

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® 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>