



# SENIOR RESOURCE GUIDE CITY OF NEW BRITAIN

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 Alicia Diaz, Prevention Specialist at 860-793-2164 ext. 1151 or email [adiaz@wheelerclinic.org](mailto:adiaz@wheelerclinic.org).

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
- ❖ Department of Psychiatry and Behavioral Health, Older Adult Services, New Britain
- ❖ First Baptist Church of Southington
- ❖ Hispanic Counseling Center, New Britain
- ❖ 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 and at New Britain General, 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.**

### **Dr. Li Zhu, M.D.**

Family Medicine Specialist

Burlington Primary Care

292 Spielman Highway

Burlington, CT 06013

**Telephone: 860-673-3681**

**\*\*Interpreters available for Chinese 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 4<sup>th</sup> 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.

### Andrew House Healthcare

66 Clinic Drive

New Britain, CT 06051

**Telephone: 860-225-8608**

Contact Person: Admissions Director

Services Provided: Short term rehabilitation and long term skilled nursing care.

Languages other than English: Spanish, Polish, and Italian

Program Description: Andrew House Healthcare is a nursing center that provides a full range of medical services to treat the residents who live with them and the patients who come to them for short-term medical and rehabilitative care. The care they delivery includes daily nursing, pharmacy, dietary and social services for all residents and patients, as well as a range of specific services. Open twenty four hours everyday.

### Brittany Farms

400 Brittany Farms Road

New Britain, CT 06053

**Telephone: 860-224-3111**

Contact Person: Front Office

Services Provided: Long term placement, short term, respite care, and hospice care

Languages other than English: Spanish, Polish, and Italian

Program Description: Brittany Farms is a center of excellence for subacute rehabilitation, special care Dementia unit, and respite (short term stay) care and permanent placement.

## **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:** Lisa Leitao R.N., Senior Resource Coordinator

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

## **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.

## **Interim HealthCare Services**

**Telephone: 860-677-0005**

**Website: [www.interimhealthcare.com](http://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.**

## **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, 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

## **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](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](mailto: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](http://WWW.PAACT2000.ORG)**

**E-Mail: [Exec\\_PAACT@yahoo.com](mailto: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.**

## **Food Pantries, Soup Kitchens and Meal Delivery**

### **Angel Food Ministries**

517 Farmington Avenue

New Britain, CT 06053

**Telephone: 860-827-0092**

**Contact Person:** Jenn Gonzalez or Warren Tryon

**Services Provided:** Grocery relief, contact to site to place an order in the beginning of each month. There are no qualifications, minimums, income restrictions, or applications. Angel Food Ministries will accept Food Stamps as a payment option.

**Towns Served:** Newington, New Britain, Plainville, Southington, Middletown, Farmington, and Central Connecticut.

**Program Description:** Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. A senior box consists of **10** pre-cooked meals like Swanson's for \$28 a unit. Open Tuesday – Friday between 9:00 a.m. - 3:00 p.m. (Please call before coming)

**\*\*Interpreters available for Spanish speaking clients.**

### **New Britain Salvation Army**

78 Franklin Square

New Britain, CT 06057

**Telephone: 860-225-8491**

**Contact Person:** Majors Stanley & Norma Newton

**Services Provided:** Food Pantry and Soup Kitchen

**Program Description:** Food Pantry Hours are Tuesday and Thursday 9a.m. – 12p.m. and 1p.m. – 3p.m. Soup Kitchen hours are every Sunday at 12p.m. (Service only available November to March)

## **Meals on Wheels**

**Telephone: 860-229-7700**

**Website: <http://www.mealcall.org/meals-on-wheels/ct/new-britain.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 areas are as follows:

### **New Britain**

**Place:** C W Resources

**Address:** 200 Myrtle Street

Lunch Served at 12 p.m.

**Place:** New Britain Senior Center

**Address:** 55 Pearl Street

**Phone:** 860-826-3553

*\*Food Pantries Continued*

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.

## **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.

## 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:**

**Chapter Number:**

**Meeting Place:** New Britain Senior Center

55 Pearl Street

New Britain, CT 06051

**Meeting Days:** 2<sup>nd</sup> Monday

**Meeting Times:** 1:30 PM

**Closed During**

**Chapter Name:** Apple-Valley Southington

**Chapter Number:** 004943

**Meeting Place:** Mary Our Queen Hall

248 Savage Street

Plantsville, CT 06111

**Meeting Days:** 4<sup>th</sup> 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**

### **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](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.

## **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](mailto: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](mailto: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](mailto:ecolasanto@beaconrx.com)

## **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](mailto: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**

613 New Britain Avenue  
Farmington, CT 06032

**Telephone: 860-677-4948 or Toll Free 1-800-348-4663**

**Website:** [www.companionsandhomemakers.com](http://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](http://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/new-britain.htm>**

**Contact Person:** Judy Nimro

**Services Provided:** Congregate dining and delivery to home bound seniors in New Britain.

**Program Description:** Home delivery of meals for 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.

## **Housing**

### **New Britain Housing Authority**

16 Armistice Street  
New Britain, CT 06053

**Telephone: 860-225-3534**

**Contact Person:** Betty Evans x214 or Evelyn Rodriguez x226

**Services Provided:** Help with housing and help with filling out forms

**Other Languages Provided:** Spanish

**Program Description:** Assist in providing decent, safe and sanitary housing to prospect applicant in need of housing.

### **Neighborhood Housing Services of New Britain, Inc**

223 Broad Street  
New Britain, CT 06053

**Telephone: 860-224-2433**

**Contact Person:** Any staff available

**Services Provided:** Landlord/ Home Maintenance- open to the public, Homebuyer Education/ Counseling/ Mortgage Delinquency and Foreclosure Intervention for Central Connecticut

**Other Languages Provided:** Spanish

**Program Description:** NHS of New Britain (NHSNB) provides technical assistance and below market rate loans for improving housing and the quality of living in New Britain neighborhoods. Low interest loan programs help owners renovate and improve their property. Repairs can include roofing, lead abatement and code enforcement repairs. NHSNB is a HUD-approved housing counseling agency that offers Mortgage Delinquency and Default Resolution Counseling, Loss Mitigation, Home Improvement and Rehabilitation Counseling, Homebuyer Education Programs, Pre-purchase Counseling, Money Debt Management Post-purchase Counseling. NHSNB also offers Landlording and Home Maintenance repair workshops.

## **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](mailto: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](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.

### **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 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:** Lisa Leitao, R.N., Senior Resource Coordinator

**Services Provided:** Free Resources, Education and training programs, case management

**Program Description:** Provides seniors with resources and education for seniors and their families on topics related to aging.

## **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](http://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](http://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](mailto: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](http://www.cthealthyaging.org)**

**Contact Person:** Lisa Leitao, R.N., Senior Resource Coordinator

**Services Provided:** Resources in the community

**Other Languages Provided:** Polish and Spanish

**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](http://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.

## **Hospital of Central Connecticut, Hispanic Counseling Center**

24 Whiting Street  
New Britain, CT 06050

**Telephone: 860-224-5300**

**Website: <http://www.thocc.org>**

**Contact Person:** Diana Vega

**Services Provided:** Counseling

**Other Languages Provided:** Spanish

**Program Description:** The HCC provides behavioral health services for adult. Spanish speaking individuals with mental illness and/or addiction problems using a culture-sensitive and multi-disciplinary treatment approach.

## **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](mailto:namicted@namict.org)**

**Website: [www.namict.org](http://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](http://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](http://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](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](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 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](http://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](http://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](http://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](http://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](http://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](http://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, 6<sup>th</sup> Floor  
New York, NY 10006

**Telephone: Toll Free 1-800-586-4872 or**

**Helpline 1-800-548-8252**

**Website: [www.lungusa.org](http://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](http://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](http://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](http://www.bettervisioninstitute.org) or [www.visionsite.org](http://www.visionsite.org)**

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

### **Community Transportation Association of America**

1341 G Street NW  
10<sup>th</sup> Floor  
Washington, DC 20005

**Telephone: Toll Free 1-800-891-0590**

**Website: [www.ctaa.org](http://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 59<sup>th</sup> 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](http://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](http://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](http://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](http://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

### Angel Food Ministries

517 Farmington Avenue  
New Britain, CT 06053

**Telephone: 860-827-0092**

**Contact Person:** Jenn Gonzalez or Warren Tryon

**Services Provided:** Grocery relief, contact to site to place an order in the beginning of each month. There are no qualifications, minimums, income restrictions, or applications. Angel Food Ministries will accept Food Stamps as a payment option.

**Towns Served:** Newington, New Britain, Plainville, Southington, Middletown, Farmington, and Central Connecticut.

**Program Description:** Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. A senior box consists of **10** pre-cooked meals like Swanson's for \$28 a unit. Open Tuesday – Friday between 9:00 a.m. - 3:00 p.m. (Please call before coming)

**\*\*Interpreters available for Spanish speaking clients.**

## **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:** Lisa Leitao, R.N., Senior Resource Coordinator

**Services Provided:** Resources in the community

**Other Languages Provided:** Polish and Spanish

**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](http://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 Center

### New Britain Senior Center

55 Pearl Street  
New Britain, CT 06051

**Telephone: 860-826-3553**

**Contact Person: Michael Karwan**

**Services Provided:** Elderly Counseling Program, Transportation, Help with housing, Help with filling out forms, Wellness, Socialization, and life long learning

**\*\*Can get help in translating for Spanish and Polish speakers**

**Program Description:** Individual counseling services are available on a scheduled appointment basis. Counselor is provided by a certified therapist through the Catholic Charities Organization. In Addition, community support services are available to assist seniors in the community. Hours of operation are Mondays through Fridays from 8:15 a.m. to 4 p.m.

### Retired Senior Volunteer Program (RSVP)

147 West Main Street  
New Britain, CT 06052

**Telephone: 860-224-7117**

**Services Provided:** Provide opportunities to persons 55 years of age and older to participate in their communities by sharing their knowledge and skills through meaningful volunteer experiences." Connecticut has twelve RSVP programs that connect 55+ seniors with community organizations that need their assistance. Volunteers provide valuable services in day care centers, nursing homes, hospice programs, hospitals, home health agencies and schools with mentoring and tutoring programs, and as community organizers for special projects.

## **Social Services**

### **America Elderly Services, LLC**

Birchwood Drive  
New Britain, CT 06052

**Telephone: 860-832-8938**

**Program description:** Provides Social Services for seniors in the New Britain Area.

### **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/NCAAA\\_Brochure.pdf](http://www.ncaaact.org/PDF/NCAAA_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.**

### **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.ncaaact.org/PDF/NCAAA\\_Brochure.pdf](http://www.ncaaact.org/PDF/NCAAA_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.**

## **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.

## **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](http://www.ctrides.com/explore/localBus.htm)**

**Program Services:** Local bus service.

**Email:** [transit.info@nbt.bz](mailto:transit.info@nbt.bz)

## **Connecticut Transit Senior/Disabled**

**Telephone: 860-589-7820**

**Website: [www.cttranst.com/content/senior.asp](http://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.

## **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.

## **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](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](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](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](mailto: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](http://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](mailto: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](http://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](http://www.benefitscheckup.org) is a website to check on **eligibility for many benefits** for seniors

**National Institute on Aging** - [www.nia.nih.gov/Espanol](http://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](http://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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