



Healthy Aging for Older Adults

SENIOR RESOURCE GUIDE BRISTOL, PLAINVILLE & SOUTHLINGTON

Brought to you by: Wheeler Clinic, Inc. with funding from the Connecticut Department of Public Health



This resource guide was compiled by Wheeler Clinic's Senior Emotional Health Outreach Program (SEHOP). For updates or corrections please call Anellyse Boebel, Prevention Specialist at 860-793-2164 ext. 1150.

Special thanks to the following agencies and organizations which make up the Senior Oversight Advisory Committee that helped with this project. If you'd like to join the group, please contact Anellyse at the number listed above.

- ❖ Alzheimer's Resource Center of Connecticut, Social Services Department
- ❖ Asbury United Methodist Church, Bristol
- ❖ Bristol Community Organization, Retired and Senior Volunteer Program
- ❖ Bristol Housing Authority
- ❖ Calendar House Senior Center, Town of Southington
- ❖ First Baptist Church of Southington
- ❖ Nursing Care Center of Bristol, City of Bristol Department of Social Services
- ❖ Plainville Senior Citizen Center, Town of Plainville
- ❖ The Hospital of Central Connecticut at Bradley Memorial Hospital, Center for Healthy Aging
- ❖ Town of Plainville Department of Social Services
- ❖ Town of Southington Department of Community Services

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Bi-Lingual Physicians

Dr. Jose Estela

Internal Medicine

94 Bellevue Avenue

Bristol, CT 06010

Telephone: 860-582-8764

****Interpreters available for Spanish speaking patients.**

Dr. Nieves Hornbeck, M.D.

Family Practice

Southington Commons

945 N. Queen Street

Southington, CT 06489

Telephone: 860-628-8054

****Interpreters available for Spanish speaking patients.**

Care Management

Alzheimer's Resource Center of Connecticut

1261 South Main Street
Plantsville, CT 06479

Telephone: 860-628-9000

Contact Person: Front Desk

Services Provided: Support groups, medical care and dementia specialist.

Program Description: Alzheimer's Resource Center is a 120 bed skilled nursing facility for dementia clients. There is also a 13 bed assisted living unit for dementia clients and adult day care for community residents that suffer from dementia. Support groups include: family support groups every 4th Wednesday of the month at 10:00 a.m., spousal support group every Thursday at 10:00 a.m. and a daughters' support group every Tuesday at 5:30 p.m.

Bristol Visiting Nurse Association

Telephone: 860-583-1644

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

Contact Person: Joanne Collin

Services Provided: Counseling, Medical Care, Homemakers, Companions, Personal Response System.

Program Description: Medicare/Medicaid State Licensed Home Health Care Agency. Skilled nursing, physical therapy, occupational therapy, speech therapy, home health aide, medical social worker.

Connecticut Center for Healthy Aging

The Hospital of Central Connecticut at Bradley Memorial Hospital
81 Meriden Avenue
Southington, CT 06489

Telephone: 860-276-5293 or Toll Free 1-800-273-0078

The Hospital of Central Connecticut at New Britain General
100 Grand Street
New Britain, CT 06050

Telephone: 860-224-5278 or

Toll Free: 1-877-4AGING1 (877-424-4641)

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

Contact Person: Peg Rancourt, Senior Resource Coordinator

Services Provided: Case Management and other services – *(also see information under Medical Resources)*

Continued on next page.....

Connecticut Center for Healthy Aging Continued:

The Connecticut Center for Healthy Aging is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers. The Center will provide resource materials such as brochures, periodicals, books, tapes, compact discs and digital video discs on topics related to aging including caring for our elders. Internet access will be provided as part of the resource library at the Center. The Center will sponsor educational and training programs for caregivers, elders, and family members on topics of interest to the audience being served. ****Interpreters available for Spanish and Italian speaking clients.**

Connecticut Community Care, Inc.

43 Enterprise Drive
Bristol, CT 06010

Telephone: 860-589-6226

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

Contact Person: Charlene Breen

Services Provided: Care Management, In-home assessments and coordination of home services.

Program Description: Connecticut Community Care is a private, non-profit organization providing care management services to older adults, care givers and adults with disabilities. The program provides a variety of services including, but not limited to, in-home assessments, homemaker, personal care, transportation, adult day services, medication management, etc. to clients who meet the age, financial and critical requirements for the Connecticut Home Care Program for Elders. These services are provided at no cost or on a sliding fee scale, depending on the client's financial situation. Private-pay care management services through Care Management Associates are also available, including in-home assessments, coordination and monitoring of services, personal chef services, money management, Personal Assistant services, and family and bereavement counseling.

Day-Break Adult Day Services

290 Farmington Ave.
Plainville, CT 06062

Telephone: 860-678-9778

Contact Person: Nicole Cantu, Office Manager

Services Provided: Counseling, Support Groups, Transportation, Help with filling out forms and Medical Care.

Program Description: Day-Break affords participants the potential to prevent premature nursing home placement and institutionalization by providing the luxury of remaining at home with caregivers or family while spending their days under our medical supervision, enjoying our therapeutic/recreational programs, and receiving nutritionally balanced meals and snacks. Daily attendance at the center reduces the isolation and loneliness of our seniors throughout the day. Day-Break also provides the family and caregivers with respite, stress relief, and the confidence of knowing their loved ones are receiving the very best of care.

Family Care Plus

Telephone: 860-214-7625

Website: www.FamilyCare-Plus.com

Contact Person: Paul Baker, Care Coordinator

Services Provided: 24 Hour Live-in Care

Program Description: Family Care plus provides 24 hr Live-in care. Home Health Aides, Certified Nurses Aides, and Personal Care Assistants will assistance in daily living such as personal hygiene, cooking, house cleaning and medicine reminders

Franciscan Life Center

271 Finch Avenue
Meriden, CT 06451

Telephone: 203-237-8084

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

Hours of Operation: M-TH 9:00 am-9:00 pm. Fri 9:00 am-5:30 pm

Contact Person: Receptionist

Services Provided: Counseling

Languages other than English: Polish and American Sign Language.

Program Description: A home health care agency offering: care of the sick, end of life care, home healer aides, as well as physical, speech, and occupational therapist.

Komanetsky Estates

81 Grove Avenue
Bristol, CT 06010

Telephone: 860-585-1236

Contact Person: Noreen Needham

Services Provided: Congregate Housing

Program Description: Komanetsky Estates is a Congregate Housing facility for independent seniors aged 62 or older. Komanetsky has 42 efficiency and 2 one-bedroom apartments. Each unit has a living/bedroom area, bathroom and kitchen. Amenities include one meal per day prepared by our own chef, weekly light-housekeeping, laundry facilities on each floor, community room with computer lab, on-site parking and guest parking. Activities include exercise classes, therapeutic massages, blood pressure clinics, movies, bingo and special events. The Bristol Senior Center is adjacent to the property for additional recreation activities.

Interim HealthCare Services

Telephone: 860-677-0005

Website: www.interimhealthcare.com

Contact Person: Intake Department

Services Provided: Medical social work counseling, help with housing, help with filling out forms, medical care, homemakers, companions and home health aides.

Program Description: Interim HealthCare has been serving the community for over 36 years and is a state certified licensed Medicare/Medicaid Home Health Care Agency. Interim HealthCare provides Behavioral, Cardiac, Wound Care, Medical/Surgical Nursing and Rehabilitation Services. Our Rehabilitation Services include Physical, Occupational and Speech Therapy. Interim HealthCare also provides Medical Social Services in the community. The agency can also provide Home Health Aides, Companions/Homemakers, on an hourly or as- needed basis, and Live-In help is also available. ****Interpreters available for Spanish speaking clients.**

Mulberry Gardens

58 Mulberry Street
Plantsville, CT 06479

Telephone: 860-276-1020

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

Contact Person: Marie Terzak

Services Provided: Support Groups, Transportation, Help with Housing, Medical Care
Program Description: Mulberry Gardens is a non profit Alzheimer's Assisted Living and an Adult Day Care community. We offer a full complement of services including 24 hour care, elegant dining, housekeeping, scheduled transportation and recreational programs.
****Interpreters available for Polish speaking clients.**

Nancy Dickens

Private Duty

Telephone: 860-617-0330

Contact Person: Nancy Dickens

Services Provided: Certified Nurses Aide/ Companion, 24 hour Care or Hourly Care, transportation, light house cleaning and help with filling out forms.

Towns Served: All of Connecticut

Program Description: Certified Nurses Aide/ Companion, 24 hour Care or Hourly Care, and In-home hair dressing services (*please see information under Hairdressing Services*).

Plainville Health Care Center

269 Farmington Ave.

Plainville, CT 06062

Telephone: 860-747-1637

Contact Person: Michelle Olson (Admissions Director)

Services Provided: Counseling while living in the facility, help with housing, help with filing out forms while living in the facility, medical care.

Program Description: None Provided

Shady Oaks Assisted Living LLC

334 Stevens Street

Bristol, CT 06010

Telephone: 860-583-1526

Contact Person: Ron Belanger (Marketing Director)

Services Provided: Medication monitoring, assistance with daily activities, 24-hour onsite healthcare staff, 24-hour emergency response, Adult day care, Rehabilitation therapy; OT + PT, Diabetic management, Restorative therapy, one on one program, etc.

Program Description: A family owned assisted living facility with warmth, caring and friendliness. They offer a homelike community for seniors, living as independently as they choose.

Southington Care Center

45 Meriden Ave.

Southington, CT 06489

Telephone: 860-621-9559

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

Contact Person: Donna Belanger

Services Provided: Skilled nursing facility, short-term rehabilitation, medical care and senior fitness exercise program for community seniors.

Program Description: Southington Care is a skilled nursing facility that specializes in quality long-term care as well as short-term rehabilitation. Other programs include senior fitness and outpatient rehabilitation. ****Interpreters available for Italian and Polish speaking clients.**

The Pines at Bristol, Center for Nursing and Rehabilitation

61 Bellevue Ave.
Bristol, CT 06010

Telephone: 860-589-1682

Contact Person: Terry Jones

Services Provided: Medical Care

Program Description: Skilled nursing services for short stay and/or long term.

****Interpreters available for Spanish and French speaking clients.**

The Orchards of Southington

34 Hobart Street
Southington, CT 06489

Telephone: 860-628-5656 or Toll Free 1-888-340-2775

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

Contact Person: Katie Mavriello

Services Provided: Low-vision support groups, independent and assisted living

Program Description: The Orchards at Southington is a nonprofit senior living community offering independent and assisted living services.

Culturally-Specific Support

Cambodian Volunteer Translators and Drivers

Telephone: 860-583-0295 or 860-585-9825

Contact Person: Pong Me or Sovanath Khut

Other Languages Spoken: Khmer (Cambodian)

Catholic Charities Refugee Office

125 Market St Ste 2,

Hartford, CT 06103

Website: http://www.ccaoh.org/Our_Services/Mig_refugee/Mig_refugee.htm

Telephone: (860) 548-0059

Program Description: We provide comprehensive resettlement services designed to facilitate the refugees' acculturation into their new life of freedom here in the United States and to assist them to become self-sufficient members of society, usually within four months of their arrival in the United States.

Greater Hartford Jewish Community Center

335 Bloomfield Avenue

West Hartford CT 06117

Telephone: 860-236-4571, Senior and Adult Services Department

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

Contact Person: Nancy Bacall, Director, **E-Mail:** nbaca@ghjcc.org

Program Description: The JCC offers a full range of quality, year-round activities, classes, programs and special events designed to enrich your mind, body and spirit. The JCC is a community and cultural center, a school, a health club, a summer camp, a swim and racquet club, an arts center and much more for all ages and interests. The JCC is committed to enriching your life and the lives of your family. The JCC reaches out to the whole community with programs and activities and YOU BELONG HERE!

Lao Association of Connecticut, Inc.

P.O. Box 330513

West Hartford, CT 06133

Telephone: 860-523-8340

Contact Person: Howard Phengsomphone

Services Provided: Counseling, support groups and help filing out forms

Program Description: The Lao Association is a grass-root, community-based, non-profit organization that provides referral services for our elderly person when the need arrives. The Lao Association gets together at least once a month on Sunday, at the temple, to discuss the need of our community. The Lao Association can be a gateway to the Laotian-American community in Connecticut and a link to the Laotian American National Organization in the USA. ****Interpreters available for Lao and Thai speaking clients.**

Pakistani American Association of Connecticut PAACT

Telephone: 860-478-2992

Website: WWW.PAACT2000.ORG

E-Mail: Exec_PAACT@yahoo.com

Program Description: Pakistani American Association of Connecticut is a voluntary mass organization of ALL Pakistanis regardless of their residential status, socio-economic standing, political, ethnic, or sectarian sensibilities. Its primary function is to provide a focus for organizing the social and cultural life of our community. On occasions, when a general consensus exists within the community, it works for and takes public positions on issues of interest to the community. Constitutionally, it is a democratic and egalitarian grouping of equals and does not entertain any classifications amongst its members on any basis whatsoever. It engages in social, cultural, and educational programs under the authority of the general body and under the provisions of its constitution, in order to serve Pakistanis in particular, and the American society in general.

Southeast Asian Elder Adult Program

80 Jefferson Street

Hartford, CT 06106

Telephone: 860-527-1124, ext. 691

Contact Person: Vieng Tran

Services Provided: Food pantry, counseling, support groups, transportation, help with housing, help with filling out forms and translation.

Program Description: Our support group is aimed to help anyone who has questions or wants to learn about Alzheimer's and any other needs of services related to Alzheimer's. ****Interpreters available for Lao and Thai speaking clients.**

Disability Services

Connecticut State Library for the Blind and Physically Handicapped

198 West Street
Rocky Hill, CT 06067

Telephone: 860-721-2020 or Toll Free 1-800-842-4516

Website: <http://www.cslib.org/lbph.htm>

Contact Person: No specific person

Services Provided: Audio and Braille books and magazines for the blind and physically Handicapped

Program Description: This service lends books and magazines in Braille or recorded formats along with the necessary playback equipment, FREE, for any Connecticut adult or child who is unable to read regular print due to a visual or physical disability. All materials are mailed to and from library patrons by postage-free mail. ****Interpreters available for Spanish speaking clients.**

Central Connecticut Paratransit Service

Telephone: 860-589-7820

Voice/TTY: 860-589-6950

Contact Person: John C. Tricarico, Transportation Assistant **Email:** john@ccrpa.org

Services Provided: Transportation (Disabled Only)

Program Description: Transportation for persons with disabilities residing in Bristol, Plainville, Kensington and New Britain. (SEE TRANSPORTATION FOR MORE INFORMATION)

Connecticut Commission for the Deaf and Hearing Impaired

67 Prospect Avenue
West Hartford, CT 06017

Telephone: 800-708-6796

Voice/TTY: 860-231-8169

TTY/TDD Interpreting Services: 860-231-1690

Emergency Interpreting Services (after hours): 860-231-7623

Website: <http://www.state.ct.us/cdhi/>

Contact Person: Diane Wixted

Services Provided: Counseling, help with filling out forms and case management.

Other Languages Provided: American Sign Language

Program Description: CDHI provides interpreting and counseling services for deaf and hard of hearing people as well as the hearing community who live and work with individuals with hearing loss.

Connecticut Women with Disabilities Network

60 B Weston Street
Hartford, CT 06120

Telephone: 860-297-4375

TTY 860-297-4380

Low Vision Rehabilitation Program

CT Center for Healthy Aging

Telephone: 860-276-5293

Services provided: Outpatient Rehabilitation, Occupational Therapy, Support Groups and Home Care Nursing Services for people with low vision.

Program description: Low vision rehabilitation is a collaborative program for people with low vision. If you or someone you know has Macular Degeneration, Glaucoma, Diabetic Retinopathy or cataracts you could benefit from an evaluation to enhance everyday living, call your physician for a referral. Please call CT Center for Healthy Aging at 860-276-5293 for more information about the collaborative program.

State of Connecticut Board of Education and Services for the Blind

Adult Service Division
184 Windsor Ave.
Windsor, CT 06095

Telephone: 860-602-4000 or Toll Free 1-800-842-4510

Voice/TTY: 860-602-4221

Website: <http://www.besb.state.ct.us/>

Contact Person: Priscilla Williams (x 4113)

Services Provided: Social work services, referrals, rehabilitation, teaching emphasizing activities of daily living, travel training assistance orientation and mobility.

Program Description: The Adult Services Division of BESB provides intake and referral services for legally blind adult residents of Connecticut as well as rehabilitation teaching emphasizing activities of daily living and maximizing residual low vision and travel training by orientation and mobility specialists. ****Interpreters available for Spanish speaking clients.**

The Bristol Adult Resource Center, Inc.

621 Jerome Ave.
Bristol, CT 06010

Telephone: 860-582-9102

Website: www.bristolarc.org

Contact Person: Rosemarie Cassin, Ext. 125

Program Description: The Bristol Adult Resource Center is a private non-profit CARF accredited, United Way agency that provides services to people with disabilities in the greater Bristol area. Our Day Support Options Program provides opportunities for participants to engage in a variety of social recreational and leisure activities. Persons with intellectual disabilities must be referred by the Department of Mental Retardation.

The Arc of Southington, Inc.

201 West Main Street
Plantsville, CT 06479

Telephone: 860-628-9220

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

Contact Person: Sandra Amato, Ext. 14

Services Provided: Recreational, housing, advocacy

Program Description: The Arc of Southington is an advocacy agency and a service provider serving area communities. It meets the needs of its clients with group homes, supported apartments, individualized support, adult recreation, information, referrals and education.

Food Pantries, Soup Kitchens and Meal Delivery

Bread For Life

76 North Main Street
Southington, CT 06489

Telephone: 860-276-8389

Contact Person: Pastor Kauffman

Services Provided: Soup kitchen and food pantry

Program Description: Bread for Life serves a hot, nutritious meal Monday – Friday from noon till 12:45 at the Masonic Hall, 76 Main Street, Southington, CT 06489. The food bank is open on Tuesday and Friday from 1:30 p.m. – 3:30 p.m., but you must call 276-8389 for a time.

Christian Fellowship Center, Inc.

43 Prospect Street
Bristol, CT 06010

Telephone: 860-589-0662

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

Contact Person: Janet, Michelle or Dolly

Services Provided: Soup kitchen, food pantry, counseling, support groups

Program Description: Food pantry is open 9:30-12:00. You need a photo identification and income verification. Soup kitchen is open Saturday's and Sunday's 1:00-2:30. We offer free counseling by appointment. The Center holds support groups that you need to register for and pay a fee for the workbook. ****Interpreters available for Spanish speaking clients.**

Meals on Wheels

Telephone: 860-229-7700

Website: <http://www.mealcall.org/meals-on-wheels/ct/bristol.htm>

Contact Person: Judy Nimro

Services Provided: Congregate dining and delivery to homebound seniors in Bristol, Plainville, Southington, Terryville, New Britain and Berlin.

Program Description: Meals on wheels works in two parts. The first part is congregate dining open M-F in the areas listed below. Requirements are that you are 60+ and reserve your meal one day in advance. The schedule for the congregate meals times and places for the local area are as follows:

Bristol

Place: Bristol Senior Center Café

Address: 240 Stafford Avenue

Lunch Served: at 12:00 pm

Contact Person: Barbara

Office Hours: 10:00-1:00, Monday-Friday

Plainville

Place: Plainville Senior Center

Address: 200 East Street

Lunch Served: at 12:00 pm

Phone: 860-747-5728

Southington

Place: Southington Calendar House

Address: 388 Pleasant Street

Contact Person: Dolores Camillo

Lunch Served: at 12:00 pm

Contact Person: Jean Miller

Phone: 860-621-6738

The second part of Meals on Wheels is home delivery of meals for homebound services. For more information please see the *Homebound Services* section of this booklet.

Plainville Community Food Pantry, Inc.

54 South Canal Street

Plainville, CT 06062

Telephone: 860-747-1919

Website: <http://www.thefoodpantry.net/>

Contact Person: Susie Woerz

Services Provided: Food, energy assistance, clothing, crisis intervention and referral services.

Program Description: The Plainville Community Food Pantry is a non profit outreach agency that provides food, energy assistance, clothing, crisis intervention and referral services to individuals in need.

Saint Vincent DePaul Society of Bristol, Inc. Homeless Shelter

19 Jacobs Street
Bristol, CT 06011-1922

Telephone: 860-589-0702

Contact Person: Monitor on Duty

Services Provided: Temporary Homeless Residence

Program Description: The Society offers a 25 bed emergency shelter for men, women and children. The Society provides a safe, stable base; offering food, shelter, showers and case-management services enabling the homeless to get and keep a job and children the opportunity to return to school, and providing relief from the emotional and moral violence that often accompanies homelessness.

Salvation Army Soup Kitchen

19 Stern Road
Bristol, CT 06010

Telephone: 860-583-4651

Contact Person: Marge Rivera/Alice Hunter

Services Provided: Soup kitchen and food pantry

Program Description: Soup kitchen hours are Monday-Friday, 11:30 a.m.-12:45 p.m.

Food Pantry hours are Monday-Friday, 10:00 a.m.-1:30p.m. Call for an appointment

Bread Program hours are Monday-Wednesday, 1:30 p.m.-2:30p.m.

Zion Evangelical Lutheran Church Soup Kitchen

27 Judd Street
Bristol, CT 06010

Telephone: 860-589-7744

Website: <http://www.bristolzion.org/index.php>

Contact Person: Shirley Dickau

Services Provided: Soup Kitchen, food pantry and Thanksgiving distribution of turkeys and food baskets. Christmas Day dinner (at our site or delivered) and Easter Day dinner (delivered).

Program Description: “Meals for the Needy” is a multi-faceted program that assists people in the greater Bristol area with food and related needs.

General Senior Resources

AARP

Telephone: 1-800-OUR-AARP (1-800-687-2277)

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

Services Provided: Informing members and the public on issues important to this age group; advocating on legislative, consumer and legal issues; promoting community service; offering a wide range of special products and services to members

Program Description: With over 35 million members, AARP is the leading nonprofit, nonpartisan membership organization for people age 50 and over in the United States. The group is known for providing a host of services to this ever-growing segment of the population. Membership in AARP is open to any person age 50 or above. U.S. citizenship is not a requirement for membership; over 40,000 members live outside the United States. People also do not have to be retired to join. The schedule for meeting times in your area is listed below.

Chapter Name: Plainville

Chapter Number: 004146

Meeting Place: Veterans of Foreign Wars
Northwest Drive
Plainville, CT 06062

Meeting Days: 3rd Wednesday

Meeting Times: 1:00 PM

Closed During: July/August

Chapter Name: Plainville Evening

Chapter Number: 005106

Meeting Place: 20 Still Wood Drive
Plainville, CT 06062

Meeting Days: 2nd Tuesday

Meeting Times: 7:00 PM

Closed During: July/August

Chapter Name: Apple-Valley Southington

Chapter Number: 004943

Meeting Place: Mary Our Queen Hall
248 Savage Street
Plantsville, CT 06111

Meeting Days: 4th Tuesday

Meeting Times: 1:00 PM

Closed During: July/August

Catholic Charities, (formerly Catholic Family Services)

90 Franklin Square
New Britain, CT 06051

OR

440C North Main Street
Bristol, CT 06010

Telephone: Bristol: 860-589-8662

New Britain: 860-225-3561

Toll-Free: 1-800-547-1452

Contact Person: Dolores Griffin, LCSW

Services Provided: Training on how to use computers

Program Description: *The Seniors Bridging the Digital Gap* program expands the opportunities for growth and learning as seniors learn in how to use state-of-the-art Toshiba laptop computers including basic computer operations, basic word processing, emailing, and internet access utilizing a senior friendly curriculum. Classes are provided using small groups and can be taught in the home of homebound seniors. Once proficiency has been met, the laptops are available for seniors to “borrow” between classes, weekends and overnight. *The Elderly Outreach Counseling Services* provides information and referral, individual professional counseling, assistance to families with concerns about aging relatives. Counseling is provided in client’s homes, New Britain Senior Center or our New Britain and Bristol offices. Most services are provided at no charge to residents or their insurance companies. ****Interpreters available for Spanish and Polish speaking clients.**

North Central Area Agency on Aging

Two Hartford Square West, Suite 101
Hartford, CT 06106

Telephone: 1-800-994-9422

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

Hours of Operation: 8:30am-4:30pm

Towns Served: Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Glastonbury, Farmington, Enfield, Granby, Hartford, Hartland, Hebron, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, Windsor Locks.

Contact Person: Choices Program

Services Provided: Help people access/locate soup kitchens, food pantries, counseling, support groups, transportation, housing, and medical care.

Languages other English: Spanish translation available

Program Description: NCAAA provides services to seniors and their families throughout the Greater Hartford Region. Though many of our funded programs serve people 60+, information, assistance, and referrals for elderly services are available to caregivers, grandparents raising grandchildren, and beneficiaries of all ages.

United Way of Connecticut/ 2-1-1 InfoLine

Telephone: 211

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

Contact Person: Any 211 specialist who answers the 24 hour service.

Services Provided: 24 hour information and referrals for health and human services with translation for approximately 150 languages.

Program Description: Need help or information? 211 Infoline is a free, confidential phone service in Connecticut that connects callers with information and help in the community. By dialing the numbers “211” on your phone, you will reach a trained call specialist who is ready to listen and provide information and referrals to a wide range of services, including housing options, financial help, medical care, volunteer opportunities, education and support groups. "211" is there to help 24 hours a day whether you just have a question or you need help. 211 Infoline is TTY accessible and multilingual.

Wheeler Clinic HelpLine

Telephone: 860-747-3434 or 860-524-1182 (for the Hartford area) (Voice/TTY)

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

Contact Person: All staff members are trained to work with seniors.

Services Provided: Counseling.

Other Languages Provided: Yes, for almost 150 languages.

Program Description: HelpLine is a 24 hour phone service designed to help people when they are experiencing emotional distress. HelpLine staff members are trained to help people of all ages with a wide variety of problems including depression and anxiety. Helpline staff work with the caller to determine if a referral to a community provider is necessary. In crisis situations, a crisis team may be sent to the home.

Grandparent Programs

Grandparents Raising Grandchildren

Plainville Youth Services

50 Whiting Street
Plainville, CT 06062

Telephone: 860-793-0221, ext. 261

Contact Person: Roberta Brown

Services Provided: Counseling and support groups for grandparents raising grandchildren.

Program Description: Plainville Youth Services, in conjunction with the Plainville Senior Center, sponsors a Grandparents raising Grandchildren monthly support group. Groups are held in the morning and evening. Individual appointments with a counselor are also available.

Grandparents Raising Grandchildren Support Group

388 Pleasant Street
Southington, CT 06489

Telephone: 860-621-3014 or 860-276-6280

Contact Persons: Sharyn Murphy, Calendar House Senior Center and/or Sue Saucier, Director of Youth Services

Services Provided: Support group and advocacy for grandparents raising grandchildren.

Program Description: Town of Southington Calendar House Senior Center, in conjunction with Southington Youth Services, sponsors a Grandparents raising Grandchildren monthly support group every third Thursday at 5:00 p.m. Baby sitting and a light meal are provided.

National Family Caregiver Support Program

North Central Area Agency on Aging

Two Hartford Square West, Suite 101

Hartford, CT 06106

Telephone: 1-800-994-9422

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

Hours of Operation: 8:30am-4:30pm

Contact Person: Intake Department

Services Provided: The National Family Caregiver Support Program provides counseling, respite, supplemental services, and technical assistance for support groups, caregiver training, and services for grandparents raising their grandchildren.

Program Description: NCAAA is a private, not-for-profit organization. We provide three direct services: CHOICES, Statewide Alzheimer's Respite Program, and the National Family Caregiver Support Program. The National Family Caregiver Support Program provides counseling, respite, supplemental services, and technical assistance for support groups, caregiver training, and services for grandparents raising their grandchildren. In addition, NCAAA currently funds over 80 community based programs to address legal concerns, nutrition, health and wellness programs, and transportation, amongst others, throughout our region. To find out what is available nearest you, feel free to contact NCAAA at the number listed above. ****Interpreters available for Spanish speaking clients.**

Grief Support Groups

Hospice of Bristol Hospital

7 North Washington Street
Plainville, CT 06062

Telephone: 860-585-4752 Providing "Hospice On-call" 24 hours a day

Website: http://www.bristolhospital.org/services_hospice.htm

Contact Person: Betty Burgess-coordinator

Services Provided: Bereavement program, medical care focused on providing comfort, pain management and symptom control program, psychosocial and spiritual support for the patient and family, bereavement counseling for family members and significant others, hospice personnel available 24 hours-a-day, Other services including home health aides, homemakers, physical therapy

Program Description: Hospice care continues into the bereavement period with support for your family. Bristol Hospital offers a Bereavement Support Program to help the bereaved realize that they are not alone in their grief and to lead them through the grieving process by providing the following:

- A comprehensive packet of bereavement information and resources.
- Follow-up correspondence at specific intervals throughout the first year after a loss.
- Short-term grief counseling by telephone or office visit (assessment and professional referral if needed).
- Referral to free "Coping With Grief" support groups and other community resources.

The Bereavement Support Program also supports hospital staff by offering one-on-one counseling by telephone or office visit, providing a staff resource library and coordinating an annual memorial service with hospice services. For patients, family members, staff or self-referral, call Bristol Hospital's bereavement coordinator at 860-585-3427 or 860-585-4752.

St. Joseph Church

149 Goodwin Street
Bristol, CT 06010

Telephone: 860-583-1369

Contact Person: Kathy Young

Services Provided: Bereavement support group

Program Description: St. Joseph Church offers an 8 week session bereavement group. using "New Day" materials. ****Interpreters available for Spanish speaking members. Spanish mass held on Sunday.**

St. Paul Lutheran Church

134 Main Street

Terryville, CT 06786

Telephone: 860-589-8666

Contact Person: Pamela Heuschkel-Eggleton, MFT

Services Provided: Bereavement support group.

Program Description: A bereavement support group is available to offer hope and help for those grieving. It is located at St. Paul Lutheran Church, 134 Main Street, Plymouth. This ongoing group meets at 6:30 p.m. on Wednesdays in the education building and is open to the community. If you are interested in joining the group, contact the church office at 589-8666.

Hairdressers for Homebound Seniors

Darlene Thomas

Telephone: 860-793-1704

Services Provided: Shampoo, Set, Trim, Perm, Men's Haircut, Men's Shampoo, Men's Perm, Men's and in-home care services

Hours: By appointment.

Towns Served: Bristol, Plainville and Southington.

Program Description: Darlene is an experienced hairdresser having worked in the field with older adults for over 20 years. She will travel to your home to provide hairdressing services to homebound seniors. Please call her in regards to her costs and schedule.

Nancy Dickens

Telephone: 860-617-0330

Services Provided: Shampoo, Set, Trim, Perm, Men's Haircut, Men's Shampoo, Men's Perm, Men's and in-home care services (*also see Care Management Services for other in-home care services offered by 'Nancy Dickens- Private Duty'*).

Hours: By appointment.

Towns Served: Bristol, Plainville and Southington.

Program Description: Nancy Dickens is an experienced hairdresser having worked in the field with older adults for over 20 years. She will travel to your home to provide hairdressing services to homebound seniors. Please call her in regards to her costs and schedule.

Louise Lockhart

Telephone: 860-793-0733

Services Provided: Shampoo, Set, Trim, Perm, Men's Haircut, Men's Shampoo, Men's Perm.

Hours: By appointment.

Towns Served: Bristol, Plainville and Southington

Program Description: Louise Lockhart is an experienced hairdresser having worked in the field with older adults for over 20 years. She will travel to your home to provide hairdressing services to homebound seniors. Please call her in regards to her costs and schedule.

Homebound and Delivery Services

Beacon Pharmacy

25 Collins Road
Bristol, CT 06010

Telephone: 860-589-5587

Website: <http://www.beaconcompounding.com/>

Contact Person: Geri Ann Bradley-Pharmacist/owner,

Email: gbradley@beaconrx.com

Services Provided: FREE Pharmacy Delivery available at all locations

Bristol South

57 South Street
Bristol, CT 06010

Telephone: 860-583-1006

Contact Person: Robert Wollenberg-Pharmacist/owner,

Email: rwollenberg@beaconrx.com

New Britain

543 West Main Street
New Britain, CT 06053

Telephone: 860-225-6487

Southington

Beacon Prescriptions
340 North Main Street
Southington, CT 06489

Telephone: 860-628-3972

Contact Person: Elliott Colasanto, R.Ph.-Pharmacist/owner,

Email: ecolasanto@beaconrx.com

The Greater Bristol Visiting Nurse Association, Inc.

195 Maltby Street
Bristol, CT 06010

Telephone: 860-583-1644

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

Contact Person: Intake Department-Joanne Collin

Services Provided: Counseling and Medical Care

Other Languages Provided: Polish

Program Description: Medicare/Medicaid State Licensed Home Health Care Agency. Skilled nursing, physical therapy, occupational therapy, speech therapy, home health aide, medical social worker.

Catholic Charities, formerly Catholic Family Services

90 Franklin Square
New Britain, CT 06051

Telephone: 860-225-3561 or Toll Free 1-800-547-1452

440C North Main Street
Bristol, CT 06010

860-589-8662 Bristol

Email: dgriffin@ccaoh.org

Contact Person: Dolores Griffin, LCSW

Services Provided: Training on how to use computers and counseling at home.

Other Languages Provided: Spanish

Program Description: *The Seniors Bridging the Digital Gap* program expands the opportunities for growth and learning as seniors learn in how to use state-of-the-art Toshiba laptop computers including basic computer operations, basic word processing, emailing, and internet access utilizing a senior friendly curriculum. Classes are provided using small groups and can be taught in the home of homebound seniors. Once proficiency has been met, the laptops are available for Senior's to "borrow" between classes, weekends and overnight.

The Elderly Outreach Counseling Services provides information and referral, individual professional counseling, assistance to families with concerns about aging relatives. Counseling is provided in client's homes, New Britain Senior Center or our New Britain and Bristol offices. Most services are provided at no charge to residents or their insurance companies. ****Interpreters available for Spanish and Polish speaking clients.**

Companions and Homemakers

Telephone: Toll Free 1-800-348-4663

Website: www.companionsandhomemakers.com

Contact Person: Care Coordinator

Services Provided: In-home companions, homemakers, personal care assistants, live-in companions, Alzheimer's disease companions and specialty care.

Other Languages Provided: Spanish

Program Description: Companions & Homemakers offer a wide variety of in-home care services designed to address each client's unique set of needs. Companions & Homemakers is committed to doing everything it can to ensure your loved one's comfort, security and independence at home.

Interim HealthCare of Hartford, Inc.

Home Health Care Services
231 Farmington Avenue
Farmington, CT 06032

Telephone: 860-677-0005 or Toll Free: 1-800-242-7005

Website: www.interimhealthcare.com/hartfordcountyc

Contact Person: Intake Department-Diane Davis, RN and Jackie London, RN

Services Provided: Medical social work counseling, help with housing, help with filling out forms, medical care, homemakers, companions and home health aides.

Other Languages Provided: Spanish and Polish

Program Description: Interim HealthCare has been serving the community for over 36 years and is a state certified licensed Medicare/Medicaid Home Health Care Agency. Interim HealthCare provides Behavioral, Cardiac, Wound Care, Medical/Surgical Nursing and Rehabilitation Services. Our Rehabilitation Services include Physical, Occupational and Speech Therapy. Interim HealthCare also provides Medical Social Services in the community. The agency can also provide Home Health Aides, Companions/Homemakers, on an hourly or as needed basis and Live-In help is also available. ****Interpreters available for Spanish speaking clients.**

Meals on Wheels

Telephone: 860-229-7700

Website: <http://www.mealcall.org/meals-on-wheels/ct/bristol.htm>

Contact Person: Judy Nimro

Services Provided: Congregate dining and delivery to homebound seniors in Bristol, Plainville, Southington and Terryville.

Program Description: Home delivery of meals to seniors that qualify. Please call the number above for intake and referral information.

Wheeler Clinic HelpLine

Telephone: 860-747-3434 or 860-524-1182 for the Hartford Area

Voice/TTY: 860-524-1182

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

Contact Person: All staff is trained to work with seniors.

Services Provided: Counseling

Other Languages Provided: Yes

Program Description: HelpLine is a 24 hour phone service designed to help people when they are experiencing emotional distress. HelpLine staff are trained to help people of all ages with a wide variety of problems including depression and anxiety. Helpline staff work with the caller to determine if a referral to ac community provider is necessary.

Plainville Senior Citizens Center

200 East Street
Plainville, CT 06062

Telephone: 860-747-5728

Website: <http://www.plainvillect.com>

Contact Person: Shawn Cohen (Director)

Program Description: The Plainville Senior Citizens Center is a multipurpose senior center which serves as a community focal point on aging (as designated by the North Central Area Agency on Aging) and the director serves as the Municipal Agent for the Elderly. A number of resources, services and activities are provided to those 60 years and older, as well as services to families and caregivers. The majority of the members are from Plainville, there are out-of-town members from 12 surrounding communities who pay a fee to belong.

Services Provided: Services to the homebound, outreach, companion services, cheer cards, sympathy cards, Christmas cards, meals-on-china, friendly visitors, birthday balloons, social day program, circle group, open door, circle café, care link, homebound nursing care program, holiday meals to homebound, protective services, party lines calling program, friends bringing books, telephone reassurance, caregivers' education and support, art therapy, crafts-on-wheels, reminiscence therapy.

Simply Peace

290 Marion Ave.,
Plantsville, CT

Telephone: 860-276-0517

Contact Person: Joan Myers, MA

Services Provided: Reiki and Reflexology - Reiki can be provided in Joan's office but if transportation is an issue, reflexology (specialized massage of the hands and feet to address many physical issues) may be offered in a client's home.

Housing Authorities

Southington Housing Authority

43 Academy Street
Southington, CT 06489

Telephone: 860-628-5200

Website: <http://www.southington.org/content/50/2426/1394/default.aspx>

Contact Person: Helen Archangelo

Services Provided: Help with housing

Program Description: Low-income housing for senior 62 and older, disabled and under social security.

Bristol Housing Authority

Public Housing Resource Center
164 Jerome Ave.
Bristol, CT 06010-3715

Telephone: 860-582-6313

Website: www.bristolhousing.org

Contact Person: Andy Ingvertsen or Dan Melnick

Services Provided: Help with housing, help with filing out forms

Other Languages Provided: Spanish

Program Description: The Bristol Housing Authority provides applicants with the forms, counseling on the housing application process for families, seniors and young disabled.

Plainville Housing Authority

234 East Street
Plainville, CT 06062

Telephone: 860-747-5909

Website: <http://www.plainvillect.com>

Contact Person: Anna Song, Resident Services Coordinator

Services Provided: Help with Housing

Other Languages Provided: None Provided

Program Description: There are 120 units of state subsidized housing the elderly and disabled run by the Plainville Housing Authority. The rent is calculated from 26% of your income and assets. Tenants are responsible for (electric) heat, phone and cable services.

Legal Aid (Elder Law Attorneys)

Stephen O. Allaire, Elder Law Attorney

Ruggiero, Ziogas & Allaire

271 Farmington Avenue

Bristol, CT 06010

Telephone: 860-584-2384

E-Mail: sallaire@rzalawyers.com

Contact Person: Stephen O. Allaire

Services Provided: Counseling and Life Care Plans with special emphasis on home care.

Program Description: Our Life Care Plans help families cope with the need for home care for loved ones who need some type of home care services in order to remain at home and avoid going into a nursing home, while at the same time preserving as many assets as possible for family use. We advise and help families obtain services paid for by any of the Connecticut Home Care Programs for Elders, and help relieve the stress caused by the complicated eligibility rules and procedures. Our highly experienced staff of attorneys, social worker, and former Connecticut Department of Social Services workers helps families get the care they need, while protecting as many of the family assets as possible.

The Consumer Law Project for Elders, a project of Connecticut Legal Services, Inc.

New Britain Office

587 Main Street

New Britain, CT 06051

Telephone: 860-225-8678

Toll Free Hotline 1-800-296-1467

Website: <http://www.connlegalservices.org/index.html> or
<http://www.CTElderLaw.org>

Contact Person: The receptionist

Services Provided: Free legal assistance with consumer problems

Other Languages Provided: Spanish-speaking staff available. Most other languages can be served by a translation service thru Law Line.

Program Description: Connecticut Legal Services offers free legal assistance for people 60 and over with consumer questions or problems through its newest project for seniors, the Consumer Law Project for Elders. Seniors can call the Consumer Law Project for Elders Hotline with any consumer question or problem, including identity theft, debt collection, credit repair, scams, automobile fraud, home improvement fraud and predatory lending. The staff of the Consumer Law Project for Elders will provide callers with legal assistance ranging from advice to representation. Seniors throughout the state can contact the Consumer Law Project for Elders by calling its toll-free Hotline number Monday through Friday between the hours of 9 a.m. to 5 p.m.

Sawyer Law Office

346 Scott Swamp Road

Farmington, CT 06032

Telephone: 860-677-4912 ext. 11

Website: <http://www.sawyerlawoffice.com>

Contact Person: Attorney Alice B. Sawyer

Service Provided: Legal Services

Program Description: Attorney Sawyer's practice is limited, by choice, to Elder Law and Estate Planning and as such includes the following areas; elder law, wills, trusts, probate, power of attorney, guardians and conservators, healthcare directives (including medical power of attorney and living will). Recognizing the difficult and emotional aspects of these topics, Attorney Sawyer is delighted to meet with you in your home or office, a friendlier environment. Please call for an appointment.

Medical Resources

Bristol Hospital Wellness Center- Saint Francis Care Center for Diabetes

102 North Street
Bristol, CT 06010

**Telephone: 860-582-WELL (860-582-9355) or
860-940-6300**

Website: http://www.bristolhospital.org/services_diabetes.htm

Contact: Wendy Spurrier APRN-Coordinator

Services Provided: Medical care and diabetes education and training

Other Languages Provided: Spanish

Program Description: The Saint Francis Care Center for Diabetes at the Bristol Hospital Wellness Center is a comprehensive program that provides education on the latest advances in diabetes management to individuals with diabetes, their families and physicians. Our multidisciplinary team consists of a diabetes clinical nurse specialist, registered dietitians, psychologists, a nurse practitioner who specializes in foot care, and an exercise specialist. Our team approach to diabetes care helps people learn the skills necessary to maximize their self-care, to maintain and enhance their quality of life and to avoid diabetes-related hospital stays.

The Center for Diabetes offers the latest in medical care and comprehensive self-management education and training. A team approach is used including a Board Certified Endocrinologist and certified diabetes educators. Bristol Hospital also offers a free monthly support diabetes group as well as a free continuing education lecture series that is held between January and June. A physician referral is required in order to participate in the program.

Bristol Lions Club

P.O. Box 1421
Bristol, CT 06010

Meetings: 2nd & 4th Tuesday at 6:30 Oasis Restaurant in Bristol on Pine St.

Website: <http://southingtonct.lionwap.org/>

Contact Person: Everett Lyons

Services Provided: The Lions Club provides services for obtaining optical care and glasses which may be available to seniors in Bristol. Please details below.

Low Vision Center

Medworks
975 Farmington Avenue
Bristol

Telephone: 860-589-3587

The Bristol Lions Club Low Vision Center is in partnership with Bristol Hospital. Clients who have serious sight deficiencies due to diabetes, macular degeneration, glaucoma or a variety of eye diseases and injuries are counseled by a licensed occupational therapist regarding mechanical devices and strategies designed to help compensate for the loss of sight. With a referral from their optometrist or ophthalmologist, clients may receive free treatment and mechanical devices as needed. Medicare and insured patients are asked to complete the usual paperwork, but all patient fees can be waived beyond the payment by their Medicare/insurance carrier. Non-insured clients will receive free treatment and services as well.

Free Eye Exams and Glasses:

Contacts: Mr. Chris DuHaime, at Funk's Funeral Home, 860-583-4107

Bristol seniors who qualify as being in economic need may receive free eye examinations and prescription eyeglasses through the Eye Care Project, a joint venture by the Bristol Lions Club and Bristol Hospital. Application forms and further information may be secured by contacting the numbers noted above. Applications must be made and approval given prior to the eye examination. Reimbursement is not available after the fact.

The Greater Bristol Visiting Nurse Association, Inc.

195 Maltby Street
Bristol, CT 06010

Telephone: 860-583-7644

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

Contact Person: Intake Department-Joanne Collin

Services Provided: Counseling and Medical Care

Other Languages Provided: Polish

Program Description: The VNA provides psychiatric nursing services, home health aides, homemakers, companions, health watch, physical therapy and occupational therapy, speech therapy and medical social work.

Connecticut Department of Veterans' Affairs

287 West Street
Rocky Hill, CT 06067

Telephone: 860-529-2571 or Toll Free 1-800-550-0000

Website: <http://www.ct.gov/ctva/site/default.asp>

Services Provided: Connecticut Veterans: Health care facility, substance abuse treatment facility (Veterans' Recovery Center), domiciliary, cemeteries, five (5) District Offices located in each Congressional District and eleven (11) satellite offices throughout the state for the Office of Advocacy and Assistance.

Connecticut Center for Healthy Aging Mobile Assessment

The Hospital of Central Connecticut at Bradley Memorial Hospital
81 Meriden Avenue
Southington, CT 06489

Telephone: 860-276-5293 or Toll Free 1-800-273-0078

The Hospital of Central Connecticut at New Britain General
100 Grand Street
New Britain, CT 06050

Telephone: 860-224-5278

Toll Free 1-877-4AGING1 (1-877-424-4641)

Website: <http://cthealthyaging.org>

Contact Person: Peg Rancourt, Senior Resource Coordinator

Services Provided: In home mobile assessment

Program Description: A nurse and a social worker visit the client and offer a lifestyle assessment and memory screen to determine seniors' needs; then making recommendations for services available in the community from which the senior may benefit.

Hearing Health & Wellness Center, LLC

710 Main Street, Building 3
Plantsville at Clock Tower Square
Plantsville, CT 06479

Telephone: 860-426-9181

Plainville Lions Club

P.O. Box 9
Plainville, CT 06062

Telephone: 860-747-9402

Website: <http://www.angelfire.com/il2/plainvilleions/>

Contact Person: Brenda Tella

Program Description: The Lions Club provides services for obtaining optical care and glasses which may be available to seniors in Plainville. Please call the number above to speak to someone about a referral for services.

Southington Lions Club

P.O. Box 457
Southington, CT 06489

Telephone: 860-621-6106

Website: <http://www.lionwap.org/southingtonCT>

Contact Person: Wayne Stanforth, President

Services Provided: The Lions Club provides services for obtaining optical care and glasses which may be available to seniors in Southington. Please call the number above to speak to someone about a referral for services.

University of Connecticut Health Center Geriatric Unit

Telephone: 860-679-7692 or Toll Free 1-800-535-6232

Website: <http://www.uconn-aging.uchc.edu>

Contact Person: Intake Department

Services Provided: Counseling, Support Groups, Medical Care

Foreign Language Interpreters

UConn Health Center/John Dempsey Hospital provides interpreters in a number of foreign languages and also utilizes a 24-hour language line.

For the Deaf and Hard of Hearing: Assistive devices (TTY, amplified phones) are available upon request for patients and/or their companions who are deaf or hard of hearing. American Sign Language (ASL) Interpreters are available to patients and/or their companions.

Program Description: A key ingredient for good health and successful aging is personalized medical care. That's exactly what men and women over age 65 receive through the UConn Health Center's Geriatrics Associates practice. Here, a team of board-certified specialists in geriatric medicine provides individualized care for mature patients. We listen to your concerns and provide complete care, looking at the full picture of each patient's medical, social, family, and psychological needs.

University of Connecticut Health Center

Telephone 860-679-4900 or Toll Free 1-866-837-7737

Website: <http://www.uchc.edu/>

Contact Person: Intake Department

Services Provided: Health

Foreign Language Interpreters: UConn Health Center/John Dempsey Hospital provides interpreters in a number of foreign languages and also utilizes a 24-hour language line.

For the Deaf and Hard of Hearing

Assistive devices (TTY, amplified phones) are available upon request for patients and/or their companions who are deaf or hard of hearing. American Sign Language (ASL) Interpreters are available to patients and/or their companions.

Program Description: The UConn Health Center recognizes that it is never too late to take charge of our health in order to optimize the quality of life throughout the aging process.

Celebrate Aging is a free membership program for men and women, whose goal is to “add life to years” by addressing issues of aging in a positive way. 'Celebrate Aging' offers comprehensive programs to strengthen the mind, body and spirit and empowers individuals to be active and informed self-advocates for health and wellness.

Powerful Aging at the UConn Health Center is an exercise program for adults age 50 and older who are in generally good health. The program is designed to safely and effectively improve strength, endurance, mobility and coordination. We include strategies that will maintain your enthusiasm for an active lifestyle and incorporate simple dance movements that are designed to improve your concentration, balance, and a sense of well being.

For more information:

<http://www.uconn-aging.uchc.edu/patientcare/powerfulaging/index.html>

Mental Health Services

Bristol Hospital Crisis Services

Bristol Hospital Emergency Department
Brewster Road
Bristol, CT 06010

Telephone: 860-585-3273

Website: www.bristolhospital.org

Contact Person: Crisis Counselor on duty

Services Provided: Counseling and referrals for outpatient behavioral health services including mental health counseling and substance abuse treatment.

Other Languages Provided: Interpreters are available to the Emergency Department

Program Description: Crisis Services provides face-to-face consultation to clients seen in the Emergency Department with referral to appropriate behavioral health providers for follow up care.

Catholic Charities

(Formerly Catholic Family Services)

90 Franklin Square
New Britain, CT 06051

Telephone: 860-225-3561 or Toll Free 1-800-547-1452

440C North Main Street
Bristol, CT 06010

Telephone: 860-589-8662

Website: www.ccaoh.org

Contact Person: Dolores Griffin, LCSW

Services Provided: Counseling, support groups, help with housing, help with filling out forms, healthy aging workshops, and support to elderly and caregivers (especially family caregivers).

Other Languages Provided: Spanish

Program Description: The Elderly Outreach Counseling Services provides information and referral, individual professional counseling, assistance to families with concerns about aging relatives. Counseling is provided in client's home, at the New Britain Senior Center or at our New Britain and Bristol offices.

Collaborative Psychiatric Services

P.O. Box 857
Plainville, CT 06062

Telephone: 860-517-9161

Website: cpsychiatricservices@comcast.net

Contact Person: Glenn Saucier

Services Provided: Counseling, Medical Care (Psychiatric Medical Care)

Program Description: Collaborative Psychiatric Services provides psychiatric care to primarily the senior citizen population residing in Assisted Living Communities and Long Term Care. This service specializes in providing care in Long Term Care Settings.

Connecticut Center for Healthy Aging

The Hospital of Central Connecticut at Bradley Memorial Hospital
81 Meriden Avenue
Southington, CT 06489

Telephone: 860-276-5293 or Toll Free 1-800-273-0078

The Hospital of Central Connecticut at New Britain General
100 Grand Street
New Britain, CT 06050

Telephone: 860-224-5278 or

Toll Free: 1-877-4AGING1 (877-424-4641)

Website: www.cthealthyaging.org

Contact Person: Peg Rancourt, RN

Services Provided: Resources in the community

Other Languages Provided: Polish

Program Description: Connecticut Center for Healthy Aging prides itself on providing resources and education for seniors and their families on topics related to aging. The center offers a full resource library, internet access, education and training programs, case management and comprehensive assessments.

Connecticut Clearinghouse

334 Farmington Ave
Plainville, CT 06062

Phone: 860-793-9791 or Toll Free 1-800-232-4424

Voice/TTY: 860-793-9791

Website: www.ctclearinghouse.org

Contact Person: Front Desk

Services Provided: Resource center for information on substance use and mental health disorders.

Program Description: Connecticut Clearinghouse, a program of Wheeler Clinic and funded by the Connecticut department of Mental Health and Addiction Services, is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recover, wellness and other related topics.

Mental Health Association of Connecticut, Inc.

20-30 Beaver Road
Wethersfield, CT 06109

Telephone: 860-529-1970 or Toll Free 1-800-842-1501, ext. 16

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

Contact Person: Vicky Spiro Smith, MSW, LCSW

Services Provided: Mental Health Workshops

Program Description: The Mental Health Association of Connecticut provides workshops for seniors ,“Promoting Mental Health in Older Adults”, to increase skills and strategies for healthy aging, both mentally and physically. We increase awareness and knowledge regarding mental health disorders. We increase awareness about treatment on depression, anxiety, life transitions and stress management.

NAMI (the National Alliance on Mental Illness)

241 Main St, 5th Floor
Hartford, CT 06106

Telephone: (860)882-0236 - Alternate Phone: (800)215-3021

Email Address: namicted@namict.org

Website: www.namict.org

Contact Person: Richard Connel (860)673-8894 (Farmington Valley)

Services provided: 800.950.6264 toll-free HelpLine, local support groups,

Program description: Public awareness activities such as *Mental Illness Awareness Week*, educational programs to educate the public and support consumer recovery and empowerment while dispelling the stigma of mental illness. Family and consumer peer education programs and support groups are offered through many of NAMI's.

The Hospital of Central Connecticut at New Britain General Hospital

Older Adult Services

100 Grand Street

New Britain, CT 06052

Telephone: 860-224-9919

Website: www.nbgh.org

Contact Person: Judith Leichtberg, LCSW

Services Provided: Counseling- Behavioral Health Intensive Outpatient and Outpatient

Program Description: The New Britain General Hospital Older Adult Program for Behavioral Health is designed to help aging adults address issues unique to their time of life. The Program offers outpatient and intensive outpatient levels of care with individualized treatment plans and treats all of the psychiatric issues and diagnosis.

University of Connecticut Health Center

Telephone: 860-679-7692

Website: <http://www.uchc.edu/>

Contact Person: Intake Department

Services Provided: Counseling, Support Groups and Medical Care

Foreign Language Interpreters: UConn Health Center/John Dempsey Hospital provides interpreters in a number of foreign languages and also utilizes a 24-hour language line.

For the Deaf and Hard of Hearing: Assistive devices (TTY, amplified phones) are available upon request for patients and/or their companions who are deaf or hard of hearing. American Sign Language (ASL) Interpreters are available to patients and/or their companions.

Program Description: The James E.C. Walker, M.D., Memory Assessment Program at the UConn Health Center provides a full range of services for patients who are concerned about memory related difficulties. Here, individuals who are concerned about memory loss, and those who are already diagnosed with a memory disorder, receive a comprehensive evaluation to determine the cause and treatment for memory loss. Care is provided by a team of specialists, including board-certified geriatricians and UConn experts in psychiatry, neuropsychology and neurology.

Wheeler Clinic Behavioral Health Services

91 Northwest Drive
Plainville, CT 06062

Telephone: 860-793-3588 Access Center

Website: www.wheelerclinic.org

Contact Person: Intake

Services Provided: Counseling

Program Description: At Wheeler Clinic, the continuum of behavioral health services for adults is based on a brief treatment, solution-focused therapy model. Services are offered in Plainville, Hartford, New Britain and Waterbury.

Wheeler Clinic Community Response Team

Plainville Business Center
74 East St.
Plainville, CT 06062

Telephone: 860-747-8719

Website:

http://www.wheelerclinic.org/adult/comm_response_adults.php

Towns Served: Berlin, Bristol, Burlington, Plainville, New Britain, Southington, and Terryville.

Program Description: The Community Response Team (CRT) is a 24 hour, 7 day a week mental health resource. Our goal is to identify and intervene early in emotional or psychiatric emergencies. We seek to provide consumers with the least restrictive care, while reducing their dependence on the emergency departments. The Community Response Team provides intervention services that seek to prevent or reduce the severity of a crisis upon a client and return a client to their previous or higher level of function. We serve all adult populations regardless of age.

You can access the team by calling 747-8719. If the team is out on a call, you can leave a message with Helpline, our answering service. If an incident occurs, and you are unclear if we can assist, please feel free to call, consult and request whatever assistance we may be able to provide.

Wheeler Clinic HelpLine

Telephone: 860-747-3434 or 860-524-1182 (for the Hartford area)

Voice/TTY: 860-524-1182

Website: www.wheelerclinic.org

Contact Person: All staff is trained to work with seniors

Services Provided: Counseling

Other Languages Provided: Yes

Program Description: HelpLine is a 24 hour phone service designed to help people when they are experiencing emotional distress. HelpLine staff are trained to help people of all ages with a wide variety of problems including depression and anxiety. Helpline staff work with the caller to determine if a referral to a community provider is necessary.

Wheeler Clinic's Senior Services Program

91 Northwest Drive

Plainville, CT 06062

Telephone: 860-793-3771 or Toll Free 1-800-722-7302, ext 3771

Website: www.wheelerclinic.org

Contact Person: Mary Garofalo 860-793-3846 or Sue Gubilee 860-793-3893

Services Provided: Support Groups and Counseling

Program Description: Substance abuse treatment in a group setting for clients 60+. Outreach visits for prospective clients with substance abuse issues. Mental health counseling.

National Health and Service Organizations

Alliance for Aging Research

2021 K Street,
NW Suite 305
Washington, DC 20006

Telephone: 202-293-2856

Website: www.agingresearch.org

Program Description: National citizens organization offering free publications on aging-related subjects, including health-care and Medicare options, and how to age with ease.

Alzheimer's Association

National Office
225 N. Michigan Ave., Fl. 17
Chicago, IL 60601-7633

Telephone: Toll Free 1-800-272-3900, 24 hour Helpline

Website: www.alz.org

Program Description: Nonprofit organization offering information and support services to people with Alzheimer's disease and their families. Contact them for local chapters and community resources. A free catalog of educational publications is available.

American Association for Geriatric Psychiatry

7910 Woodmont Avenue
Suite 1050
Bethesda, MD 20814-3004

Telephone: 301-654-7850

Website: www.aagponline.org

Program Description: Works to improve the mental health and well being of older people. Contact them for information on geriatric psychiatry and for referrals to specialists.

American Associations of Homes and Services for the Aging

2519 Connecticut Avenue, NW
Washington, DC 20008-1520

Telephone: 202-783-2242

Website: <http://www2.aahsa.org>

Program Description: National nonprofit organization providing older people with services and information on housing, health care, and community involvement.

American Health Assistance Foundation

22512 Gateway Center Drive
Clarksburg, Maryland 20871

Telephone: 301-948-3244 or Toll Free 1-800-437-2423

Website: www.ahaf.org

Program Description: Provides information and supports research on age-related illnesses and offers emergency grants of up to 500 to patients in need and their caregivers. Free publications on glaucoma, heart disease and stroke are available.

American Heart Association & American Stroke Association

7272 Greenville Avenue
Dallas TX 75231

Telephone: Am. Heart Assoc. Toll Free 1-800-242-8721

Am. Stroke Assoc. Toll Free 1-888-478-7653

Website: www.americanheart.org

Program Description: Nonprofit organization funding research and providing information on the diagnosis, treatment and prevention of heart disease and stroke.

American Lung Association

61 Broadway, 6th Floor
New York, NY 10006

**Telephone: Toll Free 1-800-586-4872 or
Helpline 1-800-548-8252**

Website: www.lungusa.org

Program Description: Dedicated to the prevention, cure and control of lung diseases such as asthma, emphysema, tuberculosis and lung cancer.

American Psychological Association

750 First Street, NE
Washington, DC 20002-4242

Telephone: 202-336-5500 or Toll Free 1-800-374-2721

TDD/TTY: 202-336-6123

Website: www.apa.org

Program Description: Professional society of psychologists that provides assistance and information on mental, emotional and behavioral disorders.

American Society on Aging

833 Market Street Suite 511
San Francisco, CA 94103

Telephone: 415-974-9600 or Toll Free 1-800-537-9728

Website: www.asaging.org

Program Description: A non profit organization providing information pertinent to the health of older people.

Better Vision Institute/Vision Council of America

1700 Diagonal Road, Suite 500
Alexandria, VA 22314

Telephone: 703-548-4560

Website: www.bettervisioninstitute.org or www.visionsite.org

Program Description: Provides news and information on vision health and care.

Community Transportation Association of America

1341 G Street NW
10th Floor
Washington, DC 20005

Telephone: Toll Free 1-800-891-0590

Website: www.ctaa.org

Program Description: National association committed to removing barriers to isolation and improving mobility for all people.

Lighthouse International

The Sol and Lillian Goldman Building
111 East 59th Street
New York, NY 10022-1202

Telephone: 212-821-9200 or Toll Free 1-800-829-0500

TTY: 212-821-9713

Website: www.lighthouse.org

Program Description: Provides advocacy, support, information and resources on vision impairment and blindness. Contact them for referrals to specialists and resources.

Medicare Rights Center

520 Eighth Ave.

North Wing, 3rd Fl.

New York, NY 10036

Telephone: 212-869-3850 or Toll Free Hotline 1-800-333-4114

Website: www.medicarerights.org

Program Description: National nonprofit service helping older adults and people with disabilities get quality, affordable health care.

Prescription Insurance Services

**** (Please contact your local social services agency or senior center to retrieve an application and other information for the listings below).**

The Medicine Program

P.O. Box 1089

Poplar Bluff, MO 63902-1089

Telephone: Toll Free 1-866-694-3893

Website: www.themedicineprogram.info

Services Provided: Free prescription medicine is available to those who qualify

Program Description: The Medicine Program seeks to aid those who have exhausted all other sources for help with medication. Since its inception, the Medicine Program has assisted many families who could not afford the cost of their prescription drugs. The majority of applicants are individuals living on retirement income, welfare checks, disability or are among the working low to middle income earners. Most clients have too much income to qualify for government prescription assistance, but not enough to purchase private prescription drug insurance coverage.

ConnPACE

Connecticut Department of Social Services Pharmaceutical Assistance Contract to the Elderly and the Disabled

P.O. Box 5011

Hartford, CT 06102

Telephone: 860-409-4555 or Toll Free 1-800-423-5026

Website: www.connpace.com

Program Description: Connecticut Pharmaceutical Assistance Contract to the Elderly and the Disabled is a state-funded program that helps senior and disabled residents pay for certain prescription drugs, insulin and insulin syringes. Participants pay a yearly \$30 enrollment fee plus maximum \$16.25 co-pay for each prescription and ConnPACE pays the rest.

Religious Organizations

Asbury United Methodist Church

90 Church Ave.
Forestville, CT 06010

Telephone: 860-584-0529

Website: <http://www.asburyumcforestville.com/home.html>

Contact Person: Pastor Woody Eddins

Services Provided: Social support service group meets every Thursday at 10am.

Other languages provided: N/A

Program Description: The senior group meets every week for fellowship and activities related to church and community.

Christian Fellowship Center, Inc

43 Prospect Street
Bristol, CT 06010

Telephone: 860-589-0662

Website: www.cfcstorehouse.org

Contact Person: Janet, Michelle or Dolly

Services Provided: Soup kitchen, food pantry, counseling, support groups

Other Languages Provided: Spanish

Program Description: Food pantry is open 9:30 a.m.-12:00 noon. A photo identification and income verification is needed. The soup kitchen is open Saturday's and Sunday's 1:00 p.m.-2:30p.m. The Center offers free counseling by appointment and holds support groups that you need to register for and pay a fee for the workbook.

Faith Bible Church

168 Unionville Avenue at Northwest Drive
Plainville, CT 06062

Telephone: 860-747-5209

Website: <http://faithbiblechurch.homestead.com/welcome.html>

Contact Person: Rev. Dr. Jim Caron

Services Provided: Counseling, support groups (bible study/prayer time)

Other languages provided: N/A

Program Description: We often help seniors in coping with their problems by meeting once per week to look at what the bible says concerning their situations. We also teach them to pray for spiritual help in time of need.

Grace United Methodist Church

121 Pleasant St
Southington, CT

Telephone: 860-628-6996

Contact Person: Amy Borkowski

E-Mail: aborkowski@hfsc.org

Services Provided: Alzheimer's Support Group

Program Description: Our support group is aimed to help anyone who has questions or wants to learn about Alzheimer's and any other needs of services related to Alzheimer's.

Our Lady Of Mercy

19 South Canal Street
Plainville, CT 06010

Telephone: 860-747-6825

Contact Person: Father Brinsmade

St. Joseph Church

149 Goodwin Street
Bristol, CT 06010

Telephone: 860-583-1369

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

Contact Person: Kathy Young

Services Provided: Parish nurse program and shut-in visits for parish members. Also, parish seniors and friends come together for lunch and fellowship in St. Joseph Guild Hall once a month.

Program Description: The parish nurse will provide blood pressure screening and education. The Eucharistic Minister will bring communion to homebound parish members and visiting nursing homes. The food pantry is open only to parish members and Federal Hill residents. The parish is open Monday- Friday 8:30 a.m-4:30 p.m.

The First Baptist Church of Southington

591 Meriden Ave.
Southington, CT 06489

Telephone: 860-628-8121

Website: <http://www.fbcsouth.net>

Contact Person: Pastor David Strosahl

**Also see St. Paul's Lutheran Church on page 23.*

Resource Centers

Connecticut Center for Healthy Aging

The Hospital of Central Connecticut at Bradley Memorial Hospital
81 Meriden Avenue
Southington, CT 06489

Telephone: 860-276-5293 or Toll Free 1-800-273-0078

The Hospital of Central Connecticut at New Britain General
100 Grand Street
New Britain, CT 06050

**Telephone: 860-224-5278 or
Toll Free: 1-877-4AGING1 (860-424-4641)**

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

Contact Person: Peg Rancourt, RN

Services Provided: Resources in the community

Other Languages Provided: Polish

Program Description: Connecticut Center for Healthy Aging prides itself on providing resources and education for seniors and their families on topics related to aging. The Center offers a full resource library, internet access, education and training programs, case management and comprehensive assessments.

Connecticut Clearinghouse

334 Farmington Ave
Plainville, CT 06062

Telephone: 860-793-9791 or Toll Free: 1-800-232-4424

Voice/TTY: 860-793-9791

Website: www.ctclearinghouse.org

Contact Person: Front Desk

Services Provided: Resource center for information on substance use and mental health disorders.

Program Description: Connecticut Clearinghouse, a program of Wheeler Clinic and funded by the Connecticut Department of Mental Health and Addiction Services, is a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. Lists of contacts for support groups, recovery groups, 12-step groups and other resources throughout Connecticut are available by phone and on the website.

Senior Centers

Bristol Senior Center

240 Stafford Ave
Bristol, CT 06010

Telephone: 860-584-7895

Website: <http://www.ci.bristol.ct.us/content/3176/3182/default.aspx>

Contact Person: Front Office

Services Provided: Help with filling out forms, medical care and choices counseling.

Program Description: The Bristol Senior Center is mainly an activity center for seniors, providing “Referral Only” services.

Calendar House Senior Center

388 Pleasant Street
Southington, CT 06489

Telephone: 860-621-3014

Website: <http://www.southington.org/content/50/2424/66/default.aspx>

Contact Person: Bob Verderame

Services Provided: Short term counseling, transportation, congregate meal site, help with housing (referral information) and help with filing out forms, energy assistance and help with Medicare/Medicaid.

Plainville Senior Citizen Center

200 East Street
Plainville, CT 06062

Telephone: 860-747-5728

Website: <http://www.plainvillect.com/detpages/muniserv39.html>

Contact Person: Shawn Cohen (Director)

Program Description: The Plainville Senior Citizens Center is a Multipurpose Senior Center which serves as a community focal Point on Aging (as designated by the North Central Area Agency on Aging) and the director serves as the Municipal Agent for the Elderly. A number of resources, services and activities are provided to those 60 years and older, as well as services to families and caregivers. The majority of our members are from Plainville although we have out of town members from 12 surrounding communities who pay a fee to belong.

Services Provided: Social services, services to the homebound, physical and mental health services, nutrition, transportation, education, social and leisure services, information and communication services, volunteerism

Social Services

Bristol Community Organization, Inc.

55 South Street
Bristol, CT 06010

Telephone: 860-584-2725

Website: www.bcoinc.org

Contact Person: Depends on service you are inquiring about.

Services Provided: Grandparent support groups, transportation, help with housing and help filling out forms. Volunteer opportunities through a program called RSVP that provides socialization for people age 55+ who want to find challenging, rewarding and significant service opportunities in their community.

Program Description: BCO is a non-profit community action agency that provides basic services to the young and the elderly. The BCO provides services to people with disabilities and to low income populations for Bristol, Burlington, Farmington, Plainville and Plymouth.

North Central Area Agency on Aging, Inc.

CHOICES/MediSave Program

2 Hartford Square West, Suite 101
Hartford, CT 06106

Telephone: 860-724-6443 or Toll Free 1-800-994-9422

Website: http://www.ncaaact.org/PDF/NCAA_Brochure.pdf

Contact Person: Intake Department

Services Provided: CHOICES provides information assistance and referral services for all aging issues including but limited to: health insurance, housing, transportation, in-home care, general health service and disability services.

Program Description: NCAAA is a private, not-for-profit organization. We provide three direct services: CHOICES, Statewide Alzheimer's Respite Program, and the National Family Caregiver Support Program. CHOICES provide information assistance, and referral services for all aging issues including but limited to: health insurance, housing, transportation, in-home care, general health services, and disability services. In addition, NCAAA currently funds over 80 community based programs to address legal concerns, nutrition health and wellness programs, and transportation, amongst others, throughout our region. To find out what is available nearest you, contact the number listed above. ****Interpreters available for Spanish speaking clients.**

Bristol Community Services (City of Bristol)

111 North Main Street
Bristol, CT 06010

Telephone: 860-584-6260

Website: <http://www.ci.bristol.ct.us/content/3156/3158/default.aspx>

Contact Person: Sue Bergeron-Case Worker

Services Provided: Social services, referrals to soup kitchens and counseling, help with housing and help with filling out forms.

Program Description: City of Bristol Community Services assists residents in a variety of ways including but not limited to: information and referral, advocacy, short term case management, assistance with forms and applications to various state and federal programs, budget counseling, free cell phones for emergency 911 calls, fair housing information, CHOICES counseling, CONNPACE and Medicare D applications.

North Central Area Agency on Aging, Inc.

Statewide Alzheimer's Respite Care Program
2 Hartford Square West, Suite 101
Hartford, CT 06106

Telephone: 860-724-6443 or Toll Free 1-800-994-9422

Website: http://www.ncaact.org/PDF/NCAA_Brochure.pdf

Contact Person: Intake Department

Services Provided: The Statewide Alzheimer's Respite Program offers funding and care coordination for families dealing with Alzheimer's disease or other related dementias.

Program Description: NCAAA families dealing with Alzheimer's disease or other related dementias.

In addition, NCAAA currently funds over 80 community based programs to address legal concerns, nutrition health and wellness programs, and transportation, amongst others, throughout our region. To find out what is available nearest you, feel free to contact us at the number listed above. ****Interpreters available for Spanish speaking clients.**

Plainville Department of Social Services

Plainville Municipal Center
One Central Sq., Room 306
Plainville, CT 06062

Telephone: 860-793-0221, ext. 294

Website: <http://www.plainvillect.com/detpages/muniserv38.html>

Contact Person: Pamela French

Services Provided: Social Services, Help with filing out forms, referrals

Program Description: The Plainville Social Services Department offers the following programs as services to residents of the Town of Plainville: information and referral services, advocacy services, assistance with other agency applications, screening for Plainville Community Food Pantry, consultation and assistance to other town departments and community agencies on social service matters, child and elderly protective service referrals.

State of Connecticut Department of Social Services

25 Sigourney Street
Hartford, CT 06106-5033

Telephone: 1-800-842-1508

TDD/TYY: 1-800-842-4524

Website: <http://www.ct.gov/dss/site/default.asp>

Services Provided: Medical, food assistance, cash assistance, employment services, repatriation, 'Grandparents as Parents', social work services, winter heating aid and housing assistance.

Program Description: The Department of Social Services provides a broad range of services to the elderly, disabled, families, and individuals who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living.

State of Connecticut

Office of Protection and Advocacy for Persons with Disabilities

60-B Weston Street
Hartford, CT 06120-1551

Telephone: 1-860-297-4300

TDD/TYY: 1-860-297-7380

Website: <http://www.ct.gov/opapd>

Services Provided: Consumer Information, Case Services, Abuse Investigation Division (AID), Administrative and Fatality Review Board for Persons with Disabilities.

Program Description: The Office of Protection and Advocacy for persons with Disabilities (P&A) seeks to protect the rights of and to advocate for people with disabilities. We do this by providing information and referral services, case advocacy, abuse investigation and protective interventions, and community development activities. Brief descriptions of program services are provided below.

Saint Vincent DePaul Society of Bristol, Inc. Homeless Shelter

19 Jacobs Street
Bristol, CT 06011-1922

Telephone: 860-589-0702

Contact Person: Monitor on Duty

Services Provided: Temporary Homeless Residence

Program Description: The Society offers a 25 bed emergency shelter for men, women and children. The Society provides a safe, stable base; offering food, shelter, showers and case-management services enabling the homeless to get and keep a job and children the opportunity to return to school, and providing relief from the emotional and moral violence that often accompanies homelessness.

Southington Community Services (Town of Southington)

Town Hall

75 Main Street, PO Box 610

Southington, CT 06489

Telephone: 860-276-6271

Website: www.southington.org/content/50/2424/1392/default.aspx

Contact Person: Janet Mellon

Services Provided: Food pantry, help with housing, Help with filling out forms, medical care, energy assistance, senior camp, and holiday programs

Other Languages Provided: Spanish and Polish by appointment only

United Way of Connecticut/ 2-1-1 InfoLine

Telephone: 211

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

Contact Person: Any 211 specialist who answers the 24 hour service.

Services Provided: 24 hour information and referrals for health and human services with translation for approximately 150 languages.

Program Description: Need help or information? 211 Infoline is a free, confidential phone service in Connecticut that connects callers with information and help in the community. By dialing the numbers "211" on your phone, you will reach a trained call specialist who is ready to listen and provide information and referrals to a wide range of services, including housing options, financial help, medical care, volunteer opportunities, education and support groups. "211" is there to help 24 hours a day whether you just have a question or you need help. 211 Infoline is TTY accessible and multilingual.

Transportation

American Cancer Society Meriden Office

538 Preston Avenue
Meriden, CT 06450

Telephone: Toll-free 1-800-ACS-2345 (1-800-227-2345)

TTY: 1-866-228-4327

Website: <http://www.cancer.org/docroot/home/index.asp>

Contact Person: Operator

Services Provided: Free Transportation

Program Description: The American Cancer Society offers free transportation for cancer patients who are in treatment and need transportation to cancer related appointments. Please call the number above to be connected with a worker in your area

American Medical Response

**Telephone: for Title 19 patients, Toll Free 1-888-743-3112
all other patients, please call: 203-573-7711**

Website: <http://www.amr.net/>

Services Provided: Transportation to medical appointments for handicap and livery patients. Services are FREE to Title 19/Medicaid patients.

Program Description: American Medical Response offers transportation to handicap and livery patients only to medical appointments. Transportation Services are free to Title 19/Medicaid patients. Fee applies to patients with any other insurance. Please call the number above to get the fee scale. Also, AMS will provide personal transportation with an out-of-pocket charge. Please call the number above for more information.

Central Connecticut Paratransit Services

Central Connecticut Regional Planning Agency
225 North Main Street, Suite 304
Bristol, CT 06010-4993

Telephone: 860-589-7820 ext. 10 or 860-224-9888

TDD: 860-589-6950

Website: <http://www.ccrpa.org/paratransit.htm>

Contact Person: John C. Tricarico, Transit Asst. **Email:** john@ccrpa.org

Services Provided: Transportation (Disabled Only)

Program Description: Transportation for persons with disabilities residing in Bristol, Plainville, Kensington and New Britain.

Connecticut Transit New Britain/Bristol Division

**Telephone: 860-828-0511, also
860-229-4878, for DATTCO
860-589-7820, for CCRPA**

Website: www.ctrides.com/explore/localBus.htm

Program Services: Local bus service.

Email: transit.info@nbt.bz

Connecticut Transit Senior/Disabled

Telephone: 860-589-7820

Website: www.cttranst.com/content/senior.asp

Program Description: If you have a disability which prohibits your use of a CT TRANSIT bus, you may be eligible for Para transit service. Senior Citizens and Persons with Disabilities can travel on CT Transit for half fare at any time of the day. Just show your Medicare card to the driver to be eligible for the reduced fare.

Dial-A-Ride/Bristol Community Organization

55 South Street
Bristol, CT 06010

Telephone: 860-589-6968, at least 24 hours in advance

Website: <http://www.bcoinc.org/transportation.htm>

Contact Person: Judy Grenier **Email:** jgrenier@bcoinc.org

Services Provided: Counseling, support groups and homemaking (through BCO)

Program Description: Dial A Ride anywhere within hours of operation, 9:45 a.m.-2:00 p.m., with return trip until 4:00 p.m., Monday-Friday.

DAV/Disabled American Veterans

**Telephone: 203-932-5711, ext 3575, West Haven VA hospital
860-666-6951 - Newington VA Hospital**

Website: <http://www.davct.org/pages/transportationfaq.html>

Contact Person: Allen Gumpenberge, Transportation Chairperson

Services Provided: Transportation to a VA medical facility for treatment, help with a claim for benefits from the VA or other government agencies, DAV National Service Program, 'Sports For The Disabled', DAV disaster relief, DAV National Employment Program, DAV outreach programs, DAV Older Veterans Assistance, Volunteer Service Program (VAVS), Hospital Service Coordinators

Program Description: The DAV Connecticut Transportation Program provides to veterans FREE transportation to and from VA hospitals. To arrange transportation to and from the West Haven VA Hospital, please call at least two weeks in advance so we have time to recruit a volunteer driver. You will be called if we are able to recruit a driver for you.

Rides By Appointment – for Plainville Residents Only

55 South Street
Bristol, CT 06010

Telephone: 860-860-589-6968

Website: <http://www.bcoinc.org/transportation.htm>

Contact Person: Judy Grenier **Email:** jgrenier@bcoinc.org

Services Provided: Transportation

Program Description: Rides-By-Appointment will take Plainville seniors and disabled individuals from their homes to any location in town. Hours of operation are Monday-Friday, 9:30 a.m.-3:30 p.m.

Shuttle to Shopping – for Plainville Residents Only

55 South Street
Bristol, CT 06010

Telephone: 860-860-589-6968

Website: <http://www.bcoinc.org/transportation.htm>

Contact Person: Judy Grenier **Email:** jgrenier@bcoinc.org

Services Provided: Transportation

Program Description: Shuttle-To-Shopping transports people to major stores and shopping centers in the area. The schedule is as follows:

- The first Saturday of the Month, the shuttle will travel to Southington and go to Queen Plaza, Shaw's Plaza, Wal-Mart and Stop and Shop.
- The second Saturday of the month, the Shuttle will travel to West farms Mall, Corbin Corner, Borders Plaza and Target.
- The third Saturday of the month, the shuttle will travel to downtown Plainville, Gnazzo's, Big Y and Lowe's Plaza.
- The fourth Saturday of the month, the shuttle will travel to Bristol and to Wal-mart, Marshalls, ShopRite and Price Chopper.
- When the month has a fifth Saturday, a new location will be announced.

Valley Cab

320 East Street
Plainville, CT 06062

Telephone: 860-793-0300

Contact Person: David Liu

Services Provided: Transportation

Program Description: Taxi service in the greater Hartford area.

Websites and Phone Numbers for Senior Depression/Suicide and Related Information

Administration on Aging - <http://www.aoa.dhhs.gov/> Transportation Toolbox and other information on transportation, also Aging and Disability Resource Centers.

<http://www.aoa.dhhs.gov/prof/transportation/transportation.asp>

AOA Achieving Cultural Competence: A Guidebook for Providers of Service to Elderly Clients and Their Families. <http://www.aoa.dhhs.gov/prof/adddiv/cultural/CC-guidebook.pdf>

AGS Foundation for Health in Aging - The Empire State Building, 350 Fifth Avenue, Suite 801, New York, New York 10118 Tel: +1 (212) 755-6810 Fax: 1 (212) 832-8646, Toll Free: 1 (800) 563-4916 Aging in the Know: Your Gateway to Health and Aging Resources on the Web

http://www.healthinaging.org/agingintheknow/research_content.asp?id=2

Many easy-to-read fact sheets, geriatric physician finder

(http://www.healthinaging.org/public_education/physician_referral.php)

Recognizing and Treating Depression: *A Guide to Helping Nursing Home Residents with Depression*- http://www.healthinaging.org/public_education/rec_depression_booklet.php

American Society on Aging – 833 Market Street Suite 511, San Francisco, CA 94103-1824

<http://www.asaging.org/index.cfm> info@aging.org , (800) 537-9728 Events in Aging calendar,

many publications and press releases to help improve the quality of life of aging individuals.

Generations Journal for those working in the eldercare field.

<http://www.generationsjournal.org/generations/gen31-1/home.cfm>

Depression and Bipolar Support Alliance – 730 North Franklin Street, Ste. 501, Chicago, IL 60610-7224. 1-800-826-3632. Fax: 312-642-7243. www.DBSAAlliance.org. Many handouts, some in Spanish – “What Helps and What Hurts” (Spanish also), “Food and Mood”, “Saying No to Negative Thinking”, “Finding a Mental Health Professional”, “Coping with Mood Changes Later in Life”.

Eldercare.gov - Glossary of Terms Related to Aging and assistance in finding Eldercare nationwide. <http://www.eldercare.gov/eldercare/Public/resources/glossary.asp>

Geriatric Mental Health Foundation - 7910 Woodmont Ave, Suite 1050, Bethesda, MD 20814.

Tel. 301.654.7850 · Fax 301.654.4137 web@GMHFonline.org

<http://www.gmhfonline.org/gmhf/find.asp>. Find a geriatric psychiatrist/other resources.

Hispanic Mental Health Initiative - <http://healthyminds.org/hispanicmh.cfm>(bilingual)

National Center for Creative Aging - 138 S. Oxford St. Brooklyn, NY 11217 - 718.398.3870

<http://www.creativeaging.org/publications.html> Clearinghouse for exchanges about creative expression and aging and much more including an excellent e-newsletter.

National Council on Aging – www.ncoa.org - Many publications including: Healthy Aging: A good investment – Exemplary Practices for Senior Centers and Other Facilities, Staying Independent. **Senior Focus** is their newsletter. www.benefitscheckup.org is a website to check on **eligibility for many benefits** for seniors

National Institute on Aging - www.nia.nih.gov/Espanol. This **user-friendly Spanish website** has information on a wide range of health topics, including diseases such as Alzheimer's, cancer and diabetes with publications and links to other Spanish health-related websites. Publications include "La enfermedad de Alzheimer: Desentrañando el misterio, El ejercicio y su salud, Accidente cerebrovascular, Conversando con su médico and Cuidado a largo plazo". Also: <http://www.niapublications.org/agepages/depression.asp> Depression: Don't Let the Blues Hang Around (also Spanish) **So Far Away: 20 Questions for Long Distance Caregivers** <http://www.nia.nih.gov/HealthInformation/Publications/LongDistanceCaregiving>

National Institute of Mental Health – Fact sheets and other information on elderly and suicide/prevention <http://www.nimh.nih.gov/publicat/elderlydepsuicide.cfm>
Stories of Depression: Does this sound like you? (available in large print and Spanish) <http://www.nimh.nih.gov/health/publications/stories-of-depression-does-this-sound-like-you/summary.shtml.pdf> "**Senior Health**" site with "**talking**" feature. <http://nihseniorhealth.gov/>

National Library of Medicine's Medline website list of resources and information on suicide. <http://www.nlm.nih.gov/medlineplus/depression.html>

National Suicide Prevention Lifeline-1-800-273-TALK (8255)
<http://www.suicidepreventionlifeline.org/campaign/default.aspx>

Office of the Surgeon General - DHHS – Surgeon General's Call to Action to Prevent Suicide – 1999: Suicide among the elderly. <http://www.surgeongeneral.gov/library/calltoaction/fact2.htm>

Suicide Prevention Resource Center, funded by SAMHSA - Education Development Center, Inc. 55 Chapel Street, Newton, MA 02458. www.sprc.org . **Weekly e-newsletter** with updated information about suicide. Website listing of effective practices and research.

University of Michigan - Depression Brochure BEYOND SADNESS - <http://www.med.umich.edu/depression/brochures.htm>

Available in 12 Languages - Beyond Sadness is unique in providing information on both the emotional and the physical symptoms of depression. Examples of such symptoms might be digestive problems or prolonged, unexplained nagging aches and pains. The brochure includes a new depression symptom checklist, suggested conversation starters for talking to your doctor, and a list of websites and phone numbers for getting more information. - English, Japanese, Arabic, Korean, Armenian, Portuguese, Cambodian, Russian, Chinese, Spanish, Italian, Vietnamese.

**Two additional languages, Native American Hopi and Navajo are in process.

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