



THE WESTERN COMPASS

*Resources and Real Voices for Aging, Disability,
and Caregiving*



INSIDE THIS ISSUE

Aging Well in Western Connecticut
Turning 65? Your Guide to
What Comes Next

Ready to “Re”: Re-imagine,
Re-frame, Re-invent, Retire
& more!

ALL ABOUT US

Western Connecticut Area Agency on Aging is a 501(c)(3) non-profit organization that supports older adults, individuals with disabilities, and caregivers in Western Connecticut through health education, resources, advocacy, and assistance with navigating state, local, and federal programs to help people live independently and with dignity.

OUR MISSION

WCAAA enriches the lives of older adults, individuals with disabilities, and their caregivers by providing support, services, and information to help them live well with assurance, independence and dignity.

PROGRAMS

Caregiver & Respite Services

CHOICES - Medicare Counseling

Senior Medicare Patrol

Service Navigation

and more!



MORE INFORMATION

203-757-5449

www.wcaaa.org

84 Progress Lane
Second Floor,

Waterbury, CT 06705



PRESIDENT'S REMARKS



We are excited to share Volume 2 of the Western Connecticut Area Agency on Aging Magazine!

Since the release of our first issue, the Western Connecticut Area Agency on Aging (WCAAA) has reached several major milestones—including the completion of our 2025–2028 Area Plan and our Comprehensive Strategic Plan, both of which chart a clear and compassionate path forward for our region. These achievements reflect our unwavering dedication to enhancing programs that meet the evolving needs of older adults, individuals with disabilities, and caregivers across Western Connecticut.

Our vision is to foster a community where older adults and persons with disabilities are supported, valued, and connected with services that enable them to live independently, in their chosen home, with dignity.

At the heart of our mission are values that shape everything we do:

Compassion: We interact with all people with kindness and empathy.

Choice: We strive to maximize people's ability to decide where and how they want to live.

Inclusion: We value all people regardless of age or ability.

Trust: We foster the trust of the people we serve and the agencies we work with.

Collaboration: We work in partnership with our communities to meet the needs of those we serve.

These guiding principles inform every program, partnership, and policy initiative we pursue—from elder rights advocacy and caregiver support to evidence-based health programs and accessible transportation initiatives.

As we continue this journey, we invite you to subscribe and follow us as we expand programs, strengthen collaborations, and champion the right of every person to age with dignity, respect, and belonging.

Visit www.wcaaa.org to read our full Area and Strategic Plans, explore upcoming initiatives, and stay connected to the work shaping the future of aging in Western Connecticut.

Warm regards,

A handwritten signature in cursive script that reads "Spring Raymond".

President & CEO, Western CT Area Agency on Aging

Letter *from The* Editor

To our readers and community,

Hello! My name is Nehway, and I'm honored to mark my first year as the Executive Assistant to the CEO at the Western CT Area Agency on Aging.

Being part of this magazine has been a true blessing. It has taught me about creativity, trust, and the power of storytelling—leaning into the voices of our community, our team, and the incredible individuals we serve. I appreciate your patience as I continue to grow into this role.

I hope this issue has been an enjoyable read. Western was built on the dedication of those who came before us, and The Western Compass was created to reflect our journey—our growth, our change, and the legacy we are building together.

With deepest gratitude, thank you for being part of this new chapter. See you in the next issue!

Warmly,

Nehway



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CONNECTICUT FAIR HOUSING CENTER

LEGAL ADVICE OFFICE HOURS

Tenant & homeowner rights for adults aged 60+

The Center is offering free virtual office hours in partnership with the Western Connecticut Area Agency on Aging (WCAAA).

Office hours:

- are open to all adults aged 60+ living in the WCAAA service region. This includes Litchfield County and Beacon Falls, Bethel, Brookfield, Cheshire, Danbury, Middlebury, Naugatuck, New Fairfield, Newtown, Prospect, Redding, Ridgefield, Sherman, Southbury, Waterbury, and Wolcott.
- occur the 2nd and 4th Wednesday each month at 10:00am via Teams
- are accessible by computer or phone (simply request a phone call during registration if you prefer a call over Teams).



To register for office hours scan the QR code above or visit the link below

www.tinyurl.com/cfhcofficehours

CONNECTICUT FAIR HOUSING CENTER

HORARIO DE CONSULTAS LEGALES

Derechos de inquilinos y propietarios para adultos de 60+ años

El Centro estará ofreciendo consultas virtuales gratuitas en asociación con la agencia, Western Connecticut Area Agency on Aging (WCAAA) con financiación de Older Americans Act.

Horario de consultas:

- Disponible para todos los adultos de 60+ años que viven en Litchfield County, Beacon Falls, Bethel, Brookfield, Cheshire, Danbury, Middlebury, Naugatuck, New Fairfield, Newtown, Prospect, Redding, Ridgefield, Sherman, Southbury, Waterbury, Wolcott
- Ocurren el 2.º y 4.º miércoles de cada mes a las 10:00 a.m. a través de Teams (conferencia de video)
- Puede acceder la consulta por computadora o por teléfono (simplemente solicite una llamada telefónica durante el registro, si prefiere una llamada en lugar de una conferencia en video en Teams).



AGING WELL IN WESTERN CONNECTICUT: SMALL HABITS, BIG BENEFITS FOR A VIBRANT LIFE

Written by Michael Minutillo

Treasurer, WCAAA Board of Directors



Have you ever noticed how a morning walk through Tarrywile Park or a lively chat at a local café can brighten your entire day? Aging well is about embracing small, meaningful choices that spark energy, joy, and connection. In Western Connecticut, with its charming towns and vibrant community spirit, you have endless opportunities to thrive in your golden years. Backed by science and rooted in our region's unique offerings, this guide shares practical tips to nourish your body, stay active, and build lasting connections—helping you live a fuller, healthier life, one step at a time.

NOURISH YOUR BODY FOR LONGEVITY

A nutrient-rich diet fuels your body to stay strong and vibrant, reducing the risk of chronic diseases like heart disease and diabetes, according to the National Institute on Aging. Here's how to eat well in Western Connecticut:

Fill Your Plate with Color:

Aim for five servings of fruits and vegetables daily, like berries, kale, or squash from the Danbury Farmers' Market (Saturdays through October) or Litchfield Hills Farm-Fresh Market. These foods are packed with antioxidants and fiber to support heart health and digestion.

Power Up with Protein:

Aging bodies need protein, calcium, and vitamin D to maintain muscle and bone health. Enjoy lean meats, fish, eggs, or beans. Savor farm-fresh eggs from Arethusa Farm in Litchfield or probiotic-rich yogurt from The Farmer's Table in Litchfield Hills.

Stay Hydrated:

Dehydration can zap energy and focus. Sip water throughout the day or try herbal teas at cozy spots like The Roasted Bean in Bristol.

Eat Mindfully: Savor meals slowly to enhance digestion and enjoyment. Visit The White Horse Country Pub in New Preston for nutrient-packed salads or community dining.

Local Tip:

Many senior centers offer affordable or free meals through the Elderly Nutrition Program's congregate dining or home delivery. Contact the Western Connecticut Area Agency on Aging (WCAAA) at (203) 757-5449. Need help accessing food? Call 2-1-1 or visit EndHungerCT.org for senior food resources.



STAY ACTIVE TO KEEP MOVING

Physical activity boosts mobility, mood, and memory, with research showing active older adults are 64% more likely to age successfully (Journal of Aging and Health, 2023). Western Connecticut's scenic trails and community programs make staying active a joy:

Get Moving with Aerobic Exercise: Aim for 150 minutes of moderate activity weekly, like brisk walking or swimming. Join a walking group through Get Healthy CT – Greater Danbury or stroll the senior-friendly Still River Greenway in Brookfield.

Stay Hydrated:

Build Strength and Balance: Try light weightlifting or yoga to prevent falls and maintain independence. The Regional YMCA of Western Connecticut in Brookfield offers SilverSneakers classes tailored for seniors.

Stay Active Year-Round: In winter, try indoor options like water aerobics at the New Milford Greenwave Community Pool or chair yoga at the Elmwood Senior Center in Danbury.

Make It Fun: Dance at the Sherman Playhouse's live music events or join tai chi classes at the Kent Library for coordination and enjoyment.

Local Tip: Explore senior wellness initiatives through UConn Extension's Family and Community Health Program or free fitness classes via the Western Connecticut Health Network. Visit regionallymca.org for schedules.



Aging well is about embracing small habits that add up to big benefits—whether it’s savoring a fresh apple from March Farm, hiking the trails of Lovers Leap State Park, or laughing with friends at a senior center event. In Western Connecticut, our vibrant communities and natural beauty make it easy to live with purpose and joy. Even one small step—like taking a daily walk or joining a book club—can spark a brighter, healthier chapter. What will you try this week?

Local Resources

WCAAA: www.wcaaa.org | (203) 757-5449

Senior Centers: Visit your town’s website or call WCAAA for locations

CT Grown Produce Guide: www.ctgrown.gov

YMCA of Western CT: www.regionalymca.org

Food Resources: www.endhungerct.org | Call 2-1-1



Finding Strength: Mary's Journey Toward Stability

Written by Dalia Digsby

When Mary Moore first came to our attention in late March 2025, her life was defined by uncertainty, pain, and perseverance. Referred through the 211 Infoline, Mary's situation highlighted the many barriers faced by older immigrants with limited access to health care, stable housing, and public benefits.

Mary, a former caregiver, had suffered a work-related injury that left her with chronic pain and limited mobility. Without workers' compensation, unemployment benefits, or legal status that allowed her to access the support she needed, Mary found herself in a deeply vulnerable position. She was receiving SNAP but had no stable housing and was relying on the kindness of her landlord, who allowed her to sleep on a couch in the kitchen after a year of unpaid rent.

Despite these hardships, Mary was not alone. With the help of her son Andrew, who lives in South Africa, and the advocacy of our team, a coordinated support plan was set in motion. Andrew's dedication to his mother's wellbeing extended across continents, as he reached out to understand

how to assist her from afar. Together, we guided him to connect with the Coordinated Access Network and ensured Mary received a proper assessment.

Through consistent case management and community collaboration, several milestones were reached. Mary was referred to the Bristol Housing Authority just in time to submit a pre-application while their waitlist was open. She quickly responded to their follow-up and is now number 25 on the list — a hopeful sign that permanent housing is within reach.

In April 2025, Mary had run out of her blood pressure medication. With limited income and no current health coverage, she turned to us once again. We connected her to the local community health center, where she was able to refill her medication, thanks in part to her son's financial assistance.

Another significant barrier was her immigration status. Mary had applied for a green card renewal in May 2024, but with no update and no card in hand, many doors remained closed.

The team had reached out to Casework on the Corner, an organization that assists immigrants with legal documentation, and worked closely with them and Mary to resolve paperwork issues. It took persistence, multiple follow-ups, and community support, but on May 27, 2025, Mary received the long-awaited news: her green card had been approved and delivered.

With this key document in hand, Mary could now access the benefits she's eligible for, including Social Security and Medicare — vital lifelines for her ongoing medical needs. To date, her case with Casework on the Corner has officially closed, marking the end of one chapter and the hopeful beginning of another.

Mary's journey is a powerful reminder of what can be accomplished through compassion, collaboration, and advocacy. Her strength and courage — combined with the support of her family and community partners — turned a situation of hardship into one of healing and hope.

Dr. Joseph DeMayo and his family

**Mary Moore is no longer just surviving, she is rebuilding.
We are honored to have walked beside her on the path to stability.**





INFORMATION-REFERRAL AND ASSISTANCE

Guiding you to the support you need!



Your First Call for Aging & Disability Resources

Our Information, Referral, and Assistance (IR&A) Specialist is here to listen and connect you with programs and services that may help—at no cost. We provide guidance on resources related to housing, transportation, in-home support, and more, tailored for older adults and people with disabilities.

If you're an adult aged 60+ or a person with a disability aged 18+, reach out to an IR&A Specialist. Depending on your needs, we may connect you with a Service Navigator or our Aging and Disability Coordinator for more in-depth support, all free of charge.

OUR IR&A STAFF PROVIDES INFORMATION ON:

Financial & Emergency Assistance
Housing Resources
Transportation Options
Health, Wellness & Senior Activities
Caregiver Support
Homemaking & Home Health Services
Aging in Place with Home Supports
Legal Assistance
Medicaid & Medicare Guidance
Food & Nutrition Programs

Questions? Contact our office
info@WCAAA.org
203-757-5449

Your Guide to SNAP and HUSKY C: Food & Health Assistance for Seniors in Connecticut

from your Service Navigator, Beatriz Torres.

Navigating public benefit programs can be overwhelming, but if you're a senior in Connecticut, support is within reach. Whether you're seeking help with groceries or need affordable health insurance, here's what you need to know about SNAP and HUSKY C, two vital programs designed to help older adults live healthier, more secure lives.

Initiative opens the door for organizations and individuals eager to make a meaningful impact in our community. We welcome both new and returning applicants to apply for grant funds for fiscal year 2026.

SNAP: Food Assistance for Seniors

The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families afford nutritious food. In Connecticut, the Department of Social Services (DSS) oversees the program and determines who qualifies.

Who's Eligible?

Your gross monthly income must be below 200% of the Federal Poverty Level. For a single person, that's about \$2,609/month.

DSS also considers your net income (after expenses like rent, utilities, and medical bills). Even if your income is slightly above the limit, you may still qualify after deductions.

Asset Limits:

You can have up to \$4,250 in countable assets (like cash or savings)

Good news: Your home, car, and retirement accounts don't count!

Example:

Jane earns \$2,609/month (gross) – **she may qualify.** Her net income is \$1,255 – **slightly over**, but medical or housing expenses **might reduce it enough to qualify.**

Tip: Apply even if you're unsure. Deductions could help you qualify!

HUSKY C: Health Coverage for Seniors & People with Disabilities

HUSKY C is Connecticut's Medicaid program for adults age 65+ or those 18–64 with a disability. It offers comprehensive health coverage to help with everything from doctor visits to long-term care.

What Does It Cover?

Husky C covers doctor visits, hospital care, prescription medications, bursing home care or in-home support services.

Income & Asset Limits (2025):

Single person income limit: \$835/month

Asset limit: \$1,600

(Higher limits apply for married couples.)

Too much income? You might still qualify using a spend-down—by paying certain medical bills to reduce your "countable" income.

For Seniors Who Work: MED-Connect

If you're still working and living with a disability, MED-Connect may be a better fit. This special program supports working adults with disabilities who might not qualify for traditional Medicaid.

Eligibility Highlights:

- Annual income limit: \$85,000
- Asset limits: \$20,000 (single) / \$30,000 (couple)
- May require a small monthly premium if your income is over 200% FPL.

Your Guide to SNAP and HUSKY C: Food & Health Assistance for Seniors in Connecticut

from your Service Navigator, Beatriz Torres.

What You'll Need to Apply:

Gather these documents before applying for SNAP, HUSKY C, or MED-Connect:

- Proof of identity and U.S. citizenship
- Income statements (e.g., Social Security, pension, wages)
- Asset information (bank statements, property)
- Health insurance cards (if applicable)
- Legal documents (if needed, e.g., power of attorney)

How to Apply:

You can apply for SNAP or HUSKY programs:

- Online: www.connect.ct.gov
- By mail or in person: Contact your local DSS office

Need help? Call 2-1-1 or visit a community service agency for assistance.

Final Thoughts

Whether you need help buying groceries or managing healthcare costs, Connecticut offers resources tailored to seniors. Even if your income or assets seem a little too high, don't assume you're ineligible—deductions and special programs may open the door to the help you deserve.

Don't wait—apply today and get the support you need to thrive.

References

SNAP (Supplemental Nutrition Assistance Program) for Seniors in Connecticut

- Program Overview & Eligibility:
- Connecticut Department of Social Services. (n.d.). Supplemental Nutrition Assistance Program (SNAP). Retrieved from <https://portal.ct.gov/dss/knowledge-base/articles/health-programs-overview/snap>
- Application Information:
- Connecticut Department of Social Services. (n.d.). How to Apply for SNAP. Retrieved from <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program—SNAP/Apply>

HUSKY C (Medicaid for Seniors & People with Disabilities) in Connecticut

- Program Overview & Eligibility:
- Connecticut Department of Social Services. (2022, August 31). HUSKY C. Retrieved from <https://portal.ct.gov/dss/knowledge-base/articles/health-programs-overview/husky-c>
- Application Information:
- Connecticut Department of Social Services. (n.d.). How to Apply for HUSKY C. Retrieved from <https://portal.ct.gov/husky/how-to-qualify>



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Offering Support to
Family Caregivers

You Are A Caregiver

Many people providing care do not see themselves as caregivers. They may feel it's their responsibility to be helpful to someone as a partner or spouse, parent, a daughter or son, or even a friend. You are a caregiver if you provide personal care or transportation, pay bills, prepare food, or make medical appointments for someone else.

"There are only four kinds of people in the world: Those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."
– Rosalynn Carter



CAREGIVERS

**CALL
1-800-994-9422**

Bureau of Aging

HELP AND SUPPORT FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

Concerned about Alzheimer's or dementia? Now what?

Living with memory loss is a journey that can last for many years. Your path will have twists and turns as each person with Alzheimer's disease and related dementias may progress differently. Persons living with dementia and their caregivers often need information, support, and guidance along the way.

In Connecticut, getting help begins with a phone call:

Call your local **Area Agency on Aging (AAA)** at **1-800-994-9422**. AAA is a trusted source of information and assistance, where older adults can turn to find specialized information, support, and service options in their area: respite programs, in-home care, Medicare counseling, healthy aging programs, and more.

You can also call the Alzheimer's Association at 1-800-272-3900.

The Association has a **24/7** helpline that provides expert advice, care consultation, and referrals at both national and local levels. They also offer assistance with trainings, support groups, prevention, diagnosis, and treatment. **www.alz.org/ct**



CONNECTICUT'S ROAD MAP FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS



Get a diagnosis

Dementia is not a normal part of aging. A diagnosis can help you manage next steps.



Get treatment options

There are medical and non-medical ways to manage the condition.



Address safety

Address driving, home safety issues, and wandering.



Make a plan

Get help with legal/financial planning.



Get connected

Access support groups, senior centers, and healthy living programs.



Learn more

Get educated about Alzheimer's disease and related dementias.



Learn about care options

Understand how care needs may change over time.



Call

Area Agencies on Aging
1-800-994-9422

Alzheimer's Association
1-800-272-3900

Scan this QR code
to learn more



CONNECT AND THRIVE THROUGH SOCIAL PROGRAMS

Social connections are vital for mental health and longevity, with studies showing they slow biological aging (Journal of Aging and Health, 2023). Western Connecticut's tight-knit communities offer countless ways to stay engaged.

Join Community Groups: Dive into activities at senior centers like the New Fairfield Senior Center, offering book clubs, art classes, and card games. Need help finding programs? WCAAA's Service Navigation team can guide you—call (203) 757-5449.

Volunteer for Purpose: Volunteering fosters purpose and community ties. Help protect local rivers with the Housatonic Valley Association or mentor youth through the Regional YMCA's intergenerational programs.

Enjoy Cultural Events: Connect with neighbors at the Litchfield Jazz Festival or New Milford Village Fair Days. These events spark joy and conversation. **Support for Caregivers:** Are you a caregiver? WCAAA's Caregiver Support Program offers respite services, workshops, and peer support to keep you healthy too. Visit wcaaa.org/caregivers for details.

Stay Connected Digitally: For those with mobility challenges, join virtual book discussions or tech workshops at the Brookfield Library to stay in touch with loved ones.

Local Tip: The WCAAA provides free counseling through Service Navigation to connect you with social clubs, transportation, and more. Reach out to start building your community today.



*A beloved colleague, Debby,
recently finished her years at WCAAA.
I was struck by her parting message to the staff.
With her permission, I am sharing her thoughts with the wider community.
For anyone about to mark a new journey, or just needing to spark the
current one, here is simple wisdom for your days ahead:*

*“I want to spend more time with family and friends and pursue
some of the many passions, hobbies and interests that I have had
throughout my life. I am ready to **RE**:*

Reframe
Rejuvenate
Reimagine
Reinvent
Repurpose
Recreate
Recreate
Rededicate
Relax and
Read!”

What are you ready to “RE”?

Submitted by
Lynn Aiksnoras, WCAAA RSC Supervisor





CHOICES

MEDICARE MADE SIMPLE

(203) 757-5449 Option 4 | 84 Progress Lane, 2nd Floor, Waterbury, CT 06705
www.wcaaa.org

Turning 65?

Your Essential Guide to What Comes Next



Turning 65 is a milestone, and it comes with important decisions regarding health care, financial planning, and lifestyle adjustments. This checklist can help ensure you're prepared to navigate this exciting new chapter

Enroll in Medicare on Time:

Initial Enrollment Period (IEP): Starts 3 months before your 65th birthday, includes your birthday month, and ends 3 months after.

Sign up for Part A and/or Part B through Social Security (even if delaying retirement benefits).

Consider penalties for late enrollment if you delay enrolling in Part B or Part D without other creditable coverage.

Employer Coverage and Retirement Planning

If you're still working, talk to your employer's HR department to understand how your employer-provided health insurance coordinates.

Social Security

Decide whether to start receiving Social Security benefits at age 65 or delay until full retirement age (or later for increased benefits).

Check your Social Security Statement online at [Social Security website](#) to understand your estimated benefits.

Learn About Medicare Parts

Part A: Hospital Insurance (usually premium-free if you worked 10+ years).

Part B: Medical Insurance (requires a monthly premium).

Part C: Medicare Advantage (alternative to Original Medicare, often includes additional benefits like dental, vision, and hearing).

Part D: Prescription Drug Coverage.

Compare Your Options

Decide between Original Medicare or a Medicare Advantage Plan.

Compare Prescription Drug Plans (Part D) to find the right fit.

Check if you're eligible for Medigap (Medicare Supplement Insurance) to cover out-of-pocket costs.

Documents to Organize

Social Security card

Medicare card (once received)

Birth certificate

Pension/retirement benefit statements

Health insurance policies and Medicare-related documents

Updated will, trust, and legal directives



Financial & Estate Planning

Review Your Budget: Update your retirement budget based on fixed income, savings, and anticipated healthcare costs.

Update Beneficiary Designations: Ensure your retirement accounts, insurance policies, and will reflect your current wishes.

Estate Planning:

Review your will or living trust.

Consider establishing or updating a Power of Attorney and Healthcare Proxy.

Evaluate long-term care insurance or savings to cover potential caregiving needs.

Health & Wellness

Preventive Services: Medicare covers a free “Welcome to Medicare” preventive visit during the first 12 months of Part B enrollment.

Check Vaccines: Stay up-to-date on vaccines like flu, shingles, and pneumonia (covered by Medicare).

Schedule routine check-ups and screenings to maintain good health.

Look into fitness programs such as **SilverSneakers**, which is offered by many Medicare Advantage plans.

Lifestyle and Resources

Explore senior discounts available for travel, dining, entertainment, and shopping.

Join local senior centers or community programs to stay active and socially engaged. Consider volunteering or taking up hobbies to enrich your retirement life.

Legal & Advocacy

Know your rights under Medicare and Social Security.

Be aware of scams targeting older adults—never share your Medicare or Social Security numbers with unsolicited callers.

Seek assistance from your local Area Agency on Aging (such as WCAAA) or programs like CHOICES for unbiased guidance.

Need Additional Help?

The Western Connecticut Area Agency on Aging (WCAAA) and **CHOICES** counselors can guide you through Medicare enrollment, Social Security decisions, and planning for this new stage of life. Contact us for free, unbiased support at (203) 757-5449 or **Toll-Free: (800) 994-9422**

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MEDICARE VS MEDICAID

Navigating the world of healthcare coverage can feel overwhelming, but understanding Medicare and how it relates to Medicaid is an essential step to making informed decisions.

This comprehensive guide breaks it all down to help you get the healthcare coverage you need.

Written by Kiara Carchi, CHOICES Regional Coordinator

WHAT IS MEDICARE?

Medicare is a federal health insurance program primarily for (1) people aged 65 and older, (2) people under 65 with certain disabilities, and (3) individuals with End-Stage Renal Disease (ESRD). Medicare helps cover medical costs but is not free. You may pay premiums, deductibles, and copayments depending on your coverage.

WHAT IS MEDICAID?

Medicaid is a state and federally funded program that provides health coverage to eligible low-income individuals and families. It is designed to cover essential health services for people who might not otherwise afford medical care. Medicaid programs are administered by individual states under federal guidelines, which means eligibility criteria and covered services can vary.

Medicaid covers a wide range of health services, including hospital stays, doctor visits, prescription medications, preventive care, and more. For those who qualify, Medicaid often has no premiums or minimal cost-sharing.

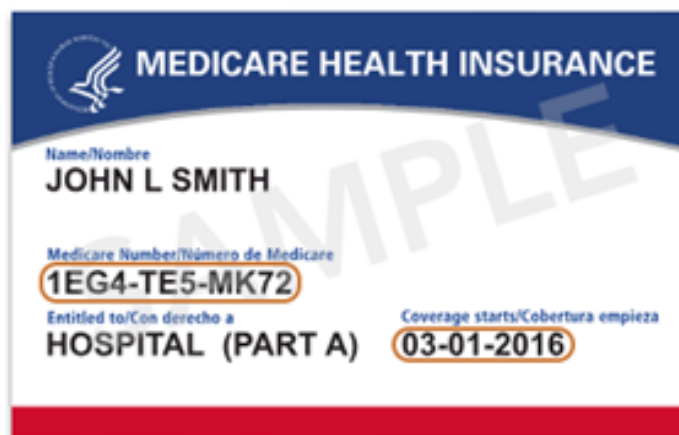
MEDICAID IN CONNECTICUT

Medicaid is a state and federally funded program that provides health coverage to eligible low-income individuals and families. It is designed to cover essential health services for people who might not otherwise afford medical care. Medicaid programs are administered by individual states under federal guidelines, which means eligibility criteria and covered services can vary. Medicaid covers a wide range of health services, including hospital stays, doctor visits, prescription medications, preventive care, and more. For those who qualify, Medicaid often has no premiums or minimal cost-sharing.

TYPES OF MEDICAID IN CONNECTICUT

There are various options of Medicaid (Husky Health) in Connecticut.

HUSKY A (Medicaid for Children, Parents, and Pregnant Women): Covers low-income children, parents/caretaker relatives, and pregnant women. Includes comprehensive health services such as prenatal care, pediatric care, and routine check-ups.



HUSKY B (Children's Health Insurance Program - CHIP):

Provides low-cost or no-cost health coverage to children in families with incomes too high for HUSKY A but who still need affordable insurance. Includes services like doctor visits, dental care, vision care, and more.



HUSKY C (Medicaid for the Ages, Blind, and Disabled):

Covers low-income individuals who are 65 or older, blind, or disabled. May help with Medicare premiums, deductibles, and coinsurance for those who are also Medicare beneficiaries (dual-eligible individuals).

HUSKY D (Medicaid for Low-Income Adults): Covers low-income adults aged 19 to 64 who do not have dependent children. Includes preventive care, doctor visits, mental health services, hospital stays, and more.

Medicaid for Employed Disabled Individuals (MED-Connect): Offers Medicaid coverage for individuals with disabilities who are working. Includes higher income and asset limits, enabling disabled individuals to maintain employment while retaining health benefits.

Long-Term Services and Supports (LTSS): Covers services for individuals needing long-term care, such as nursing home care or home and community-based services (HCBS). Aimed at elderly and disabled individuals who require ongoing medical or personal care.

KEY DIFFERENCES BETWEEN MEDICAID & MEDICARE

FEATURE	MEDICAID (HUSKY HEALTH)	MEDICARE
Eligibility	Income-based and may include additional criteria.	Age (65+) or disability-based, regardless of income.
Cost	Minimal or no cost for beneficiaries.	Includes premiums, deductibles, and coinsurance.
Primary Coverage	Comprehensive care, including long-term services.	Medical coverage for seniors and certain disabled individuals.
Administration	Managed by the state with federal oversight.	Federally administered.

HOW MEDICAID WORKS IN CONNECTICUT

Eligibility: Eligibility is determined based on income, family size, age, disability status, and other factors. Connecticut uses a percentage of the Federal Poverty Level (FPL) to set income limits for each type of HUSKY Health program.

Dual Eligibility with Medicare: Some people qualify for both Medicare and Medicaid. Medicaid can help cover Medicare premiums, copays, and deductibles for eligible individuals. (see more details at the end of this article)

HOW TO APPLY FOR MEDICAID IN CONNECTICUT

If applying for Husky C, Med-Connect or LTSS, individuals can apply through the Connecticut DSS online portal (<https://connect.ct.gov/access/jsp/access/Home.jsp>) You can also call the DSS Benefits Center at 1-855-626-6632.

If applying for Husky A, B or D please contact the Access Health CT or visit their website. **E**

IMPORTANT TO KNOW:

In Connecticut, there's a program called the Medicare Savings Program (MSP), which has three levels: QMB, ALMB, and SLMB. Many people refer to this program as

Medicaid because they receive the same gray CONNECT Card from DSS. However, that card can mean different things—it may indicate enrollment in Medicaid, SNAP (Food Stamps), or the Medicare Savings Program (usually QMB level). It's important to know that the Medicare Savings Program is not the same as Medicaid—the benefits and coverage are different.

Stay tuned! In our next issue, we'll break down the key differences between the Medicare Savings Program and Medicaid (also known as HUSKY in CT).

If you have any questions about your eligibility or coverage options, or to request a paper application, the SHIP/CHOICES Program (203-757-5449 Option 4) or DSS (1855-626-6632) can provide free assistance.

CALLING ALL PROVIDERS

Are you the go-to person for your community? Become a certified SHIP/CHOICES counselor and be the expert your seniors need!

As a certified counselor, you'll guide your clients through their healthcare options, helping them make informed decisions for healthier living. Avoid the hassle of referrals and become the trusted source for all their needs.

Enhance your services and be the "no wrong door" for your consumers. Join us and make a difference in their lives!

Sign Up Today & Lead Your Community to Better Health!

**Contact the
SHIP/CHOICES
program:
203-757-5449 x 4 or
1-800-994-9422**

2026 Training Schedule

SPRING
Application Deadline: Friday,
Feb 20th
Orientation (virtual):
Mar 10th
**Self-paced Modules
(virtual):**
Mar 10-Apr 14
Live Training (in-person)
Apr 21st, 22nd, 23rd

FALL
Application Deadline: Friday,
Jul 24th
Orientation (virtual):
Aug 4th
**Self-paced Modules
(virtual):**
Aug 1st-Sep 1st
Live Training (in person)
Sep 8th, 9th, 10th

WHAT YOU NEED TO KNOW:

- ✓ CHOICES trainings are free for volunteers and \$125 for in-kind (paid professionals).
 - ✓ We are offering a mix of virtual and in person options for training sessions
- Participants must complete an orientation
- ✓ session, self-paced training modules, three training days, sign an MOU and take an online certification exam.
- Topics include: The parts of Medicare, Medigap,
- ✓ eligibility, coverage, costs, appeals, coordination of benefits, transitions, & cost assistance programs.
- Expectations of counselors include willingness to learn, assist beneficiaries through Medicare
- ✓ Planfinder tool and other tools & resources, assist in the application of cost assistance programs, report counseling sessions and attend two update trainings per year.
- Individuals with a conflict of interest, such as insurance agents, are not eligible to participate.*

Benefits of Becoming a Counselor:

Empowerment Through Knowledge: Gain in-depth knowledge of Medicare and Medicaid, to guide clients with confidence.

Be the Trusted Expert: Offer seamless support and become a go-to resource.

Simplify the Process: Cut through the red tape and save clients time and frustration.

Promote Healthy Living: Help seniors make choices that enhance their well-being.

Elevate Your Role: Position yourself as the trusted point of contact in your community, enhancing your services and solidifying your reputation as a valuable asset.

Boost Your Career: Enhance your skills and credentials for professional growth.

and more!

Enjoy volunteering & taking on a new challenge?

Become a certified SHIP/CHOICES counselor in your community and be the expert on all things Medicare! As a certified counselor, you will guide your peers through their healthcare options, helping them make informed, unbiased decisions for healthier living.

Join us today and make a difference!

Sign Up Today & Lead Your Community to Better Health!

Contact the
SHIP/CHOICES
program:
203-757-5449 x 4 or
1-800-994-9422

2026 Training Schedule

Spring
Application Deadline: Friday,
Feb 20th
Orientation (virtual):
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Self-paced Modules
(virtual):
Mar 10-Apr 14
Live Training (in-person)
Apr 21st, 22nd, 23rd
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Application Deadline:
Friday, Jul 24th
Orientation (virtual):
Aug 4th
Self-paced Modules
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- Individuals with a conflict of interest, such as insurance agents, are not eligible to participate.*

Benefits of Becoming a Counselor:

Empowerment Through Knowledge: Gain in-depth knowledge of Medicare and Medicaid, to guide clients with confidence.

Be the Trusted Expert: Offer seamless support and become a go-to resource.

Brave the Challenge: We learn something new every day. Medicare is complicated, help others understand it.

Promote Healthy Living: Help seniors make choices that enhance their well-being.

Boost Your Career: Enhance your skills and credentials for professional growth.

and more!

Don't Miss an Opportunity to Save Money! Mark Your Calendar Now for the Fall 2025 Annual Medicare Open Enrollment Period

Written by Amanda Halle, WCAAA CHOICES Support Staff

It's not too early to mark your calendar to review your healthcare plan with a certified SHIP Counselor at the Western CT Area Agency on Aging (WCAAA) during the Annual Medicare Open Enrollment Period (October 15-December 7). While it may seem premature to mark your calendar now, appointments with our SHIP Counselors fill up quickly.

During the 2024 Annual Medicare Open Enrollment Period, SHIP Counselors working in the 41 towns served by WCAAA collectively saved Medicare beneficiaries close to \$1,000,000* by simply reviewing their Part D prescription drug plans and Medicare Advantage plans. SHIP Counselors provide free, unbiased, non-commission, one-on-one counseling on Medicare and programs that help Medicare beneficiaries pay for their healthcare such as the Medicare Savings Program or Medicaid (Husky C)

What is the Medicare Open Enrollment Period?

Whether you are on a Part D/Prescription Drug plan or a Medicare Advantage plan, you can change your health insurance coverage during this Open Enrollment period (October 15-December 7).

The changes you can make during this period include:

- Joining a new Medicare Advantage Plan or a stand-alone Part D prescription drug plan
- Switching from Original Medicare to Medicare Advantage
- Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

You should consider changing your plan when:

- Your personal health status may have changed over the past 12 months resulting in a change in the drugs you now take and the healthcare providers you now see.
- Each year the health insurance plans change the drugs they cover, the cost of these drugs, the pharmacies covered in the plan's network and in the case of Medicare Advantage plans, the plan's network of healthcare providers may change.

For most people, the Medicare Open Enrollment period is the only time of year to make changes to their Part D (Prescription Drug plans), otherwise one needs to wait until the following year to change their plan. Folks on Medicare Advantage Plans or receiving assistance from the State of CT, have additional enrollment periods.

To determine if you need to switch plans:

- Read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). These documents will list the plan's costs (premiums, deductibles, co-payments), benefits and coverage rules and a list of the drugs covered by your plan for 2026.
- Conduct a side-by-side comparison of plan coverage, costs, quality ratings plan by going to Medicare.gov
- Contact a certified SHIP Counselor, the first door to Medicare, to review your options either via phone, zoom or in person by contacting the Western CT Area Agency on Aging at 203.757.5449 option #4. SHIP Counselors provide free, unbiased, non-commission, one-on-one counseling on Medicare.

WCAAA starts receiving updates from the Federal Government and the State of CT about changes, including costs, to Part D (Prescription Drug Plans) and Medicare Advantage plans for **2026 in late September** so please check our website, wcaaa.org **starting October 1** for any updates or contact our office to speak to a **SHIP Counselor at 203.757.5449 or 1-800-994-9422.**

*Sources: Medicare Open Enrollment: A Resource for Journalists – Fall 2024 © 2024 Medicare Rights Center. * Report generated from ACL database from October 15, 2024 to December 7, 2024 for WCAAA.*

This article is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Recognizing Excellence

The 2025 CHOICES Volunteer Appreciation Luncheon

Written by Chelcy Htoo, WCAAA CHOICES Support Staff

This past May, the CHOICES program at the Western CT Area Agency on Aging (WCAAA) gathered for a heartwarming afternoon of recognition & celebration at the program's Annual Volunteer Appreciation Event. The evening was a joyful reminder of the invaluable contributions made by the volunteers who support the CHOICES program, whether working directly with beneficiaries or providing essential behind-the-scenes support.





From assisting clients over the phone or in person, to representing CHOICES out in the community at health fairs, educational events, and presentations, The CHOICES volunteers at show unwavering commitment, compassion, and professionalism. They are often the first point of contact for individuals navigating complex Medicare decisions, and their ability to offer clear guidance and a listening ear makes a lasting difference.

The program proudly celebrated three outstanding CHOICES counselors who went above and beyond to serve our clients with dedication and heart. From our in-kind team, to our volunteer counselors, to our staff, each individual brought their unique strengths and unwavering commitment to the people we serve.

Their compassion and expertise exemplify the spirit of CHOICES. Their contributions have not only made a measurable impact—they have also uplifted the lives of countless older adults and caregivers across our region. In addition to recognizing these exceptional counselors, the event also featured a special presentation from the Department of Social Services (DSS).

Without the volunteer counselors, CHOICES would not be what it is today. Their presence is not just helpful—it's transformative. These volunteers give more than just their time—they give their patience, their empathy, and their hearts. They listen without judgment, explain without rushing, and show up, again and again, simply because they care.

Interested in Volunteering with Us?

It's easy to make a difference! Simply sign up today by scanning the QR code below, and a dedicated team member will reach out to guide you through the process. Whether you're looking to gain valuable experience or make a positive impact in your community, we'll help you get started on your volunteering journey with us. Join our mission today and be part of something meaningful!

Becoming a Certified CHOICES Counselor



¿Interesado en ser voluntario con nosotros?

¡Es fácil marcar la diferencia! Simplemente regístrate hoy escaneando el código QR a continuación, y un miembro dedicado del equipo se comunicará contigo para guiarte en el proceso. Ya sea que estés buscando obtener una valiosa experiencia o generar un impacto positivo en tu comunidad, te ayudaremos a comenzar tu viaje como voluntario con nosotros. Únete a nuestra misión hoy y sé parte de algo significativo.

Convirtiéndose en un Consejero Certificado de CHOICES



Many of the programs’ clients leave conversations not only with answers, but with a sense of relief and empowerment—because someone took the time to truly listen and help.

The WCAAA CHOICES volunteer counselors remind us that kindness is powerful, and that the act of showing up for someone else can ripple far beyond what we ever see. Endless gratitude is expressed for their commitment, and because of them, CHOICES is stronger, more compassionate, and more able to connect the community with effective resources.



ALL HANDS IN

VOLUNTEER TODAY!

**CHOICES/SHIP
VOLUNTEERS NEEDED**

Certified CHOICES Counselors provide free and unbiased information to help older adults and disabled persons navigate Medicare and understand their health insurance options.

As a CHOICES Counselor, you become an important resource for older adults in your community to help them navigate Medicare.

Being a CHOICES certified counselor is a wonderful way to give back to your community.
Come join a fun, collaborative, and supportive CHOICES team at WCAAA.

To learn more about CHOICES or for further information, please contact the CHOICES Regional Coordinator at Western CT Area Agency on Aging at: (203) 757-5449 ext. 100.

**Brain Games!
Sudoku**

					4			7
6	2			5		1		
	9	4		1	3			
		6		2				
4	3						7	5
					5	4	6	
	4	5	6		8	7	1	2
2	8	3	5		1	9	4	
			9		2			3



Dear CHOICES Counselor

I will be turning 65 in September 2025 and up until this point I had Husky D, which has covered me all my medical needs, doctors and prescriptions. I really want to keep Husky and my income has not changed. I am widowed and I only receive \$1,700 of Social Security Income monthly. What are my options and how can I opt out of Medicare to only keep Husky? B. – Cheshire CT.

Dear B.,

Thank you for reaching out with your question, we are happy to help.

When you turn 65, things will change a little because Husky D is a Medicaid program for adults under 65. Once you become eligible for Medicare, you would no longer qualify for Husky D and Medicare automatically becomes your primary insurance. This means that by law, Medicare will be the first to pay your medical bills.

Then, if you qualify based on your income, you can get help from other programs to help you with Medicare expenses.

Two of the programs that you might want to explore are:

The Medicare Savings Program (MSP): MSP is a federally funded, state-administered program that uses income criteria to provide assistance with some or all of your Medicare costs.

Income guidelines:

- **Qualified Medicare Beneficiary (QMB) Level:** Up to \$2,752 for individuals; \$3,719 for couples.
- **Specified Low-Income Medicare Beneficiary (SLMB) Level:** Up to \$3,013 for individuals; \$4,072 for couples.
- **Additional Low-Income Medicare Beneficiary (ALMB) Level:** Up to \$3,209 for individuals; \$4,336 for couples.

Benefits of the Medicare Savings Program:

- Pays your Medicare Part B premium (\$185 per month in 2025), that's over \$2,000 a year saved!
- Helps cover co-pays, deductibles, and other costs that Medicare doesn't fully pay.
- Automatically qualifies you for Extra Help which is another program that helps you with prescription drug costs (saving even more!).
- No asset limit — they don't count your savings or property against you.

How does MSP work?

- Medicare pays first, then MSP helps pick up the gaps.
- You still see your regular doctors; it just makes Medicare way more affordable!

It's free to apply, and if you qualify, it will take effect the month after you apply.

Husky C (which is Medicaid for people 65+ in Connecticut):

If you also qualify for Husky C would act as your third level of coverage. It could help cover anything Medicare and MSP don't fully pay for, depending on your eligibility.

Important to Know: The state (through Medicaid programs like Husky C) is always the "payer of last resort." That means Medicare pays first, MSP helps second, and Husky C only steps in after those two have paid their parts.

Since you receive \$1,700/month, it sounds like you will qualify for the QMB Level of the MSP program and possibly for Husky C depending on your assets (like savings). The CHOICES team here at WCAAA can help walk you through the application process.

Friendly Reminder: You have a 7-month window to complete your Medicare enrollment — this includes the 3 months before your birthday month, your birthday month itself, and the 3 months after.

However, to avoid any gaps in your coverage, we **strongly recommend** enrolling in all parts of Medicare **during the first 3 months** before your birthday.

If you're also planning to apply for the **Medicare Savings Program (MSP)**, it's a good idea to submit your completed application to the **Department of Social Services (DSS) about one month** before your birthday.

That way, your MSP benefits can start **September 1, 2025**, right alongside your Medicare!

Important: You cannot "opt out" of Medicare once you're eligible at 65 — but you can get programs like Husky C and MSP to work together with Medicare to make sure you keep full health coverage with very low or no costs.

Please contact us at 203-757-5449 x 4 to have a certified CHOICES counselor screen you for the Husky C program and other programs.

Regards,

Your Choices Counselor



SHIP

State Health Insurance
Assistance Program

Make sure to review your
plan every year during
Open Enrollment.

**October 15 –
December 7**



October 15 - December 7

Medicare Annual Enrollment Period (AEP)

Beware of unsolicited calls, texts, emails and door knocking!

With Medicare Open Enrollment starting, you may receive an increase in phone calls. Be aware that there are things that agents cannot do. For instance, agents cannot threaten to take away your benefits if you don't sign up for a plan. They also can't offer you any type of gift or incentive to sign up for their plan. If the person on the phone offers you a gift for switching or starts to threaten you, hang up and call the SMP and report it.

CHANGING MEDICARE PLANS?

WATCH OUT FOR **PHONE SCAMS**

Agents can't threaten to take away your benefits if you don't sign up for a plan. They also can't offer you gifts if you agree to sign up.



CHANGING MEDICARE PLANS?

WATCH OUT FOR **SOCIAL MEDIA SCAMS**

Posts cannot suggest that Medicare endorses or prefers their plan. They also cannot claim there are any extra benefits for signing up early.



If you are looking at Medicare plans online, be aware that you may be targeted for Medicare plans when you are on social media. Know that posts should not endorse that Medicare prefers any plan or that you would get any kind of benefit for signing up early. If you see these posts, please report them to SMP.

If you have an appointment with a Medicare agent to discuss a new Medicare plan, know that there are certain rules they need to abide by. Agents can't talk to you about other Medicare or insurance products that you didn't request when you made the appointment. If they do, this is a violation.

CHANGING MEDICARE PLANS?

WATCH OUT FOR **IN-PERSON SCAMS**

Agents can't talk about other Medicare or insurance products that you didn't ask to talk about and weren't in the scope of appointment you signed.



Senior Medicare Patrol (SMP) provides information needed to PROTECT you from Medicare fraud, errors, or abuse; DETECT potential fraud, errors, or abuse; and REPORT your concerns. Please call your local CT Area Agency on Agency at 1-800-994-9422

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$381,065 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Medicare Tracker App

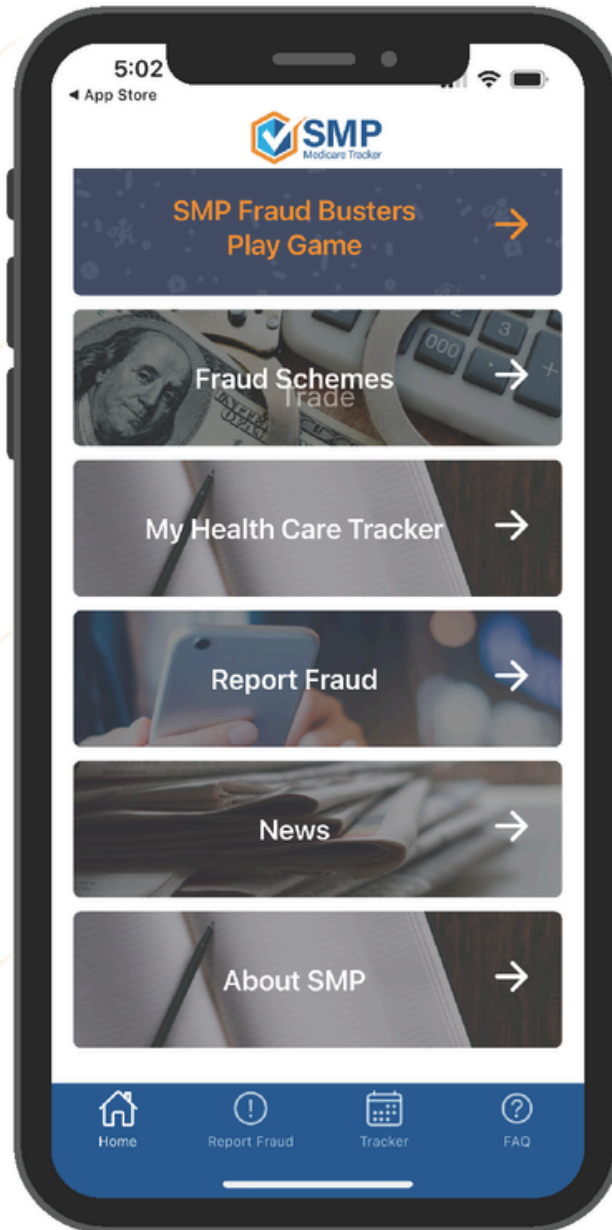
The mobile app that empowers you to prevent health care fraud.

Play the SMP Fraud Busters interactive game to test fraud knowledge and learn how to prevent scams!

Concerned about charges on your Medicare statements? Report potential Medicare fraud to the Senior Medicare Patrol (SMP).

Learn about the most common fraud schemes targeting Medicare beneficiaries.

Use the digital My Health Care Tracker to track what happens at medical appointments to help prevent and detect fraud, errors, or abuse.



Available on the
App Store



Download Now



SMP

Senior Medicare Patrol

Preventing Medicare Fraud



GET IT ON
Google Play





MEDICARE AND SENIOR MEDICARE PATROL BASICS

Learn the fundamentals and complexities of Medicare Parts A, B, C & D and more. Learn how Senior Medicare Patrol (SMP) assists beneficiaries.

Taught by trained, experienced and unbiased Counselors from the Western Connecticut Area Agency on Aging.

Class meeting on ZOOM:

November 12th, Wednesday 5-7 PM, on-line ZOOM, FREE

New to Medicare? On Medicare and confused? Have a family member or loved one on Medicare? These classes are for you! Go to the Ed Advance website link to register and look for us under Finance: <https://www.edadvance.org/adulted>





Regional Collaboration in Action: Highlights from WCAAA's June Leadership Breakfast

Written by Spring Raymond, CEO

On June 13, 2025, the Western Connecticut Area Agency on Aging (WCAAA) proudly hosted its latest Regional Leadership

Breakfast, convening over 60 leaders from across Western Connecticut. Participants included municipal agents, senior center directors, nonprofit partners, healthcare collaborators, and advocacy organizations—all united by a common mission: to improve the lives of older adults and individuals with disabilities through coordinated, community-based solutions. This event marked the one-year anniversary of WCAAA's Regional Leadership Breakfast series, an initiative launched to foster sustained dialogue, strengthen cross-sector relationships, and cultivate a shared approach to addressing the evolving needs of aging populations in our region.

The atmosphere was one of collaboration, energy, and commitment. Participants had the opportunity to network across town lines, share lessons learned, and identify challenges that transcend municipal boundaries.

WCAAA opened the morning by reflecting on the progress made through prior gatherings, and then shifted toward forward-focused, solution-driven discussions.

The heart of the meeting featured interactive breakout sessions, where participants engaged in small group dialogue around three key regional priorities:

Housing: Affordability, access, and navigation challenges

Rural Access & Transportation: Barriers to mobility and service reach

Mental Health & Healthy Living: Gaps in behavioral health care and community well-being supports.

These sessions fostered honest, insightful exchanges that not only highlighted shared struggles but also surfaced creative ideas and actionable strategies—from centralizing housing data and coordinating regional van use, to expanding mental health training for frontline staff and providing peer support for providers. The ideas and recommendations gathered from these sessions will directly inform WCAAA's ongoing regional planning work.

The ideas and recommendations gathered from these sessions will directly inform WCAAA's ongoing regional planning work. By aligning local voices with broader systems change efforts, we are creating a more resilient, connected, and inclusive network of aging services across Western Connecticut.



Celebrating 2025–2026 Focal Point Awardees

A highlight of the morning was the recognition of our 2025–2026 Focal Point Awardees—community-based organizations that serve as trusted hubs for outreach, education, and care coordination for older adults and individuals with disabilities. **This year's honorees are:**

- Barkhamsted Senior & Community Center
- Bridgewater Hilltop Senior Center
- Brookfield Senior Center
- The Cheshire Senior Center
- Danbury Public Library
- Edward E. Sullivan Senior Center
- Falls Avenue Senior Center
- Grace Meadows
- The Hispanic Coalition of Greater Waterbury
- Hotchkiss Library of Sharon
- Middlebury Senior Center
- Naugatuck Senior Center

- New Fairfield Senior Center
- New Milford Senior Center
- New Opportunities, Inc.
- Newtown Senior Center
- Regional YMCA of Western Connecticut
- Sherman Senior Center
- Sherman Social Services
- Southbury Senior Center
- Waterbury Senior Center
- Winsted Senior Center
- Woodbury Senior Center
- Danbury Senior Center
- Litchfield Community Center

Together, these organizations represent the heart of community-based aging services, setting a high standard for inclusive care, local leadership, and meaningful engagement with older adults across Western Connecticut.

A Day of Wellness and Connection at the WCAAA Health Expo

Written by Nehway Sahn
WCAAA Executive Assistant





A Day of Wellness and Connection at the WCAAA Health Expo

The Western CT Area Agency on Aging's (WCAAA) 2nd Annual Health Expo was held on Friday, September 19, 2025. With the help & guidance of a dedicated committee, the WCAAA brought together over 50 vendors representing home care, housing, technology, companion, and wellness services across Western Connecticut.

Walgreens, who joined the event and offered free flu, RSV, and other vaccinations to attendees. In the parking lot the New Opportunities Meals in Motion food truck served up fresh breakfast & lunch sandwiches throughout the day.

Stories from the Floor

At the volunteer table, CHOICES Support Staff Chelcy Htoo and Executive Assistant Nehway Sahn met dozens of clients & caregivers. One woman, "Faye" for privacy, shared how much the WCAAA meant to her late mother's care. "Your agency saved my life," she said before dropping her ticket into the free raffle box.

CEO Spring Raymond energized the crowd with her cheerful reminder: "Get your flu shots!" The day's turnout proved that the message landed, as Walgreens had enough vaccines for everyone and then some.

Vendors & Community Partners

Among the vendors were Walgreens, Careforth, Connecticut Legal Services, New Opportunities, Homesight by Vantiva, Alzheimer's Association CT Chapter, Waterbury & Hartford Elderly Services, UConn Health Center on Aging, Waterbury Senior Center, Litchfield Community Center, Elara Claring, Green Home Care, Greater Waterbury YMCA, KeepMeHome, CT Foundation for Dental Outreach, and many more.

Agency Programs in Action

Several of WCAAA's own programs—Service Navigation, the Advisory Council, Resident Services Coordination, the Caregiver Program, and the CT Home Care Program for Elders—hosted tables to share information about their services. Attendees had the chance to learn directly from staff and gather resources tailored to their needs and level of care.

Between conversations, guests also took advantage of free blood pressure screenings offered by vendors such as Elara Caring & Oak Street Health.

Looking Ahead

Events like this highlight the real impact of WCAAA's work—bringing programs, partners, and neighbors together to see our services in action. They remind the community that the Western Connecticut Area Agency on Aging is here to offer care, guidance, and resources they can truly use.

To stay updated on future events, call 203-757-5449 ext. 130 to join the WCAAA mailing list. The next Health Expo promises to be bigger and brighter than ever.





WESTERN CONNECTICUT
AREA AGENCY ON AGING

SERVICE NAVIGATOR

Service Navigators are Community Resource Specialists who assist aging adults and persons with disabilities who may be facing multiple complexities. Our goal is to provide effective solutions, addressing each challenge one step at a time.

WHO WE SERVE?

We provide services to Connecticut residents aged 60 and older, as well as adults between the ages of 18 and 59 who have a disability and currently receive care from a caregiver.

WHAT WE OFFER?

- **Prescreening:** We conduct a thorough prescreening process to assess clients' eligibility based on their specific needs. Our clients may require support in areas such as public assistance, assisted living resources, home care referrals, support groups, food and nutrition, case consultations, and more.
- **Application and Referral Assistance:** We help clients complete and process forms, ensuring they have the support needed to navigate the application and referral process.
- **Person-Centered Planning:** We collaborate closely with individuals to develop customized care plans that reflect their unique needs, preferences, and goals.
- **Advocacy:** We provide guidance, education, and connect clients with essential resources. By partnering with other professionals, we address client challenges and help them advocate for their rights. Our mission is to ensure that every client feels valued, heard, and understood.



**PLEASE
CALL**

 **203-757-5449**



**84 Progress Lane, Waterbury
CT, 06705**

Planning Ahead: A Guide to Stability, Security, and Well-Being for Connecticut Seniors

Written by: Bobbi Riddick,
CT Coalition to End Homelessness

As you approach this next chapter in life, it's time to focus on what matters most: stability, security, and peace of mind. For seniors in Connecticut, planning ahead means more than just retiring — it's about making informed, empowered choices that support long-term housing and financial well-being. Whether your goal is to age in place, explore new living arrangements, or simply ensure your home remains a safe and affordable space, the journey begins with preparation.

This stage of life isn't about slowing down. It's about creating a future where your needs are met, your voice is heard, and your independence is honored. Connecticut offers a wide range of resources to help you stay rooted, connected, and confident in the years ahead. Here's how to take the steps that lead to lasting stability and a life you love.

Understanding Your Benefits

A solid foundation begins with understanding the benefits available to you. From Social Security and Medicare to Supplemental Security Income (SSI) and disability programs, knowing what you qualify for can make a world of difference. Local agencies and state programs — including energy assistance, homeware, and SNAP — exist to ensure that every senior can access the support they've earned. Taking time to learn about these resources can ease financial pressure and help you make informed decisions about your future.

Building Housing Stability

Once those basics are in place, housing stability becomes the next pillar of preparation. Seniors today have more options than ever: independent living, assisted living, subsidized senior housing, and home modification programs for those who prefer to age in place. Starting early is key, especially when it comes to housing waitlists or accessibility updates.



Honest conversations with family or caregivers can also help align your living situation with your comfort, safety, and independence.

Strengthening Financial Wellness

Financial wellness plays a major role in maintaining peace of mind. Learning how to budget on a fixed income, manage debt before retirement, and understand retirement accounts — like pensions, 401(k)s, and IRAs — can help keep your finances strong. Connecticut seniors can also explore tax relief programs, emergency savings strategies, and affordable transportation options designed to reduce financial strain while increasing freedom. Small financial steps today can create lasting stability tomorrow.

Planning for the Long Term

Planning for the long term means preparing for more than just finances. It involves legal and personal decision-making, too. Wills, powers of attorney, and healthcare proxies ensure that your wishes are clear and respected. Guardianship planning, life insurance, and assistive technologies can make future transitions smoother and more secure. Legal aid and elder law attorneys are also available to guide seniors through these sensitive but essential conversations.



Staying Engaged and Connected

Well-being is about more than paperwork and numbers — it's about connection. Staying active in the community keeps both the mind and spirit strong. Local senior centers, wellness programs, volunteer opportunities, and faith-based or cultural organizations all offer meaningful ways to stay engaged. Digital tools, such as telehealth and online banking, can also help maintain independence while staying connected in a modern world.

Taking the Next Steps

Preparation means taking small, clear steps that reflect your personal goals. Simple tools like readiness checklists, retirement and housing worksheets, or local referral directories can help you stay organized. Think of it as your personal strategy guide — one that evolves with you.

For many, the best time to start planning is now, no matter your age. Whether you're fifty and just beginning to think ahead, or already retired and looking to strengthen your next steps, Connecticut's network of senior resources is here to help. The path to stability, security, and joy in later life begins with a single, intentional choice: to prepare.

CT CAN END HOMELESSNESS



[Learn More](#)

cceh.org | info@cceh.org | (860) 721-7876

HOUSING RESOURCE GUIDE FOR WESTERN/NORTHWESTERN CONNECTICUT



Housing Definitions

Subsidized rental housing is for seniors and people with disabilities whose health and physical mobility enable them to live independently with minimal assistance. Most sites accept people who are at least 62 years old, but some accept those starting at age 55. Income is at or below 80% of the median income, and rent varies but is usually no more than 30% of income. Most sites listed are operated by local housing authorities, but some are owned by private nonprofit organizations that receive government grants or loans.

Continuing Care Retirement Communities

Continuing Care Retirement Communities (CCRCs), also known as life care communities, provide lifetime housing and services through contractual agreements. Residents sign a residency agreement with a continuing care provider, requiring an entrance fee and monthly payments. CCRCs offer varying levels of care, allowing residents to transition as their needs change while remaining on campus. Admission typically requires a health screening, and residents must be able to live independently at the time of entry.

Retirement Communities

Retirement communities are designed for independent, healthy older adults. These age-restricted communities offer apartments, single-family homes, or condominiums for rent or purchase, with varying services and fees. Most provide recreational activities and supportive services, with costs ranging from moderate to high based on amenities. They may have strict maintenance rules and require monthly fees in addition to rent or mortgage payments.

Resident Services Coordination

Housing environments may differ regarding the services they are required to provide, as well as the services they are prohibited from offering. In addition to providing different types of services (e.g. Assisted Living, Alzheimer's Independent living, etc.), housing communities can offer varying degrees of the same service. They also vary in terms of (1) the residents they serve, 2) whether they are required to be licensed to operate, 3) their conditions for requiring when residents must move to another level of care and 4) costs.

Subsidized Housing

Elderly housing communities may employ Resident Services Coordinators (RSCs) to assist residents in maintaining independence. RSCs identify needs, coordinate supportive services, and monitor service delivery. They also address community-wide concerns, advocate for residents, and organize social activities. RSCs may work full- or part-time, serving a single community or multiple housing sites."

Skilled Nursing Facilities

Also known as Chronic and Convalescent Nursing Homes, Skilled Nursing Facilities provide comprehensive care for individuals with chronic, unstable, or uncontrolled conditions requiring significant daily assistance. These facilities offer medical supervision for non-surgical treatment of chronic diseases or recovery from acute illnesses or injuries. Some residents may have physical or mental impairments preventing independent living. While skilled nursing care is provided under medical supervision, residents do not require hospitalization.

Assisted Living Facilities

An assisted living designation in this directory applies to managed residential communities that provide supportive services through a licensed Assisted Living Services Agency (ALSA), as regulated by the Connecticut Department of Public Health. These communities either hold an ALSA license or contract with a licensed provider.

Managed residential communities must offer core services, including laundry, transportation, housekeeping, meals, recreational activities, and maintenance. While ALSAs typically do not provide skilled medical care, they support residents with chronic and stable conditions. Residents live in apartment-style units, paying monthly fees, with additional charges for extra services.

Congregate Living

Congregate living facilities are for mostly self-sufficient individuals who need limited support to live independently. They offer private living spaces, common dining areas, social activities, housekeeping, and at least one daily meal. However, they do not provide in-unit assistance, healthcare, or medication management, and they are not licensed. Those requiring supervision, daily assistance, or extensive services are generally not suitable for congregate housing.

Residential Living

Residential care communities are intended for people who are basically independent with their activities of daily living but still should not be living alone. These facilities provide a room, meals and supervision, but no nursing services. Services vary from facility to facility but may include dietary and housekeeping services, monitoring and administration of prescription medication, and social opportunities. Residential care communities in Connecticut are licensed by the Department of Public Health. They also accept Medicaid/Title 19.

Independent Living

Independent living communities are age-restricted rental housing, though some may allow younger individuals with disabilities. Residency is obtained through rental contracts or leases. These communities typically offer fewer amenities than upscale retirement communities & services, rules,

and occupancy requirements vary based on management decisions and legal regulations. While not licensed, they must meet building and safety codes. Designed for individuals who can live independently with minimal assistance, residents are responsible for arranging any supportive services they may need. Some communities have Resident Services Coordinators to help connect residents with community-based resources.

Housing Authorities

BETHEL

Bethel Housing Authority

25 Reynolds Ridge, Bethel, CT 06801

Phone: (203) 797-9909

Fax: (203) 797-0068

Email: office@bethelhousingauthority.org

BROOKFIELD

Brookfield Housing Authority

3 Brooks Quarry Road, Brookfield, CT 06804

Phone: (203) 775-1403

Fax: (203) 740-8714

Website: www.brookfieldct.gov/housing-authority

CHESHIRE

Cheshire Housing Authority

50 Rumberg Road, Cheshire, CT 06410

Phone: (203) 272-7511

Fax: (203) 271-7511

Email: cheshirehousing@aol.com

DANBURY

Danbury Housing Authority

2 Mill Ridge Road, Danbury, CT 06811

Phone: (203) 744-2500

Fax: (203) 797-1864

Website: www.hacdct.org

LITCHFIELD

Litchfield Housing Authority

111 Wells Run, Litchfield, CT 06759

Phone: (860) 567-5308

Website: www.townoflitchfield.org/housing-authority

NAUGATUCK

Naugatuck Housing Authority

16 Ida Street, Winsted, CT 06098

Phone: (860) 379-4573

Fax: (860) 379-0430

Website: <http://www.winchesterhousing.org>

NORTH CANAAN

North Canaan Housing Authority

132 Quinn, North Canaan, CT 06018

Phone: (860) 824-0521

Email: wangumvillage@yahoo.com

TORRINGTON

Torrington Housing Authority

110 Prospect Street, Torrington, CT 06790

Phone: (860) 482-3581

Fax: (860) 482-3581

Website: <https://torringtonhousingauthority.org>

WATERBURY

Waterbury Housing Authority

2 Lakewood Road, Waterbury, CT 06704

Phone: (203) 596-2640

Fax: (203) 596-4877

Email: info@waterburyha.org

WATERTOWN

Watertown Housing Authority

1091 Buckingham Street, Watertown, CT 06795

Phone: (860) 274-0598

Fax: (860) 945-9731

Email: lori@watertownhousingauthority.com

WOLCOTT

Wolcott Housing Authority

10 Kenea Ave, Wolcott, CT 06716

Phone: (203) 879-8100

Fax: (203) 879-8105

WINCHESTER

Winchester Housing Authority

80 Chestnut Street, Winsted, CT 06098

Phone: (860) 379-4573

Fax: (860) 379-0430

Website: <http://www.winchesterhousing.org>

Bantam

Bantam Village

Address: 48 West Street, Litchfield, CT 06750-1719

Phone 860-567-4438

Phone: 860-668-5342

Age: 62+ or Persons with Disabilities.

Bethel

Cascades

Address: 13 Park Lawn Drive, Bethel, CT, 06801-1043

Phone: 203-830-7390

www.bethelhealthcare.com

Age: 62+ or Persons with Disabilities.

Bethel Congregate

Address: 101 Simeon Road, Bethel, CT 06801

Phone: 203-790-9744

Age: 62+ or Persons with Disabilities.

Reynolds Ridge

Address: 25 Reynolds Ridge, Bethel, CT, 06801

Phone: 203-797-9909

Age: 62+ or Persons with Disabilities.

Units vary: 80 units

Bethel Health Care

Address: 13 Park Lawn Drive, Bethel, CT

Phone: 203-830-4180

Email: **bethel-info@nathealthcare.com**

Bethlehem

North Purchase

Address: 11 Jackson Lane, Bethlehem, CT, 06751

Phone: 203-266-5353

Age: 62+ and person with disabilities.

Brookfield

Charter Senior Living of Brookfield

Address: 291 Federal Road, Brookfield, CT, 0009

Phone: **(203) 742-1547**

Age 62+

Memory Care Dpt.

Units: 125

North Canaan

Geer Village

Address: 77 South Canaan Road, 06018

Number: 860-824-2600

Assisted living/senior housing/ Skilled Nursing

Beckly House

Address: 85 South Canaan Road, CT, 06018

Number: 860-824-7884

Age: 62+ and adults with disabilities for the town of North Canaan.

Wangum Village

Address: 132 Quinn Street, North Canaan, Ct 06018

Number: 860-824-0521

Age: 62+ and adults with disabilities for the town of North Canaan.

Station Place APTS- HUD Housing

Address: 107 Whitford Court, North Canaan, CT, 06018

Number: 860-824-7979

Site Manager- Sonedara Porter

stationx@carrproperty.com

Age: 62+ or person with disabilities.

Pets are not allowed, only service animals.

15 housing vouchers available.

Geer Village Nursing & Rehabilitation Center

Address: 99 South Canaan Road, Canaan, CT, 06018

Phone Number: 860-824-5137

Cheshire

Elim Park Baptist Home

Address: 140 Cook Hill Road, Cheshire, CT 06410

Number-203-272-3547

Age: 62+ or Persons with disabilities.

www.elimpark.com

Beachport Apartments

Address: 50 Rumberg, Cheshire, CT, 06410

Number: 203-272-7511

Age: 62+/ Person w/ disabilities.

Cheshire Hillside Village I & II

Address:175 East, Mitchell Av, Cheshire, CT, 06410-4125

Number: 203-272-3781

Age: 62+ or Persons with disabilities.

Cheshire Housing Authority

Address: 50 Rumberg Rd, Cheshire, CT 06410

Number: **(203) 272-7511**

Marbrige Retirement Center

Address: 665 West Main Street, Cheshire, CT, 06410

Phone Number: 203-272-2901

Units: 25

Cornwall

Bonney Brook

Address: 33 Kent Road South, Cornwall Bridge, CT 06754

Phone: **(860) 619-8194**

Fax: (860) 619-8195

bonneybrook@ehmchm.org

Kugeman Village

Address: 256 Kent Rd, Cornwall, CT, 06753

Phone: 860-672-4430

Units -18

Danbury

Maplewood at Danbury

Address: 22 Hospital Ave, Danbury, CT, 06810

Phone Number: (203) 429-0501

Units available

Spring Village at Danbury

Address: 8 Glen Hill Road, Danbury, CT, 06811

Phone Number: 203-748-0506

Augustana Home/Bishop Curtis Homes

Address: 88 Main Street, Danbury, CT 06810

Number: (203) 791-8510

Crosby Manor- Danbury

Address: 84 West Wooster Street, Danbury, CT, 06810

Phone Number: 203-744-2500

62+ and Persons with disabilities.

Danbury Towers – Subsidized Housing

Address: 40 William Street, Danbury CT, 06810

Phone Number: 203-748-6670

62+ and Persons with disabilities.

Eden Drive Apartments

Address: 146 Eden Drive, Danbury CT, 06810

Contact Name: Guido Gualpa

Phone Number: (203) 744-6533

Fairfield Mill Ridge

Address: 42 High Ridge Road, Danbury, CT 06810

Phone Number: 203-744-2501

Glen Apartments

Address: 25 Memorial Drive, Danbury, CT 06810

Phone Number: 203-744-2500

Ives Manor

Address: 198 Main Street, Danbury, CT, 06810

Phone Number: 203-744-2500/203-797-0301

Kimberly Place

Address: 19 Main Street, Danbury, CT, 06810

Phone Number: 203- 797-1919

Palace View Senior Housing

Address: 132 Main Street, Danbury, CT 06810

Phone Number: (203) 778-5502

Wooster Manor

Address: 36 W. Wooster Street, Danbury, CT, 06810

Phone Number: 203-744-2500

62+ and Persons with disabilities.

Brookside Rest Home, Inc

Address: 134 Franklin Street, Danbury, CT, 06811

Phone Number: 203-743-9130

Harborside Glen Crest

Address: 3 Glen Hill Road, Danbury, CT, 06810

Phone Number: 203-790-9161

Civita Care Center of Danbury

Address: 107 Osborne Street, Danbury, CT, 06811

Phone Number: 203-792-8102

Havencare at Filosa

Address: 13 Hakim Street, Danbury, CT, 06810

Phone Number: 203-744-3366

Autumn Lake Healthcare at Glen Hill

Address: 1 Glen Hill Road, Danbury, CT, 06811

Phone Number: 203-744-2840

Pope John Paul II Center for Health Care

Address: 33 Lincoln Av, Danbury, CT, 06810

Phone Number: (203) 385-2527

Harwinton

Wintergreen

Address: 21 Wintergreen Circle, Harwinton, CT 06791

Phone Number: 860-485-1200

Fax: (860) 485-9200

wintergreen@ehmchm.org

Kent

Templeton Farm Apartments

Address: 16 Swift Lane, Kent, CT, 06757

Phone Number: 860-927-4000

Disabilities- Units 24

www.ehmchm.org

Morning Star

Address: 38 Elizabeth Street, Kent CT, 06757

Phone Number: 860-927-3272

Litchfield

Brandywine Litchfield by Monarch

Address: 19 Constitution Way, Litchfield, CT 06759

Phone Number: (860) 567-9500

Bantam Falls - Housing Authority

Address: Doyle Road, Litchfield, CT, 06759

Phone Number: 860-567-5308

Age 62+ or Persons with Disabilities.

Wells Run

Address: 111 Wells Run Road, Litchfield, CT 06759

Phone Number: 860-567-5308

Age 62+ or Persons with Disabilities.

Woodside Heights

Address: 500 Woodside Av, Middlebury, CT, 06762

Phone Number: 203-758-2936

Age: 62+

www.ehmchm.org

Middlebury

New Horizons, Inc

Address: 11 Nutmeg, Rd, Middlebury, CT, 06762

Phone Number: 860-673-8893

Age: 18+ Persons with Disabilities.

Morris

Eldridge Senior Housing

Address: 109 East Street, Morris, CT, 06763

Phone Number: 860-567-5876

Naugatuck

George B. Lewis

Address: 71 Osborne Rd, Naugatuck, CT, 06770

Phone Number: 203-729-8214

Age: 62+

George B Lewis II

Address: 1013 Weid Drive, Naugatuck, CT, 06770

Phone Number: 203-729-8214

Age 62+

Oak Terrace- Building 20

Address: 53 Conrad Street, Naugatuck, CT, 06770

Phone Number: 203-723-9201

Age 62+ or Persons with Disabilities.

Robert E. Hutt Congregate

Address: 480 Millville Av, Naugatuck, CT 06770

Phone Number: 203- 723-2972

Age 62+ or Persons with Disabilities.

Freelove Manor

Address: 246 Quinn Street, Naugatuck, CT, 06770

Phone Number: 203-720-2936

Freelove Manor

Address: 246 Quinn Street, Naugatuck, CT, 06770

Phone Number: 203-720-2936

Beacon Brook Health Center

Address: 89 Weid Drive, Naugatuck, CT, 06770

Phone Number: 203-729-9889

Takes Title-19

Unit: 126

Glendale Center

Address: 4 Hazel Ave, Naugatuck, CT, 06770

Phone Number: 203-723-1456

Units :119

New Milford

Butter Brook Hill Apartments

Address: 105 Butter Brook Hill New Milford, CT, 06770

Phone Number: 860- 355-0814

Age 62+

Chestnut Grove

Address: 200 Chestnut Grove, New, Milford, CT, 06776

Phone Number: 860-350-9950

62+, Units 40

Glen Ayre

Address: 1 Glen Ayre Drive, New Milford, CT, 06776

Phone Number: 860- 350-6505

glenayre@ehmchm.org

New Milford (continued)

Candlewood Vally Health & Rehab

Address: 30 Park Lane East, New Milford, CT, 06776

Phone Number: 860-355-0971

Village Crest Center for Health and Rehabilitation

Address: 19 Poplar Street, New Milford, CT, 06776

Phone Number: 860-354-9365

Newtown

Church Hill Village

Address: 2 Boulevard, Newtown, CT, 06470

Phone Number: (203) 701-6240

The Cascades at Stone Bridge

Address: 139 Toddy Hill Road, Newtown, CT, 06470

Phone Number: 203-426-5847

Maplewood at Newtown

Address: 166 Mt. Pleasant Road, Newtown, CT, 06470

Phone Number: 203-426- 8118

Nunnawauk Meadows

Address: 3 Nunnawauk Rd, Newtown, CT, 06470

Phone Number: 203-426-5000

Age 62+ or Persons with Disabilities.

Norfolk

Meadowbrook Apartments

Address: 9 Shepard Road, Norfolk, CT, 06058

Phone Number: 860-542-5470

28 units

North Canaan

Station Place Apartments

Address: 107 Whitford Ct, North Canaan, CT 06018

Phone Number: (860) 824-7979

Wangum Village

Address: 132 Quinn Street, North Canaan, CT, 06018

Phone Number: 860-824-0521

Oakville

Woodview Apartments Oakville

Address: 88 Cobb Street, Oakville CT, 06779

Phone Number: 860-274-1789

Woodview Apartments Oakville

Address: 88 Cobb Street, Oakville CT, 06779

Phone Number: 860-274-1789

Redding

Ridge Crest at Meadow Ridge

Address:100 Redding Rd, Redding, CT, 06890

Phone Number: 203-544-1000

Toll #: 877-544-8100

Redding

Meadow Ridge

Address: 100 Redding Rd, Redding, CT, 06890

Phone Number: 203-544-1000

Toll #: 877-544-8100

Ridgefield

Benchmark at Ridgefield Crossings

Address: 640 Danbury Rd, Ridgefield, CT 06877

Phone Number: 203-431-2255

Ballard Green

Address: 25 Gilbert Street Ridgefield, CT, 06877

Phone Number: 203-438-9845

Laurel Ridge Health Care Center

Address: 642 Danbury, CT, Ridgefield, CT, 06877

Phone Number: 203-438-8226

Roxbury

Bernhardt Meadow

Address: 19 Bernhardt Meadow Lane, Roxbury, CT, 06783

Phone Number: 860-355-3017

Salisbury

Noble Horizons

Address: 17 Cobble Road, Salisbury, CT, 06068

Phone Number: 860-435- 9851

Sharon

Sharon Health Care Center

Address: 27 Hospital Hill Rd, Sharon, CT, 06069

Phone Number: 860-364-1002

Southbury

Monarch Southbury

Address: 655 Main Street, Southbury, CT, 06488

Phone Number: 203-267-7100

Pomperaug Woods

Address: 80 Heritage Rd, Southbury, CT, 06488

Phone Number: 203-262-6555

The Watermark at East Woods

Address: 611 E Hill Rd, Southbury, CT 06488

Phone Number: 203-262-6868

Grace Meadows, I, II

Address: 380 North Poverty Rd, Southbury, Ct, 06488

Phone Number: 203-264-3228

Grace Meadows III, IV

Address: 273 Roxbury Rd, Southbury, CT, 06488

Phone Number: 203-264-3311

Lutheran Home of Southbury

Address: 990 Main Street, North Southbury, CT, 06488

Phone Number: 203-264-9135

Southbury (continued)

White Oak Manor

Address: 688 Main Street, North Southbury, CT, 06488

Phone Number: 203-264-5491

River Glen Health Care

Address: 162 South Britain Rd, Southbury, CT, 06488

Phone Number: 203-264-9600

Thomaston

Green Manor

Address: 63 Green Manor, Thomaston, CT, 06787

Phone number: 860-283-5174

Units 62

Grove Manor

Address: 11 Grove Street, Thomaston, CT, 06787

Phone Number: 860-283-5607

Torrington

Cottage at Litchfield Hills

Address: 376 Goshen Road, Torrington, CT, 06790

Phone Number: 860-489-8022

Keystone Place at Newbury Brook

Address: 1058 Litchfield St, Torrington, CT 06790

Phone Number: (860) 387-4130

Laurel Acres & Laurel Acres Annex

Address: 523 Torrington West Street,
Torrington, CT, 06790

Phone Number: 860-482-3581

Michael Koury Terrace

Address: Tucker Drive, Torrington CT, 06790

Phone Number: 860-482-3581

Thompson Heights

Address: 301 Litchfield, CT, 06790

Phone Number: 860-482-3581

Torrington West Apartments

Address: 356 Torrington West Torrington, CT, 06790

Phone Number: 860-489-7328

Torrington Towers:

Address: 52 Summer Street, Torrington, CT, 06790

Phone Number: 860-482-3581

Willow Gardens

Address: 52 Willow Street, Torrington, CT 06790

Phone Number: 860-482-3581

Workman Apartments

Address: 244 Forest, Torrington, CT, 06790

Phone Number: 860-482-0016

Torrington (continued)

Luna Health and Rehabilitation Center

Address: 225 Wyoming Av, Torrington, CT, 06790
Phone Number: 860-482-8563

Litchfield Woods Health Care Center

Address: 255 Roberts St, Torrington, CT 06790
Phone Number: 860-489-5801

Torrington Center For Nursing & Rehabilitation

Address: 80 Fern Drive, Torrington, CT, 06790
Phone Number: (860) 294-7300

Valerie Manor

Address: 1360 Tarringford Street, Torrington, CT, 06790
Phone Number: 860-489-1008

Wolcott Hall Nursing Center

Address: 215 Forest Street, Torrington, CT, 06790
Phone Number: 860-482-8554

Waterbury

Autumn Lake Healthcare at Bucks Hill

Address: 2817 North Main Street, Waterbury, CT, 06706
Phone Number: (203) 757-0731
Units: 90

Bishops School House

Address: 47 Beacon Street, Waterbury, CT, 06704
Phone Number: 203-755-2416

Nottingham Towers

Address: 31 Nottingham Terrace, Waterbury, CT, 06704
Phone Number: 203-756-7356
Age 62+
Units: 165

Cheshire House Health Care and Rehab

Address: 3396 East Main Street, Waterbury, CT, 06705
Phone Number: 203-754-2161

East Gates Apartments

Address: 2171 East Main Street, Waterbury, CT, 06705
Phone Number: 203-575-1680
Units: 44

East Gates Apartments II

Address: 36 Maybury Circle, Waterbury, CT, 06705
Phone Number: 203-754-7683

Edwin D Bergin Towers

Address: 70 Lakewood Ave, Waterbury CT 06705
Phone Number: 203-596-2646
Units: 76
Age 62+ or Persons with Disabilities.

Enterprise Apartments

Address: 13 Cherry Ave, Waterbury, 06702
Phone Number: 203-755-2416
Age 62+ or Persons with Disabilities.

Exchange Place Towers

Address: 44 Center Street, Waterbury, CT, 06702
Phone Number: 203-755-1000
Units: 150

Elton Residential Care Home

Address: 30 W Main St #1, Waterbury, CT 06702
Phone Number: (203) 756-1229
Units: 96

Franklin D Roosevelt Apartments

Address: 27-95 Kearney Drive Waterbury, CT 06704
Phone Number: 203-596-2646
Units: 48

Grace House Apartments

Address: 25 Abbot Terrace Waterbury, Ct, 06702
Phone Number: 203-591-9177
Units: 40

Josephine Towers

Address: 24 Union Street, Waterbury, CT, 06706
Phone Number: 203-597-0340
Age 62+ or Persons with Disabilities.

Kelly Apartments

Address: 119-125 Fairmount Street, Waterbury, CT 06706
Phone Number: 203-596-2646
Age 62+ or Persons with Disabilities.

Lambda Pho Apts

Address: 330 Bishop St #401, Waterbury, CT 06704
Phone Number: (203) 574-0363

Linden Grove

Address: 79-80 Street, Waterbury, CT, 06702
Phone Number: 203-573-9924
Units: 44

Carriage Manor

Address: 157 Hillside Ave, Waterbury, CT 06710
Phone Number: (203) 574-2317
Units: 17

Mattatuck Health Care Facility

Address: 9 Cliff Street, Waterbury, CT, 06710
Phone Number: 203-573-9924
Units: 43

Ottone Apartments

Address: Leasing Office, 60 Phoenix Ave, Waterbury, CT 06702
Phone Number: (203) 527-4122
Units: 115

Plaza on the Green

Address: 2 North Main Street, Waterbury, CT, 06702
Phone Number: 203-755-0846
Age 62+ or Persons with Disabilities.

Waterbury (continued)

Prospect Towers

Address: 34 Prospect, Waterbury, CT, 06702

Phone Number: 203-575-1680 x112

Units 151

Pinewood Manor on Pine Street

Address: 53 Pinewood Street, Waterbury, CT, 06710

Phone Number: 203-756-5187

Units: 13

Robin Ridge Towers

Address: 990 West Main Street, Waterbury, CT, 06708

Phone Number: 203-753-9818

Units 144

Southmayd Home, Inc

Address: 250 Columbia Blvd, Waterbury, CT, 06710

Phone Number: 203-754-0360

Units 35

The Village at East Farms

Address: 180 Scott Rd, Waterbury, CT 06705

Phone Number: 203-757-7660

Waterbury Center Rehabilitation Center

Address: 177 Whitewood Road, Waterbury, CT 06704

Phone Number: 203-757-9491

Webster School Apartments

Address: 90 Platt Street, Waterbury, CT, 06704

Phone Number: 203-755-2416

Age 62+ or Persons with Disabilities

Units 42

Wilby School House

Address: 42 Pine Street, Waterbury, CT, 06710

Phone Number: 203-755-2416

Age 62+ or Persons with Disabilities.

William E. Kelley Apartments

Address: 119-125 Fairmont Street, Waterbury, CT 06705

Phone Number: (203) 721-8249

30 Units

Age 62+ or Persons with Disabilities.

Vally Mall Manor

Address: 80 Glenbrook Av, Waterbury, CT, 06705

Phone Number: 203-754-3443

Units 56

Watertown

Country Ridge

Address: 1091 Buckingham Street, Watertown, CT, 06795

Phone Number: 860-274-0598

Units: 40

Age: 62 + or Persons w/ Disabilities

Watertown (continued)

Apple Rehab Watertown

Address: 35 Bunker Hill Road, Watertown, CT, 06795

Phone Number: 860-274-5428

Accepts Title-19

Gardenbrook Residential Care Program

Address: 470 Straits Turnpike, Watertown, CT, 06795

Phone Number: 860-274-8905

Pleasant View Manor

Address: 225 Bunker Hill Road, Watertown, CT, 06795

Phone Number: 860-945-3700

Units: 18

Truman Terrace

Address: 100 Steel Brook Road, Watertown, CT, 06795

Phone Number: 860-274-0598

Units: 40

Age: 62 + or Persons w/ Disabilities

Woodview Apartments

Address: 88 Cobb Street, Watertown, CT 06779

Phone Number: 860-274-1789

Units: 80

Age: 62 + or Persons w/ Disabilities

Winchester/Winsted

Chestnut Grove Apartments

Address: 80 Chestnut Grove Apartments, Winsted, CT, 06098

Phone Number: 860-379-4573

Units 79

Laurel Commons

Address: 79 Gay St, Winsted, CT 06098

Phone Number: 860-379-1752

Units: 44

Wolcott

Chestnut Apartments

Address: 40 Edgemont Lane Wolcott, CT 06716

Phone: (203) 879-1658.

Fax: (203) 879-0255

Units: 39

Wolcott (continued)

Countryside Apartments

Address: 12 Wolf Hill Road, Wolcott, CT, 06716

Phone Number: 203-879-0254

62+ or Person with Disabilities

Units: 109

Laurel Ridge

Address: 45 Edgemont Lane Wolcott, CT 06716

Phone: (203) 879-4101

Fax: (203) 879-4123

Wolcott View Manor Health and Rehabilitation Center

Address: 50 Beach Road, Wolcott, CT, 06716

Phone Number: 203-879-8066

Units: 129

Woodbury

Premier Care of Woodbury

Address: 280 Middlebury Rd Turnpike, Woodbury, CT, 06798

Phone Number: 203-263-2009

Units: 15

Spruce Bank Farm

Address: 823 Main Street, South Woodbury, CT, 06798

Phone Number: 203-266-4628

Units: 60

Transportation & Housing Guide Correction Form



3	1	8	2	6	4	5	9	7
6	2	7	8	5	9	1	3	4
5	9	4	7	1	3	6	2	8
1	5	6	4	2	7	3	8	9
4	3	9	1	8	6	2	7	5
8	7	2	3	9	5	4	6	1
9	4	5	6	3	8	7	1	2
2	8	3	5	7	1	9	4	6
7	6	1	9	4	2	8	5	3



TRANSPORTATION RESOURCE GUIDE FOR WESTERN/NORTHWESTERN CONNECTICUT

The guide aims to provide comprehensive information on transportation services available to seniors, individuals with disabilities, and the public in Western Connecticut. The guide includes fixed-route transit, paratransit, dial-a-ride services, medical transportation, and other local and regional options. If you find we have missed a resource, please contact WCAAA so we can update the listing.

Key to Transportation Services

ADA Paratransit

A bus service for people with disabilities of any age. This service complements regular bus routes with shorter buses.

- Eligibility: Individuals with disabilities prevented from using fixed-route bus or rail services.
- Service Area: Operates within $\frac{3}{4}$ mile of a fixed bus route or rail station.
- Service Hours: Same as the fixed route schedule.
- Fare: No more than twice the regular fixed route fare.
- Reservations: Request must be made the day before, within an hour of the desired time.
- Companions & Attendants:
 - Personal care attendants: Ride free if announced at scheduling.
 - Companions: Do not ride for free.
- Application:
 - Visit [ADA Application Form](#)
 - Contact your local transit district or The Kennedy Center at (203) 365-8522.

Dial-a-Ride Service

Provides transportation for seniors (usually 60+) and people with disabilities.

- How It Works:
 - Once registered, riders call a dispatcher to schedule a ride.
 - Vehicles provide round-trip transportation from home to the destination and back.
- Destinations:
 - Common destinations include medical offices, senior centers, and shopping centers.
 - May vary based on provider policies.
- Cost: May vary; providers may offer free service while others charge a fee.
- Registration: Proof of age or disability is required. Contact your local provider.

Fixed Route Transit

Standard bus service operating on a set schedule and route. Often referred to as the “City Bus.”

- How It Works:
 - Pay the fare (exact change often required).
 - Reduced fares available for seniors and persons with disabilities.
- Accessibility: All CT buses are equipped for people with disabilities.
- Providers in Northwest CT:
 - Northeast Transportation Company
 - Greater Waterbury Transit District
 - Northwest CT Transit District
 - HARTransit
 - Valley Transit District and CT Transit

Home Care and Chore Services Providers

Agencies sometimes offer companion-assisted transportation for their clients. Contact your local provider for details on availability and payment assistance.

Long Distance Train & Bus Options

- Peter Pan Bonanza Bus Lines: Serves the I-84 corridor.
- Phone: 1-800-343-9999
- Metro North Railroad: Serves New York City.
- Website: www.mta.info
- Phone: 1-212-532-4900 or 1-800-638-7646
- Amtrak: Stops in New Haven, serving Boston, New York, and Washington, DC.
- Website: www.amtrak.com
- Phone: 1-800-872-7245

Medical Transportation Programs

These programs offer non-emergency transportation for patients and accompanying caregivers or family members.

Other Sources of Information

- www.ctrides.com: Provides resources for Connecticut commuters.
- Info Line (211): Lists transportation services by town, type, and general information. Visit www.infoline.org.
- The Kennedy Center, Inc.: Offers one-on-one travel training for individuals with disabilities, seniors, and veterans.
- Trainers teach users how to navigate local bus and rail systems.
- Service: Free, statewide in Connecticut.
- Phone: (203) 365-8522, ext. 2950



BARKHAMSTED

Dial-a-Ride

Phone: (866) 906-7433, (860) 489-2535

Days & Hours of Service: Mon., Tues., Thurs. & Fri 8:00 A.M. to 4:00 P.M.

Fare: Free. Personal Care Attendants may ride for free when accompanying a passenger with a disability; companions are required to pay a fare.

Who Can Ride: Service for the elderly (60+) & disabled, Paratransit.

Reservations: First come, first serve basis with 24-hour advance notice. Curb to curb service. All vehicles are wheelchair accessible.

Where Can Riders Travel: Barkhamsted, Canaan, Falls Village, Sharon, Salisbury, Harwinton, Kent, Warren, Morris, Norfolk, Torrington, Winchester, Winsted

Trip Types: Medical and personal

Service Provider: Northwest CT Transit District

Website: www.nwcttransit.com

Inter-Regional (RITS)

Phone: (860) 489-2535, (866) 906-7433

Days & Hours of Service: Monday - Friday 7am earliest P/U to 4pm

Fare: All riders on suggested donation

Who can ride: Service for the elderly (60+) & disabled.

Reservations: On a first-come, first-serve basis, please provide as much advance notice as possible. Curb to curb service. All vehicles are wheelchair accessible.

Where Can Riders Travel: Travel anywhere in the state for medical appointments.

Trip Types: Non-emergency medical

Service Provider: Northwest CT Transit District

Website: www.nwcttransit.com

BEACON FALLS

Beacon Falls Mini-Bus

Phone: 203-516-8498

Days & Hours of Service: Monday, Wednesday, Thursday 9:30am-4pm. Tuesday 1pm-5pm.

The last appointment is at 4pm.

Fare: Free

Who Can Ride? Residents 65 years and older. Or under sixty-five with a disability who are unable to drive. You do not have to be a member of the senior center to ride.

Reservations: 24 hours in advance; schedule between 9am and noon. Curb to curb.

Wheelchair Access: Yes

All riders must be independent to ride the bus, if not they must have aid to assist.

Where Can Riders Travel? Beacon Falls, Naugatuck, Thomaston, Waterbury, Watertown

Trip Types: Medical, personal, social, and shopping

Service Provider: Town of Beacon Falls Minibus Senior Center

BETHEL

SweetHART ADA Paratransit

Phone: 203-744-4070 option three

Days & Hours of Service: Monday - Friday 7:00 am - 10:30 pm
Saturday 8:15 am to 10:30 pm, Sunday 9:00 am to 7:00 pm.

Fare: \$3.00 one way, \$4.00 same day roundtrip, and ten rides \$27.00 Personal Care Attendants (NOT COMPANIONS) ride free.

Who Can Ride: ADA Paratransit services are available to individuals with disabilities who are unable to use the public fixed-route bus system due to their disability. Must be ADA certified to ride.

Reservations: Call Monday – Friday 7:00 am to 4:30 pm.

ADA Paratransit trips can be scheduled as early as Monday morning two calendar weeks in advance of the requested trip, or as late as 4:30 pm the day before the trip.

Wheelchair Access: Yes

Where Can Riders Travel? Bethel, Brookfield, Danbury, and New Milford

Trip Types: Personal and non-emergency medical. Must have origins and destinations that are within the ADA service area, typically three-fourths of a mile of the Fixed route Bus system and occur with the same hours of operation.

Service Provider: HARTransit

Website: www.hartransit.com

SweetHART ADA Dial-a-Ride

Phone: 203-744-4070

Days & Hours of Service: Monday - Friday 8am-4pm

Fare: One way cash \$1; ten rides \$9; Same day roundtrip \$4

Who can ride: Seniors aged sixty-five or older and people of any age with a mobility disability.

Riders must apply to be eligible for the service.

Reservations: Monday - Friday: 7:00am to 4:00pm

SweetHART Dial-A-Ride trips can be scheduled as early as Monday morning two weeks calendar weeks in advance of the requested trip, or as late as 4pm the weekday ahead of the trip.

Wheelchair Access? Yes

Where Can Riders Travel? Bethel, Brookfield, Danbury, and Newtown

Trip Types: Non-emergency medical and personal

Service Provider: HARTransit

Website: www.hartransit.com

To apply for ADA Paratransit service, complete our ADA Paratransit Application. The application can be found online or by contacting WCAAA.

Bethel Senior Van

Phone: 203-792-3048

Days & Hours of Service: Monday – Thursday 9:00 am to 4:00 pm
Friday 9:00 am to 12:00 pm

Cancellations & Delays: Follow Town of Bethel Board of Ed

Fare: \$2.00 Round Trip Suggested Donation.

Who Can Ride: Age 50+ and people with disabilities.

Reservations: 24-to-48-hour advance notice. Curb to curb service

Wheelchair Access: Yes. Scooter users are asked to transfer to a seat after boarding.

Where Can Riders Travel: Bethel, Brookfield, and Danbury

Trip Types: Non-Emergency medical, personal, and shopping

Service Provider: Town of Bethel

BETHLEHEM

Bethlehem Senior Van

Phone: 203-266-6699 x303

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: First come first serve.

Wheelchair Access: Yes

Where Can Riders Travel: Bantam, Bethlehem, Danbury, Litchfield, Milford, Southbury, Torrington, Waterbury, Watertown, Woodbury, New Milford

Trip Types: Medical and personal. Medical rides have priority.

Service Provider: Town of Bethlehem

BRIDGEWATER

Bridgewater Senior Van

Phone: 860-355-3090

Days & Hours of Service: Monday - Friday 8:00 am to 5:00 pm

Fare: Free

Service Provider: Town of Bridgewater Senior Center

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: 2 weeks in advance. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Bridgewater, Brookfield, and Danbury

Trip Types: Medical and personal

BROOKFIELD

SweetHART ADA Paratransit

See Bethel

SweetHART ADA Dial-a-Ride

See Bethel

Friends in Service Here (FISH) of Brookfield

Phone: 203-616-9678

Days & Hours of Service: Monday- Friday 9:00 am to 2:00 pm

Fare: Free, donation if rider wishes.

Who Can Ride: Ambulatory individuals with a and seniors.

Reservations: At least 3 days weekdays but no more than 7 days before the appointment.

Wheelchair Access: No

Where Can Riders Travel: Bethel, Brookfield, Danbury, New Milford, Newtown

Trip Types: Only medical appointments

Service Provider: FISH of Brookfield

CANAAN/ NORTH CANAAN

Rural Transit Dial-a- Ride

Phone: (866) 906-7433, (860)489-2535

Days & Hours of Service: Monday through Thursday 8:00 A.M. to 4:00 P.M. Friday 8:00 A.M. to 1:00 P.M.

Fare: Free

Personal Care Attendants may ride for free when accompanying a passenger with a disability; companions are required to pay a fare.

Who Can Ride: Service for the elderly (60+) & disabled, Paratransit.

Reservations: First come, first serve basis with 24-hour advance notice. Curb to curb service.

All vehicles are wheelchair accessible.

Where Can Riders Travel: Barkhamsted, Canaan, Falls Village, Sharon, Salisbury, Harwinton, Kent, Warren, Morris, Norfolk, Torrington, Winchester, Winsted

Trip Types: Medical and personal

Service Provider: Northwest CT Transit District

Website: www.nwcttransit.com

Inter-Regional (RITS)

Phone: (860) 489-2535, 1 (866) 906-7433

Days & Hours of Service: Monday - Friday 7am earliest P/U to 4pm

Fare: All riders on suggested donation

Who can ride: Service for the elderly (60+) & disabled.

Reservations: On a first-come, first-serve basis, please provide as much advance notice as possible. Curb to curb service.

All vehicles are wheelchair accessible.

Where Can Riders Travel: Travel anywhere in the state for medical appointments.

Trip Types: Non-emergency medical

Service Provider: Northwest CT Transit District

Website: www.nwcttransit.com

Geer Village Dial-a-Ride

Phone: 860-824-7067

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Fare: Free of charge, donation if rider wishes.

Who Can Ride? People with disabilities aged 18+, and seniors aged 60+.

Reservations: Call for details 24 hours in advance booking.

Door to door service

Wheelchair Access? Yes

Where Can Riders Travel: Canaan (Falls Village), Cornwall, North Canaan, Salisbury, and Sharon

Trip Types: Non-emergency medical and personal

Service Provider: Geer Village Dial-a-Ride

CHESHIRE

Town of Cheshire Senior Transportation Service

Phone: 203-272-0047

Days & Hours of Service: Monday - Friday 8:30 am to 4:00 pm

Fare: \$2 roundtrip or \$1 round trip \$6 out of town, roundtrip

Who Can Ride: Aged 55+ and people aged 21+ with disabilities.

Reservations: 24 hours in advance. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Cheshire, Hamden, Meriden, New Haven, North Haven, Southington, Wallingford

OUT OF TOWN TRIPS ARE FOR MEDICAL APPOINTMENTS ONLY

Trip Types: Non-emergency medical and personal

Service Provider: Town of Cheshire Senior and Transportation Services Department

Greater Waterbury Paratransit - ADA

Phone: 203-756-5550

Days & Hours of Service: Monday – Fridays 5:00 am – 9:00 pm

Saturdays 5:30 am – 6:00 pm, Sundays 8:30 pm – 4:30 pm

Fare: \$7.00 round trip, ten rides twenty-eight

Who Can Ride? ADA Certified, disability prevents use of public bus service, certification by application and in-person interview.

Reservations: Reservations can be made from the previous day and up to two weeks in advance between

Wheelchair Access: Yes

Where Can Riders Travel? Cheshire, Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, and Wolcott, riders in any part of town may use the paratransit services operated by Northeast Transportation. Service is also available on a limited basis to Gaylord Hospital in Wallingford.

Service Provider: Northeast Transportation

Greater Waterbury Transit District Dial-a- Ride

Phone: 203-756-5550, Dispatch 2032720047

Days & Hours of Service: Fridays 9:00 am to 4:00 p

Fare: Free if ride. \$3.50 fare for the ADA Paratransit riders.

Who Can Ride: Aged 60+ and people with disabilities. Any Cheshire resident rides free on Fridays; fills quickly.

An application must be filled out and returned to the designated address to begin use of the GWTD Dial-A-Ride services.

Reservations: Reservations must be made at least 2 days before a trip or up to 14 days before each trip. Reservations are made on a first-come first-served basis.

Wheelchair Access? Yes

Where Can Riders Travel: Cheshire, Middlebury, Naugatuck, Prospect, Thomaston, Waterbury, Watertown, and Wolcott

Trip Types: Non-emergency medical and personal

Service Provider: Greater Waterbury Transit District, Northeast Transit

COLEBROOK

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

CORNWALL

Inter-Regional (RITS)

See Canaan/North Canaan

Geer Village Dial-a-Ride

Phone: 860-824-7067

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Fare: Free of charge, donation if rider wishes.

Who Can Ride: People with disabilities aged 18+, and seniors aged 60+.

Reservations: Call for details 24 hours in advance booking.

Door to door service

Wheelchair Access: Yes

Where Can Riders Travel? Canaan (Falls Village), Cornwall, North Canaan, Salisbury, and Sharon

Trip Types: Non-emergency medical and personal

Service Provider: Geer Village

Town of Goshen - Cornwall Senior Bus

Phone: 860-294-7878

Days & Hours of Service: Monday- Friday 9am-4pm

Fare: Free

Who Can Ride: Service for the elderly (60+) & disabled.

Reservations: First come, first serve basis with 24hr notice. Curb to curb service.

Wheelchair Access: Yes

Where can riders travel? Cornwall, Goshen, and Torrington

Trip Type: Personal and non-emergency medical

Provider: Town of Goshen

DANBURY

Department of Elderly Services Bus

Phone: 203-797-4686

Days & Hours of Service: Monday-Friday 8:00 am to 4:30 pm

Fare: One way \$1

Who Can Ride? Aged 60+ who are registered with the senior center.

Door to door service.

Reservations: Riders should call one week in advance.

Wheelchair Access: No

Where Can Riders Travel? From home in Danbury to senior center and return

Trip Types: Senior Center

SweetHART ADA Paratransit

See Bethel

SweetHART Dial-a-Ride

See Bethel

GOSHEN

Town of Goshen- Cornwall Senior Bus

See Cornwall

Inter-Regional (RITS)

See Canaan/North Canaan

HARWINTON

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

KENT

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

LITCHFIELD

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

Medical Transportation Van

Phone: 860-489-2580

Days & Hours of Service: Monday - Friday 8:00 am to 2:00 pm

Fare: Suggested donation, round trip for therapy is \$6. Out of town \$6 per hr.

Who Can Ride: Aged 60+ or older or people with disabilities.

Reservations: Call as soon as possible. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Charlotte Hungerford Hospital, Harwinton, Litchfield, Torrington and

Trip Types: Medical only

Service Provider: City of Torrington

MIDDLEBURY

Greater Waterbury Paratransit - ADA

See Cheshire

Greater Waterbury Transit District Dial-a- Ride

See Cheshire

Middlebury Transportation Program

Phone: 203-577-4166 x708

Days & Hours of Service: Monday - Friday 8:30 am to 2:30 pm

Fare: Suggested donation in town: \$1.00; Out of town: \$3.00.

Who Can Ride: Aged 60+ or people with disabilities.

Reservations: 2 days in advance. Call between 9:00 am and 1:00 pm. Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Middlebury, Naugatuck, Southbury, Waterbury, Watertown, and Prospect

Trip Types: Non-emergency medical and personal

Service Provider: Town of Middlebury

Website: www.middlebury-ct.org

MIDDLEBURY (CONTINUED)

Be Well Bus

Phone: 203-573-6100

Days & Hours of Service: Monday - Friday 6:30 am to 5:30 pm

Fare: Free ride, rider can bring a Personal Care Assistant (**NOT COMPANION**) along for the ride without charge.

Phone: 203-573-6100

Days & Hours of Service: Monday - Friday 6:30 am to 5:30 pm

Fare: Ride Free, rider can bring a Personal Care Assistant (**NOT COMPANION**) along for the ride without charge.

Who Can Ride: Patients of doctors affiliated with Waterbury Hospital; participating doctors pay a fee so their patients can use this service.

Where Can Riders Travel: Waterbury Hospital and participating medical offices in Naugatuck, Middlebury Southbury, Waterbury, and Watertown

Reservations: 2 days in advance but will accept 1 week or last minute depending on availability. Curb to curb service.

Wheelchair Access: Yes.

Trip Types: Medical appointments at Waterbury Hospital participating offices in Naugatuck, Middlebury, Southbury, Waterbury, Watertown, Wolcott, and Thomaston.

Service Provider: Waterbury Hospital

Website: www.waterburyhospital.org

MORRIS

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

NAUGATUCK

Greater Waterbury Paratransit - ADA

See Cheshire

Greater Waterbury Transit District Dial-a- Ride

See Cheshire

Senior Center Minibus by HRD

Phone: 203-720-7069

Days & Hours of Service: Monday - Friday 8:30 am to 4:00 pm

Who Can Ride: People aged 60+ and people with disabilities. Call for an application.

Reservations: Prefer as soon as possible but will accept 1 week in advance. **RESERVATIONS BETWEEN 8:45 am and 12:00 pm.**

Where Can Riders Travel: Naugatuck, parts of Middlebury, parts of Prospect, parts of Waterbury*

Trip Types: Non-emergency medical, personal and NAUGATUCK shopping trips

Fare: Free on a suggested donation basis.

Curb to curb service.

Wheelchair Access: Yes

Service Provider: Human Resource Development Agency, Town of Naugatuck

Be Well Bus

See Middlebury

NEW FAIRFIELD

SweetHART ADA Paratransit

See Bethel

SweetHART Dial-a-Ride

See Bethel

NEW HARTFORD

Rural Transit Dial-a- Ride

See Canaan/North Canaan

Inter-Regional (RITS)

See Canaan/North Canaan

NEW MILFORD

New Milford Senior Center Transportation

Phone: 860-355-6075

Who Can Ride: Aged 60+ or ADA Certified by HARTransit.

Reservations: Require 3 days in advance, can take last minute if there is availability.

Where Can Riders Travel: New Milford

Trip Types: Medical, personal, and senior center

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Fare: \$1 suggested donation, if rider wishes.

Curb to curb service.

Wheelchair Access: Yes, must be able to transfer.

Service Provider: Town of New Milford

Website: www.newmilford.org

WHEELS of Greater New Milford

Phone: 860-354-6012

Who Can Ride: Aged 60+ or ADA Certified.

Reservations: Service is first come, first serve, and fills up fast. Book as soon as you have your appointment scheduled. No day of reservations

Curb to curb service.

Where Can Riders Travel: All over the region, including to the VA hospital in NY. Most appointments are in the Danbury and New Milford area.

Trip Types: Medical only

Days & Hours of Service: Monday - Thursday 8:00 am to 4:00 pm

Fare: Donations requested.

Wheelchair Access: Yes

Towns we serve: New Milford, Northern Brookfield, Sherman, South Kent, Washington, Roxbury, and Bridgewater.

Service Provider: New Milford Senior Citizens Advisory Board

SweetHART ADA Paratransit

See Bethel

NEWTOWN

SweetHART ADA Paratransit

See Bethel

Dial-a-Ride

See Barkhamsted

Inter-Regional (RITS)

See Barkhamsted

OXFORD

Oxford Senior Center Transportation

Phone: 203-881-5231 ext.101

Days & Hours of Service: Monday - Thursday 9:00 am to 5:00 pm

Fare: Free

Who Can Ride: Aged 60+ and people with disabilities over age 21.

Reservations: As soon as you receive an appointment or at least 1 week in advance.

Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Ansonia, Beacon Falls, Derby, Middlebury, Naugatuck, Oxford, Seymour and Southbury

Trip Types: Medical, personal, and social

Service Provider: Town of Oxford

Website: www.oxford-ct.gov

Community Carpool Service

Phone: 203-881-0406

Days & Hours of Service: Monday - Friday 9:00 am to 4:00 pm or earlier depending on availability.

Fare: Free

Reservations: As soon as you schedule an appointment or at least 1 day before.

Curb to curb service.

Wheelchair Access: No

Who Can Ride: Non-driving residents of Oxford of any age.

Where Can Riders Travel: Ansonia, Beacon Falls, Derby, Middlebury, Naugatuck, Oxford, Seymour and Southbury

Trip Types: Medical

Service Provider: Town of Oxford

Website: www.oxford-ct.gov

PROSPECT

Prospect Minibus

Phone: 203-758-5300

Days & Hours of Service: Monday - Friday 9:00 am to 4:00 pm

Fare: Free

Who Can Ride: Age 55+ or people with disabilities.

Reservations: 1 week in advance. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Cheshire, Middlebury, Naugatuck, Prospect and Waterbury

Trip Types: Medical and personal

Service Provider: Town of Prospect Senior Center.

Website: www.townofprospect.org

Be Well Bus

See Middlebury

Greater Waterbury Paratransit - ADA

See Cheshire

Greater Waterbury Transit District Dial-a- Ride

See Cheshire

REDDING

Heritage Center Van Service

Phone: 203-938-9725

Days & Hours of Service: Monday - Thursday 9:00 am to 4:30 pm

Fare: Free

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: Reservations are necessary. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Bethel, Danbury, Newtown, Redding, and Ridgefield

Trip Types: Medical trips take priority.

Service Provider: Town of Redding

Website: www.townofreddingct.org

RIDGEFIELD

SweetHART ADA Paratransit

See Bethel

Rides for Ridgefield

Phone: 203-894-7433

Days & Hours of Service: Monday – Sunday 10:00 am to 2:00 pm (Pending availability of driver.)

Fare: Call for fare information.

Who Can Ride: Aged 60+ and people with disabilities. The program connects riders to transportation or provides rides if necessary. Riders must complete a rider's agreement before they can ride.

Reservations: Reservations are necessary at least 2 days in advance. **Door to door but must be able to get in and out of the car.**

Wheelchair Access: Folding equipment is usually accepted.

Where Can Riders Travel: Up to the driver.

Trip Types: Non-emergency medical and personal

Service Provider: Rides for Ridgefield, Inc.

Sphere Town Loop Bus

Phone: 203-431-2700

Days & Hours of Service: Tuesday, Wednesday, and Thursday 9:00 am to 4:00 pm

Fare: Free

Who Can Ride: Aged 60+ and people with disabilities and their Personal Care Attendants (NOT COMPANIONS).

Reservations: Ridgefield loop, fixed schedule, no reservations needed.

Wheelchair Access: Yes

Where Can Riders Travel: Ridgefield Residents

Trip Types: Non-medical and Personal

Service Provider: Town of Ridgefield.

Website: www.ridgefieldct.org

ROXBURY

Senior / Disabled Transportation

Phone: 860-210-0201

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: 48hrs. Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Anywhere in CT

Trip Types: Non-emergency medical, shopping trips every Wednesday 1st Monday Danbury for shopping. On the road again trips. (Call for specific days and times).

Fare: Free

Service Provider: Town of Roxbury

Website: www.roxburycct.com

ROXBURY (CONTINUED)

Senior / Disabled Transportation

Phone: 860-210-0201

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: 48hrs. Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Anywhere in CT

Trip Types: Non-emergency medical, shopping trips every Wednesday 1st Monday Danbury for shopping. On the road again trips. (Call for specific days and times).

Fare: Free

Service Provider: Town of Roxbury

Website: www.roxburyct.com

WHEELS of Greater New Milford

Phone: 860-354-6012

Who Can Ride: Aged 60+ or ADA Certified.

Reservations: 48 hours in advance.

Curb to curb service.

Where Can Riders Travel: Danbury, New Haven, New Milford, New Preston, Roxbury, Sherman and Washington Depot and Washington

Trip Types: Medical only

Days & Hours of Service: Monday - Thursday 8:00 am to 4:00 pm

Fare: Donations requested.

Wheelchair Access: Yes

Service Provider: New Milford Senior Citizens Advisory Board

SALISBURY

Dial-a-Ride

See Barkhamsted

Inter-Regional (RITS)

See Barkhamsted

Geer Village Dial-a-Ride

Phone: 860-824-7067

Days & Hours of Service: Monday - Friday 8:00 am to 4:00 pm

Fare: Free of charge, donation if rider wishes.

Who Can Ride: People with disabilities aged 18+, and seniors aged 60+.

Reservations: Call for details 24 hours in advance booking.

Door to door service

Wheelchair Access: Yes

Where Can Riders Travel? Canaan (Falls Village), Cornwall, North Canaan, Salisbury, and Sharon

Trip Types: Non-emergency medical and personal

Service Provider: Geer Village

SHARON

Dial-a-Ride

See Barkhamsted

Inter-Regional (RITS)

See Barkhamsted

SHERMAN

WHEELS of Greater New Milford

See Roxbury

Friends in Service Here (FISH) of Sherman

Phone: 860-354-6012

Who Can Ride: Aged 60+ or ADA Certified.

Reservations: 48 hours in advance.

Curb to curb service.

Where Can Riders Travel: Danbury, New Haven, New Milford, New Preston, Roxbury, Sherman and Washington Depot and Washington

Trip Types: Medical only

Days & Hours of Service: Monday - Thursday 8:00 am to 4:00 pm

Fare: Donations requested.

Wheelchair Access: Yes

Service Provider: New Milford Senior Citizens Advisory Board

SOUTHBURY

Senior Center Minibus and Dial-a-Ride

Phone: 203-262-0652

Days & Hours of Service: IN TOWN Monday - Friday 9:00 am to 3:30 pm. OUT OF TOWN Monday - Friday 9:00 am to 1:00 pm.

Appointments must conclude by 2:00 pm.

Fare: \$2 round trip in town, \$3 to Waterbury and New Haven and \$5 to Danbury. **Must be paid by punch card purchased at senior center.**

Who Can Ride: Aged 60+ or people with disabilities.

Reservations: Must call between 8:30 am and 10:00 am 2 business days in advance for reservations.

Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Danbury, Middlebury, New Haven, Southbury, Waterbury, and Woodbury. In town rides to municipal buildings are FREE of charge.

Trip Types: Medical and personal

Service Provider: Town of Southbury

Website: www.southbury-ct.org

Greater Waterbury Paratransit - ADA

See Cheshire

Greater Waterbury Transit District Dial-a-Ride

See Cheshire

THOMASTON

Senior Mini Bus

Phone: 860-483-2579

Days & Hours of Service: Tuesday, Thursday 9:00 am to 3:00 pm

Fare: Free

Who Can Ride: Aged 55+ or people with disabilities.

Reservations: 24 hours in advance. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Thomaston, Torrington, Waterbury, Watertown, Waterbury

Trip Types: Medical and personal

Service Provider: Town of Thomaston

Website: www.thomastonct.org

TORRINGTON

Dial-a-Ride & Inter-Regional (RITS)

See Salisbury

TORRINGTON (CONTINUED)

Assisted Medical Transportation Program

Phone: 860-489-2580

Days & Hours of Service: Monday - Friday 9:00 am to 2:00

Fare: No fixed charge for this program, however donations of \$4 are appreciated and accepted.

Who can ride: Serving Residents of: Harwinton, Litchfield, and Torrington. Aged 60+. Anyone who has difficulty ambulating, therefore limiting one's ability to drive, or in need of a wheelchair lift.

Reservations: Based on availability, call as soon as you know.

Door to door.

Wheelchair Access: Yes

Where Can Riders Travel: Charlotte Hungerford, medical and the Winsted VA Clinic.

Trip Types: Medical

Service Provider: City of Torrington Sullivan Sr Center

Website: www.torringtonct.org

WARREN

Washington Senior Van

Phone: (860) 868-0735

Days & Hours of Service: Monday - Friday 9AM-4PM.

Fare: Free.

Who Can Ride: Aged 60 + or people with disabilities.

Reservations: 24 to 48 hours in advance. Door to door service.

Wheelchair Access: Yes

Where Can Riders Travel: Warren and Washington

Trip Types: Medical and personal

Service Provider: Town of Washington

Website: www.washingtonct.org

Dial-a-Ride & Inter-Regional (RITS)

See Salisbury

WASHINGTON

Washington Senior Van

See Warren

Washington Senior Van

WATERBURY

City of Waterbury Senior Shuttle

Phone: (203) 275-0124

Days & Hours of Service:

Monday - Saturday

9:00am and 2:00pm for reservations. Otherwise, Monday - Friday 8:00 am to 5:00 pm, Saturday 8:00am to 1:00pm.

Fare: Suggested donation, one way \$2.

Who Can Ride: Waterbury residents Aged 60+. All shuttle riders are required to have a Senior Shuttle ID card which may be obtained by calling 203-346-3810 ext. 7274.

Reservations: Rides can be scheduled up to three (3) days in advance and medical appointments can be made up to one (1) month in advance.

Wheelchair Access: Yes

Where Can Riders Travel: Waterbury

Trip Types: Medical, personal, and social

Service Provider: Curtin Transportation City of Waterbury

Website: www.waterburyct.org

La Casa Bienvenida/ The Hispanic Coalition

Phone: 203-754-6172

Days & Hours of Service: Monday - Friday 8:00 am to 1:00 pm

Fare: Free, but donations are accepted.

Who Can Ride? Aged 55+ and must be mobile. Must be a member. To become a member please call the office.

Reservations: Week in advance. Door to door service.

Wheelchair Access? No

Where Can Riders Travel? Waterbury

Trip Types: Medical and personal for members of the Hispanic Coalition. Transportation to riders who are not part of the Coalition is limited to medical destinations only.

Service Provider: Hispanic Coalition

Website: www.thehispaniccoalition.org

WATERTOWN

Greater Waterbury Paratransit - ADA

See Prospect

Greater Waterbury Transit District Dial-a-Ride

See Prospect

Be Well Bus

See Prospect

Falls Ave Senior Center

Phone: 860-945-5250

Days & Hours of Service: Monday - Friday 9:00 am to 3:30 pm

Fare: Suggested donations .50; Rider must pay with a punch card. Purchase twenty rides for \$5.00.

Who Can Ride: Aged 60+ and people with disabilities.

Reservations: Call Monday through Thursday between 8:30 am and 12:30 pm; Fridays between 8:30 am and 11:00 am, 1 day in advance. Curb to curb service.

Wheelchair Access: Yes

Where Can Riders Travel: Oakville, Waterbury, and Watertown

Trip Types: Medical, personal, and shopping.

Service Provider: Town of Watertown

Website: www.watertownct.org

WOLCOTT

Greater Waterbury Paratransit - ADA

See Prospect

Greater Waterbury Transit District Dial-a-Ride

See Prospect

Be Well Bus

See Prospect

Wolcott Minibus

Phone: (203)-879-2078

Days & Hours of Service: Monday - Friday 8:30 am to 3:30 pm.

Who Can Ride: Age 60+ and people with disabilities.

Reservations: 24-48 hours in advance, but, for medical reasons, call as soon as possible.

Curb to curb service.

Where Can Riders Travel: Waterbury, Wolcott, and the medical offices on the Straits Turnpike in Middlebury

Trip Types: Medical and personal

Fare: Free.

Wheelchair Access: Yes

Service Provider: Town of Wolcott

Website: www.wolcottct.org

WOODBURY

Woodbury Senior Bus

Phone: 203-263-2828

Day of Service: Monday -Friday 8am -4pm

Fare: Free. Donations accepted.

Who Can Ride: Senior age 60+ and people with disabilities

Reservations: 24 hours in advance. Door to door service.

Wheelchair: Yes

Where Can rider's travel: medical appointments in Woodbury, Southbury, Middlebury Watertown, and Waterbury only. Contact the office for more stops.

Types of trips: Personal and medical

Service Provider: Town of Woodbury

Opal Stork Wheelchair Van Transportation

Wheelchair Van available 7days/week. For a reservation, call 3 days ahead prior to your appointment. **Contact (203) 574-2020 for more details. Website: www.opalstork.com/transportation**

Trinity Health of New England EMS

Medical transportation services (coach and livery) are available for pre-scheduled and non-emergency needs. Reservations and advanced notice are required. Ambulance services are available 24 hours a day. Fees may vary, depending on private and third-party payments. **Contact (800) 382-3222, Push #2 (Mon. – Sat., 5 am to 9 pm)**

MEDICAL TRANSPORTATION

American Cancer Society

Volunteer Transport services are available for ambulatory patients receiving cancer treatments. Available Mon.-Fri., 9 am to 5 pm. No charge. Reservations are required at least 3 days in advance. **Contact American Cancer Society (203) 756-8888**

American Medical Response

Do not do in person home visits. For a fee, private medical transportation services are available through a 24-hour phone line. Fees may vary, depending on private and third-party payments. Wheelchair Van fee is charged each way plus mileage. Reservations required for all medical transportation services.

Reservations for the Wheelchair Van must be made 2 days in advance. By Wheelchair if the person has Medicaid, they must call 855-478-7350.

\$155 each way private pay only within Woodbury. \$18.52 a mile if traveling outside of Woodbury. \$1000 stretcher each way, stretcher must be medically necessary, or they will bill the person. Additionally, the stretcher service is \$31.10 a mile for stretcher. **Contact (203) 573-770 for details, fees, and payments**

Be Driven, LLC

Be Driven, LLC operates wheelchair-lift-equipped vehicles and employs specialty-trained Field Service Representatives experienced in wheelchair transportation. Their concierge-style service ensures that passengers do not have to wait for the vehicle; instead, the drivers wait for them, enhancing convenience and reliability. They have three wheelchair vehicles available 6 days a week. Call a week ahead prior to your appointment for a vehicle reservation. For more information or to book a ride, individuals can **contact Be Driven, LLC at (203) 426-7820 or via email at info@bedrivenllc.com. Website: www.bedrivenllc.com**

Refocus Eye Health - Opti-Care, Eye Care Transportation

Pick-up and drop-off transportation services are available for the day of eye surgery, as well as the day after surgery for follow-up appointments. No charge for surgery day or follow-up appointment transport. Available Tuesday and Thursday, subject to time of appointment. **Contact (203) 574-2020 for more details.**

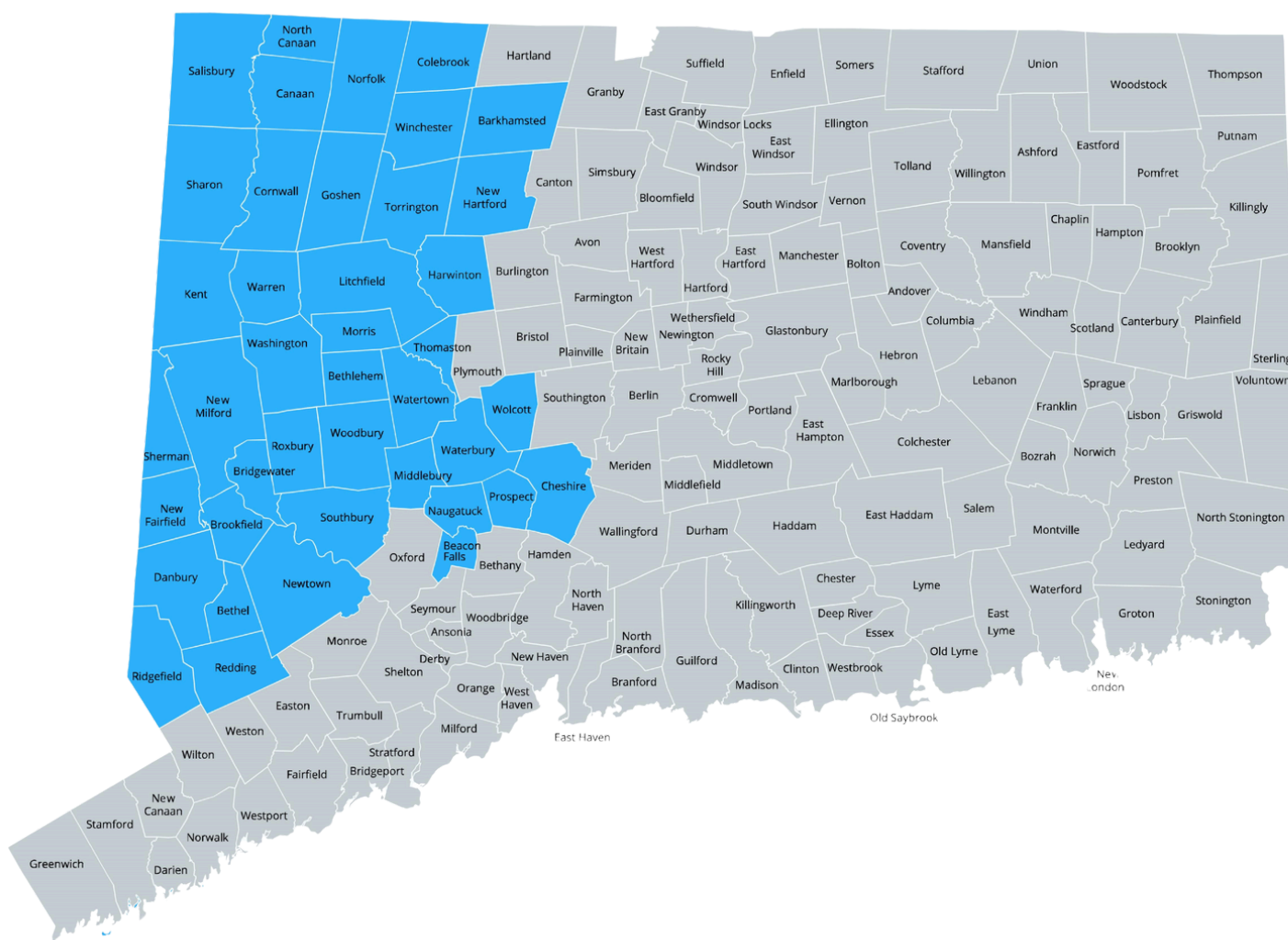
Something wrong?

If you see information needing to be corrected, please scan the code below or use the attached sheet.

Transportation & Housing Guide Correction Form



TOWNS WE SERVE



Barkhamsted

Beacon Falls

Bethel

Bethlehem

Bridgewater

Brookfield

Canaan

Cheshire

Colebrook

Cornwall

Danbury

Goshen

Harwinton

Kent

Litchfield

Middlebury

Morris

Naugatuck

New Fairfield

New Hartford

New Milford

Newtown

Norfolk

North Canaan

Prospect

Redding

Ridgefield

Roxbury

Salisbury

Sharon

Sherman

Southbury

Thomaston

Torrington

Warren

Washington

Waterbury

Watertown

Winchester

Wolcott

Woodbury



Five Agencies, One Vision



AgingCT is the association of Connecticut's Agencies on Aging.

We are federally designated planning agencies offering services for aging adults located in five regions of Connecticut.

Agencies on Aging were established under the Older Americans Act of 1965 to respond to the needs of adults ages 60 and over.

We are highly visible centers of information, assistance, and supportive services. Recently, we launched **Aging Answers**, comprehensive navigation support to help aging adults and their caregivers access the resources required.

With the guidance of a regional Board and Advisory Council, each Agency strives to meet the needs of older adults and persons with disabilities in their community.

Together, the agencies advocate for and promote healthy aging.

Building capacity in the community, AgingCT convenes a strong, inclusive, well-informed network of aging- and disability-related providers to support the needs of older adults and persons with disabilities and to advocate for policies that enhance dignity and independence.

AgingCT also conducts needs assessments and supports nonprofits and municipalities through the distribution of Older Americans Act funds.

Working with Connecticut's Aging and Nutrition Service Providers, the Agencies provide millions to support home-delivered and community café meals.



Learn more: agingct.org

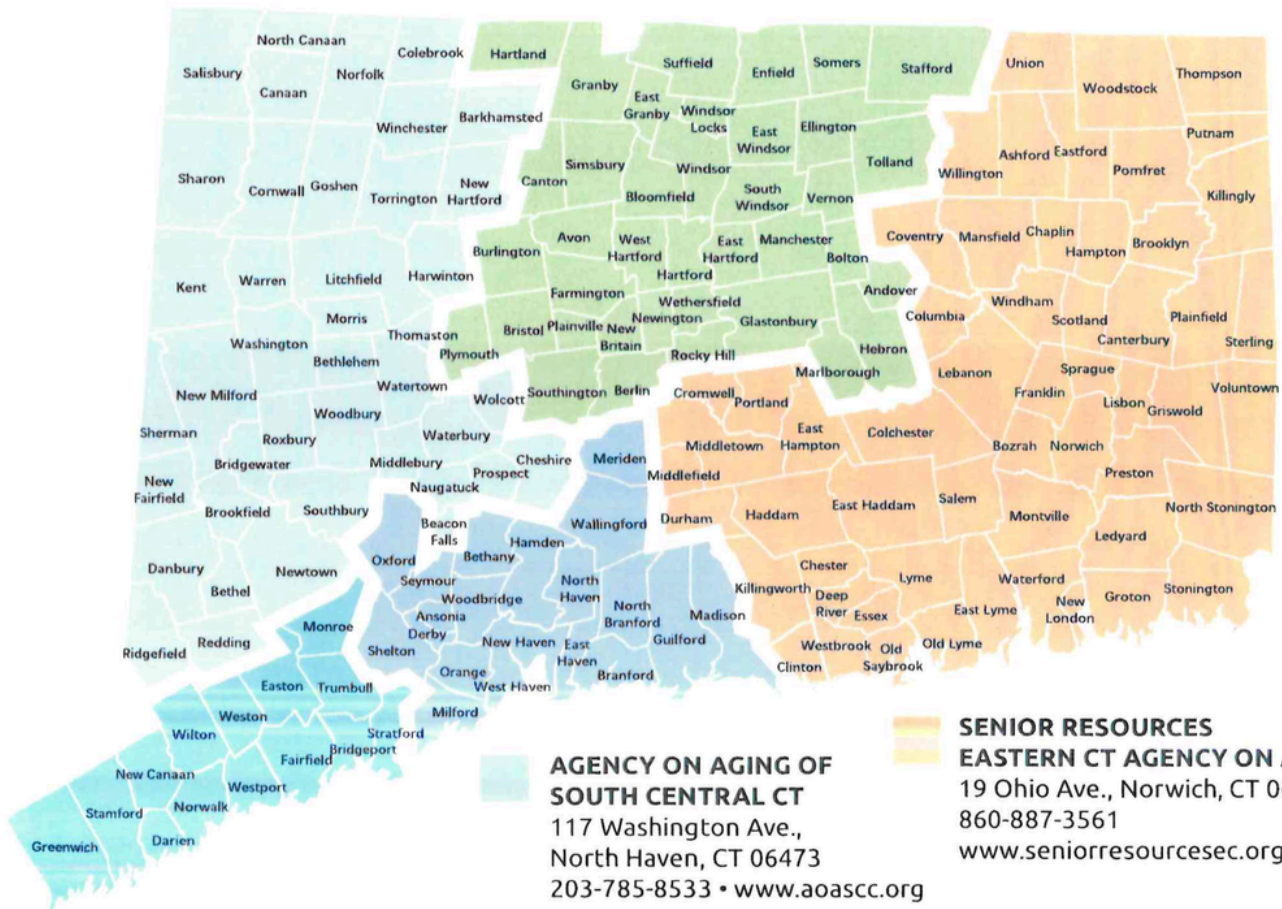
See reverse side for map of our five regions.

**WESTERN CT AGENCY ON AGING**

84 Progress Lane, Waterbury, CT 06705
203-757-5449 • www.wcaaa.org

**NORTHCENTRAL AGENCY ON AGING**

151 New Park Ave., PO Box 75, Hartford, CT 06106
860-724-6443 • www.ncaaact.org

**AGENCY ON AGING OF SOUTH CENTRAL CT**

117 Washington Ave.,
North Haven, CT 06473
203-785-8533 • www.aoascc.org

**SOUTHWESTERN CT AGENCY ON AGING**

1000 Lafayette Blvd., Bridgeport, CT 06604
203-333-9288 • www.swcaa.org

**SENIOR RESOURCES****EASTERN CT AGENCY ON AGING**

19 Ohio Ave., Norwich, CT 06360
860-887-3561
www.seniorresourcesec.org

Have questions?

We have **Aging Answers:**

NAVIGATION

- Medicare and Health Insurance Navigation
- Medicare Savings Program
- Low Income Subsidy
- Preventing Scams
- Prescription Drug Assistance
- Medicaid Application Assistance
- Social Security Assistance
- Application and Enrollment for all State and Federal Supports

CAREGIVER SUPPORTS

- Alzheimer's Respite Care Program
- National Family Caregiver Support Program
- Support for Home Safety Technology & Other Services Including Adult Day Care, Aides, Adult Diapers, Emergency Response Meals and More
- Caregiver Support Groups
- Caregiver Navigation Support

CARE MANAGEMENT

- Veterans Self-Directed Care
- Alzheimer's Respite
- National Family Caregiver
- CT Home Care for Elders*
- CT Home Care for Acquired Brain Injury*
- CT Home Care for Persons with Disabilities*
- Private Care Management*

**NOT AVAILABLE IN ALL REGIONS*



Western CT Area Agency on Aging

84 Progress Lane, Second Floor

Waterbury, CT 06705

NON-PROFIT ORG U.S.
POSTAGE

PAID

PERMIT NO. 55

WATERBURY CT

Mission Statement

The Western Connecticut Area Agency on Aging enriches the lives of older adults, individuals with disabilities, and their caregivers by providing support, services, and information to help them live well with assurance, independence and dignity.

Vision

Our vision is to foster a community where older adults and persons with disabilities are supported, valued, and connected with services that enable them to live independently, in their chosen home, with dignity.

Value Statement

Western CT Area Agency on Aging, Inc. (WCAAA) is guided by a deep and authentic commitment to enriching the lives of older adults, individuals with disabilities, and their caregivers. Our core values—dignity, compassion, inclusion, choice, trust, and collaboration—influence every decision we make and shape the services we provide.

Dignity: We believe all people should be treated with dignity.

Compassion: We interact with all people on the basis of kindness and empathy.

Inclusion: We value all people regardless of age or ability.

Choice: We strive to maximize people's ability to decide where and how they want to live.

Trust: We foster the trust of the people we serve and the agencies we work with.

Collaboration: We work in partnership within our communities to meet the needs of those we serve.