



# BoostYourBudget.<sup>®</sup>

## Are you living on a fixed income?

What stands between you and a budget built for aging well?

Benefits programs can help with costs like utilities, housing, medication, and food. It's Boost Your Budget Week, so take a few minutes to get a free BenefitsCheckUp<sup>®</sup> for yourself or a loved one.



### Health Care & Medication

- Medicaid for the aged, blind or disabled also known as Husky C
- Medicare Savings Program



### Nutrition & Food

- Supplemental Nutrition Assistance Program or SNAP benefits
- Senior Farmers Market Nutrition Program - provides a seasonal voucher



### Energy Assistance

- CT Energy Assistance Program helps CT residents afford heat in their homes.

Contact Senior Resources, Benefits Enrollment Coordinator, Jill Vasington at 860-213-5432 or click on this link for more information

<http://seniorresourcesec.benefitscheckup.org>