Amity Rd, Bethany 06524 203-393-2103

BETHEL

Bethel Public Library

189 Greewood Ave. Bethel 06801 203-794-875

BRANFORD

James Blackstone Memorial Library

758 Main St, Branford 06405 203-488-1441

Willoughby Wallace Memorial Library

146 Thimble Islands Rd, Branford 06405 203-488-8702

BRIDGFPORT

Bridgeport Public Library

925 Broad St, Bridgeport 06801 203-576-7400

Newfield Library

1230 Stratford Ave, Bridgeport 06607 2035766-7832

Black Rock Branch Libray

2705 Fairfield Ave, Bridgport 06605 203-576-7025

North Branch Library

3455 Madison Ave, Bridgport 06606 203-372-0514

BROOKFIFI D

Brookfield Library

182 Whisconier, Brookfield 06804 203-775-6241

CHESHIRE

Cheshire Public Library

104 Main St, Cheshire 06410 860-272-2225

CHESTER

Chester Public Library

21 W Main St, Chester 06412 860-526-0018

CLINTON

Henry Carter Hull Library

10 Killingworth Tpke, Clinton 06413 860-669-2342

COS COB

Cos Cob Library

5 Sinawoy Rd, Cos Cob 06807 203-622-6883

Continued on next page >



LIBRARIES continued

CROMWFII

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

GUILFORD

Guilford Free Library

67 Park St. Guilford 06437 860-453-8282

HADDAM

Brainerd Memorial Library

920 Saybrook Rd, Haddam 06438 860-345-2204

HAMDEN

Brundage Community Branch Libr

91 Circular Ave. Hamden 06514 203-287-2675

Miller Memorial Central Library

2901 Dixell Ave. Hamden 06518 203-287-2680

Whitneyville Branch Library

125 Carleton St. Hamden 06517 203-287-2677

KILLINGWORTH

Killingworth Library

301 Rte 81, Killingworth 06419 860-663-2000

MADISON

E.C. Scranton Memorial Library

801 Boston Post Rd. Madison 06443 20-245-7365

MERIDEN

Meriden Public Library

105 Miller St., Meriden 06460 860-783-3290

MIDDI FRURY

Middlebury Public Library

30 Crest Rd, Middlebury 06762 203-758-2634

MIDDI FFIFI D

Levi E Coe Library

414 Main St, Middlefield 06455 860-349-3857

MIDDLETOWN

Russell Library

123 Broad St. Middletown 06457 860-347-2528

MILFORD

Milford Public Library

57 New Haven Ave, Milford 06460 203-783-3304

MONROF

Edith Wheeler Memorial Library

733 Monroe Tpk, Monroe 06468 203-452-2850

NFW CANAAN

New Canaan Public Library

151 Main St. New Canaan 06840 203-594-5000

NEW FAIRFIELD

New Fairfield Public Library

2 Brush Hill Rd. New Fairfield 06812 203-312-5679

NEW HAVEN

Mitchell Branch Library

37 Harrison St, New Haven 06515 203-946-8117

Stetson Branch Library

200 Dixwell Ave, New Haven 06511 203-946-8119



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

SOUTHBURY

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

Trumbul 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

WFSTBROOK

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

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

The Difficult Conversation

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 over-whelming time. And finding a trustworthy, affordable provider protects your loved ones financially. Many of us called on to make final arrange-

ments 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

WIITON

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

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

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 vour 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."

Medicare Part A Hospital Insurance Generally no cost

Generally no cost (If you paid Medicare taxes while working)

\$1,364 deductible (per benefit period)

It is possible to pay the \$1,364 deductible and other daily charges for multiple stays & extended care.

Plan covers: Inpatient hospital care, home health care services, hospice, inpatient skilled nursing & more.

Providers are paid by Medicare assignment.

No coverage outside USA.

No out-of-pocket maximum.

Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.

Medicare Part B Medical Insurance

Most people pay monthly \$135.50—\$144.30 (Premium could be higher based on income)

\$185 annual deductible.

80/20 after deductible.

Plan covers: health care providers, ambulance, emergency care, outpatient surgical, preventive services and other Medicare approved henefits

Most doctors accept Medicare.

No coverage outside the USA.

No out-of-pocket maximum.

Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.

Supplemental Policy Plans A - N Medigap

Premium varies by company, age, location & other factors.

These plans generally pay Part A deductible, the 20% not covered by Part B & other Part B & other Medicare eligible benefits

When this coordinates with Medicare, many benefits are 100% covered

A popular option, Plan F will NOT be available for new enrollees in 2020

Can provide benefits outside USA

Plans are only available through insurance companies.

Need to add a Part D plan to cover prescription drugs & avoid penalties.

Must have Part A & B to enroll.

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 2020 "In A Nutshell" Med Advantage (Part C) with RX (Part D)

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.

Advantage Plans Part C INSTEAD of a Medigap Plan (A-N)

Premium varies by company and coverage. (Same premium for all ages).

Part B premium \$135.50-\$144.30 is still paid (Premium can be higher depending on income)

There are many plan types available: PPO, HMO, PFFS, etc.

Plans have co-pays and /or coinsurance for covered benefits & services.

Preventive care is covered 100%.

Plans have an annual out-of pocket maximum.

Plans may have additional services and discounts, including dental, vision, gym membership & more.

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.

Must have Part A & B to enroll.

Medicare Part D Drug Program

Premium varies by company and coverage. (Same premium for all ages).

Plans are generally a variation of the following:

Deductible (Phase I) \$0-\$435 deductible

Initial Coverage (Phase II)

co-pay coverage until the total cost of the drugs = \$4,020

Coverage Gap / Doughnut Hole (Phase III)

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

Catastrophic Coverage (Phase IV)

For the remaining calendar year, covered drugs are: \$3.60 / \$8.95 or 5% depending on drug tier

Part D can be separate with Medigap & PFFS plans. There is a penalty for late enrollment into Part D.

Annual Election Period is Oct 15-Dec 7 each year

Must have Part A or B to enroll.

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?

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

MEDICARE & MEDICAID INFORMATION

continued from page 39

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(ad on page 24)

- 1100 Summer St, Stamford 06905203-323-1818
- 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

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

RFTHANY

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

BRIDGFPORT

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



MENTAL HEALTH & COUNSELING

continued

DERBY

Griffin Hospital Outpatient Psychiatric Services

248 Seymour Ave, Derby 06418 203-732-7580

FAIRFIELD

Dept of Human Services

100 Mona Terrace, Fairfield 06824 203-256-3166

Fairfield Counseling Services Center (Outpatient)

125 Penfield Rd, Fairfield 06824 203-255-5777

GREENWICH

Family Centers

40 Arch St, Greenwich 06830 203-869-4848

Jewish Family Svcs of Greenwich

1 Holly Hill Ln, Greenwich 06830 203-622-1881

MERIDEN

Rushford Center

883 Paddock Ave, Meriden 06450 203-630-5280

MILFORD

Bridges – A Community Support System, Inc.

941 Bridgeport Ave, Milford 06460 203-878-6365

NEW HAVEN

APT Foundation

 $1\ \mbox{Long Wharf Dr},$ Ste 321, New Haven $06511\ 203\text{-}781\text{-}4600$

Columbus House, Inc.

586 Ella T Grasso Blvd, New Haven 06519 203-401-4400 x106

Connecticut Mental Health Center

34 Park St, New Haven 06508 203-974-7300

New Haven Home Recovery

153 East St, Ste 300, New Haven 06511 203-492-4866

South Central Behavioral Health Network

1435 State St, New Haven 06511 203-498-4160

STAMFORD

DuBois Center Crisis Hotline

780 Summer St, Stamford 06901 203-358-8500

Jewish Family Service (Outpatient)

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

Laurel House

1616 Washington Blvd, Stamford 06902 203-324-1816

TRUMBULL

Fairfield Cnty Medical Association

(helps find doctor)

12 Cambridge, Ste 100, Trumbull 06611 203-372-4543

The Kennedy Center

2440 Reservoir Ave, Trumbull 06611 203-365-8522

Trumbull Counseling Ctr (Outpatient)

121, Old Mine Rd, Trumbull 06611 203-261-5110

WFST 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

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(ad on page 23)

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Living Organized 203-451-7880

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- **Abbott Terrace Health Center** (ad on Back Cover)

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 203-755-4870
- ★ 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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 - **Gaylord Hospital Outpatient Sycs** 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
- Middlesex Health Care at **Home** (ad on Back Cover) 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



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

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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

BETHEL

Bethel Senior Center

1 School St. Bethel 06801 203-792-3048

BRANFORD

Canoe Brook Center

11 Cherry Hill Rd, Branford 06405 203-481-3429

BRIDGFPORT

Black Rock Senior Center

2676 Fairfield Ave. Bridgeport 06605 203-576-7528

East Side Sr Ctr (Spanish Speaking) 1057 E Main St, Bridgeport 06608 203-576-7212

Fisenhower Senior Center

263 Golden Hill St. Bridgeport 06604 203-576-7993

Ella Jackson Senior Center

52 George Pipkins Way, Bridgeport 06608 203-345-2028

North End Bethany Center

20 Thorme St. Bridgeport 06606 203-576-7730

Park Avenue Senior Center

2540 Park Ave, Bridgeport 06606 203-334-0092

BROOKFIFI D

Brookfield Senior Center

100 Pocono Rd. Brookfield 06804 203-775-5308

CHESHIRE

Cheshire Senior Center

240 Maple Ave, Cheshire 06410 203-272-3165

CROMWFII

Cromwell Senior Center

41 West St. Cromwell 06416 860-632-3447

DANBURY

Elmwood Hall

10 Elmwood PI, Danbury 06810 203-797-4686

DARIEN

Darien Senior Programs -**Mather Center**

2 Renshaw, Darien 06820 203-655-7490

DERBY

Derby Senior Center

293 Main St, Derby 06418 203-736-1484

EAST HADDAM

Fast Haddam Senior Center

15 Great Hillwood Rd, Moodus 06469 860-873-5034

EAST HAMPTON

East Hampton Senior Center

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

FAST HAVEN

East Haven Senior Center

91 Taylor Ave, East Haven 06512 203-468-3277

FASTON

Easton Senior Center

650 Morehouse Rd. Easton 06612 203-268-1145



SENIOR CENTERS continued

FAIRFIELD

Bigelow Center for Senior Activities

100 Mona Ter, Fairfield 06824 203-256-3166

GRFFNWICH

Greenwich Senior Center

299 Greenwich Ave, Greenwich 06830 203-862-6700

GUILFORD

Guilford Senior, Center

32 Church St, Guilford 06437 203-453-8086

HADDAM

Haddam Senior Center

923 Saybrook Rd, Haddam 06438 860-345-2480

HAMDEN

Miller Senior Center

2901 Dixwell Ave, Hamden 06518 203-287-2547

MADISON

Madison Senior Center

29 Bradley Ave, Madison 06443 203-245-5687

MERIDEN

Meriden Senior Center

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

MIDDLEBURY

Shepardson Community Center

1172 Whittemore Rd, Middlebury 06762 203-577-4166

MIDDI FFIFI D

Middlefield Senior Center

405 Main St, Middlefield 06455 860-349-7114

MIDDLETOWN

Middletown Senior Center

61 Durant St, Middletown 06457 860-344-3513

MII FORD

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

NFW HAVFN

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

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11 Allen Rd. Norwalk 06851 203-847-3115

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Portland Senior Center

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Prospect Senior Center

6 Center St. Prospect 06712 203-758-5300

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Redding Senior Center

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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



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

WIITON

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

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 00680 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 203-422-2342



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

P0 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 FI, 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

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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.

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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

When you see the internet logo in front of a listing, log onto www.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 PI, 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



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www.waytogoct.org/mobility-management

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Doyle Senior Center

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BFTHANY

Janice von Beren Senior Center

40 Peck Rd, Bethany 06524 203-393-2100 ext 324

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

DARIEN

At Home in Darien

2 Rensaw Pl. Darien 06820 203-655-2227

Continued on page 59 >



KNOW HOW TO GO Northwestern CT — Is our population ages, individu with The Kennedy

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:

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.

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.

with The Kennedy Center, Inc.

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.

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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

DFRBY

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

GRFFNWICH

Call-A-Ride of Greenwich

37 Lafayette PI, Greenwich 06830 203-661-6633 (Greenwich residents only)

Transportation Association of Greenwich

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

GUILFORD

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

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(serving Middletown, Portland, East Hampton, Middlefield, Durham, & East Haddam)

Middletown

Dial-a-Ride/Paratransit

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(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, Naugutuck 06770 203-720-7069

NEW CANAAN

Getabout

61 Main St, New Canaan 06840 203-972-7433

(New Canaan residents only)



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

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Prospect Senior Center

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20 Pine St, Seymour 06483 203-888-2507

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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 PI, Trumbull 06611 203-452-5137 (Trumbull residents only)

WALLINGFORD

Wallingford Senior Center

238 Washington St, Wallingford 06492 203-265-7753

WATERBURY

Waterbury Senior Shuttle

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Weston Dial-a-Ride

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WIITON

Wilton Dial-a-Ride

180 School Rd. Wilton 06897 203-834-6234 (Wilton residents only)

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Charles Rietdyke Senior Center

211 Nichols Rd. Wolcott 06716 203-879-8133

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(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)

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- 1275 Summer St, Ste 102, Stamford 06905 203-325-0649

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Lions Low Vision Centers of Fairfield & New Haven Counties

- Administrative Office 22 Barnabas Rd. Ste 212. Hawlevville 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

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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

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98 S Main St. Norwalk 06854 203-663-7333

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- 263 Golden Hill St, Bridgeport 06604 203-576-8048
- 57 North St, Danbury 06810 203-885-1076



VOLUNTEER OPPORTUNITIES

continued

- -1 Long Wharf Dr, New Haven 06511 203-752-3059
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WHEELCHAIR RAMPS

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10 Sundowning Tips continued from page 10

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.

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.

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.

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 reach at 203-705-0220 or Nicol@ ComForCare.com. See ad on page 1

WHFFI CHAIR RAMPS continued

Uplifts (ad on page 47) 40B North Plains Industrial Rd. Wallingford 06489 860-761-0008

WOUND CARE

Stratford Visiting Nurse Association (ad on page 95)

3060 Main St, Stratford 06614 203-375-5871

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. ~



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24 HOUR CONTACT		•	•	•	•	•	•	•	
24 HOUR CARE		•	•	•	•	•	•	•	
MED-ALERT					•	•	•		
MEDICATION REMINDERS		•	•	•	•	•	•	•	
TRANSPORTATION		•	•	•	•	•	•	•	
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*COUNTIES: F = Fairfield NH = New Haven M = Middlesex

ᡟ Indicates website link on seniorsbluebook.com

BC = Back Cover

Continued on next page >

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MEDICARE									
PRIVATE INSURANCE		•	•		•	•	•	•	
PRIVATE PAY		•	•	•	•	•	•	•	
FREE ASSESSMENT		•	•	•	•	•	•	•	
LIABILITY COVERAGE B=Bonded / I=Insured / W=Worker's comp		BW	BIW	BIW	BIW	BIW	BIW	BIW	
24 HOUR CONTACT		•	•	•	•	•	•	•	
24 HOUR CARE		•	•	•	•	•	•	•	
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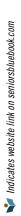
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Virtual Reality: The Empathy Effect

Carrie Shaw was 19 years old when her mother, Rebecca, was diagnosed with early onset Alheimer'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 Alheimer'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

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.

Savoie of Executive Care.





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 >



Virtual Reality: The Empathy Effect

continued

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 overpow-

ering 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. as well as visual and auditory processing, affect activities of daily living.

How to calm, redirect and en-

How changes in communication,

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.

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Editor's Note: This article was submitted Executive Care, 203-690-1963 or www.stratfordexecutivehomecare.com See ad on page 75.



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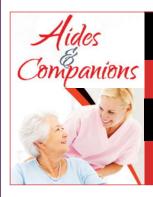
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The Benefits of a Healthcare Continuum

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 onestop 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 FR 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



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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Visiting Nurse Services of Southern Connecticut		203-281-5500	FNH	SPO		•	•	•	•	•		•			•	•	•	•	
Visiting Nurses of the Lower Valley		860-767-0186	M NH	SPOR	•	•		•	•	•				•	•	•		•	
VNA Community Healthcare		203-458-4200	M NH	SPO		•		•	•		•	•	•	•		•	•	•	
VNA of South Central Connecticut		203-777-5521	F NH	SPO		•	•	•	•	•	•	•	•			•	•	•	•
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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 inhome support for medically complex



patients. This care may be provided by of 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



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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

Continued on page 94 >

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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.

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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SENIORS BlueBook HOSPICE CARE PROVIDERS	PREFE	Athena Home Health & Hospice	Masonicare Hospice & Palliative Care	Middlesex Health Hospice Care	Middlesex Health Hospice Program	RVNAhealth Hospice Services	

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Masonicare Hospice & Palliative Care

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

^{***}Levels of Care: RO=Routine / RE=Respite / GIP=General In-patient / <math>CC=Continuous Care **Services: RN= Registered Nurse / SW= Social Worker / C=Chaplain / V=Volunteers *COUNTIES: F = Fairfield NH = New Haven M = Middlesex

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** Indicates website link on seniorsbluebook.com

***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

Senior Housing Definitions

AGE RESTRICTIONS - Some communities have a restriction on the voungest 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 kitchenettes 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.

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Senior Housing Definitions continued

INDEPENDENT HOUSING – Apartments and communities for adults 55+ with little or no senior support services (e.g. no meals, etc...)

INTERMEDIATE CARE – 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.

MEDICAID WAIVER – 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.

PRICE DEPENDENT ON LEV-

ELS OF CARE – 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.

PUBLIC HOUSING (PH) – affordable apartments for low-income families, the elderly and persons with disabilities.

RESIDENTIAL HOME – 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.

RESPITE CARE / SHORT-TERM

STAY – Otherwise known as a shortterm 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.

RETIREMENT COMMUNITY -

Housing designed specifically for mature adults. Typically Studio, 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services

Continued on page 145>

Making Your Move to a Senior Living Community & Tips If you have made the decision to for Downsizing

move to a senior living community, you can expect more time as

vou 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.

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SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued	PREFERRED INDEPENDENT	Sunshine Senior Residence7 Forest Hill Rd, Norwalk 06850	Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	Sunshine Senior Residence 31 Horseshoe Ln, Stamford 06903	Sunshine Senior Residence 43 Old Logging Rd, Stamford 06903	Sunshine Senior Residence 463 Roxbury Rd, Stamford 06902	The Osborn 101 Theall Rd, Rye, NY 10580	

The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	123	123 860-345-3779	79	\$4,000	•	•		•	•	•	•	•
Wesley Heights 580 Long Hill Ave, Shelton 06484	133	133 203-929-5396	o	©	•	•	•	•	•	•		• Sm
Wormser Congregate Senior Housing 28 Vine Rd, Stamford 06905	116	203-977-1400 x3161	4	\$1,659	•			•	•			
	8	BRANFORD										
Cedar Woods, 80 Cedar St, 06405		866-912-6818	91	\$3,099		•		•	•	•	•	Sm
The Hearth at Gardenside, 173 Alps Rd, 06405		203-483-7260	136	\$3,395	•	•		•	•	•	•	Sm
	8	BRIDGEPORT										
The Watermark at 3030 Park, 3030 Park Ave, 06604		203-374-5611	18	\$3,450	•	•	•	•	•	•	•	•
		CHESHIRE										
Elim Park Place, 140 Cook Hill Rd, 06410		203-272-7550	257	\$2,089		•	•	•	•	•	•	•
		CHESTER										
Masonicare at Chester Village 317 W Main St, Chester 06412	105, 119, 149	203-894-6051	15	\$3,450	•	•		•	•	•	•	•
	J	CROMWELL										
Covenant Living of Cromwell, 52 Missionary Rd, 06416		860-635-2690	25	\$2,100	•	•	•	•	•	•	•	Sm
$Sm = Small / C = Cats \ Only$ $C = Call$ $IBC = Inside \ Back \ Cover$	ide Back		icates we	Indicates website link on seniorsbluebook.com	plueboo	ж.сот		Contii	o panı	Continued on next page >	page	^

SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	1-BEDROOM Studio	ASSISTED LIVING COMMUNITY 2-BEDROOM	MEALS / MEAL OPTIONS SKILLED NURSING FACILITY	ACTIVITIES	COVERED PARKING Housekeeping	SCHEDULED Transportation	FITNESS CENTER	PETS
		DANBURY										
Glen Crest, 3 Glen Hill Rd, 06811		203-790-9161	49	\$2,944	•	•	•	•		•	•	Sm
Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811	121, 135	203-748-0506	48	\$5,900	•	•	•	•		•		•
		DARIEN										
The Residence at Selleck's Woods, 1 Parkland Dr, 06820		475-328-1215	12	\$6,415	•	•	•	•	•	•	•	•
	Ξ	EAST HAVEN										
The Village at Mariner's Point, 111 South Shore Dr, 06512		203-467-0067	133	\$3,870	•	•	•	•		•	•	Sm
		ESSEX										
Essex Meadows , 30 Bokum Rd, 06426		860-767-7201	177	Q	•	•	•	•	•	•		•
	ఠ	GLASTONBURY										
The Hearth at Glastonbury, 281 Western Blvd, 06033		860-266-6614		Q								
		GUILFORD										
Solstice Senior Living at Guilford, 201 Granite Rd, 06437		203-458-3337	131	\$1,999	•	•	•	•	•	•	•	•

INDEPENDENT / RETIREMENT COMMUNITIES

			_	HADDAM										
	The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	am 06438	123	123 860-345-3779	62	\$4,000	•	•		•	•	•	•	•
				HAMDEN										
	Atria Larson Place, 1450 Whitney Ave, 06517	06517		203-248-8880		\$3,800	•	•		•	•	•		•
	Benchmark Senior Living at Hamden, 35 Hamden Hills Dr, 06518	35 Hamden Hills Dr, 06518		203-248-1864	6	\$4,000	•	•		•	•	•	•	Sm
	Whitney Center, 200 Leeder Hill Dr, 06517	5517		203-848-2641	227	\$3,180	•	•	•	•	•	•	•	•
			_	MADISON										
	The Hearth at Tuxis Pond, 100 Bradley Rd, 06443	Rd, 06443		203-245-3311	∞	\$4,525	•	•	•	•	•	•	•	Sm
			Ī	MERIDEN										
	Miller Memorial Community, 360 Broad	Broad St, 06450		203-237-8815	31	\$715	•	•	•	•	•			Sm
	Village at Kensington Place, 511 Kensir	511 Kensington Ave, 06451		203-235-0181		Q	•		•	•	•	•	•	•
¥			Ξ	MIDDLETOWN										
Indicates	Heritage Commons38 Boston Rd, Middletown 06457	6457	116	116 860-344-1221	88	\$2,575	•	•		•	•	•	•	• Sm
website link	One Macdonough Place1 MacDonough Pl, Middletown	Place letown 06457	133	860-358-5800	89	\$4,600	•	•		•	•	•		•
on sei	The Village at South Farms, 645 Saybro	Saybrook Rd, 06457		860-342-8033	22	\$4,100	•	•		•	•	•		•
niorst				MILFORD										
lueboo	Carriage Green at Milford, 77 Plains Rd	ains Rd, 06461		203-874-4408	13	\$3,870	•	•	•	•	•	•	•	
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PETS FITNESS CENTER SCHEDULED TRANSPORTATION COVERED PARKING HOUSEKEEPING ACTIVITIES MEALS / MEAL OPTIONS SKILLED NURSING FACILITY ASSISTED LIVING COMMUNITY 2-BEDROOM 1-BEDROOM STUDIO		•		· · · · · · · · · · · · · · · · · · ·		• • • • • • • • • • • • • • • • • • •		•		• • • • • • • • • • • • • • • • • • •		•		•	
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PHONE #	MYSTIC	203-894-6051	NEW CANAAN	203-594-5450	NORTH BRANFORD	203-488-8000	NORTH HAVEN	475-238-6813	NORWALK	203-517-0440	REDDING	866-979-7015	RIDGEFIELD	203-295-4713	
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SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued		Masonicare at Mystic 45 Clara Dr, Mystic 06355		The Inn – Waveny LifeCare Network, 73 Oenoke Ridge, 06840		Evergreen Woods Life Care Retirement Cmnty, 88 Notch Hill Rd, 06471		Village on State, 160 State St, 06473		Sunshine Senior Residence 7 Forest Hill Rd, Norwalk 06850		Meadow Ridge, 100 Redding Rd, 06896		Atria Ridgefield, 55 Old Quarry Rd, 06877	

			RYE, NY										
	The Osborn 101 Theall Rd, Rye, NY 10580	79	914-925-8203 382	382	\$5,610	•	•	•	•	•	•	• Sm	Ë
			SHELTON										
	Brightview Shelton, 30 Beard Sawmill Rd, 06484		203-493-4345	87	\$4,745	•	•		•	•	•	•	Sm
	Crosby Commons 580 Long Hill Ave, Shelton 06484	133	203-225-5024	89	©	•		•	•	•	•	•	Sm
	Wesley Heights 580 Long Hill Ave, Shelton 06484	133	203-929-5396	6	•	•	•	•	•	•	•	•	Sm
		S	SOUTHBURY										
	Pomperaug Woods, 80 Heritage Rd, 06488		203-262-6555	131	\$2,430	•	•	•	•	•	•	•	•
V	The Hearth at Southbury, 655 Main St, 06488		203-267-7100	96	\$3,795	•	•	•	•	•	•	•	•
Indi	The Watermark at East Hill, 611 East Hill Rd, 06488		203-262-6868	135	\$2,200	•	•	•	•	•	•	•	•
cates		is	STAMFORD										
s web.	Atria Stamford, 77 3rd St, 06905		203-327-4551	14	\$4,495	•	•	•	•	•	•	•	•
site link on	Edgehill122 Palmers Hill Rd, Stamford 06902	IBC	203-595-2300	216	\$5,400	•	•	•	•	•	•	•	•
seniorsblu	Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	134	203-517-0440	4	\$5,000	•		•	•	•	•	O,	Sm
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PETS		Sm	Sm	Sm	•			•		•	
FITNESS CENTER					•			•			
SCHEDULED		•	•	•	•			•		•	
TRANSPORTATION											
COVERED PARKING Housekeeping		•	•	•	•	•		•		•	
ACTIVITIES		•	•	•	•	·		•		•	
MEALS / MEAL OPTIONS		•	•	•	•	•		•		•	
SKILLED NURSING FACILITY					•						
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2-BEDROOM					•			•		•	
1-BEDROOM		•	•	•	•	•		•		•	
STUDIO					•			•			
LOWEST STARTING PRICE		\$5,000	\$5,000	\$5,000	\$5,965	\$1,659		\$5,000		\$2,200	
# OF UNITS		4	4	4	14	41		9/		36	
PHONE #	STAMFORD (cont'd)	203-517-0440	203-517-0440	203-517-0440	203-883-1510	203-977-1400 x3161	STRATFORD	203-380-0006	TRUMBULL	203-261-2229	
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SENIORS BlueBook INDEPENDENT LIVING / RETIREMENT COMMUNITIES continued		Sunshine Senior Residence 31Horseshoe Ln, Stamford 06903	Sunshine Senior Residence 43 Old Logging Rd, Stamford 06903	Sunshine Senior Residence 463 Roxbury Rd, Stamford 06902	The Residence at Summer Street, 14 Second St, 06905	Wormser Congregate Senior Housing 28 Vine Rd, Stamford 06905		Atria Stratford, 6911 Main St, 06614		Carmel Ridge, 6454 Main St, 06611	

Spring Meadows at Trumbull, 6949 Main St, 06611		203-261-0006	16	\$4,095		•	•	•	•	•			•	
Teresian Towers, 6454 Main St, 06611		203-261-2229	48	\$1,150	•			•	•					
	M	WALLINGFORD												
Masonicare at Ashlar Village74 Cheshire Rd, Wallingford 06492	105, 119, 149	105, 119, 203-894-6051 359 149	359	\$1,980	•	•	•	•	•	•	•		•	•
	M	WEST HAVEN												
Seacrest Retirement Center / Worthington Manor / Marbridge Retirement Center, 588 Ocean Ave, 06516		203-931-2510	52	\$5,000	•		•	•	•	•		•	0)	Sm
	3	WESTPORT												
The Residence at Westport, 1141 Post Rd E, 06880		203-720-6272 96	96	©	•	•	•							
		WILTON												
The Greens at Cannondale, 435 Danbury Rd, 06897		203-761-1191		©	•	•	•	•	•	•	• • • • • • • • • • • • • • • • • • •		S)	Ε

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Discharge Planners Resource Notebook

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

Contact carol@seniorsbluebook.com



SUBSIDIZED HOUSING

	SUBSIDIZED HOUSING	HOUSING	
VINCSNA		NEW HAVEN	
VINOCHT		MENT HAVEIN (COLLEG)	
Capital Apartments, 290 Main St, 06401	203-777-1875	The Towers at Tower Lane, 18 Tower Ln, 06519	203-772-1816 x25
BETHEL		NEWTOWN	
Bishop Curtis Homes Bethel, 28 Simeon Rd, 06801	203-743-2508	Nunnawauk Meadows, 3 Nunnawauk Rd, 06470	203-426-5000
Reynolds Ridge, 25 Reynolds Ridge Rd, 06801	203-797-9909	NORWALK	
BRIDGEPORT		Broad River Homes, 108 New Canaan Ave, 06850	203-846-3700
Augustana Homes – Bridgeport, 525 Palisade Ave, 06610	203-366-4333	Cedar Court Senior Housing Project, 92 Cedar St, 06854	203-839-5779
Barnum House, 140 Fairfield Ave, 06604	203-384-0243	Hill Top Homes, 212 Rowayton Ave, 06853	203-866-8447
Bishop Curtis Homes, 264 Union Ave, 06607	203-335-8442	Kingsway Apartments, 152 Westport Ave, 06851	203-847-7027
Bishop Curtis Homes Jewett, 280 Jewett Ave, 06606	203-374-5346	Ludlow Commons, 11 Roger Sq, 06855	203-899-8534
Bridgeport Elderly Apartments, 2400 North Ave, 06604	203-367-2677	Miss Laura Raymond Homes, 290 Main Ave, 06851	203-846-4500
Bridgeport Towers, 199 Yacht St, 06605	203-579-7697	Norwalk Elderly Apartments, 100 Leonard St, 06850	203-852-0263
Clifford House, 1450 Main St, 06604	203-367-0808	The Marvin – Under One Roof, Inc – for Srs, 60 Gregory Blvd, 06855	203-854-4660
Grant Street Senior Apartments, 430 Grant St, 06610	203-384-9984	RIVERSIDE	
Hall Commons, 55 George E Pipkins Way, 06608	203-338-0615	Bishop Curtis Homes — Greenwich, 1040 E Putnam Ave, 06878	203-637-8065
Laurelwood Place Apartments, 585 Norman St, 06605	203-579-0577	Hill House Senior Residence, 10 Riverside Ave, 06878	203-637-3177
Park City — The Eleanor Apartments, 695 Park Ave, 06604	203-332-7000 x304	SHELTON	
Seymour I. Hollander Apartments, 4190 Park Ave, 06604	203-374-7868	The Ripton, 423 Howe Ave, 06484	203-922-8836
Stratfield Apartments, 1241 Main St, 06604	203-366-4321	SOUTHBURY	
Washington Heights Apartments, 115 Washington Ave, 06604	203-367-8171	Grace Meadows III, 273 Roxbury Rd, 06488	203-264-3228
CHESHIRE		Grace Meadows IV, 273 Roxbury Rd, 06488	203-264-3228
Cheshire Hillside Village, 175 E Mitchell Ave, 06410	203-272-3781	STAMFORD	
DANBURY		Augustus Manor, 101 Main St, 06902	508-336-9257
Bishop Curtis Danbury, 88 Main St, 06810	203-791-8510	Belltown Manor, 21 Burdick St, 06905	203-359-2215

Danbury Commons, 51 Main St, 06810	203-743-4757	Eleanor Roosevelt Homes, 18 Knapp St, 06907	203-367-2677
Danbury Tower, 40 William St, 06810	203-748-6670	Glenbrook Road Elderly Housing, 10 Glenbrook Rd, 06902	203-977-1400
Ives Manor, 198 Main St, 06810	203-797-0301	Harboursite, 511 Shippan Ave, 06902	203-358-8011
Kimberly Place, 19 Main St, 06810	203-787-1919	Mapleview Tower, 51 Grove St, 06901	508-336-9257
FAIRFIELD		Metro Green Glenbrook, 352 Glenbrook Rd, 06906	203-961-1010
Bishop Curtis Fairfield, 1677 Post Rd, 06430	203-576-0823	Pilgrim Towers, 25 Washington Ct, 06902	203-359-4611
Parish Court, 175 Warde Ter, 06825	203-333-4912	Rippowam Manor, 11 North St, 06902	203-977-1400
Sullivan-McKinney, 224 Meadowbrook Rd, 06824	203-259-1991	Scofield Manor, 614 Scofieldtown Rd, 06903	203-329-2388
Trefoil Court, 15 Pine Tree Ln, 06430	203-366-6578	Shippan Place, 521 Shippan Ave, 06902	203-324-0734
GREENWICH		Stamford Cross Rd, 6 Cross Rd, 06905	203-348-5377
Quarry Knoll II, 52-99 Quarry KnI, 06830	203-869-1138	Stamford Green, 482 West Main St, 06902	203-359-8811
MERIDEN		The Atlantic, 50 Bell St, 06902	203-359-2215
Hanover Towers, 70 Butler St, 06450	203-238-9825	WATERBURY	
Harbor Towers, 60 Havover St, 06450	203-238-0454	Josephine Towers, 24 Union St, 06706	203-597-0340
Harbor Towers, 60 Havover St, 06450	203-237-7400	Plaza On The Green, 2 North Main St, 06702	203-754-7624
MIDDLETOWN		Valley Mall Manor, 94 Glenbrook Ave, 06705	203-754-3443
Luther Manor Congregate Living, 624 Congdon St W, 06457	860-347-7144	WESTPORT	
Luther Ridge at Middletown, 628 Congdon St W, 06457	860-347-7144	Canal Court/ Westport Elderly, 5 Canal Park, 06880	203-227-4672
MILFORD		Hales Court, Hales Ct, 06880	203-227-4672
Sara Nor, 119-153 Platt St, 06460	203-877-7195	WILTON	
NEW CANAAN		Ogden House, 100 River Rd, 06897	203-762-8035
School House Apartments, 156 South Ave, 06840	203-972-0020	Wilton Commons, 21 Station Rd, 06897	203-487-3633
NEW HAVEN		WOLCOTT	
Bella Vista, 339 Eastern St, 06513	203-468-6311	Chestnut Hill Apartments, 40 Edgemont Ln, 06716	203-879-1658
Casa Otonal, 135 Sylvan Ave, 06519	203-773-1847	WOODBRIDGE	
Fair Haven Elderly, 25 Saltonstall Ave, 06513	203-777-9736	Woodbridge Elderly Housing, 15 Lucy St, 06525	203-272-3781



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SENIORS BlueBook ASSISTED LIVING COMMUNITIES	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAL	SEMI-PRIVATE ROOMS Residential home	PRIVATE ROOMS	SKILLED NURSING FACILITY	PRICE ALL INCLUSIVE SECURED MEMORY CARE UNIT	AGE RESTRICTIONS	RESPITE / SHORT TERM STAY	ADULT DAY PROGRAMS	SCHEDULED Transportation	PETS	
PREFERRED ASSISTED LIVING COMMUNITIES	ISTE	D LIVING COM	MUNIT	ES	_	_				_	_	_			
ApplePie Properties 805 N Salem Rd, Ridgefield 06877	116	000'2\$ \$20-606-098	\$7,000	72		•	•		•	•	•		•		
Church Hill Village2 The Boulevard, Newtown 06470	147	475-800-1598 \$6,950	\$6,950	49			•		•	•	•		•	•	
Crosby Commons580 Long Hill Ave, Shelton 06484	133	203-225-5024	•	89			•	•	•	•	_		•	Sm	
Edgehill122 Palmers Hill Rd, Stamford 06902	IBC	203-244-7698	\$9,455	22			•	•	•	•	_		•		
Masonicare at Ashlar Village Assisted Living, 74 Cheshire Rd, Wallingford 06492	105, 119, 149	203-894-6051	\$3,349	134		•	•	•	•	•	•	•	•	U	
Masonicare at Mystic 45 Clara Dr, Mystic 06355	105, 119, 149	203-894-6051 \$4,600	\$4,600	31			•				•		•		

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133 860-358-5800 \$4,700 68
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PETS		Sm	Sm	Sm	Sm	Sm	Sm	
SCHEDULED Transportation		•	•	•	•	•	•	
ADULT DAY PROGRAMS			•	•	•	•	•	
RESPITE / SHORT TERM STAY		•	•	•	•	•	•	
AGE RESTRICTIONS								
PRICE ALL INCLUSIVE		•	•	•	•	•	•	
SECURED MEMORY CARE UNIT			•	•		•	•	
SKILLED NURSING FACILITY								
PRIVATE ROOMS		•	•	•	•	•	•	
SEMI-PRIVATE ROOMS		•	•	•	•	•	•	
RESIDENTIAL HOME			•	•	•	•	•	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued	PREFERRED ASSISTED LIVING COMMUNITIES (cont'd	Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811	Sunshine Senior Residence7 Forest Hill Rd, Norwalk 06850	Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	Sunshine Senior Residence 43 Horseshoe Rd, Stamford 06903	Sunshine Senior Residence 43 Old Logging Rd, Stamford 06903	Sunshine Senior Residence 463 Roxbury Rd, Stamford 06902	

93, 203-364-3179 \$4,603 56 • • •	
93, 20 BC 20	
The Commons of Newtown – Assisted Living Community 139 Toddy Hill Rd, Newtown 06470	

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IBC= Inside Front Cover C = CallBC = Back Cover

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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued	AD ON PAGE #	PHONE #	LOWEST STARTING PRICE	# OF UNITS	MEDICAID	RESIDENTIAL HOME	PRIVATE ROOMS SEMI-PRIVATE ROOMS	SKILLED NURSING FACILITY	ECURED MEMORY CARE UNIT	PRICE ALL INCLUSIVE	AGE RESTRICTIONS	RESPITE / SHORT TERM STAY	TRANSPORTATION ADULT DAY PROGRAMS	SCHEDULED	PETS
PREFERRED ASSISTED LIVING COMMUNITIES (cont'd)	ED LI 132	VING COMMUNITIES 203-531-5500 \$8.100	MITIES \$8.100	Con 28	<u>5</u>				•	•		•			Sm
1155 King St, Greenwich 06831 The Osborn 101 Theall Rd, Rye, NY 10580	79	914-925-8242	88,990	∞ ∞		•		•	•	•	•	•	•		
The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	123	860-345-3779 \$4,635	\$4,635	74					•		•	•	•		
Wesley Heights 580 Long Hill Ave, Shelton 06484	133	203-929-5396	•	98				•	•		•		•		Sm
	8	BETHEL													
The Cascades Assisted Living Community, 13 Parklawn Dr, 06801		203-830-7390	\$4,875	42	•	•		•			•	•		S	Sm
Maplewood at Stony Hill, 46 Stony Hill Rd, 06801		203-297-9997	Q	84			•		•			•	•		

	BRA	BRANFORD									
The Hearth at Gardenside, 173 Alps Rd, 06405		203-483-7260	\$3,395 136	136		•	•	•		•	Sm
	BRID	BRIDGEPORT									
Jewish Senior Services — Roz and Les Goldstein AL, 4200 Park Ave, 06604		203-365-6400	<u>_</u>	46		•	•	•	•	•	• • • • • • • • • • • • • • • • • • •
The Watermark at 3030 Park, 3030 Park Ave, 06604		203-374-5611	\$5,150	56		•	•	•		•	Sm

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PETS		•				Sm				•	Sm		•	•	•	
SCHEDULED TRANSPORTATION		•		•		•		•		•	•		•	•	•	
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RESPITE / SHORT TERM STAY		•		•		•		•		•	•		•	•		
AGE RESTRICTIONS													•		•	
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SKILLED NURSING FACILITY						•		•								
PRIVATE ROOMS		•		•		•		•		•	•		•	•	•	
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RESIDENTIAL HOME				•		•							•			
MEDICAID				•		•										
# OF UNITS				25				2		64	48		∞	64	12	
LOWEST STARTING PRICE		Q		\$2,900		\$3,000		\$6,500		©	\$5,900		\$5,575	©	\$6,415	
PHONE #	BROOKFIELD	203-775-8696	CENTERBROOK	860-767-2613	CHESHIRE	203-272-2901	CROMWELL	860-635-2690	DANBURY	203-312-7910	203-748-0506	DARIEN	203-662-1090	203-293-6872	475-328-1215	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		The Village at Brookfield Common, 246A Federal Rd, 06804		Meadowbrook Manor, 63 Westbrook Rd, 06409		Marbridge Retirement Center, 665 W Main St, 06410		Covenant Living of Cromwell, 52 Missionary Rd, 06416		Maplewood Danbury , 22 Hospital Ave, 06810	Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811		Atria Darien, 50 Ledge Rd, 06820	Maplewood at Darien, 599 Post Rd, 06820	The Residence at Selleck's Woods, 1 Parkland Dr, 06820	

	EAS	EAST HAVEN													
Caroline's Assisted Residential Living, 37 Clark Ave, 06512		203-630-6432 x103	©		•	•	•			•		•			
Teresa Rest Home, 57 Main St, 06512		203-467-0836	\$25			•	•			•	•		•		
The Village at Mariner's Point, 111 South Shore Dr, 06512		203-467-0067	\$3,600	133			•		•			•	•	Sm	П
	EAST I	EAST NORWALK													
Maplewood at Strawberry Hill, 73 Strawberry Hill Ave, 06801		203-293-6554	<u></u>	84			•	6	•			•	•	•	
	ù	ESSEX													
Essex Meadows , 30 Bokum Rd, 06426		860-767-7201	<u></u>				•	•				•	•		
Essex Village Manor, 59 S Main St, 06426		860-767-1862	\$2,900	33	•	•	•	6		•					
	¥	FAIRFIELD													
Sturges Ridge of Fairfield, 448 Mill Plain Rd, 06824		203-774-9740	\$4,950	89			•		•		•	•	•	Sm	п
Sunrise of Fairfield, 1571 Stratfield Rd, 06825		203-690-3220	©				•		•			•	•		
	GLAS.	GLASTONBURY													
The Hearth at Glastonbury, 281 Western Blvd, 06033		860-266-6614	<u>Q</u>												
	GRE	GREENWICH													
The Greens at Greenwich	132	132 203-531-5500 \$8,100 28	\$8,100	28			•		•	•		•	•	Š	F
The Mews, 1/2 Bolling PI, 06830		203-869-9448	\$2,467	85		•					•	•	•	5	
hoite	IN9	GUILFORD													
Green Grove, 148 Whitfield St, 06437		203-453-9795	\$3,102		•	•	•			•	•	•			
	HA	HADDAM													
The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	123	123 860-345-3779 \$4,635 74	\$4,635	74					•		•	•	•	•	
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SKILLED NURSING FACILITY					•					•					
PRIVATE ROOMS		•	•		•		•		•	•	•		•	•	
SEMI-PRIVATE ROOMS		•		•					•	•	•				
RESIDENTIAL HOME MEDICAID				•					•	•			•		
# OF UNITS		113	97	47	226		∞			74			45	89	
# 01 01113				4						7					
LOWEST STARTING PRICE		\$3,800	\$4,500	<u>_</u>	\$6,780		\$4,525		<u>_</u>	©	Q		\$1,042	\$4,70	
PHONE #	HAMDEN	203-248-8880	203-248-1864	203-248-3437	203-848-2641	MADISON	203-245-3311	MERIDEN	203-634-0564	203-235-5716	203-235-0181	MIDDLETOWN	860-347-7144	860-358-5800 \$4,700	
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SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		Atria Larson Place, 1450 Whitney Ave, 06517	Benchmark at Hamden, 35 Hamden Hills Dr, 06518	Highvue Manor, 2730 State St, 06514	Whitney Center — Continuing Care Ret Cmnty, 200 Leeder Hill Dr, 06517		The Hearth at Tuxis Pond, 100 Bradley Rd, 06443		East Ridge Residential Care, 43 Preston Ave, 06450	The Bradley Home and Pavilion, 320 Colony St, 06451	Village at Kensington Place, 511 Kensington Ave, 06451		Luther Ridge at Middletown, 628 Congdon St W, 06457	One Macdonough Place 1 MacDonough Pl, Middletown 06457	

The Village at South Farms, 645 Saybrook Rd, 06457		860-342-8033	\$4,100	22			•	•			•	•		•
	Ξ	MILFORD												
Carriage Green at Milford, 77 Plains Rd, 06461		203-874-4408	\$3,870	13		•	•	•			•	•		•
	Ź	MYSTIC												
Masonicare at Mystic 45 Clara Dr, Mystic 06355	105, 119, 149	105, 1119, 203-894-6051 \$4,600 149	\$4,600	31			•				•	•		
	NEW	NEW CANAAN												
The Village at Waveny, 3 Farm Rd, 06840		203-594-5302	9	2			•	•	•		•	•		
	NEW	NEW HAVEN												
Hannah Gray Home, 235 Dixwell Ave, 06511		203-907-4052	\$119	2	•	•	•		•	•	•	•		
Mary Wade , 118 Clinton Ave, 06513		203-672-7809	\$4,590	45	•		•		•	•	•	•		
Riverview Rest Home, 92 Lexington Ave, 06512		866-873-0030	Q											
The Towers at Tower Lane, 18 Tower Ln, 06519		203-772-1816 x250	\$1,277	328			•			•		•	S	Sm
	NEV	NEWTOWN												
Church Hill Village2 The Boulevard, Newtown 06470	147	147 475-800-1598 \$6,950		49			•	•		•	•	•		•
Maplewood at Newtown, 166 Mt Pleasant Rd, 06470		203-426-8118	Q			•	•	•			•	•		
The Commons of Newtown – Assisted Living Community 139 Toddy Hill Rd, Newtown 06470	93, BC	203-364-3179 \$4,603	\$4,603	26			•	•		•	•	•	S	Sm
2	ORTH	NORTH BRANFORD												
Evergreen Woods , 88 Notch Hill Rd, 06471		203-488-8000	Q	249			•	•				•	S	Sm
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SECURED MEMORY CARE UNIT		_		•	•		•						•	
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PRIVATE ROOMS	_	-		•	•						•		•	
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MEDICALD		-												
# OF UNITS				94	72				2		2			
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LOWEST STARTING PRICE		9		\$4,995	\$5,0		9		•		\$7,000	<u>_</u>	\$5,400	
PHONE #	NORTH HAVEN	203-780-0111	NORWALK	203-625-14729384	134 203-517-0440 \$5,000	ORANGE	203-208-3698	REDDING	866-979-7015	RIDGEFIELD	860-909-0333	203-295-4713	203-431-2255	
	퉅		ORV	20	4 2	ORA		EDI		DGE	116 8			
AD ON PAGE #	02				13					~	7			
SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued		The Landing of North Haven, 201 Clintonville Rd, 06473		Brightview on New Canaan, 162 New Canaan Ave, 06850	Sunshine Senior Residence7 Forest Hill Rd, Norwalk 06850		Maplewood at Orange, 245 Indian River Rd, 06477		Meadow Ridge, 100 Redding Rd, 06896		ApplePie Properties 805 N Salem Rd, Ridgefield 06877	Atria Ridgefield – Pre-Leasing Fall 2019, 55 Old Quarry Rd, 06877	Benchmark Sr Living at Ridgefield Crossings, 640 Danbury Rd, 06877	

	RY	RYE, NY											
The Osborn 101 Theall Rd, Rye, NY 10580	79	79 914-925-8242 \$8,990	\$8,990	∞	•		•	•	•	•			
	SEY	SEYMOUR											
Smithfield Gardens, 26 Smith St, 06483		203-888-1835	\$1,305	99			•		•	•		•	
	톬	SHELTON											
Benchmark Senior Living at Split Rock, 708A Bridgeport Ave, 06484		203-929-1111	9			•	•	•		•			•
Brightview Shelton, 30 Beard Sawmill Rd, 06484		203-493-4345	\$5,595	48			•	•		•		•	Sm
Crosby Commons 580 Long Hill Ave, Shelton 06484	IBC	203-225-5024	•	89			•	•				•	Sm
Wesley Heights 580 Long Hill Ave, Shelton 06484	133	133 203-929-5396	©	98			•	•				•	Sm
	Sour	SOUTHBURY											
Pomperaug Woods, 80 Heritage Rd, 06488		203-262-6555	\$6,000	∞			•		•				•
The Hearth at Southbury, 655 Main St, 06488		203-267-7100	\$3,795	96		•	•	•	•	•		•	•
The Watermark at East Hill, 611 East Hill Rd, 06488		203-262-6868	\$3,300	49			•	•		•		•	•
	Sou	SOUTHPORT											
Maplewood at Southport, 917 Mill Hill Ter, 06890		203-204-3012	Q				•	•		•		•	
	STAI	STAMFORD											
Atria Stamford, 77 3rd St, 06905		203-327-4551	\$4,495	14			•	•		•			•
Brighton Gardens of Stamford, 59 Roxbury Rd, 06902		203-322-2100	\$4,620	115		•	•	•		•		•	•
Edgehill122 Palmers Hill Rd, Stamford 06902	IBC	203-244-7698 \$9,455		22			•	•				•	
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AGE RESTRICTIONS			•										
PRICE ALL INCLUSIVE		•		•	•	•	•						
SECURED MEMORY CARE UNIT		_	•	•		•	•	•		•		•	
SKILLED NURSING FACILITY													
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RESIDENTIAL HOME		•		•	•	•	•			•			
MEDICAID		•											
# OF UNITS		2	29	4	4	4	4	14		9/			
LOWEST STARTING PRICE		\$488	\$3,000	\$5,000	\$5,000	\$5,000	\$5,000	\$6,795		\$5,000		Q	
PHONE #	STAMFORD (cont'd)	203-329-2388	203-968-8393	203-517-0440	203-517-0440	203-517-0440	203-517-0440	203-883-1510	STRATFORD	203-380-0006	TRUMBULL	203-268-2400	
AD ON PAGE #	AMFO			134	134	134	134		STRA		TRU		
SENIORS BlueBook ASSISTED LIVING COMMUNITIES continued	LS	Scoffield Manor, 614 Scofieldtown Rd, 06903	Sunrise of Stamford, 251 Turn of River Rd, 06905	Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	Sunshine Senior Residence 43 Horseshoe Rd, Stamford 06903	Sunshine Senior Residence 43 Old Logging Rd, Stamford 06903	Sunshine Senior Residence 463 Roxbury Rd, Stamford 06902	The Residence at Summer Street, 14 Second St, 06905		Atria Stratford, 6911 Main St, 06614		Middlebrook Farms at Trumbull, 2750 Reservoir Ave, 06611	

ASSISTED LIVING COMMUNITIES

Spring Meadows at Trumbull, 6949 Main St, 06611		203-261-0006	\$4,000	32			•		•	•	•	•	•		Sm
	WALLI	WALLINGFORD													
Leslie G. Wright Residence, 22 Masonic Ave, 06492		203-679-5402	<u>Q</u>	98	•	•	•				•				
Masonicare at Ashlar Village Assisted Living, 74 Cheshire Rd, Wallingford 06492	105, 119, 149	203-894-6051 \$3,349 134	\$3,349	134		•	•	•	•	•	•	•			U
	WAT	WATERBURY													
Carriage Manor, 157 Hillside Ave, 06710		203-574-2317	\$4,350	25	•		•			•	•				
Southmayd Home, 250 Columbia Blvd, 06710		203-754-0360	\$1,800	35		•	•			•	•	•			
Village at East Farms, 180 Scott Rd, 06705		203-841-8607	\$3,300	116			•		•		•	•			•
	WEST	WEST HAVEN													
Seacrest Retirement Center, 588 Ocean Ave, 06516		203-931-2510	\$4,000	55	•	•	•		•	•	•	•	•		Sm
	WEST	WESTBROOK													
Tidelawn Manor, 97 Seaside Ave, 06498		860-399-2565	<u>Q</u>	16		•	•				•		•		
	WES	WESTPORT													
The Residence at Westport, 1141 Post Rd E, 06880		203-720-6272	0	96											
	3	WILTON													
Brookdale Wilton, 96 Danbury Rd, 06897		855-477-5668	\$4,310	64			•		•			•		_	Sm
Sunrise of Wilton, 211 Danbury Rd, 06897		203-423-7500	©	6			•		•			•			•
The Greens at Cannondale, 435 Danbury Rd, 06897		203-761-1191	\$8,000	69			•	•	•			•			•
	WOOL	WOODBRIDGE													
Coachman Square at Woodbridge, 21 Bradley Rd, 06525		203-397-7544	\$4,000	91			•				•	•		_	Sm
The Linden at Woodbridge, 330 Amity Rd, 06525		203-389-2911	\$3,780	91			•		•			•			•
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PETS			•	Sm			U	
SECURED COURTYARD			•	•	•	•	•	
NURSE ON STAFF			•	•	•	•	•	
ADULT DAY PROGRAMS						•	•	
PRIVATE ROOMS		•	•	•	•	•	•	
SEMI-PRIVATE ROOMS		•	•		•			
RESPITE / SHORT TERM STAY		•	•	•		•	•	
SKILLED NURSING FACILITY					•		•	
RESIDENTIAL HOME		•						
PRICE ALL INCLUSIVE		•	•				•	
LOWEST STARTING PRICE	AUNITY	\$8,000	\$8,000	\$11,000	©	\$5,253	\$8,670	
# OF UNITS		Ŋ	22	22	89	44	41	
PHONE #	STED LIVING (860-909-0333	475-800-1598	203-595-2300	203-225-5024	203-894-6051	203-894-6051	
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SENIORS BlueBook MEMORY CARE ASSISTED LIVING COMMUNITIES	PREFERRED MEMORY CARE ASSISTED LIVING COMMUNITY	ApplePie Properties 805 N Salem Rd, Ridgefield 06877	Church Hill Village 2 The Boulevard, Newtown 06470	Edgehill122 Palmers Hill Rd, Stamford 06902	Lifestyle Transitions at Wesley Heights 580 Long Hill Ave, Shelton 06484	Masonicare at Mystic 45 Clara Dr, Mystic 06355	Masonicare at Ashlar Village Memory Care 74 Cheshire Rd, Wallingford 06492	

Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811	121, 135	203-748-0506	48	\$6,800				•		•	O1	Sm
Sunshine Senior Residence7 Forest Hill Rd, Norwalk 06850	134	203-517-0440	2	\$5,000	•	•	•	•	•	•	01	Sm
Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	134	203-517-0440	4	\$5,000	•	•	•	•	•	•	•	Sm
Sunshine Senior Residence 43 Horseshoe Rd, Stamford 06903	134	203-517-0440	4	\$5,000	•	•	•	•	•	•	O,	Sm
Sunshine Senior Residence 43 Old Logging Rd, Stamford 06903	134	203-517-0440	4	\$5,000	•	•	•	•	•	•	• Sm	Ë
Sunshine Senior Residence 463 Roxbury Rd, Stamford 06902	134	203-517-0440	4	\$5,000	•	•	•	•	•	•	O1	Sm
The Commons of Newtown 139 Toddy Hill Rd, Newtown 06470	93, BC	203-364-3179	26	\$4,603		•	•	•		•	•	
The Greens at Greenwich 1155 King St, Greenwich 06831	132	203-531-5500	28	\$8,100	•		•	•	•	•	• Sm	E
The Osborn 101 Theall Rd, Rye, NY 10580	79	914-925-8242	13	\$12,503	•	•		•		•	•	Sm
The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	123	860-345-3779	34	\$6,272	•		•	•		•	•	•
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PETS					Sm		•	Sm						Sm			
SECURED COURTYARD		•		•	•		•	•		•				•		•	
NURSE ON STAFF		•		•	•		•	•		•				•			
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SKILLED NURSING FACILITY							•	•									
RESIDENTIAL HOME												•					
PRICE ALL INCLUSIVE				•	•							•		•			
LOWEST STARTING PRICE		Q		\$6,990	\$6,095		Q	\$5,000		Q		Q		Q		\$6,500	
# OF UNITS				64	40		28	13						39		13	
PHONE #		203-297-9997	ð	203-533-7287	203-483-7260	ORT	203-365-6400	203-374-5611	ברם ברם	203-775-8696	Щ	203-272-2901	Z	860-552-2534	╛	860-635-2690	
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SENIORS BIUEBOOK MEMORY CARE ASSISTED LIVING COMMUNITIES continued	B	Maplewood at Stony Hill, 46 Stony Hill Rd, 06801	BRA	Artis Senior Living, 814 East Main St, 06405	The Hearth at Gardenside, 173 Alps Rd, 06405	BRID	Jewish Senior Services — Roz & Les Goldstein AL, 4200 Park Ave, 06604	The Watermark at 3030 Park, 3030 Park Ave, 06604	BRO	The Village at Brookfield Common, 246A Federal Rd, 06804	E	Marbridge Retirement Center, 665 W Main St, 06410	ਰ ਹ	The Shoreline of Clinton, 91 E Main St, 06413	CRO	Covenant Living of Cromwell, 52 Missionary Rd, 06416	

MEMORY CARE ASSISTED LIVING COMMUNITIES

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	Maplewood Danbury , 22 Hospital Ave, 06810		203-312-7910	64	©		•			•	•	•
	Spring Village at Danbury 8 Glen Hill Rd, Danbury 06811	121, 135	203-748-0506	48	\$6,800			•		•	S	Sm
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	Maplewood at Darien , 599 Post Rd, 06820		203-293-6872	64	Q		•			•	•	
	The Residence at Selleck's Woods, 1 Parkland Dr, 06820		475-328-1215	26	\$8,350			•		•	•	
	EAST	EAST HAVEN	EN									
	The Village at Mariner's Point, 111 South Shore Dr, 06512		203-467-0067	23	\$4,999		•	•	•	•	•	
	EAST NORWALK	NORN	/ALK									
	Maplewood at Strawberry Hill, 73 Strawberry Hill Ave, 06801		203-293-6554	84	Q		•			•	•	
	FAI	FAIRFIELD	Q									
	Sturges Ridge of Fairfield, 448 Mill Plain Rd, 06824		203-774-9740	20	\$6,000		•	•	•	•	•	Sm
¥	Sunrise of Fairfield, 1571 Stratfield Rd, 06825		203-690-3220		Q							
Indic	GLADSTONBURY	STONE	SURY									
ates i	The Hearth at Glastonbury, 281 Western Blvd, 06033		860-266-6614		Q							
websi	GRE	GREENWICH	CH.									
	The Greens at Greenwich 1155 King St, Greenwich 06831	132	132 203-531-5500	28	\$8,100	•	•	•	•	•	• Sm	Ę
senio	HA	HADDAM	5									
rsbluebook	The Saybrook at Haddam 1556 Saybrook Rd, Haddam 06438	123	123 860-345-3779	34	\$6,272	•	•	•		•	•	•

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PHONE		203-248-8880	203-248-1864	203-281-5700	203-848-2641	Z	203-245-3311	Z	203-237-8815	203-237-8457	203-235-0181	NM	860-342-8033	۵	203-874-4408	
AD ON PAGE	HAMDEN					MADISON		MERIDEN				MIDDLETOWN		MILFORD		
SENIORS BlueBook MEMORY CARE ASSISTED LIVING COMMUNITIES continued		Atria Larson Place, 1450 Whitney Ave, 06517	Benchmark at Hamden, 35 Hamden Hills Dr, 06518	Meadow Mills , 153 Leeder Hill Dr, 06517	Whitney Center, 200 Leeder Hill Dr, 06517	W	The Hearth at Tuxis Pond, 100 Bradley Rd, 06443	M	Miller Memorial Community, 360 Broad St, 06450	Silver Springs Care Center, 33 Roy St, 06450	Village at Kensington Place, 511 Kensington Ave, 06451	MIDI	The Village at South Farms, 645 Saybrook Rd, 06457	IM	Carriage Green at Milford, 77 Plains Rd, 06461	

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45 Clara Dr, Mystic 06355	149										
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The Village at Waveny, 3 Farm Rd, 06840		203-594-5302	20		•	•	•	•	•	•	
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NEW CANAAN	203-594-5302 50 🔊 • • •	NEWTOWN	147 475-800-1598 22 \$8,000	203-426-8118	93, 203-364-3179 56 \$4,603 • • • •	NORTH HAVEN	203-780-0111	NORWALK
NEW	The Village at Waveny, 3 Farm Rd, 06840		Church Hill Village 2 The Boulevard, Newtown 06470	Maplewood at Newtown, 166 Mount Pleasant Rd, 06470	The Commons of Newtown 139 Toddy Hill Rd, Newtown 06470	NOR	The Landing of North Haven, 201 Clintonville Rd, 06473	SN STATE OF THE ST

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ON	Bridges by EPOCH at Norwalk, 123 Richards Ave, 06854	Brightview on New Canaan Wellspring Village, 162 New Canaan Ave. 06850

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203-208-3698	9	116 860-909-0333
	RIDGEFIELD	116
Maplewood at Orange, 245 Indian River Rd, 06477	RID	ApplePie Properties 805 N Salem Rd, Ridgefield 06877

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MEMORY CARE ASSISTED LIVING COMMUNITIES

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PETS SECURED COURTYARD NURSE ON STAFF ADULT DAY PROGRAMS PRIVATE ROOMS SEMI-PRIVATE ROOMS RESPITE / SHORT TERM STAY SKILLED NURSING FACILITY RESIDENTIAL HOME PRICE ALL INCLUSIVE		Q	\$7,200		\$12,503 • • • Sm			\$8,400	•		\$5,895 • • • • Sm	• • • • 009'9\$		•	
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SENIORS BlueBook MEMORY CARE ASSISTED LIVING COMMUNITIES continued	RIDGEFIELD (cont'd)	Atria Ridgefield — Pre-Leasing Fall 2019, 55 Old Quarry Rd, 06877	Benchmark Senior Living at Ridgefield Crossings, 640 Danbury Rd, 06877	R	The Osborn 101 Theall Rd, Rye, NY 10580	HS	Benchmark Senior Living at Split Rock, 708A Bridgeport Ave, 06484	Brightview Shelton Wellspring Village, 30 Beard Sawmill Rd, 06484	Lifestyle Transitions at Wesley Heights 580 Long Hill Ave, Shelton 06484	NOS	The Hearth at Southbury, 655 Main St, 06488	The Watermark at East Hill, 611 E Hill Rd, 06488	nos	Maplewood at Southport, 917 Mill Hill Ter, 06890	

MEMORY CARE ASSISTED LIVING COMMUNITIES

	S	STAMFORD	Q										
	Atria Stamford, 77 3rd St, 06905		203-327-4551	28	\$7,319	•	Ť	•	•		•	•	
	Brighton Gardens of Stamford, 59 Roxbury Rd, 06902		203-322-2100	25	\$5,370			•	•		•	•	
	Edgehill122 Palmers Hill Rd, Stamford 06902	IBC	203-595-2300	22	\$11,000			•	•		•	S	_
	Sunrise of Stamford, 251 Turn of River Rd, 06905		203-968-8393	5	\$3,000			•	•		•	Sm	_
	Sunshine Senior Residence 27 Fox Hill Rd, Stamford 06903	134	203-517-0440	4	\$5,000	•		•	٠	•	•	• Sm	_
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ates w	The Residence at Summer Street, 14 Second St, 06905		203-883-1510	27	\$7,495			•	•		•		
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e link	Atria Stratford, 6911 Main St, 06614		203-380-0006	48	\$6,500	•		•			•	•	
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senioi	Bridges by EPOCH at Trumbull, 2415 Reservoir Ave, 06611		203-397-6800	72	\$7,700	•		•	•		•	Sm	_
rsblu	Middlebrook Farms at Trumbull, 2750 Reservoir Ave, 06611		203-268-2400		©				•		•		
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SENIORS BlueBook MEMORY CARE ASSISTED LIVING COMMUNITIES continued	WALLINGFORD	Masonicare at Ashlar Village Memory Care 74 Cheshire Rd, Wallingford 06492	WAT	Village at East Farms, 180 Scott Rd, 06705	WES	The Residence at Westport, 1141 Post Rd E, 06880	M	Brookdale Wilton, 96 Danbury Rd, 06897	Sunrise of Wilton, 211 Danbury Rd, 06897	The Greens at Cannondale, 435 Danbury Rd, 06897	WOODBRIDGE	Coachman Square at Woodbridge, 21 Bradley Rd, 06525	The Linden at Woodbridge, 330 Amity Rd, 06525	

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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 breatheable 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. ~

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PHONE #	PREFERRED SKILLED NURSING FACILITIES	203-755-4870	203-729-9889	203-929-5321	860-225-8608	203-853-0010	203-351-8300	203-595-2400 877-219-1164	
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SKILLED NURSING FACILITIES	PREFERRED	Abbott Terrace Health Center 44 Abbott Terr, Waterbury 06702	Beacon Brook Health Center 89 Weid Dr, Naugatuck 06770	Bishop Wicke Health & Rehabilitation Center, 584 Long Hill Ave, Shelton 06484	Cassena Care at New Britain 66 Clinic Dr, New Britain 06051	Cassena Care at Norwalk 23 Prospect Ave, Norwalk 06850	Cassena Care at Stamford 53 Courtland Ave, Stamford 06902	Edgehill Senior Living Community 122 Palmers Hill Rd, Stamford 06902	

Laurel Ridge Health Care Center 642 Danbury Rd, Ridgefield 06877	ter 93, BC	203-438-8226 126 \$534 • • • • • • • • • • • • •	126 \$53	4	•	•	•	•	•	•
Maefair Health Care Center 21 Maefair Ct, Trumbull 06611	93, BC	203-459-5152 © © • • • • • • • • • • •	•	•	•	•	•	•	•	•
 Masonicare Health Center Masonic Ave, Wallingford 06492 	105, 119, 149	105, 119, 203-894-6051 366 \$482 • • • • • • • • • • • • • • • • • • •	366 \$48		•	•	•	•	•	•
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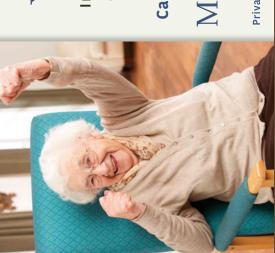


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SKILLED NURSING FACILITIES continued	PREFERRED SKILLED NURSING FACILITIES (cont'd)	Middlesex Health Care Center 100 Randolph Rd, Middletown 06457	Montowese Health & Rehabilitation Center, 163 Quinnipiac Ave, North Haven 06473	Newtown Rehabilitation & Health Care Center, 139 Toddy Hill Rd, Newtown 06470	Northbridge Health Care Center 2875 Main St, Bridgeport 06606	Shady Knoll Health Center 41 Skokorat St, Seymour 06483	The Nathaniel Witherell70 Parsonage Rd, Greenwich 06830	

The Osborn 101 Theall Rd, Rye, NY 10580	79	914-925-8203	84	84 \$600	•	•	•	•	•	•		•	•	•		•	
Wadsworth Glen Health Care & Rehab Center, 30 Boston Rd, Middletown 06457	93, BC	860-346-9299 102 \$502	102	\$502		•	•	•		•	•	•	•	•	•	•	
	8	BETHEL															
Bethel Health Care Center, 13 Parklawn Dr, 06801		203-830-4180	161	\$457		•	•	•		•		•	•	•	•	•	
	BRA	BRANFORD															
Branford Hills Health Care Center, 189 Alps Rd, 06405		203-315-2642	190	\$435		•	•			•		•	•	•	•	•	
	BRID	BRIDGEPORT															
Bridgeport Health Care Center, 600 Bond St, 06610		203-384-6504	240	\$302		•	•	•	•	•	•	•	•	•	•	•	
Jewish Senior Services — The Jewish Home, 4200 Park Ave, 06604		203-365-6400	360	<u>_</u>		•	•	•	•	•	•	•	•	•	•	•	
Northbridge Health Care Center 2875 Main St, Bridgeport 06606	93, BC	203-336-0232	145	\$512	•	•	•	•	•	•	•	•	•	•	•	•	
The Watermark at 3030 Park, 3030 Park Ave, 06604		203-374-5611	23	\$220		•	•	•	•	•		•	•	•		•	
	3	CHESHIRE															
Cheshire Regional Rehab Center, 745 Highland Ave, 06410		203-272-7285	120	<u>Q</u>		•	•	•		•	•	•	•	•	•	•	
Elim Park , 140 Cook Hill Rd, 06410		203-272-3547	90	\$510	•	•	•	•		•		•	_		•	•	
	픙	CHESTER															
Aaron Manor Nursing & Rehab, 3 S Wig Hill Rd, 06412		860-526-5316	09	<u>Q</u>		•	•	•				•	•	•	•	•	
Chesterfields Health Care Center, 132 Main St, 06412		860-526-5363	09	\$295		•	•	•		•		•	•	•	•	•	
	CRO	CROMWELL															
Apple Rehab Cromwell, 156 Berlin Rd, 06416		860-635-1010	85	\$250		•	•	•		•		•	•	•	•	•	
Autumn Lake Healthcare at Cromwell, 385 Main St, 06416		860-635-5613	175	\$320	•	•	•	•	•	•	•	•	•	•	•	•	
Covenant Living of Cromwell, 52 Missionary Rd, 06416		860-635-2690	20	\$395	•	•	•	•		•		•	•	•	•	•	
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PHO	NE #	DANBURY	203-744-3366	203-744-2840	203-794-9466	203-797-9300	203-792-8102	DURHAM	860-349-1041	EAST HAMPTON	860-267-9034	EAST HAVEN	203-466-6850	203-469-2316	ESSEX	860-767-7201	FAIRFIELD	203-255-3573	
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			GREE	GREENWICH															
	Greenwich Woods, 1165 King St, 06831			203-531-1335	217	\$480		•	•	•	•	•	•	•	•	•	•		
	RegalCare at Greenwich, 1188 King St, 06831			203-531-8300	75	\$480	•	•	•	•		•	•	•	•	•	•	•	
	The Nathaniel Witherell 70 Parsonage Rd, Greenwich 06830		IBC	203-618-4200	202	202 \$536		•	•	•	•	•	•	•	•	•	•	•	
			INB	GUILFORD															
	Apple Rehab Guilford, 10 Boston Post Rd, 06437			203-453-3725	90	\$416	•	•	•	•		•	•	•	•	•	•		•
	Guilford House, 109 W Lake Ave, 06437			203-488-9142	75	<u>Q</u>		•						•	•	•		•	
			H	HAMDEN															
	Arden House Care & Rehab Center, 850 Mix Ave, 06514			203-281-3500	351	\$420	•	•	•	•	•	•		•	•	•	•		
	Hamden Rehab Health & Care Center, 1270 Sherman Ln, 06514	, 06514		203-281-7555	151	\$430	•	•	•	•	•	•	•	•	•	•	•		•
	Whitney Center, 200 Leeder Hill Dr, 06517			203-848-2659 203-848-2650	59	\$458		•	•	•		•		•	•	•	•		
	Whitney Rehab Care Center, 2798 Whitney Ave, 06518			203-288-6230	150	\$380		•	•	•				•	•	•	•		
v			MA	MADISON															
Ind	Madison House Care & Rehab, 34 Wildwood Ave, 06443			203-245-8008	90	\$406	•	•	•	•		•		•	•	•	•		
icate	Watrous Nursing Center, 9 Neck Rd, 06443			203-245-9483	<u>_</u>	\$386	•	•	•	•		•		•	•	•	•	•	
s wel			M	MERIDEN															
bsite	Apple Rehab Coccomo, 33 Cone Ave, 06450			203-238-1606	100	\$398	•	•	•	•		•	•	•	•	•	•	•	
link	Connecticut Baptist Home, 292 Thorpe Ave, 06450			203-237-1206	<u>_</u>	<u>Q</u>													
on se	Curtis Home for the Aged, 380 Crown St, 06450			203-237-4338	<u>_</u>	<u>Q</u>													
eniors	Meriden Center, 845 Paddock Ave, 06450			203-238-2645	125	\$410		•	•	•		•	•	•	•	•	•	•	
sblue	Miller Memorial Community, 360 Broad St, 06450			203-237-8815	<u>_</u>	\$455		•	•	•	•	•		•	•	•	•	•	
book	Silver Springs Care Center, 33 Roy St, 06450			203-237-8457	159	\$428	•	•	•	•	•	•	•	•	•	•	•	•	•
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SKILLED NURSING FACILITIES continued	2	The Bradley Home & Pavilion, 320 Colony St, 06451	Westfield Care & Rehab Center, 65 Westfield Rd, 06450		Middlebury Convalescent Home, 778 Middlebury Rd, 06762		Apple Rehab Middletown, 600 Highland Ave, 06457	Middlesex Health Care Center 100 Randolph Rd, Middletown 06457	Wadsworth Glen Health Care & Rehab Center, 30 Boston Rd, Middletown 06457	Water's Edge Center for Health & Rehab, 111 Church St, 06457		Golden Hill Rehab Pavilion, 2028 Bridgeport Ave, 06460	WestRiver Rehab Center, 245 Orange Ave, 06461	

		M	MOODUS														
	Chestelm Health & Rehab Center, 534 Town St, Moodus 06469		860-873-1455	9/	\$240	•	•	•	•	•		•	•	•	•	•	
		NAUC	NAUGATUCK														
	Beacon Brook Health Center 89 Weid Dr, Naugatuck 06770	93, BC	203-729-9889 126 \$572	126	\$572	•	•	•	•	•	•	•	•	•	•		
	Glendale Center, 4 Hazel Ave, 06770		203-723-1456	120	©	•	•	•	•	•	•	•	•	•	•	•	
		NEW	NEW BRITAIN														
	Autumn Lake at New Britain, 400 Brittany Farms Rd, 06053		860-224-3111	<u>_</u>	Q	•	•	•	•	•	•	•	•	•	•	•	
	Cassena Care at New Britain 66 Clinic Dr, New Britain 06051	IFC	860-225-8608	90	0	•	•	•	•	•	_	•	•	•	•		
		NEW	NEW HAVEN														
	Advanced Nursing & Rehab of New Haven, 169 Davenport Ave, 06519		203-789-1650	126	\$258	•	•	•		•	•	•	•	•	•	•	
	Grimes Center, 1354 Chapel St, 06511		203-867-8365	114	\$260	•	•			•	•	•	•	•	•		
	Mary Wade , 118 Clinton Ave, 06513		203-672-7809	94	\$450	•	•	•	•			•	•	•	•		
•	RegalCare at New Haven, 181 Clifton St, 06513		203-467-1666	150	\$311	•	•	•	•	•	•	•	•	•	•	•	
India		NEW	NEWTOWN														
ates websi	Newtown Rehabilitation & Health Care Center, 139 Toddy Hill Rd, Newtown 06470	93, BC	203-426-5847 137 \$423	137	\$423	•	•	•	•	•		•	•	•	•	•	
ta lin	2	ORTH P	NORTH BRANFORD														
k or	Evergreen Woods Health Center, 88 Notch Hill Rd, 06471		203-483-3205	20	\$420	•	•	•		•	•	•	•	•		•	
cania		NORT	NORTH HAVEN														
rshluehook	Montowese Health & Rehabilitation Center, 163 Quinnipiac Ave, North Haven 06473	93, BC	203-624-3303 120 \$440	120	\$440	•	•	•	•	•	•	•	•	•	•	•	
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The Osborn 101 Theall Rd, Rye, NY 10580	79	914-925-8203	84	84 \$600 •	•	•	•	•	•	•		•	•	•	•	_	
	SEY	SEYMOUR															
Shady Knoll Health Center 41 Skokorat St, Seymour 06483	93, BC	203-881-2555 128 \$541	128	\$541	•	•	•	•		•	•	•	•	•	•	-	
	돐	SHELTON															
Apple Rehab Shelton Lakes, 5 Lake Rd, 06484		203-924-2635	106	\$360	•	•	•	•		•	•	•	•	•	•		
Bishop Wicke Health & Rehabilitation	133	203-929-5321	120	120 \$415	•	•	•		•	•	•	•	•	•	•		
Center, 584 Long Hill Ave, Shelton 06484)			-													
Gardner Heights Health Care Center, 172 Rocky Rest Rd, 06484		203-929-1481	100	\$370	•	•	•	•	•	•	•	•	•	•	•		
Hewitt Health & Rehab Center, 45 Maltby St, 06484		203-924-4671	140	\$384	•	•	•	•		•	•	•	•	•	•	_	
	SOU	SOUTHBURY															
Lutheran Home of Southbury, 990 Main St N, 06488		203-264-9135	120	\$400	•	•	•	•			•	•	•	•	•		
Pomperaug Woods, 80 Heritage Rd, 06488		203-262-6555	37	\$440	•	•	•	•			•	•	•		•		
River Glen Health Care Center, 162 S Britain Rd, 06488		203-264-9600	120	\$420	•	•	•	•		•	•	•	•	•	•		
Springs at Watermark East Hill, 611 E Hill Rd, 06488		203-262-6868	34	\$425	•	•	•	•			•	•	•	•	•		
	SOU	SOUTHPORT															
RegalCare at Southport, 930 Mill Hill Terr, 06890		203-259-7894	120	\$445	•	•	•	•		•	•	•	•	•	•		
	STA	STAMFORD															
Cassena Care at Stamford 53 Courtland Ave, Stamford 06902	FC	203-351-8300 156 \$485 •	156	\$485	•	•	•	•	•	•	•	•	•	•	•	•	
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Skyview Center, 35 Marc Dr, 06492		203-265-0981	97	\$438	•	•	•	•	•	•	•	•	•	•	•	•		
	WAT	WATERBURY																
Abbott Terrace Health Center 44 Abbott Terr, Waterbury 06702	93, BC	203-755-4870	205	205 \$572		•	•	•	•	•	•	•	•	•		•		
Autumn Lake Healthcare at Bucks Hill, 2817 N Main St, 06704		203-757-0731	90	\$320	•	•	•	•		•		•	•	•	•			
Cheshire House Nursing & Rehab Center, 3396 E Main St, 06705		203-754-2161	75	\$250	•	•	•	•		•	•	•	•	•	•	•		
Grove Manor Nursing Home, 145 Grove St, 64710		203-753-7205	09	<u>©</u>		•	•	•				•	•	•	•	•		
Mattuck Health Care, 9 Cliff St, 06710		203-573-9924	<u>_</u>	<u>_</u>		•	•	•		•		•	•	•	•	•		
Meridian Manor, 1132 Meriden Rd, 06705		203-757-1228	94	\$197		•	•	•		•	•	•	•	•	•	•		
RegalCare at Waterbury, 177 Whitewood Ave, 06708		203-757-9491	120	\$376	•	•	•	•	•	•	•	•	•	•	•	•		
Rosegarden Health & Rehabilitaion Center, 3584 E Main St, 06705		203-754-4181	82	\$295	•	•	•	•		•	•	•	•	•		•		
Waterbury Gardens Nursing & Rehab, 128 Cedar Ave, 06705		203-757-9271	150	\$385		•	•	•		•	•	•	•	•	•	•		
	WATE	WATERTOWN																
Apple Rehab Watertown, 35 Bunker Hill Rd, 06795		860-274-5428	<u>Q</u>	<u>©</u>														
	WEST	WEST HAVEN																
Apple Rehab West Haven, 308 Savin Ave, 06516		203-932-6411	90	\$399	•	•	•	•		•	•	•	•	•	•			
RegalCare at West Haven, 310 Terrace Ave, 06516		203-932-2247	86	\$380	•	•	•	•	•	•	•	•	•	•	•	•		
	WES	WESTPORT																
Westport Rehab Complex, 1 Burr Rd, 06880		203-226-4201	120	\$479		•	•	•	•	•	•	•	•	•	•	•		
	⋛	WILTON																
Wilton Meadows Rehab & Health Care Center, 439 Danbury Rd, 06897		203-834-0199	148	\$535		•	•	•	•	•		•	•	•	•			
	NO MO	WOLCOTT																
Wolcott View Manor, 50 Beach Rd, 06716		203-879-8066	129	\$300		•	•	•	•	•	•	•	•	•	•	•	•	•
	WOOI	WOODBRIDGE																
The Willows, 225 Amity Rd, 06525		203-387-0076	90	\$470 • • •	•	•	•	•	•	•	•	•	•	•	•	•		
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