

ADULT DAY CARE

Pierce Memorial Baptist Home

Caregivers Day Off Program-Monday & Wednesday
Route 169
Brooklyn, CT 06234
774-9050

Ross Adult Day Care

165 McKinley Avenue
Norwich, CT 06360
889-1252

CONSUMER PROBLEMS

Attorney General's Volunteer Hotline

1-800-660-7787

Senior citizens ages 60 and over can call from 9:00 a.m. to 5:00 p.m. on Monday through Friday to report consumer issues.

The Consumer Law Project for Elders

A project of Connecticut Legal Services

1-800-296-1467

Free legal assistance to seniors age 60 and over who have consumer questions or problems. Seniors can call about any consumer problem such as debt collection, including abusive/harassing collection practices, credit reporting, credit discrimination, home improvement, predatory lending, and auto fraud and identity theft. The hotline is open Monday through Friday 9:00-5:00. Spanish speaking staff is available.



Guilford Smith Memorial Library

Consumer Credit Counseling Services of Southern New England

1-800-208-2227

www.creditcounseling.org

Consumer Credit Counseling of S.N.E. is an accredited non-profit that provides personalized, confidential financial advice and education about debt, credit, money management, budgeting and housing issues. Advisors are available 24 hours per day, seven days per week, in person, by telephone, via regular mail and online. Certified professionals can provide a comprehensive analysis of an individual's current financial situation, give financial advice; develop debt management repayment plans and council on housing issues including reverse mortgages. Offered are education programs on budgeting, credit, housing, scams, etc. Offices are located throughout Connecticut, Rhode Island and Massachusetts.

Department of Consumer Protection

1-800-842-2649

Responsible for ensuring and guarding the rights of consumers in such areas as food, product safety, telemarketing fraud, drug control, new car buyers rights and consumer education.

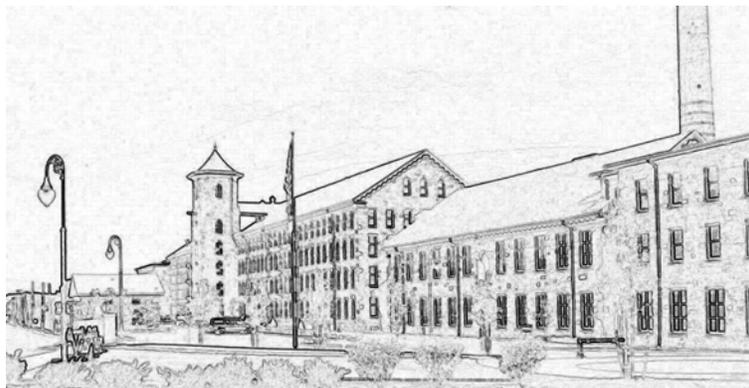
Willimantic Chamber of Commerce

1010 Main Street

Willimantic, CT 06226

423-6389

Call for information about local businesses.



Windham Mills

DISABILITY RESOURCES

Connecticut Radio Information System (CRIS)

184 Windsor Avenue, Suite C

Windsor, CT 06095

1-800-708-0004

Free service to the reading impaired. Broadcasts readings from newspapers, magazines and books 24 hours per day.

Department of Developmental Services

90 South Park Street

Willimantic, CT 06226

456-6300

1 866-433-8192

Provides supports and services for Connecticut citizens of all ages with developmental disabilities. These include family supports, case management, day programs, employment supports, community-based residential supports and clinical services.

Disabilities Network of Eastern Connecticut

238 West Town Street

Norwich, CT 06360

823-1898

www.disability-dnec.org

An independent-living center that helps people with physical, mental and other types of disabilities to maintain an independent life. Provides information on legal rights, programs and benefits.

Library for the Blind and Physically Handicapped

198 West Street

Rocky Hill, CT 06067

1-800-842-4516

Recorded books and magazines mailed at no cost to visually or physically impaired persons.

State of Connecticut

Office of Protection and Advocacy for Persons with Disabilities

60B Weston Street

Hartford, CT

1-800-842-7303

Provides information on disability rights and services, legal assistance and advocacy. Investigates complaints of abuse or neglect for persons with mental retardation between the ages of 18 and 59.

**State of Connecticut
Board of Education Services for the Blind
1-800-842-4510**

In-home consultation and guidance.

**University of Connecticut
Speech and Hearing Clinic**

850 Bolton Road, Unit 1085
Storrs, CT

486-2629

Speech therapy, hearing aid fittings, speech and hearing evaluations.

University of Connecticut Homer Babbidge Library

369 Fairfield Road
Storrs, CT

486-4637

Assistance is available for finding books, ordering special format materials, and use of the Kurzweil reading machine. Volunteer readers and many other services for the blind or disabled.

Willimantic Public Library

905 Main Street
Willimantic, CT

465-3079

Offers a selection of large print books and audiotapes.



Jillson House Museum

EDUCATION

Eastern Connecticut State University

83 Windham Street
Willimantic, CT 06226
465-5125

Elderhostel

The Elderhostel Program is a fun and exciting way for adults who are 55 and older to share new ideas, explore new places and make new friends. Typically held on college campuses and at cultural institutions. Elderhostel Catalogs are available at local libraries or call **1-877-426-8056**. To request an Elderhostel Scholarship Application contact The State of CT Department of Social Services, Elderly Services Division at **1-800-443-9946**

Quinnebaug Valley Community College

729 Main Street
Willimantic, CT 06226
423-4491 or **423-1824**

University of Connecticut

Center for Learning in Retirement (CLIR)
College of Continuing Studies
1 Bishop Circle Unit 4056
Storrs, CT 06269
486-5383

EMPLOYMENT AND VOLUNTEER OPPORTUNITIES

Connecticut Works Center

1320 Main Street, Tyler Square
Willimantic, CT 06226
465-2120

Provides employment counseling and job referrals.
(Veterans' please see listing under Veterans Benefits)

EASTCONN Adult Education Programs

Community Learning Center
21 Valley Street
Willimantic, CT 06226

423-2591

Offers a wide variety of classes including Citizenship Classes, Basic Skills Instruction in reading, writing or math and High School completion. Also courses in Music, Culinary Arts, Arts & Crafts, Computers, Personal Growth and Fitness & Dance.

Easter Seals Connecticut

Senior Community Services Employment Program

152 Norwich-New London Turnpikes
Uncasville, CT 06382

860-848-9264

The Senior Community Employment Program offers employment and training opportunities to adults' age 55 and older whose income is at or below 125 percent of the poverty level. The program attempts to match the older workers interest and abilities with a position in a community service agency.

McSweeney Regional Senior Center

423-4524

www.McSweeneySeniorCenter.org

Volunteers are needed to participate and take part in the daily running of the Center. Fundraising, *Vintage Voice* (the monthly newsletter), event planning, recreation, trips, gardening and more.

TVCCA (Thames Valley Council for Community Action)

401 West Thames Street Unit 201
Norwich, CT

889-1365 or 1-800-861-8429

Foster Grandparents and Senior Companion Program

Volunteer opportunity for income-eligible senior citizens, age 60 years and older, who are able to work 15 hours per week or more. Benefits include an hourly stipend, transportation reimbursement, and daily meal where available, etc. Foster Grandparents provide companionship and guidance for emotionally, physically and mentally handicapped children. Senior Companions help older mentally and physically challenged individuals to live as fully as possible. Call for more information.

RSVP (Retired & Senior Volunteer Program)

774-9286

Provides opportunities to persons 55 years of age and older to participate in volunteer work in the community.

Windham Community Memorial Hospital

Volunteer Department

456-6792

Many volunteers are needed to assist in varied facets of hospital operation. Your interest and talents will be matched with volunteer positions.

ENERGY ASSISTANCE

ACCESS Agency

1315 Main Street

Willimantic, CT 06226

450-7423

Energy Assistance and Weatherization Program: Provides assistance with winter heating bills for families and individuals. Call for an appointment to apply.

Citizens Oil Co-op, Inc.

P.O. Box 271718

West Hartford, CT 06127

860 561-6011

www.oilco-op.com

Oil Co-op members can expect to pay a discounted price that is below the state average for full-service heating oil. Automatic delivery, 24-hour emergency service and budget billing. \$10.00 application fee to join. Annual membership fee is \$ 20.00 (\$ 10.00 for seniors)

Connecticut Light & Power / Northeast Utilities

Customer Service & Emergencies, call toll free **1-800-286-2000**

Winter protection plan, payment arrangements **1-800-286-2828**

Windham Area Interfaith Ministry (W.A.I.M.)

866 Main Street

Willimantic, CT 06226

456-7270

Operation Fuel

Private, non-profit energy assistance program for people who need emergency help with energy bills and are not eligible for state or federal assistance.

Yankee Gas Services Co.

1-800-438-2278

Matching Payment Program: Offers monthly payment arrangements to provide low-income customers with gas service year round: possibility of forgiveness of past-due balance.

Winter Protection Plan: Special payment arrangements for eligible customers and protection from having their gas service turned off between November 1st - April 15th.

FINANCIAL ASSISTANCE

Connecticut Department of Social Services

676 Main Street

Willimantic, CT 06226

465-3065

To apply for State Supplemental Benefits, Medicaid, Food Stamps, ConnMAP, ConnPACE, Elderly Protective Services and other programs.

Reverse Annuity Mortgage Programs

Reverse Annuity Mortgage (RAM) programs are loans that allow homeowners, who need extra money, to tap the equity in their homes.

Unlike regular home equity loans, there is no need for the borrower to make monthly payments to the lender. Repayment may either be made on a predetermined date or the date when the homeowner ceases to occupy the home. The lender generally makes monthly payments to the borrower, through lump sum loans and lines of credit. Call for a list of financial institutions that provide Reverse Annuity Mortgage Programs

Senior Resources-Eastern Region Area Agency on Aging **887-3561**

Department of Social Services Elderly Information and Referral line **1-800-443-9946**

Social Security Administration

1320 Main Street

Tyler Square

Willimantic, CT 06226

423-6386

1-800-772-1213

Social Security is a federal program of social insurance for persons who are retired or disabled. It also pays benefits to survivors of deceased Workers. The Social Security Administration also administers the Supplemental Security Income (SSI) federal assistance program for aged, blind, and disabled individuals with limited income or resources.

Claims for benefits and information can be obtained by contacting the local SSA office.

Solders, Sailors & Marine Fund

For the Windham Region call **423-4534** or **423-8507**, contact person - Bill Woodbury. Provides temporary assistance to Veterans, or their dependents that demonstrate a need for food, clothing, medical aid, shelter, utility assistance or financial aid. Assists Veteran's and their widows with VA pension applications, both service and non-service connected.

AT & T (formerly SBC)

A program called **Lifeline** will provide persons who receive assistance from the State Department of Social Services with a \$ 9.21 credit on their phone bill. The phone bill must be in the name of the household member who receives assistance. Assistance may include ConnPace, Energy Assistance, Section 8, Food Stamps, Medicaid, Supplemental benefits, etc. For more information call **1-800-278-4451**

Tax Relief for Homeowners and Renters

Town of Windham

979 Main Street
Willimantic, CT 06226

Homeowners and renters, age 65 and older or disabled, who has lived in Connecticut for at least one year, may be eligible for a tax credit depending upon income and other subsidies. Homeowners apply from February 1st - May 15th of each year. Call the Tax Assessor's Office for eligibility guidelines **465-3026**

Renters Rebate applicants apply from May 15th -September 15th of each year. Contact the Human Services Department for more information **465-3065**



FOOD AND NUTRITION

Congregate Meal Sites

All of the sites require reservations made 48 hours in advance.

*Suggested donation \$ 2.00 for TVCCA sites.

- **Beckish Senior Center*** 188 Route 66, Columbia **228-0704**
Meal served on Thursdays at noontime.
- **Chaplin Senior Center** 132 Chaplin Street, Chaplin **455-1327**
Meal served on Wednesdays at noontime. Donation \$ 3.50
- **Earl W. Smith Senior Center*** 25 Tremko Lane, Ashford **487-5122** Meal served on Tuesdays and Fridays at noontime.
- **Juniper Hills Village Elderly Housing** 1 Silo Circle, Mansfield **429-9933** Two meals are served every day. Full course meal at noontime, light meal in the evening. All Mansfield residents and groups welcome. Fees vary, call for information.
- **McSweeney Regional Senior Center*** 47 Crescent Street Willimantic **423-4524** see menu on web site
www.McSweeneySeniorCenter.org Meal served at 11:30 a.m., Monday-Friday. Also serves free breakfast snacks 8:30-9:30 am, Monday-Friday.
- **Mansfield Senior Center *** 303 Maple Rd, Storrs **429-0262** Meal served at noontime Monday-Friday. Fees vary, call for information.

- **Willington Senior Center** * Old Farms Road Willington **429-8321**
Meal served at 11:30 a.m., Monday-Friday. Limited to Willington Residents age 55 and over.

Food pantries are located at the following:

- **ACCESS Agency**, 1315 Main Street, Willimantic **450-7400**
- **St. Pauls Episcopal Church & Covenant Soup Kitchen**
220 Valley Street, Willimantic **423-1643**
- **Salvation Army**, 316 Pleasant Street, Willimantic **423-0977**
- **Catholic Charities**, 88 Jackson Street, Willimantic **423-7065**

Food Stamps

Contact the State of Connecticut Department of Social Services-**465-3500**

Meals on Wheels

TVCCA

81 Stockhouse Road

Bozrah, CT 06334

For the Windham Region **885-2745** or **1-800-953-1365**

Designed for the homebound elderly, ages 60 and older that are unable to prepare their own meals or to travel to local meal sites. Provides one hot meal brought to the home midday, Mondays-Fridays. Cold meal provided for holidays. \$ 2.00 is the suggested donation but not required. Weekend and supper meals available for eligible participants.

Meals to the Home-W.C.M.H. & VNA East

456-7288 ext. 222

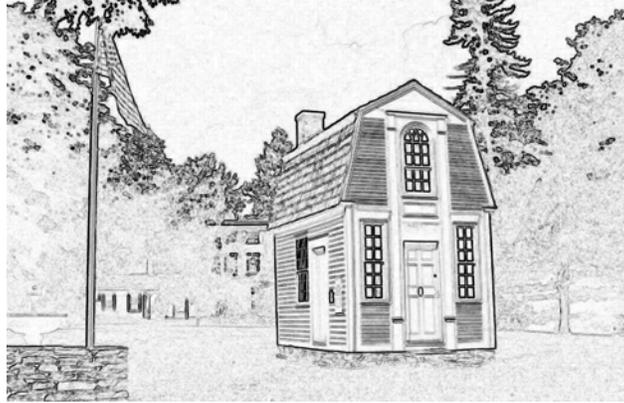
Home delivery meal program provides two meals per day, one hot and one cold. Available Monday-Sunday. Fee is \$ 8.50 per day. Call VNA East for more information.

Willimantic Food Co-op.

91 Valley Street

Willimantic, CT 06226

456-3611



Dr. Hunt's Office

HEALTH CARE

Alzheimer's Association

Connecticut Chapter
279 New Britain Road
Kensington, CT 06037

1-866-3MEMORY

Provides education, support and advocacy for people with Alzheimer's disease, their families and caregivers.

Angels Depot Resource Center, Inc.

P.O. Box 218
Coventry, CT 06238

742-5279 or **646-3399**

Holistic counseling for individuals, couples, or families in Coventry or Manchester location or in your home. Donation \$ 25.00 per hour. A United Way partners agency and charitable, nonprofit corporation.

Dental Clinic

McSweeney Regional Senior Center

47 Crescent Street
Willimantic, CT 06226

423-4524

A full service dental office providing cleanings, fillings, dentures and partials. Sliding scale fee based on income, for those without insurance. Title 19 and Medicare payments are accepted.

Diabetes Education

Windham Community Memorial Hospital
112 Mansfield Avenue
Willimantic, CT 06226
456-6727

Generations Family Health Center, Inc.

1315 Main St.
Willimantic, CT 06226
450-7471

Provides physicals, evaluations, education, counseling and immunizations. Bilingual staff, sliding scale fee for those without insurance. Case managers assist with applications for Title 19, ConnPACE and Medicare Buy-In Programs such as QMB and SLMB.

Health Clinic**McSweeney Regional Senior Center**

47 Crescent Street
Willimantic, CT
423-4524

www.McSweeneySeniorCenter.org

Programs include foot care, earwax removal, blood sugar and cholesterol screenings and flu vaccines. A Geriatric physician visits monthly to provide medication evaluation, physical exams and to evaluate any concerns. Weekly Healthy Hearts Program. Educational videos, literature and discussion take place at least once a week.

Lions Low Vision Center of Eastern Connecticut

112 Mansfield Avenue
Willimantic, CT 06226
456-9116 Ext. 2302

Provides evaluations, personal training and counseling in proper utilization of low vision devices.

Med-East Medical Walk-in Center

1703 West Main Street
Willimantic, CT 06226
456-1252

A privately owned intermediate medical care center. They evaluate and treat most non-life-threatening illnesses. A physician is available during working hours (call for times). X-ray and minor lab facilities on the premises. They also offer immunizations for travel.

Senior Wellness Programs

Located at:

- **Chaplin Senior Center** 132 Chaplin Street, Chaplin **455-1327**
- **Mansfield Senior Center** 303 Maple Road, Storrs **429-3007 Ext. 101**
- **McSweeney Regional Senior Center** 47 Crescent Street, Willimantic **423-4524**
- **Willington Senior Center** 40 Old Farms Road. Willington **429-8321**

A team of health care professionals who provide physical, functional and memory assessments to senior citizens staffs Senior Wellness Programs. Health screenings, consultations, referrals and educational programs are also offered.

United Services

132 Mansfield Avenue
Willimantic, CT 06226
456-2261

Domestic Violence Hotline- 456-9476

Provides on-going outpatient counseling and bilingual services for adult mental health, substance abuse and domestic violence.

Windham Community Memorial Hospital

112 Mansfield Avenue
Willimantic, CT 06226
456-9116



Gazebo – Alex Caisse Park

HEALTH INSURANCE AND RELATED PROGRAMS

CHOICES - Connecticut's programs for Health Insurance Assistance, Outreach, Information and Referral, Counseling and Eligibility Screening
1-800-690-6998

Counselors provide free information and assistance about Medicare benefits (traditional fee-for-service and managed care options), Medicare part D, Medi-gap policies, Medicaid, Long Term Care Insurance and other related state and federal programs.

CHOICES volunteers are available at the following sites: Call for times or an appointment.

- Town of Windham, Human Services Department (Cindy St. Martin **465-3065**)
- Town of Coventry, Human Services Department (Heidi Hall **742-5324**)
- Town of Mansfield, Mansfield Senior Center (Tammy Harris **429-3360**)

Medicare

Federal health insurance program for people age 65 and older or disabled under Social Security. Apply at your local Social Security Office. The Willimantic office is located at 1320 Main Street, Tyler Square. **423-6386** or **1-800-772-1213**

State of Connecticut Department of Social Services

676 Main Street
Willimantic, CT 06226
465-3500

The following programs are available:

- **ConnMAP** - A program for low-income elderly designed to ensure that health-care providers would not charge more than Medicare-approved rates for services covered by Medicare Part B.
- **ConnPACE** - Pays the cost of prescription drugs, after \$16.25 co-pays per prescription for income eligible people age 65 and over or disabled under Social Security. Annual registration fee of \$ 30.00. Call 1-800 423-5026. ConnPace recipients must participate in a Medicare Part D plan.
- **Medicaid** - (also called Title19) Provides coverage of medical expenses for eligible participants.
- **QMB** (The Qualified Medicare Beneficiary Program) pays all Medicare premiums, deductibles and co-payments for eligible participants. Designed to fill the gaps in Medicare-covered services.

- **SLMB** (Specified Low-Income Medicare Beneficiary) Pays the Medicare Part B premium only.
- **ALMB** (Additional Low Income Medicare Beneficiary Program) The program has two levels based on income. The ALMB Level 1 pays the full amount of Medicare Part B premium. ALMB Level II pays a portion of the Medicare Part B premium. Funding for ALMB program is limited. Apply in January of each year.

The QMB, SLMB, and ALMB programs are available at no cost to Medicare beneficiaries (both elderly and disabled) with limited income and assets.

Connecticut Partnership for Long Term Care

1-800-547-3443

Enables Connecticut residents to plan for future long-term care expenses without depleting their assets to pay for their care. The partnership offers quality long-term care insurance. (Sold by a select group of insurers)

State of Connecticut Insurance Department

1-860-297-3900

Consumer affairs - Answers questions about any type of insurance or problems with an insurance company.



Windham Free Library

HOME CARE SERVICES

Many different types of services are offered to enable a person to remain as independent as possible while living at home. Homemakers, health aides, and companions provide housekeeping, cooking, shopping, personal care needs, social support and many other services. See the yellow pages of your local phone book under Home Health Services for a full listing of providers or call InfoLine-2-1-1.

Community Companion and Homemaking Services

90 South Park Street
Willimantic, CT 06226

456-3626

A not-for-profit private agency-providing non-medical in-home services (light housekeeping, meal preparation, laundry, shopping, and respite services) to elderly and disabled individuals. Community Companion and Homemaking Services are supported by the Eastern Connecticut Area Agency on Aging with Title III funds made available under the Older Americans Act.

Connecticut Community Care Inc. (CCCI)

Eastern Regional Office
372 West Main Street
Norwich, CT 06360

885-2960

CCCI is a statewide non-profit care management organization whose mission is to assist elderly or disabled individuals to remain independent in the community. Care managers are specially trained nurses and social workers that make recommendations regarding care options based on a comprehensive assessment. Care managers also arrange and oversee in-home, ambulatory and institutional services.

Connecticut Home Care Program for Elders

DSS Alternate Care Unit
25 Sigourney Street, 11th fl
Hartford, CT 06106

1-800-445-5394

A comprehensive home care program designed to enable person's age 65 and older to receive the support they need to remain living at home. The program provides a wide range of home health and non-medical services to persons that are at risk of institutionalization. The State Department of Social Services screens applicants. You must meet the program's income and asset guidelines.

Family Care Plus

877-887-2273 toll free or 860-214-7615

Providing 24 hour Live-In Care 7 days per week. A full range of services are offered including, 12 hour Live-Ins, Home Health Aides and Personal Care Attendants. Servicing Connecticut for the past ten years. Insured, Registered, Bonded.

Hospice and Palliative Care of Connecticut

20 Furnace Street
Danielson, CT 06239

860-774-1366

Hospice offers interdisciplinary services to patients with a life limiting illness and their loved ones. Hospice nurses are on call 24 hours a day, 365 days a year. Other than clinical services, we also offer pastoral, bereavement, social work, trained volunteers and complementary therapies. HPCC is a Medicare certified, state licensed and Joint Accrediting Commission of Health Organizations program of CT VNA.

Hospice of Eastern Connecticut

VNA East
34 Ledgebrook Dr.
P.O. Box 716
Mansfield Center, CT 06250

456-7288 Ext. 214

Offers services and support to terminally ill patients and their families. All services are available 24 hours a day, 365 days a year. Trained volunteers provide respite for family members. Medicare-certified, state licensed & Joint Accrediting Commission of Health Organizations program.

VNA East, Inc.

34 Ledgebrook Dr.
Mansfield Center. CT

456-7288

A Medicare-certified, state licensed, Joint Accrediting Commission of Health Organizations, home care agency. They offer comprehensive home care services including Nursing, IV Therapy, Rehabilitative Therapies (Physical, Occupational, Speech), Medical Social Worker, Home Health Aide, and Homemaker/Companion. Private insurance, managed care programs, Medicare or Medicaid typically pays for services. United Way private funds are available to individuals without resources to pay. VNA East also offers adult health screening and immunization clinics in area towns.

HOME REPAIR

Homeowner's ages 62 or older that have low to moderate income may qualify for a low interest loan or grant to make repairs, improve or to modernize their home or to remove health and safety hazards. Check with each program for specific eligibility criteria, items covered and application.

Home Solutions

Community Renewal Team, Inc.

51 Green Street
Middletown, CT 06457
860-347-4465 Ext. 238

Town of Windham

Rehabilitation Program

979 Main Street
Willimantic, CT 06226
465-3045

USDA Rural Development

238 West Town Street
Norwich, CT 06360
859-5218 Ext. 3004

HOUSING

The **Windham Region Council of Governments** (WINCOG) publishes a listing of apartments and condominium complexes in the 10-town Windham region. The guide (*Apartments and Condominiums in the Windham Region*) also lists elderly and handicapped equipped housing. You can obtain a copy by calling:

WINCOG - **456-2221**

Windham Town Hall, Human Services Dept. - **465-3065**

The **Connecticut Department of Social Services** (Elderly Services Division) publishes an *Elderly Housing Directory*. The directory defines various housing options (assisted living, congregate, independent living, etc.) and lists elderly housing communities in the Eastern Region. Call **1-800-443-9946** for a copy.

Paradise Agency

151 Broadway
P.O. Box 175
Colchester, CT 06415

860-537-7044

GA-NA-DEN, 441 Ash Street, Willimantic
GA-NA-DEN II, 306 Ash Street, Willimantic
GA-NA-DEN SOUTH, 300 Windham Road, Willimantic

Willimantic Housing Authority

49 West Avenue.
Willimantic, CT 06226
Main number- **456-1413**
Section 8 Program-**456-3502**

INCOME TAX PREPARATION

AARP will do free Income Tax preparation at the McSweeney Regional Senior Center each Friday from 9:00 a.m. to 12:00 noon, beginning February 1st - April 15th. Call McSweeney Center to schedule an appointment. **423-4524** or visit their web site www.McSweeneySeniorCenter.org

ACCESS Agency

Free income tax filing (federal and state) is available every Thursday from February through April 15 from 2:00-8:00 p.m. at two locations: The ACCESS Agency, 1315 Main St., Willimantic and ACCESS Agency, 173A Mechanic St., Danielson. Call Willimantic at **450-7487** or Danielson at **774-0418** for an appointment. This is a VITA program.

INFORMATION SOURCES

Area Agency on Aging-Eastern Connecticut

Senior Resources

4 Broadway 3rd floor
Norwich, CT 06360

887-3561

Senior Resources is a planning and funding organization, which provides information and assistance on health insurance programs, community based service programs, and elder care training and education programs on aging issues.

Connecticut Department of Social Services

Elderly Information Line - **1-800-443-9946**

25 Sigourney Street

Hartford, CT 06106

This is a toll-free line, which was established to handle questions concerning programs and services that are available to person's 55 years of age and older.

Eldercare Locator - 1-800-677-1116

A nationwide directory of organizations and services. Provides information and referral to programs throughout the United States.

InfoLine - Dial 2-1-1

A "Help by Telephone Line"

Provides confidential, free and bilingual information on community resources in Connecticut. Trained professionals assess your needs, find information, or help with a crisis 24 hours per day

Masonic Community Services

1-877-424-3537

Their mission is to educate, inform and assist the elderly in Connecticut in attaining the highest level of independence.

McSweeney Regional Senior Center

47 Crescent Street

Willimantic, CT 06226

423-4524

www.McSweeneySeniorCenter.org

Town of Windham

Human Services Department

979 Main Street

Willimantic, CT 06226

465-3065

Provides information on community resources. Counseling on health insurance options to senior citizens. Assistance provided in filling out forms (ConnPace, Medicare Buy-In Programs, Medicaid, etc.) Bilingual services.

Legal Assistance

Center for Medicare Advocacy

11 Ledgebrook Drive
Mansfield Center, CT 06250
456-7790 or 1-800-262-4414

Provides free legal advice and representation to elderly and disabled persons denied Medicare coverage for home health care, hospital care, skilled nursing-facility care and durable medical equipment.

Connecticut Legal Services

872 Main Street
P.O. Box 258
Willimantic, CT 06226
456-1761

Provides free civil legal services to income eligible people in the form of advice, direct representation, referrals and legal self-help materials. Assistance is provided in the areas of law involving housing, family, special education, benefits, energy assistance, Medicare, Social Security disability and the rights of the elderly and people with disabilities.

The Consumer Law Project for Elders

A project of Connecticut Legal Services
1-800-296-1467

Free legal assistance to seniors age 60 and over who have consumer questions or problems. Seniors can call about any consumer problem such as debt collection, including abusive/harassing collection practices, credit reporting, credit discrimination, home improvement predatory lending, and auto fraud and identity theft. The hotline is open Monday through Friday 9:00-5:00. Spanish speaking staff is available.

LEGISLATORS

U. S. Representative Joseph Courtney
2nd Congressional District.
2 Courthouse Square
Norwich, CT 06360
886-0139 or 202-225-2076

U.S. Representative John B. Larson
1st Congressional District
221 Main Street
Hartford, CT 06106
278-8888 or 202-225-2265

U.S. Senator Christopher Dodd
Putnam Park
100 Great Meadow Road
Wethersfield, CT 06109
258-6940 or 1-800-334-5341

U.S. Senator Joseph Lieberman
1 State Street, 14th floor
Hartford, CT 06103
549-8463 or 1-800-225-5605

State Representative Walter Pawelkiewicz
49th District (Windham)
Legislative Office Building, Room 4003
Hartford, CT 06106
1-800-842-8267

State Senator Edith Prague
19th District
Legislative Office Building, Room 3800
Hartford, CT 06106
1-800-842-1420

State Senator Donald E. Williams
29th District
Legislative Office Building, Room 3300
Hartford, CT 06106
1-800-842-1420

NURSING HOMES

A complete listing of state licensed nursing homes in Connecticut is available through **InfoLine - Dial 2-1-1**.

Long Term Care Ombudsman Program

Eastern Region
Uncas on Thames Campus
401 W. Thames Street, Unit 102
Norwich, CT 06360
823-3366

Advocates for quality care and for the rights of people who live in nursing homes. Investigates complaints of abuse or neglect.

PRESCRIPTION DRUG ASSISTANCE

ConnPace-A program of The State of Connecticut Department of Social Services. Pays the cost of prescription drugs after \$16.25 co-pays per prescription for income eligible people age 65 and over or disabled under Social Security. Annual registration fee of \$ 30.00. Call **1-800-423-5026**

Medicare Part D-Beginning on January 1, 2006 Medicare will help pay for certain prescriptions drugs. Most people will have to sign up for a drug plan if they want prescription coverage and will have to pay premiums and co-payments that vary for each plan. Plan's can set and change their formulary.

People who have Medicare Part A or Part B is eligible for Medicare drug coverage.

Social Security has a program called Extra Help that assists low-income people with monthly premiums. Call Social Security for further information. The new Medicare Part D law is complex, contact your local State Health Insurance Program (SHIP) for help in choosing a plan. Call **887-3561**

Medicaid (Title 19)-Contact the State of Connecticut, Department of Social Services. Call **465-3500**

RECREATION

Eastern Connecticut State University

For information on cultural events call Public Relations - **465-5114**. Contact the Athletic Department for information on sporting events - **465-5172**.

McSweeney Regional Senior Center

423-4524

www.McSweeneySeniorCenter.org

The recreation program includes exercise groups. Aqua aerobics is offered twice a week. Other activities include crafts, crochet, bingo, card games (cribbage, setback & bridge), puzzles, current events, trips, and fund-raisers.

New programs can always be added. Call with your interests.

Town of Windham-Recreation Department

465-3046

A variety of senior programs are offered at little to no cost. Bus trips to local points of interest are offered for a low fee. Several special events are held throughout the year, including horseshoe tournaments, senior dances, picnics and bingo trips. Call the Recreation Department for a complete schedule of dates and times.

People 65 years of age or older can obtain a lifetime fishing license free of charge by applying to the Town Clerk. In addition, a person 65 years or older who meets the guidelines can obtain a free hunting license by applying to the Town Clerk. Provide proof of age.

University of Connecticut

For information on concerts, plays and special programs at Jorgensen Auditorium call **486-4226**. Senior discounts for most events.

For sporting event information contact the Athletic Department **486-3531**.

RESPIRE CARE (Also see Adult Day Care)

Haven Health Center

595 Valley Street
Willimantic, CT 06226
450-7060

Interim Health Care

15 Wilson Street
Willimantic, CT 06226
456-3500

Connecticut Statewide Respite Care Program

Alzheimer's Association Connecticut Chapter - **1-800-356-5502**

Eastern Connecticut Agency on Aging (Senior Resources)- **860-887-3561**

The program is funded by the State Department of Social Services and is operated in partnership with the Alzheimer's Association Chapters of Connecticut and the Connecticut Area Agencies on Aging. The program pays up to \$ 3,500.00 in respite care services per family, per year. The individual with Alzheimer's must meet income and asset eligibility requirements and a 20% co-payment of the cost of the service.

SAFETY

For any **emergency call 911**

Domestic Violence Hotline-456-9476

Emergency Response Systems

Lifeline is a personal emergency response system. A communicator offers a two-way speakerphone, which allows communication to the Response Center 24 hours per day. If help is needed, the person pushes a personal help button, which can be worn around the neck. The communicator will automatically call the Response Center and trained professionals will talk to you. If you need help, they will send it. If no one answers, they will automatically send help.

456-7288

VNA East, Inc.

34 Ledgebrook Dr.

Mansfield Center, CT

Long Term Care Ombudsman Program

Eastern Region

Uncas on Thames Campus

401 W. Thames Street, Unit 102

Norwich, CT 06360

823-3366

Advocates for quality care and for the rights of people who live in nursing homes. Investigates complaints of abuse or neglect.

Protective Services for the Elderly

State of Connecticut Department of Social Services

465-3500 –Willimantic or 823-5000-Norwich or 1-800-473-8909

Investigates and resolves complaints of neglect, abuse or exploitation of elderly in the community.

Sexual Assault Crisis Center of Eastern Connecticut

90 South Park Street

Willimantic, CT 06226

Hotline - 456-2789

Support, counseling and advocacy for sexual assault victims and their families.

SUPPORT GROUPS

There are many support groups, such as Alzheimer's, Arthritis, Cancer, Parkinson's, Widow/Widowers, etc. For information about a specific group dial **InfoLine – 2-1-1**, Windham Community Memorial Hospital - **456-9116**, United Services - **456-2261** or McSweeney Senior Center - **423-4524**.

TRANSPORTATION

American Cancer Society

887-2547

Provides volunteer medical transportation for cancer patients.

Senior Citizen Driver Instruction Program - 55 Alive

Sponsored by AARP. Instruction on upgrading your driving skills. Discount on your automobile insurance for completing the course. Call the McSweeney Regional Senior Center for a reservation - **423-4524**.

State of Connecticut, Department of Social Services

Provides medical transportation for persons on Medicaid (Title 19)
1-888-743-3112 (toll free) First Transit

Windham Regional Community Council

872 Main Street

Willimantic, CT 06226

456-1462

Dial-A-Ride offers door-to-door transportation to residents of Ashford, Chaplin, Columbia, Coventry, Hampton, Lebanon, Mansfield, Willington and Windham/Willimantic. Priority given to elderly and disabled residents. All vehicles are handicapped-equipped. No charges for service, however, donations are accepted. Operates Monday-Friday, 8:10 a.m. to 2:30 p.m. Call 48 business hours in advance to schedule a ride.

Windham Region Transit District

968 Main Street

Willimantic, CT 06226

456-2223

The **Willimantic City Bus** is open to the public and serves two different routes. One route runs from Shaw's to Donna's to Windham Heights to Wal-Mart and the East Brook Mall. On the return trip, the bus goes from East Brook Mall to Windham Heights, then back to Donna's and Shaw's.

The second route also runs from Shaw's to Donna's but then goes via High Street to the East Brook Mall and on to Wal-Mart. It follows the same route in reverse on the return trip.

The **Storrs-Willimantic Bus** travels along Main Street to Shaw's, back along Valley St. to Ash, over to South Frontage, past the Commuter Lot, to the Eastbrook Mall, Big Y Plaza, then up to Storrs and the University of Connecticut, Holiday Mall and A & P Plaza

The **Route 32 Commuter Bus** travels between Willimantic, Norwich and Foxwoods seven days per week. Uses flag stops. You may catch the bus anywhere along its route in Willimantic, on Route 32 between Willimantic and Norwich, at Backus Hospital, the SEAT Transportation Center and the Foxwoods employee entrance.

Paratransit for ADA certified passengers are available within $\frac{3}{4}$ mile of the City Bus route. For paratransit or certification information please call WRTD at 456-2223.

Arrow Commuter Service into Hartford

Willimantic & Coventry Commuter Bus Service to Hartford from South Frontage Road, Arrow Pharmacy, Donna's Bus Depot and points in Andover, Bolton, Columbia and Coventry, Monday through Friday, to and from Hartford. Also from Route 44 in Coventry. Call Arrow Line at **1-800-842-8469**

Bonanza Bus Service

Hartford/Providence/Boston/N.Y. bus service is provided locally by Bonanza Bus Lines and Arrow Bus. For information call Arrow 1-800-842--8469

Eastern Medical Transportation

579 N. Windham Road
North Windham, CT 06256
860 456-1701
Provides Wheelchair/Livery Service

NORWICH TAXI

860 456-2227

VETERANS BENEFITS

Connecticut Department of Veterans' Affairs

102 Main Street
Norwich, CT 06360
887-9162

Veterans' Employment Representative

Connecticut Department of Labor
Tyler Square
1320 Main Street
Willimantic, CT 06226
465-2121

The representative will provide veterans with information and help them obtain any benefits for which they may qualify (health, medication, state, and federal, etc.) Any veteran or their family can contact this office for help or questions. In addition, the representative helps Veterans' with all phases of their job search.

Federal Rehabilitation Veterans' Center

60 Main Street
Norwich, CT 06360
887-1755

The Vet Centers are a community-based arm of the Veterans Administration. They provide counseling to eligible veterans and family members. They provide community referrals and employment assistance.

Solders, Sailors & Marine Fund

For the Windham Region call **423-4534** or **423-8507**. Contact person-Bill Woodbury. Provides temporary assistance to Veterans or their dependents that demonstrate a need for food, clothing, medical aid, shelter, utility assistance or financial aid. Assists Veterans and their widows with VA pension applications, both service and non-service connected.

Veterans' Administration Primary Care Clinic

96 Mansfield Avenue
Willimantic, CT 06226
450-7583

Provides primary care for Veterans'. Call for more information.