# AT YOUR FINGERTIPS



# Information & Resources for Seniors

# MANSFIELD TOWN GOVERNMENT AND SENIOR RESIDENTS

The municipal government in Mansfield recognizes that older residents are important members of our community.

The Town Council appoints members to the Commission on Aging to:

- 1. To study the conditions and needs of Senior Citizens in the Town in relation to housing, economics, health, transportation, and other matters.
- 2. To recommend and evaluate programs to meet the needs of the Senior Citizens and to suggest priorities for action.
- 3. To provide directions to appropriate resources for Senior Citizens in need of assistance.
- 4. To furnish information and advocacy to agencies and service providers who support Senior Citizens.

The Commission meets monthly and the public is welcome to attend. Please call the Human Services Department for meeting times at 860-429-3315.

The Human Services Department serves as the state mandated Municipal Agent for the Elderly by providing assistance in applying for services and assuring information and advocacy needs are met. The Department staff also provides consultation and referral to counseling for older persons and family members about any troubling personal concerns.

MANSFIELD SENIOR CENTER: As part of the Human Services Department, the Mansfield Senior Center offers a broad range of programs, activities and services for, by, and with seniors. The Senior Center is open Monday through Friday from 8:30am-4:30pm, and serves adults 55+ from Mansfield and surrounding towns. The Senior Center provides important wellness services including transportation, information & referral, meal delivery, support groups, and insurance counseling, as well as engaging programs, classes, delicious lunches and monthly events. The Mansfield Senior Center publishes the "Senior Sparks" newsletter which contains a host of information on events and activities that may be of interest to seniors. Visit the Senior Center Website for information on how to get a copy. For more information on any Senior Center programs, call the Center at 860-429-0262, visit <a href="http://www.mansfieldct.gov/seniors">http://www.mansfieldct.gov/seniors</a>, or stop in at 303 Maple Road.

The Town also grants funds to a number of non-profit regional organizations which provide specialized services to seniors.

This booklet has been compiled by members of the Commission on Aging, and is designed to give an idea of the range of services offered nearby. There are many other services that are not included, so you are invited to Contact INFOLINE 2-1-1 or at 211ct.org, the Mansfield Senior Center at 860-429-0262 or the Human Services Department at 860-429-3315 for more information. We hope you will find this information useful. Please notify the Commission on Aging at <a href="mailto:commissiononaging@mansfieldct.org">commissiononaging@mansfieldct.org</a> if you find any of the information out of date,

wish to suggest additions or have comments or suggestions. The on-line version is the most up-to-date, so please check it: <a href="https://www.ectcinc.org/AtYourFingertips.docx">https://www.ectcinc.org/AtYourFingertips.docx</a> to determine if your suggestions have already been incorporated.

Inclusion in this brochure does not constitute a recommendation for nor does omission indicate a recommendation against.

The Municipal Agent for the Town of Mansfield is Allison Maynard, Director of Human Services, 860-429-3314.

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# **TOWN OF MANSFIELD MUNICIPAL NUMBERS:**

**Information Line:** Town administrative departments: 860-429-3300

**Animal Control:** 860-487-0137

**Assessor:** 860-429-3311

Community Center: 860-429-3015

Fire Marshal: 860-429-3328

**Health Officer:** 860-429-3325

**Housing Authority:** 860-487-0693

**Human Services Department:** 860-429-3315

Landfill: Rte 89, Mansfield Center 860-429-7189

Library: 860-423-2501 Address: 54 Warrenville Rd. Storrs Mansfield

mansfieldpubliclibraryct.org

Municipal Agent for the Elderly: Director of Human Services 860-429-3315

Parks and Recreation Department: 860-429-3015

**Probate Court Judge:** 860-871-3640 (located in Tolland)

**Public Works Department:** 860-429-3331

Recycling Agent: 860-429-3333

Refuse Collection: 860-429-3331

Registrars of Voters: 860-429-3368

Senior Center: 860-429-0262 Address: 303 Maple Rd. Storrs Mansfield

Storrs Mansfield Post Office: 860-429-9681

Tax/Revenue Collector: 860-429-3307

Town Clerk: 860-429-3302

**Town Manager:** 860-429-3336

# **EMERGENCY NUMBERS:**

Ambulance-Fire-Police: Do not hesitate to call 911

Non-Emergency Police: 860-429-6024

**Troop C State Police:** 860-896-3200 or 800-318-763; Help is available 24 hours a day

Mansfield Resident Trooper: 860-429-6024 (If not answered, automatically goes to Troop C.)

Non-Emergency Fire Department: 860-429-5290

America's Poison Centers: 1-800-222-1222 poisonhelp.org

Community and other Disasters: Mansfield Fire Marshal: 860-429-3328

Emotional Crisis: 24 hour help for personal emergencies call United Services at 860-456-2261

or call info line at 211 (answers 24 hours a day) or 211ct.org . Also call/text 988

Food, Heat or Shelter Emergencies: Call Mansfield Human Services at 860-429-3315 or info

line at 211 (answers 24 hours a day)

**Domestic Violence Hotline:** 1-888-774-2900 (English) 1-844-831-9200 (Spanish)

# AMERICAN ASSOCIATION OF RETIRED PERSONS (A.A.R.P.):

A.A.R.P. Connecticut Office: 866-295-7279 Address: 21 Oak St., Hartford, CT 06106

#### **AARP Smart Driver Course:**

The AARP Smart Driver defensive driving course teaches evidence-based strategies to keep you safe behind the wheel, and could save you money on your car insurance. Classes are held at various sites around the State, including at the Mansfield Senior Center twice per year. For more information, call the Senior Center at 806-429-0262.

**Senior Citizens Driver Insurance Program:** A 5% discount on insurance is obtainable once an accident prevention course has been taken. Call the Department of Motor Vehicles for more information 1-800-842-8222.

#### **ADULT DAY CARE:**

Pierce Baptist Adult Daycare: For more information call 860-774-9050.

Ross Adult Day Health Center: 860-889-1252 Address: 165 McKinley Ave Norwich, CT

Senior Moments Adult Daycare: 860-643-9500 Address: 31 Kingsbury Ave. Tolland, CT.

# **AGENCY ON AGING:**

**Eastern Area Agency on Aging/Senior Resources:** 1-800-994-9422 or 860-887-3561 Planning for, funding of, and information about services to seniors. 19 Ohio Ave. Norwich, CT 06360

# **ASSISTED LIVING:**

Arbors of Hop Brook: 860-647-9343 www.arborsct.com

403 W. Center St. Manchester, CT

Atria Greenridge Place: 860-257-0000 www.atriaseniorliving.com

1 Elizabeth Court, Rocky Hill, CT 06067

Atrium at Rocky Hill: 888-595-2761 www.benchmarkseniorliving.com

1160 Elm St. Extension, Rocky Hill, CT. 06067

Avery Heights: 860-953-1201 www.averyheights.org

550 Avery Hts., Hartford, CT. 06106

Bacon Congregate Housing: 860-724-4212 www.sheldonoak.org

43 Morris St., Hartford, CT. 06114

Brookdale Buckingham: 860-647-1695 or 844-342-6770 www.brookdale.com

1824 Manchester Rd. Glastonbury, CT

F.J. Pitkat Congregate Living Center: 860-875-9244 www.vernonhousing.org

80 Franklin St., Vernon, CT. 06066

Glastonbury Housing Authority – Herbert T. Clark House: 860-652-7623 www.glastha.org

43 Canione Rd., Glastonbury, CT. 06033

Immanuel House: 860-525-4228 x22 www.immuanualhousect.org

15 Woodland St., Hartford, CT, 06105. Low Income Assistance

Juniper Hill Village: 860-429-9933 www.ehmchm.org

1 Silo Circle Rd., Storrs Mansfield, CT 06268. Subsidized Assisted Living

Luther Ridge at Middletown: 860-347-7144 www.lutherridge.org

628 Congdon St. West, Middletown, CT

Masonicare at Ashlar Village: 203-679-6400 www.masoncare.org

74 Cheshire Rd., Wallingford, CT. 06492

Mountain Laurel Senior Living Community: 860-652-3444 www.brookdale.com

1177 Hebron Ave., Glastonbury, CT. 06033

Mystic River Homes: 860-572-6020 www.mysticriverhomesinc.com

205 Elm St., Noank, CT. 06340. Subsidized Assisted Living

St. Jude Commons: 860-889-2139 www.stjude.org

3 Myrtle Dr., Norwich, CT. 06360. Subsidized Assisted Living

The McAuley: 860-920-6300 www.trinityhealthseniorcommunitiers.org

275 Steele Rd., West Hartford, CT

The Retreat: 860-560-2273 www.theretreat.org

90 Retreat Ave., Hartford, CT. 06106. Subsidized Assisted Living

The Village at Buckland Court: 860-634-5709 www.benchmarkseniorliving.com

432 Buckland Rd., South Windsor, CT

Virginia Connolly Residence: 860-658-1147 www.simsbury-ct.gov

1600 Hopmeadow St., Simsbury, CT. 06070. Subsidized Assisted Living

Wells Country Village: 860-646-8782 www.countryvillage.com 46 Welles Rd., Vernon, CT. 06066. Subsidized Assisted Living

State of CT. Dept of Social Services: 800-453-3320 www.ctlawhelp.org Elderly Information.

Please note that the above assisted living facilities are only a partial listing of senior complexes in Connecticut. Please Google "Assisted Living Facilities" or "Assisted Living Facilities for people with Dementia" for more options.

# **DISABILITY RESOURCES:**

Disabilities Network of Eastern Connecticut: 860-823-1898 www.dnec.org

**State Department for Persons with Disabilities:** 1-800-859-9889

https://portal.ct.gov/dss/health-and-home-care

UConn Speech and Hearing Clinic: 860-679-2330

Commission of the Deaf and Hearing Impaired: Counseling: 860-231-8756

Emergency Interpreting Services: 860-231-7623 or 860-231-1690

www.dhoh.ct.gov/dhoh/site/default.asp

Connecticut Board of Education and Services for the Blind: 1-800-842-4510 or

860-602-4000 <a href="https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/Bureau-of-pages/Bureaus/B Education-and-Services-for-the-Blind

Offers counseling, referrals, educational services, legal advice, and visual aids available.

Connecticut Radio Information System (CRIS): 860-527-8000 <a href="https://www.crisradio.org/">www.crisradio.org/</a> Broadcasts readings from local and national newspapers, current magazines and books 24 hours a day. Listeners may be visually, physically or learning disabled so that they cannot read conventional printed information. CRIS radios are provided at no charge, to be kept as long as needed. Listeners can also receive CRIS over a special TV hook-up.

Lions Low Vision Center: 866-319-9733 www.lionslowvisionctr.org

Library for the Blind and Physically Handicapped: 860-757-6500 or www.ctstatelibrary.org 231 Capitol Ave, Htfd, CT 06106

Free mail loan of recorded Braille books and magazines and playback equipment to handicapped

residents.

# University of Connecticut Homer Babbidge Library, Storrs Mansfield:

Coordinator for the services of the disabled, David Avery: 860-486-1582.

E-mail davidavery@uconn.edu

Assistance is available for finding books, ordering special format materials, volunteer readers, use of Kurzweil reading machine, and many other services for the blind or otherwise physically impaired. Call for information about services and parking.

# **DURABLE MEDICAL EQUIPMENT:**

**Shoe Smith:** 860-423-8873 www.theshoesmith.com

503 Main St. Willimantic: Provides orthotics and diabetic insoles. They will travel to home to do fittings.

Vision Dynamics: 888-211-6933 www.nelowvision.com

615 West Johnson Ave, Suite 202, Cheshire, CT. A superstore that sells all types of living aids for the blind, and visually handicapped..

New England Assistive Technology Disability Equipment Center (NEAT): 860-243-2869 https://www.cybo.com Offers a large variety of gently used medical equipment such as walkers, canes, shower benches, wheelchairs, scooters and more at 50-80% discount from regular price. or browse the online catalogue at

Medical Pharmacy: 860-423-1661 www.medicalpharmanyct.com

1213 Main St. Willimantic, CT 06226. Offers a wide variety of durable medical equipment and home healthcare needs.

# **EDUCATION:**

<u>Colleges and Universities</u>: Continuing Education: 860-486-4631 <u>www.continuingeducation.com</u> Courses may be audited or taken for credit if there is room. Generally, tuition is waived for those aged 62. Fees may be charged for those in degree programs.

**Eastern Connecticut State University:** ECSU Department of Continuing Education 860-465-5125. <a href="https://www.easternct.edu">https://www.easternct.edu</a>

**Elderhostel:** <a href="https://seniors.lovetoknow.com">https://seniors.lovetoknow.com</a> National and international programs of educational experience for seniors 55 plus. For information, brochure, and catalog visit

UCONN: 860-486-7178 www.clir.uconn.edu

Center for learning in Retirement: WB Young Building 1376 Storrs Road, Storrs Mansfield, CT

06269

Mansfield Senior Center: 860-429-0262. Various educational programs available.

EASTCONN: 860-423-2591 www.eastconn.org

Promotes and supports lifelong learning for parents, workers and citizens of northeastern Connecticut. Whether it's high school completion, job training, or parenting support, our Adult Programs are designed to develop interests, increase abilities and expand options.

**Mansfield Adult Education:** 860-933-4980 <u>www.eosmith.org/adulteducation</u>
Courses in exercise, arts and crafts, and educational topics. Catalogue available for winter and spring classes.

Quinnebaug Valley Community College: 860-932-4901 <a href="www.qucc.edu/programs/lir">www.qucc.edu/programs/lir</a> Learning in retirement program. LiR at QVCC provides the means to meet the wide range of interests for mature adults who want to pursue new topics or to revisit interests from the past.

# **EMPLOYMENT:**

Willimantic CT Works: 860-423-2521

Offers free workshops and services, including employment counseling, financial awareness, computer basics, interviewing techniques, resume writing and critique as well as educational refreshers.

#### **Easter Seals Connecticut Senior Community Services Employment Program:**

860-859-4148 or 1-888-673-3443 ext. 309 <a href="https://www.easterseals.com/hartford/connect-locally/service-center-locations/easterseals-capital-region-eastern-connecticut-norwich.html">https://www.easterseals.com/hartford/connect-locally/service-center-locations/easterseals-capital-region-eastern-connecticut-norwich.html</a> Matches individuals age 55 and older with host agencies based on their skills and interests. Host agencies will provide paid training and the employment program will provide an individual employment plan at which time you will be assisted with finding steady employment.

Temporaries of New England (Willimantic): 860-423-5627.

http://www.tempsofnewengland.com/what-we-do-employers.htm?gclid=EAIaIQobChMI\_IXm2-Wh6AIVDtvACh09QQGNEAAYASAAEgKg D BwE

This company tries to match applicants with available job openings. No fees required.

Association of Retired Teachers of Connecticut: 860-963-7229 or Toll Free: 866-343-2782. Board of Directors: 860-643-6223. List of current job openings: <a href="http://artCT.org/VolunteerEmployment.html">http://artCT.org/VolunteerEmployment.html</a>. Apply for membership: <a href="http://artCT.org/Join.html">http://artCT.org/Join.html</a>. Provides employment and volunteer opportunities for retired teachers in Connecticut.

**Foster Grandparent Program:** 860-525-5437 <a href="https://nbbbs.org/programs/foster-grandparents-program/">https://nbbbs.org/programs/foster-grandparents-program/</a> A program that enables income eligible seniors (age 55 and over) to participate in community services. Service members work a minimum of 15 hours in locations such as public schools or daycares and receive a stipend for their work.

# **ENERGY ASSISTANCE:**

Access Agency Weatherization Program: 860-450-7400. <a href="https://accessagency.org/access\_program/energy-assistance/">https://accessagency.org/access\_program/energy-assistance/</a>
For persons who are income eligible for energy assistance.

Citizens Oil Co-op, Inc: 860-561-601. https://oilco-op.com

Connecticut Light and Power Matching Payment Program: 800-286-2828 or 860-947-2828. <a href="https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill/payment-plans">https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill/payment-plans</a>

Forgiveness of back balances to low-income electric heating customers.

Conservation Loans: 1-800-992-3665. <a href="https://www.energizect.com/get-started-ect-heating-loan">https://www.energizect.com/get-started-ect-heating-loan</a> Connecticut Housing and Investment Fund. Loans for automatic set back thermostats, siding, caulking and weather stripping, insulation, heat pumps, replacement heating systems, replacement roofs, replacement windows, and solar systems to reduce heating bills. Applications only accepted if there is evidence of health or safety issues.

Energy Assistance Program: 860-450-7400 <a href="https://www.energizect.com/get-started-ect-heating-loan">https://www.energizect.com/get-started-ect-heating-loan</a> Access Agency in Williamntic.

**Energy Conservation Loan Program:** 1-800-992-3665, ext 3. Offers low interest loans for energy-saving home improvements. Interest rates are based on income.

**Operation Fuel:** Call 2-1-1 for the number of your local fuel bank. <a href="http://www.operationfuel.org">http://www.operationfuel.org</a> A private nonprofit energy assistance program for people who need emergency help with energy bills and who are not eligible for state or federal assistance. Payments are made directly to the supplier. Income limits apply.

Soldiers, Sailors and Marines Fund: 860-296-0719. http://www.alctssmf.org/contact-us

Veteran assistance with fuel bill.

**Weatherization Assistance:** 1-800-842-1132. <a href="https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating">https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating</a>
Homeowners and renters who are elderly or disabled may qualify for weatherization funds. Income limits apply.

Windham Area Interfaith Ministry (WAIM): 860-456-7270. <a href="https://waimct.org/contacts/">https://waimct.org/contacts/</a> Energy assistance program for low-income persons who have exhausted benefits from the Access energy assistance program.

Winter Protection Plan:1-800-286-2828. <a href="https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill">https://www.eversource.com/content/ct-c/residential/my-account/billing-payments/help-pay-my-bill</a> For customers having problems paying their electric bill.

# FINANCIAL ASSISTANCE:

Annual Tax Exemptions for seniors in Mansfield: 860-429-3315 (Human Services Dept.). <a href="https://www.mansfieldct.gov/232/Human-Services">https://www.mansfieldct.gov/232/Human-Services</a> Homeowner exemptions: By income, changes annually on individual basis.

Charter Oak Pass: 860-424-3200. <a href="https://portal.ct.gov/DEEP/State-Parks/Special-Passes---CT-State-Parks-and-Forests#CharterOak">https://portal.ct.gov/NCLI/About-NCLI/Contact-Us</a>

A pass available to seniors that are 65 years and older that allows free admittance to state parks and forests. Send a legible photocopy of your current CT drivers' license or other legal proof of age and residency to: DEP Charter Oak Pass, State Parks Division, 79 Elm Street, Harford, CT. 06106-5127.

**Disabled Persons:** Mansfield Tax Assessor: 860-429-3311.

https://www.ssofficelocation.com/willimantic-social-security-office-so246 Persons certified as totally disabled by the Federal Social Security Administration can file for property or vehicle valuation reduction at the tax assessor's office. Proof of disability is available from the Social Security office. The Willimantic office may be reached at 860-423-6386.

**Home Ownership:** Mansfield Tax Assessor: 860-429-3311. If eldest partner has reached the age of 65 prior to December 31 of any year, application for a property valuation reduction may be made at the Tax Assessors office in the Town Hall the following February 1 through May 15. <a href="https://www.mansfieldct.gov/180/Assessor">https://www.mansfieldct.gov/180/Assessor</a>

<u>Military Veterans or Survivors Benefit:</u> Mansfield Tax Assessor: 860-429-3311. Application for Veteran's benefit on homeownership or motor vehicle after reaching age 65 must be filed every two years. Call Bill Woodbury for more information on programs that assist Veterans: 860-423-4534.

**Mansfield Human Services:** 860-429-3315 <a href="https://www.mansfieldct.gov/232/Human-Services">https://www.mansfieldct.gov/232/Human-Services</a> The Human Services department provides food programs and other support programs to eligible Mansfield residents; the department also administers the Mansfield Fee Waiver program, designed to improve access to the services offered by the Town to all residents, regardless of their ability to pay.

Repairs: <a href="https://www.hud.gov/states/connecticut/homeownership/homerepairs">https://www.hud.gov/states/connecticut/homeownership/homerepairs</a>

**Renter's Rebate for the Elderly/ Disabled:** Contact: Kathy Ann Easley (Mansfield Human Services Dept.) at 860-429-3315 or 860-487-9873 for application and assistance. https://www.mansfieldct.gov/directory.aspx?EID=92

Renter's tax relief program. A reimbursement program for Connecticut renters who are elderly or totally disabled and whose incomes do not exceed certain limits. Persons renting an apartment, room, or living in cooperative housing or a mobile home may be eligible for this program.

**Reverse Annuity Mortgage:** Call 860-887-3561 for a list of RAM lenders, their phone numbers, and information about type of loan and repayment arrangements. <a href="https://portal.ct.gov/AgingandDisability/Content-Pages/Topics-A-Z/Eastern-Connecticut-Area-Agency-on-Aging">https://portal.ct.gov/AgingandDisability/Content-Pages/Topics-A-Z/Eastern-Connecticut-Area-Agency-on-Aging</a> At age 62 and over, an elderly person may qualify to apply for an equity loan against their home to obtain money to live on.

**State Supplement:** State Department of Social Services, Willimantic office 860-465-3500. Program for the aged, blind and disabled can provide monthly benefits to low-income individuals for basic living needs.

# **FINANCIAL FORMS:**

**Income Tax Preparation:** Free tax assistance is available through AARP's annual Tax Assistance Program, held at various sites across the state between February and April. For more information, visit AARP.com or call Mansfield Senior Center at 860-429-0262.

A listing of additional free tax assistance programs across the State is available at <a href="https://uwc.211ct.org/taxhelp/">https://uwc.211ct.org/taxhelp/</a>.

**NOTE:** For help filling out other kinds of financial forms call Mansfield Human Services at 860-429-3315 or the Senior Center at 860-429-0262.

# **FOOD AND NUTRITION:**

Covenant Soup Kitchen: 860-423-1643. <a href="https://www.covenantsoupkitchen.org">https://www.covenantsoupkitchen.org</a>
Located inside St. Paul's Episcopal Church in Willimantic. Provides free breakfast and noontime meals Monday through Saturday.

Meals on Wheels Meal Delivery: 1-800-560-5015 ext 1006

Meals on Wheels is available to homebound community members ages 60 and older. Administered by TVCCA and supported by a team of dedicated volunteers, this program delivers

nutritious meals and daily wellness checks to nearly 1,200 home bound seniors throughout 39 towns in eastern Connecticut. Meals are delivered to the home Monday through Friday with frozen meals provided for weekends. Meals provided are nutritionally balanced and within the guidelines of a no-added-salt and no-added-sugar diet. For more information on this program or eligibility, please call TVCCA directly at 1-800-560-5015, ext. 1006.

**VNA East "Meals to Go":** 860-456-7288. VNA East contracts with Windham Memorial Hospital to deliver meals to seniors who are unable to prepare meals for themselves. Meals are brought to the home.

McSweeney Regional Senior Center: 860-423-4524. <a href="http://www.windhamseniorcenter.org">http://www.windhamseniorcenter.org</a> Provides noon meals 4 days a week. A small donation is requested.

**Willington Senior Center:** 860-429-8321 <a href="https://www.willingtonct.org/senior-center">https://www.willingtonct.org/senior-center</a> Provides noon meals 5 days a week. A small donation is requested.

Mansfield Senior Center: 860-429-0262. <a href="https://www.mansfieldct.gov/275/Senior-Center">https://www.mansfieldct.gov/275/Senior-Center</a>
The Senior Center partners with TVCCA to offer home delivered meals, and hosts a regular lunch program at the Senior Center. Reservations are required. Please see our monthly newsletter for more information.

Juniper Hill Village Meal Program: 860-429-9933. <a href="https://ehmchm.org/properties/juniper-hill-village/">https://ehmchm.org/properties/juniper-hill-village/</a> Provides 2 meals a day to residents. Lunch is served in dining room at noon. Supper meal is take-out.

**Food Stamps (SNAP):** Call State Department of Social Services 1-800-842-1508 or call the Mansfield Senior Center at 860-429-0262.

Willimantic Food Co Op: 860-456-3611. <a href="https://www.willimanticfood.coop">https://www.willimanticfood.coop</a>
Provides reduced food costs for senior citizens 65 and over (Let them know you are a senior). Inquire about free delivery. 91 Valley Street Willimantic, CT

**Stop and Shop Peapod:** 1-800-573-2763 or visit www.peapod.com. Grocery delivery service.

Price Chopper Grocery Delivery: https://www.pricechopper.com/services/delivery/

Mansfield Human Services Food Pantry: 860-429-3315.

https://www.mansfieldct.gov/1896/Food-Programs

Provides canned goods, hygiene products, and vouchers in some cases as available.

**Farmer's Market Coupons:** 860-429-0262. Available in the summer to income eligible seniors. Check with the Mansfield Senior Center for summer coupons.

\* Also check at your local grocery store for information about senior citizen discounts.

# **HEALTH SERVICES:**

**CT Association for Healthcare at Home:** 203-265-9931. <a href="https://www.cthealthcareathome.org">https://www.cthealthcareathome.org</a> This association can make referrals.

**Alzheimer's Association:** 860-828-2828. <a href="https://alz.org/ct">https://alz.org/ct</a> Call for support, referrals, and program information.

CT Parkinson's Working Group: 860-704-9519

 $\frac{http://cpwg.org/?fbclid=IwAR0aOQLINxJaSJOsvsRmk8XHTLs1fhhGhRGaRZrO6v1lfWQ43B}{TJ6GWHpiI}$ 

CT Breast and Cervical Cancer Early Detection: Referral: 860-509-8251

https://portal.ct.gov/DPH/Family-Health/EHDI/Contact-EHDI

Manchester: 860-533-4647; Willimantic: 860-456-6896

https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=WINDHAMCOMMUNITY MEMORIALHOSPITALBREASTANDCERVICALCANCEREARLYDETECTIONPROGRA MONCOLOGYSERVICESSpecializedTreatmentCancer 2 556 1

**Respite Care Financial Assistance:** 860-887-3561. Eastern Connecticut Area Agency on Aging. <a href="http://www.seniorresourcesec.org">http://www.seniorresourcesec.org</a>

American Cancer Society, New England: 800-227-2345 or visit www.cancer.org Provides services such as transportation.

**A.A.R.P.:** 1-866-295-7279 Driver safety: 888-227-7669 Benefits Outreach: 866-295-7669 https://states.aarp.org/aarp-connecticut

Senior Eye Care Program: 877-887-6327 or visit www.eyecareamerica.org

**Center for Medicare Advocacy:** 860-456-7790. Legal assistance with Medicare questions and concerns. <a href="https://www.medicareadvocacy.org/about/contact-us-2/">https://www.medicareadvocacy.org/about/contact-us-2/</a>

Angels Depot Resource Center: 860-742-5279 or 860-646-3399. https://www.facebook.com/people/Angels-Depot-Resource-Center-Inc/100076939425981/. A nonprofit organization providing holistic counseling for individuals, couples or families.

Converse Communications Corp.: 860-242-4974 or 1-800-743-1219. <a href="http://www.conversecommunications.com">http://www.conversecommunications.com</a>. Non-profit serves telecommunication needs of people in CT who are profoundly deaf.

**UCONN Speech and Hearing Clinic:** 860-486-2629. <a href="https://clinic.speech-language-hearing.uconn.edu/">https://clinic.speech-language-hearing.uconn.edu/</a> Provides services such as audiology, speech-language pathology, a hearing aide dispensing program and specialty ear molds.

Independent Living Aids: 1-800-537-2118. <a href="https://www.independentliving.com">https://www.independentliving.com</a>

For blind and visually handicapped.

**Safelink Wireless:** 1-800-723-3546.

https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newH ome A government supported program that provides free cell phones and minutes to income eligible customers.

**Assurance Wireless:** 1-888-321-5880. <a href="https://www.assurancewireless.com/lifeline-services/states/connecticut-lifeline-free-government-phone-service">https://www.assurancewireless.com/lifeline-services/states/connecticut-lifeline-free-government-phone-service</a> Provides free cell phone and wireless services to those who qualify.

# **MENTAL HEALTH SERVICES:**

Backus Hospital Mental Health Center: 860-823-6321.

https://backushospital.org/services/psychiatry. Individual and group psychotherapy for seniors.

Lawrence and Memorial Hospitals: 860-442-0711.

https://www.lmhospital.org/services/behavioral-medicine.aspx

Psychiatric Services.

Mental Health Association of Connecticut: 1-800-842-1501 http://www.mhconn.org

Natchaug Hospital: 860-456-1311 or 1-800-426-7792. https://natchaug.org

Inpatient psychiatric and chemical dependency treatment programs.

Institute of Living: 860-545-7200. <a href="https://instituteofliving.org">https://instituteofliving.org</a>

A program at Hartford Hospital offering a geriatric program for seniors.

United Services: Mansfield Center office: 860-456-2261.

http://www.unitedservicesct.org/services/mental-health/adult-services/ A private non-profit center providing psychosocial, mental health, chemical abuse, education and prevention services to the community.

Day Kimball Health Care: 860-779-9270. https://www.daykimball.org

Offers a geriatric care management program including services such as the Quiet Corner Elder Screening Tool, support groups and the Fall Prevention Initiative.

#### **Health Care Service Complaints:**

Complaint against the health care institution: 860-509-7400 Complaint against the health care professional: 1-800-842-0038

Complaint against the hospital: 1-800-797-9688

\*Note: Any person can file a complaint in writing to the Connecticut Department of Public Health, Divisions of Health Systems Regulation, 410 Capitol Avenue, PO Box 340308, Hartford, CT 06134-0308.

https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/PLIS/Contact-the-Practitioner-Licensing-and-Investigations-Section

https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/PLIS/Reporting-a-Complaint

# **HEALTH PROFESSIONALS:**

Generations Family Health Center: 860-450-7471 <a href="https://www.genhealth.org/">https://www.genhealth.org/</a>

40 Mansfield Ave, Willimantic, CT

#### **DENTISTS:**

Dr. Maya Paulose: 860-429-0230 https://paulose.weebly.com/

72 Flaherty Rd. Storrs Mansfield, CT 06268

Dr. James Gilligan: 860-423-0045

236 Stafford Road. Mansfield Center, 06250

Dr. Ralph L. Kroopnik: 860-429-0079 <a href="https://www.vitals.com/dentists/Dr">https://www.vitals.com/dentists/Dr</a> Ralph Kroopnick

Mansfield Shopping Plaza 591 Middle Tpke. Storrs Mansfield, CT 06268

Dr. Deborah L. Wing: 860-423-9717 http://www.reservoircommonsdental.com

203 Storrs Rd. Mansfield Center, 06250

Dr. Matthew Raynor: 860-429-6406 <a href="http://storrsfamilydentistry.com/dr-matt-raynor/">http://storrsfamilydentistry.com/dr-matt-raynor/</a>

1022 Storrs Rd. Storrs Mansfield, 06268

Dr. Marc Czarnowski, Dr. Demitria Estrada: 860-456-2906 https://mansfieldctdental.com

10 Higgins Highway Suite 1. Mansfield Center, CT 06250

Dr. Rostyslav Stepanenko: 860-429-8282

981 Storrs Road. Storrs Mansfield, CT 06268

Dr. Steven J. Abbott: 860-429-2051

1733 Storrs Rd. Storrs Mansfield, CT 06268

#### **DOCTORS:**

Mansfield Family Practice: 860-487-0002 https://mfpstorrs.com

34 Professional Park Rd. Storrs Mansfield, CT 06268

Dr. Ralph J. LaGuardia: 860-456-7101

10 Higgins Highway Suite 4. Mansfield Center, CT 06250

# **HELP IN THE HOME:**

University of Connecticut Student Employment: 860-486-3474 studentjobs@UCONN.edu

# **HOME CARE:**

A Caring Hand: 860-643-1623 <a href="http://www.acaringhand.com/index.asp">http://www.acaringhand.com/index.asp</a> Offers services such as companions, homemakers, specialty companions (Alzheimer's care for example), personal care assistants and live care assistants. Located in Vernon, CT. (A Caring Hand is not licensed by the Connecticut Department of Public Health and is not a Medicare certified agency.)

**A&D Home Health Solutions:** 203-287-2200. <a href="http://adhomehealthsolutions.com/">http://adhomehealthsolutions.com/</a>
Offers services from home health aides, certified nursing assistants, homemakers and companions. Located in Hamden, CT.

Community Companions and Homemaking Services: 860-456-3626 <a href="http://communitychs.org/ServicesFunded.html">http://communitychs.org/ServicesFunded.html</a> Offers homemaking service and companion service as well as transportation, personal care assistance, Alzheimer's care, respite care, and overnight care. Locally located in Williamntic.

**The Key:** (866) 425-2180. thekey.com (formally Home Care Assistance). Offers services such as companions, homemakers, personal care assistants, live-in companions and Alzheimer's companions. Located in Norwich, CT.

**Connecticut Community Care Inc.:** 860-885-2960 Offers private case management and contracts with the State of Connecticut; "Connecticut Home Care Program". Provides assessment, coordination and management of services needed at home. Call Mansfield Social Services for private agencies: 860-429-3315.

**Family Care Plus:** 1-877-887-2273. Specializing in 24-hour live-in care.

**Helping Hands:** 860-645-7667. Offers a variety of personalized services in your home. Located in Bolton, CT.

**Home Instead:** 860-896-5295. Offers caregiver, companionship and home helper services. Located in Tolland, CT.

Visiting Angels: 860-872-6084. Offers living assistance services. Tolland, CT.

Hartford Healthcare At Home: 860-456-7288. Mansfield nursing/home health aides.

**Visiting Nurse & Health Services:** 860-872-9163. Skilled Home Health Care. **HOUSING:** 

Wrights Village: 860-487-0693. kmatychak@mansfieldhousingct.org

Wright's Village is a state financed housing community consisting of 40 one bedroom units garden style apartments on one level and located on Wright's Way in Storrs. The units range in size from 425 SF to 590 SF, and there is a laundry facility located on site. The actual rent amount is 30% of the family's adjusted income but never less than the base rent. To Qualify, a family must have a minimum income of approximately \$17,400 to 19,500 depending on unreimbursed medical expenses and unit style (Regular or Large). Families are chosen by lottery for each unit that becomes available. Wright's Village is designed to promote independent living.

Juniper Hill Village: 860-429-9933 juniperhillvillage@ehmchm.org

1 Silo Circle Rd., Storrs Mansfield, CT 06268. Subsidized

Juniper Hill Village is a 100-unit community offering 36 one-bedroom cottage style units, 59 one-bedroom units in the main building and 5 two-bedroom main building units. All units are funded through the U.S. Department of Housing and Urban Development Section 202 program. Eligibility is restricted to residents who have a head or co-head of household who is aged 62 years or older or a head or co-head with a disability and needing the features of an accessible unit. There are units that are fully adapted for persons with disabilities. Juniper Hill includes an Assisted Living Program which has further programmatic restrictions for eligible households and offers supportive services to those households. The community also has a meal program open to all residents that provides one hot meal per day served in the beautiful, centrally located dining room. Community amenities include a sun-room, library area, a community room, entertainment room, hair salon and spacious outdoor areas including a large three season community area. The community is owned by the Mansfield Retirement Community which is a non-profit corporation.

Glen Ridge Cooperative Community: 860-429-2202 <a href="http://glenridgect.com/adultcommunity/">http://glenridgect.com/adultcommunity/</a> 11 Sycamore Drive Storrs, CT 06268. Fax: 860-429-2202 (Please call in advance in order to engage fax machine) Email: <a href="mailto:glenridge@ehmchm.org">glenridge@ehmchm.org</a>. Bob Kremer – Administrator. Active retirement community with homes for purchase for independent persons age 55 and over.

**Sun Homes:** 888-439-9375

https://www.suncommunities.com/community/rolling-hills/

536 Middle Turnpike, Storrs, CT 06268. Upscale Community Living for Active 55+ Adults in Mansfield, CT.

\*Note: Information listing of all licensed facilities in Connecticut available at Mansfield Dept. of Human Services 860-429-3315.

# **INFORMATION SOURCES:**

CT Department of Social Services Information Line Elder Services: 1-800-443-9946. <a href="https://portal.ct.gov/DSS/Services/Children-Family-and-Older-Adults/Older-Adult-Services">https://portal.ct.gov/DSS/Services/Children-Family-and-Older-Adults/Older-Adult-Services</a> Handles questions concerning programs and services for persons age 60 and older. Trained staff available to answer questions about housing, Medicare benefits and other programs for senior citizens.

**Info line 2-1-1:** <a href="https://www.211ct.org">https://www.211ct.org</a> A 24-hour service with information about, and referrals to, any available service in the Northeast Connecticut area.

**Mansfield Human Services:** 860-429-3315 or 860-429-0262.

https://www.mansfieldct.gov/232/Human-Services

Confidential discussions about your concerns to help you understand a problem, seek solutions and make use of appropriate programs or agencies.

Eldercare Locator Service: 1-800-677-1116. <a href="https://eldercare.acl.gov/Public/Index.aspx">https://eldercare.acl.gov/Public/Index.aspx</a>
Information about organizations serving older people throughout the U.S. Caller should have name, address and zip code of the person who needs assistance, and a brief description of the problem and type of assistance sought.

**Eastern Area Agency on Aging/Senior Resources:** 1-800-994-9422 or 860-887-3561. http://www.seniorresourcesec.org

https://portal.ct.gov/AgingandDisability/Content-Pages/Topics-A-Z/Area-Agencies-on-Aging Planning for, funding of and information about services to seniors. 19 Ohio Avenue. CT 06360.

CT Social Services, Eviction Prevention Program: 860-424-5427 https://portal.ct.gov/DOH/DOH/Programs/Eviction-Prevention

Library for the Blind and Physically Handicapped: 860-721-2020/ 1-800-842-4516. <a href="https://ctstatelibrary.org/lbph/">https://ctstatelibrary.org/lbph/</a> Free mail loan of recorded Braille books and magazines and playback equipment to handicapped residents. 198 West Street. Rocky Hill, CT 06067.

# **LEGAL ASSISTANCE:**

Connecticut Legal Service (CLS): 860-456-1761 or 1-800-413-7796. <a href="https://ctlawhelp.org/en/legal-help-elders">https://ctlawhelp.org/en/legal-help-elders</a> 1125 Main Street, Willimantic. Help with Medicaid problems and Title XIX problems.

Consumer Law Project For Elders: 1-800-296-1467.

https://ctlawhelp.org/files/pamphlets/elderly/CLPE\_Brochure\_English.pdf Free legal assistance to seniors aged 60 and over who need help with all types of consumer problems including credit card debt, medical debt, abusive or harassing debt collection practices, credit repair, credit discrimination or identity theft.

**Statewide Legal Service:** 1-800-453-3320. <a href="https://www.slsct.org">https://www.slsct.org</a> A statewide organization designed to help those with low-income civil problems.

Connecticut Long Term Care Ombudsman Program: 1-866-388-1888 or 860-424-5200. <a href="https://portal.ct.gov/LTCOP">https://portal.ct.gov/LTCOP</a> Investigates complaints of physical or mental abuse, exploitation, neglect or abandonment of elderly persons and takes action, legal if necessary, to correct the situation.

Center for Medicare Advocacy: 860-456-7790. <a href="https://medicareadvocacy.org">https://medicareadvocacy.org</a> Willimantic Office: P.O. Box 350 Willimantic, CT 06226. Help with Medicare or Medicaid denials.

Lawyer Referral Service: 860-525-6052. <a href="https://www.hartfordbar.org/lawyer-referral/">https://www.hartfordbar.org/lawyer-referral/</a> Hours: Monday-Thursday, 9:00am-3:00pm; Friday, 10:00am-2:00pm. Call to request legal consultation. An appointment will be set for you with a local attorney who handles your kind of problem. Reasonable cost. No age or income limits. Fee of \$35.00 covers referral and ½ hour appointment with lawyer in your area.

**Living Wills:** 860-429-0262. Mansfield Senior Center provides legal help in preparing a living will.

**Legal Assistance to Medicare Patients:** 860-456-1761. Connecticut Legal Services Willimantic Office: 1125 Main Street Willimantic, CT 06226. Counseling and representation at no cost to income-eligible beneficiaries on all aspects of Medicare and related law.

# **NURSING HOMES:**

Mansfield Nursing and Rehabilitation Center: 860-487-2300 <a href="http://www.mcnr.org/home.html">http://www.mcnr.org/home.html</a> 100 Warren Circle, Storrs Mansfield CT 06269

**Douglas Manor:** 860-423-4636. <a href="https://www.douglasmanor.net">https://www.douglasmanor.net</a> 103 North Rd., Windham CT 06280.

Saint Joseph Living Center: 860-456-1107 https://www.sjlivingcenter.org

14 Club Rd., Windham CT 06280

# **PROTECTIVE SERVICES FOR SENIORS:**

Connecticut Department of Social Services, Elderly Services: 860-424-5274. <a href="https://www.caregiverlist.com/Connecticut/departmentonaging.aspx">https://www.caregiverlist.com/Connecticut/departmentonaging.aspx</a> If you suspect or know of elderly abuse, exploitation, inadequate care and or neglect.

**State Senior Services Help Line:** 860-424-5274 or 860-218-6631

**Connecticut Elderly Protective Service:** Willimantic Office 860-465-3550

Connecticut Department of Social Services Alzheimer's Respite Program and Elder Locater Services: 1-800-677-1116 Monday through Friday. <a href="https://www.nia.nih.gov/health/getting-help-alzheimers-caregiving">https://www.nia.nih.gov/health/getting-help-alzheimers-caregiving</a>

**Connecticut Alzheimer's Helpline:** 1-800-272-3900. For immediate assistance or advice 24 hours a day 7 days a week.

**CT Department of Social Services-Elder Abuse:** 860-886-0521. To investigate and resolve complaints of neglect, abuse, or exploitation of elderly in the community. For Long Term Care Ombudsman Program advocacy for the elderly in nursing homes, please call 860-823-3366 or 860-424-5964.

Domestic Violence Hotline: 1-800-799-SAFE (7233) https://www.thehotline.org/

**Safe Return:** Enrollment: 1-800.272.3900. https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support

A program that assists with the identification and safe return of people with Alzheimer's disease. The program includes identification products, a photo/information database, an emergency crisis line, Alzheimer's Association local chapter support.

**Sexual Assault Crisis Center of Eastern Connecticut:** 860-456-2789. <a href="http://www.saccec.org/">http://www.saccec.org/</a> Counseling, support, and help for sexual assault victims and their families.

# **RECREATION:**

**Mansfield Senior Center:** 860-429-0262. Call or visit <u>www.mansfieldct.gov/seniors</u> for a listing of monthly events, exercise classes, creative arts classes, interest groups and more.

**Fishing and Hunting Passes:** Free lifetime passes for people aged 65 and over. Applications are available at Mansfield Town Clerks office 860-429-3302.

**Mansfield Community Center:** Call for programs 860-429-3015. <a href="http://www.mansfieldct.gov/245/Community-Center">http://www.mansfieldct.gov/245/Community-Center</a>

#### **SAFETY:**

#### **Personal Emergency Response Buttons:**

#### Lifeline Systems, Inc. of Massachusetts:

https://www.thinkhomecare.org/members/?id=27608689 1-800-380-3111

There are several nation systems on the market. The VNA can assist you.

**VNA East. Mansfield:** 860-456-7288

Button worn around the neck of a frail elderly or handicapped person and/ or placed in the bathroom or other room activates an emergency notification system when pushed:

\*Please note: All companies have installation fees but a reputable response button service will rent its equipment on a monthly basis, not sell it to the user\*

\*Suggestion: Use the File of Life (see below) to have the numbers of your physician, family and emergency services posted on your refrigerator and also put them other places that are convenient and available.\*

#### File of Life:

The File of Life is a voluntary program designed to help local first responders quickly obtain your necessary medical history, your support needs, and your emergency contact information in an emergency situation. The File of Life is a red, magnetic packet that contains important medical information about you. The File of Life also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know in caring for you in an emergency situation. The File of Life is available for residents ages 55+ - please visit the Mansfield Senior Center to pick one up or call 860-429-0262.

# **STATE SERVICES:**

**Blindness Prevention:** 1-800-850-2020, (860) 289-1971

https://www.semel.ucla.edu/nadc/resource/national-federation-blind-connecticut

**ConnPace:** 1-800-423-5026. State subsidized pharmacy program for seniors and disabled individuals that do not have Medicare. <a href="https://www.rxresource.org/prescription-">https://www.rxresource.org/prescription-</a>

assistance/connpace.html

**Consumer Protection:** 1-800-842-2649 (860) 713-6100

https://portal.ct.gov/SmartConsumer/SmartConsumer/home-page-items/Contact-Us

Disabled Adults: 1-800-842-7303 <a href="https://www.disrightsct.org/contact">https://www.disrightsct.org/contact</a>

**Elder Abuse/ Neglect:** 860-886-0521

Energy Services: 1-860-424-3000 https://portal.ct.gov/DEEP/Energy/Energy

Email: DEEP.EnergyBureau@ct.gov.

**Fraud Reporting:** Toll Free Fraud Hotline: 1-800-842-2155 <a href="https://portal.ct.gov/dss/Quality-Assurance/To-Report-Fraud-or-Abuse-of-Programs">https://portal.ct.gov/dss/Quality-Assurance/To-Report-Fraud-or-Abuse-of-Programs</a>

- Email: Client Complaint Form to clientfraud.dss@ct.gov Provider Complaint Form to providerfraud.dss@ct.gov

-Fax: Complaint Form to (860) 424-4945

-Mail: Complaint Form to: State of Connecticut Department of Social Services Investigations Division 55 Farmington Avenue Hartford, CT 06105-3730.

**Housing Court**: 860-887-3731

Husky Health Care: 1-877-284-8759 https://portal.ct.gov/HUSKY/How-to-Contact-Us

Insurance Commissioner: 860-297-3800 https://portal.ct.gov/CID/About-Us/Contact-Us

Connecticut Legal Services (Willimantic Office): 1-800-413-7796

 $\underline{https://www.immigrationadvocates.org/nonprofit/legal directory/organization.414775-}$ 

Connecticut Legal Services Willimantic Office

Poison Control Center (24 Hours): 1-800-222-1222 <a href="https://www.poison.org/contact-us">https://www.poison.org/contact-us</a>

Social Services: 1-800-842-1508 <a href="https://portal.ct.gov/DSS/Common-Elements/General-Guidance">https://portal.ct.gov/DSS/Common-Elements/General-Guidance</a>

State Police: 860-685-8190 <a href="https://www.ctliving.com/statepolice/">https://www.ctliving.com/statepolice/</a>

State Police (Missing Persons): 860-685-8230 https://portal.ct.gov/DESPP/Division-of-State-

Police/Public-Information-Office/Public-Information-Office

Veterans Affairs: 860-616-3600 https://portal.ct.gov/DVA/About-Us/Contact

# **OTHER IMPORTANT NUMBERS:**

meetings/connecticut-aa/ https://ct-aa.org/district-1/

Child Abuse Hotline: 1-800-422-4453 <a href="https://www.childhelp.org/contact/">https://www.childhelp.org/contact/</a>

**Consumer Credit Counseling:** 1-800-208-2227, 860-240-8170

https://portal.ct.gov/DOB/Consumer/Consumer-Complaints/Debt-Adjusters

Consumer Law Project for Elders: 1-800-296-1467 https://ctlawhelp.org/en/self-help-

guides/elder-law

Gambler's Anonymous: 1-855-222-5542 https://ctwmaga.org/

Hospice: 860-848-5699 https://everloved.com/hospices/CT/norwich/center-for-hospice-care-

southeast-connecticut-inc-norwich-ct-06360/

Red Cross: 860-447-3248 https://www.redcross.org/

Social Security: 1-800-772-1213 https://www.ssa.gov/agency/contact/phone.html

Federal Do Not Call List: 1-888-382-1222 https://www.consumer.ftc.gov/articles/0108-

national-do-not-call-registry

# **TRANSPORTATION:**

American Cancer Society: 1-800-227-2345. Rides for cancer treatment.

https://www.cancer.org/about-us/online-help/contact-us.html

Connecticut Transit Bus Service: Contact Yamil Figueroa 860-487-9875 or <a href="mailto:figueroay@mansfieldct.org">figueroay@mansfieldct.org</a>. Discounts on bus tickets and bus passes for seniors. Passes are

available at the Mansfield Senior Center.

Norwich Taxi (Willimantic): 860-642-1999.

**Ace Taxi (Manchester):** 860-222-2222.

**Mansfield Senior Center:** The Mansfield Senior Center Transportation Program provides free, accessible transportation for medical appointments and errands to Mansfield residents ages 60+ and those 55+ deemed disabled by social security. Reservations are required. Contact Yamil Figueroa 860-487-9875 or figueroay@mansfieldct.org.

Windham Region Transit (WRTD): Our dispatchers are available for questions, information, reservations, or comments.

Customer service Hours: Monday through Friday 5:45AM – 10:00PM

Reversion Hours: Monday through Friday 8:00AM-4:30PM (4:30PM is the end of the business

day for the purpose of bookings).

Phone: 860-456-2223 TTY: 1-800-842-9710 Email: info@wrtd.org Website: www.wrtd.org

WRTD provides three types of service:

- **Fixed Routes**: The bus runs on a published schedule and route with no deviations. Passengers can board at a stop. No reservations are required.
- ADA Paratransit: Passengers with a disability preventing them from using the fixed route may be eligible for ADA Paratransit Service. This service is an origin-to-destination service for individuals of any age with a physical or cognitive disability that prevents them from using the WRTD route system. Trips that qualify as ADA paratransit must have pick-ups and drop-offs within ¾ of a mile of WRTD's Local routs, and occur within the same hours and days of operations. You must be certified as ADA paratransit eligible. Please visit <a href="www.ctada,com">www.ctada,com</a> to apply.
- **Dial-A-Ride**: is a door-to-door shared ride service to and from anywhere within the nine-town region. Reservations are required. Service is available to the general public with no age or disability restrictions.

#### **Operates:**

- Weekdays only Monday thru Friday 8am 4pm (last trip by 3PM)
- Does not operate on the following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas Day.

# Where can I go?

WRTD can transport riders that start and end in their service area which is Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham/Willimantic.

# Where can I get picked up?

If you're within 3/4 of a mile from a fixed-route bus, you need to take the fixed-route bus (unless you are a senior or disabled). Destinations include Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham/Willimantic.

#### How do I schedule a ride?

- Riders can make a reservation in three ways:
- Call WRTD 860-456-2223

- Through our website\* visit <u>www.wrtd.org</u>
- Use the Ecolane "app"\* visit www.wrtd.org for more information
- Reservations may be made up to two weeks in advance.
- All reservations must be made a minimum of one business day in advance by 4pm. Reservations are made on a first-come-first-served basis.
- WRTD will make an effort to accommodate trips within one hour before and one hour after a requested pick-up time.
- \* Call the WRTD office to get set up with an account to access this system.

All WRTD vehicles are wheelchair-accessible. Some vehicles are equipped with a bicycle rack.

# **VETERANS AFFAIRS:**

Veterans Affairs Agency Main: 860-450-7583 <a href="https://www.va.gov/">https://www.va.gov/</a>

Office of Volunteers: 860-667-6718 <a href="https://www.va.gov/connecticut-health-care/work-with-">https://www.va.gov/connecticut-health-care/work-with-</a>

us/volunteer-or-donate/

Veterans Advocacy and Assistance: 860-616-3683 https://portal.ct.gov/DVA/Pages/Office-of-

Advocacy-and-Assistance/Contact

**Burial and Cemetery Services:** 860-616-3688

Veterans Home Food Services: 800-698-2411 Nutrition and Food Services Home (va.gov)

**Veterans Home Safety and Security:** 1 (888) 388-3811 https://www.homesafety.net/partners/veterans-administration/

Veterans Advocate: Contact Bill Woodbury at 860-423-4534 or 860-423-8507

https://wrcc.online/

Veterans Affairs Office: 203-932-5711 West Haven, CT https://www.va.gov/connecticut-

health-care/locations/west-haven-va-medical-center/

**Disabled American Veterans:** 203-440-4440 Meriden, CT 06450

http://www.disabledvetsct.org/

Veterans of Vietnam in America: 860-568-9212 Hartford, CT

https://www.usveterans.us/company-vietnam-veterans-america-in-hartford-ct-8858

Norwich Vet Center: 860-887-1755 https://www.va.gov/norwich-vet-center/

# **VOLUNTEERING:**

# Connecticut Retired and Senior Volunteer Program: 860-889-2648

http://nedv.net/seniors/rsvp.php

Mansfield Senior Center: 860-429-0262 <a href="http://www.mansfieldct.gov/seniors">http://www.mansfieldct.gov/seniors</a> . A good way to

make friends, use your skills and have fun while giving back to the community.

#### Windham Hospital Volunteer Department: 860.456.6700

<u>https://windhamhospital.org/careers/volunteers</u>. Many volunteers are needed to assist in varied facets of hospital operation. Your interests and talents will be matched with volunteer positions.

#### Mansfield Town Hall: 860-429-3336

<u>4W7867haKeqWzpxKvtjILrHJlTmjhH8Qon56eHRTs2eIFvr9JjI6uxpShdu\_pHEm7g1oISyMWnnq76oBnMN\_pU7jkLQpJviiN2j8rPrssR-</u>

RduHn6W5XHioa0D57kYmMH0YhWzf1QWvCOIXExAH88-

<u>QXgaTN4HEaBoFIxzG14UEq044QwjseNWnzAFtrzRd7ffN11vo\_sQvCIGdOvvnYDOboniDNe9mMw6hnG7XB\_EvvpPA\_LTLXfLtWF4s7HZrxI</u> (Search for "Volunteer"). Call for listing of volunteer opportunities