

COMMUNITY RESOURCE DIRECTORY

for

Westport Seniors



PUBLISHED BY THE DEPARTMENT OF HUMAN SERVICES

TOWN HALL WESTPORT, CT 06880

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Resource Directory is Available to View Online at www.westportct.gov/seniordirectory



James S. Marpe, First Selectman

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WESTPORT DEPARTMENT OF HUMAN SERVICES

“COMMUNITY FOCAL POINT FOR SERVICES TO OLDER PERSONS”

SERVING OLDER ADULTS AND THEIR FAMILIES

Elaine Daignault, MA, NCC	Director	203-341-1050	edaignault@westportct.gov
Kristen Witt, MSW, LCSW	Social Worker Municipal Agent for the Elderly	203-341-1067	kwitt@westportct.gov
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Margaret Pinheiro	Administrative Assistant, Room 200	203-341-1050	mpinheiro@westportct.gov
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Kristin Ardizzane	Nutrition Program Coordinator, CSA	203-341-5097	kardizzane@westportct.gov
Ben Palmer	Receptionist, CSA	203-341-5099	bpalmer@westportct.gov

Westport Town Hall, 110 Myrtle Avenue, Room 200

Hours: 8:30 AM - 4:30 PM

Telephone: 203-341-1050

Fax: 203-341-1073 Email: humansrv@westportct.gov

Office and home visits by appointment

All discussions strictly confidential; no charge for services

Center for Senior Activities

21 Imperial Avenue, Westport, CT 06880

Hours: Monday-Wednesday and Friday 7:30 AM - 4:30 PM

Thursday 7:30 AM- 8:00 PM

Saturday 8:30 AM - 3:00 PM

Telephone: 203-341-5099

Sunday special events sponsored by the

Friends of the Westport Center for Senior Activities

www.westportct.gov/seniorcenter

Email: seniorcenter@westportct.gov

EMERGENCY TELEPHONE NUMBERS

POLICE, FIRE, EMERGENCY MEDICAL SERVICES.....911

For all emergencies, including TDD calls.

For non-emergencies:

Police 203-341-6000

Fire 203-341-5010

EMS 203-341-6081

Health District 203-227-9571

Eversource.com.....800-286-2000

Eversource Storm Safety Video, Electrical safety during and after a storm. <https://youtu.be/mjNyrb6bNSc>

Residents with a medical condition should sign up with Eversource as a priority restoration.

Staples Radio WWPT 90.3 FM

Residents can find additional information on the Town's website www.westportct.gov and National Weather Service <https://www.weather.gov/okx/>

Additional updates will also be posted on the Westport Fire Department Facebook page <https://www.facebook.com/westportctfire>

Westport recently moved from **CODE-RED to NIXLE** for emergency communications. Update your information to receive instant updates neighborhood-level, public safety related emergency messages right to your home or cell phones. To get important local alerts you must sign up by texting 06880 to 888777 or sign up at www.Nixle.com. For more information on NIXLE, contact Westport Police or Fire Departments.

Red Cross: How to Prepare for Emergencies

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm#Before>

POISON CONTROL...call 911, then.....1-800-222-1222

Provides immediate instructions on poisons. www.uchc.edu

NORWALK HOSPITAL.....203-852-2000

<http://www.norwalkhospital.org/>

DUBOIS CENTER –Crisis center-24 hour helpline.....203-358-8500

<http://www.ct.gov/dmhas>

Individuals with disabilities may register in advance with the Westport Weston Health District if they need special help in case of a town-wide or neighborhood emergency. To register, call: 203-227-9571.

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GENERAL INFORMATION

DEPT OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200.

Information and assistance related to : Social Security, Medicare, Medicaid, family relationships, state and federal programs, home care, day care, housing options, energy assistance, tax relief, renter's relief, transportation, educational opportunities, volunteer opportunities, counseling, financial assistance, home maintenance, and most other concerns of older adults. Home and office appointments. Email: humansrv@westportct.gov

www.westportct.gov

AARP (Connecticut office).....1-866-295-7279

<http://states.aarp.org/region/connecticut/>

DO NOT CALL LIST.....1-800-842-2649

Call to register with CT. Consumer Protection Department.

www.donotcall.gov

DOMESTIC VIOLENCE CRISIS CENTER.....1-888-774-2900

24 hour help line.....www.dvccct.org

ELDERCARE LOCATOR.....1-800-677-1116

Information on elderly services in other areas. Provide zip code of person you want to assist. www.eldercare.gov

MEDICARE1-800-633-4227

www.medicare.gov

MUNICIPAL AGENT FOR THE ELDERLY- Kristen Witt.....203-341-1067

MUNICIPAL AGENT FOR PEOPLE WITH DISABILITIES

Michelle Bottone.....203-341-1050

Assistance with information and referral to community, state and federal resources for the elderly and disabled

PHOTO IDENTIFICATION CARD.....1-800-842-8222

For adults without drivers' licenses, call Department of Motor Vehicles www.dmv.org

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GENERAL INFORMATION

PROTECTIVE SERVICES.....1-888-385-4225

Investigates reports of neglect, abuse, exploitation and abandonment of persons 60 and over and takes corrective action when necessary.

www.ct.gov

SENIOR GO TO GUIDE

Senior Directory....<https://www.seniorgotoguide.com/view-printed-directory>

SOCIAL SECURITY, Bridgeport office.....1-866-331-6399

National Number.....1-800-772-1213

SWCAA.....1-800-994-9422 OR 1-203-333-9288

Southwestern Connecticut Agency on Aging

Regional information and assistance on all aging issues and services; health insurance counseling on options supplementing Medicare, Medicare Part D, Private Care Management. www.swcaa.org

VETERAN AFFAIRS

CT. DEPT. OF VETERAN AFFAIRS.....1-203-366-7175

www.ct.gov/ctva

U.S. DEPT OF VETERAN AFFAIRS...(Hartford).....1-800-827-1000

www.va.gov

CALL INFOLINE

211

**24 hour, free, confidential hotline
for information and resources**

www.infoline.org

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ADULT DAY CARE CENTERS FOR THE FRAIL ELDERLY

The Centers listed here are certified as medical adult day health centers. They provide supervised social and recreational programs as well as health services for the frail elderly. Some offer bath service and hairdressing service. Discounted fees may be available to eligible individuals.

ELDERHOUSE.....203-847-1998

7 Lewis Street, Norwalk

Evening respite program. Transportation provided.

www.elderhouse.net

GRASMERE BY THE SEA.....203-365-6470

1 Post Road, Fairfield

<http://jseniors.org/services/day-services/adult-day-program/>

GREENWICH ADULT DAY CARE– River House.....203-622-0079

125 River Road Extension , Greenwich

www.gadc.org

WAVENY CARE CENTER.....203-594-5200

3 Farm Road, New Canaan

www.waveny.org

5 COUNSELING AND SUPPORT SERVICES

ALCOHOLICS ANONYMOUS.....203-227-2496
www.ct-aa.org

ALZHEIMER'S ASSOCIATION.....203-939-1360
Support groups for patients as well as caregivers.
24 hour help line.....**1-800-356-5502**
<http://www.alz.org/ct/>

ALZHEIMER'S FOUNDATION OF AMERICA.....1-866-AFA-8484
Focuses on providing optimal care to patients and support for families.
www.alzfdn.org

BEREAVEMENT GROUPS – Visiting Nurse & Hospice of Fairfield County.....203-762-8958
Call for schedule of workshops and support groups. www.visitingnurse.net

CENTER FOR HOPE.....203-655-4693
590 Post Road, Darien
Helps adults and children living with a life threatening illness, or grieving the death of a loved one with professional counseling, education and support in an atmosphere of hope and renewal.
www.familycenters.org

DEPT. OF HUMAN SERVICES.....203-341-1050
Westport Town Hall, Room 200
Experienced staff provide short-term counseling to older adults and their families.
www.westportct.gov

DUBOIS CENTER.....203-358-8500
Crisis intervention Center.
<http://www.ct.gov/dmhas/>

6 COUNSELING AND SUPPORT SERVICES

ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251

Committed to providing care for the mind, body and spirit as an integrated continuum of behavioral health and addiction services.

<http://www.stvincents.org/medical-services/behavioral-health>

JEWISH FAMILY SERVICES.....203-454-4992

733 Summer Street, 6th Floor, Stamford 06901

4200 Park Avenue, Suite 300 Bridgeport, CT 06604

Non-sectarian services include individual, couple and group counseling, home companion program, support groups for widows and widowers, vocational training and employment service for those over 55 years of age.

<http://ctjfs.org/>

LIBERATION PROGRAMS.....203-851-2077

129 Glover Avenue Norwalk, CT

Providing specialized care for alcohol, medication and other drug-abuse concerns for adults over 55. Home visits, assessments and counseling provided at no cost. <http://www.liberationprograms.org/Home>

NEW LEARNING CENTER.....203-307-3030

49 John Street, Southport

Professional counseling services: on-call therapist available 24 hours, 7 days a week. Therapists specializing in geriatrics.

www.newlearningcenter.com

POSITIVE DIRECTIONS.....203-227-7644

420 Post Road West, Westport

Works with individuals, families and communities toward the prevention of and recovery from substance abuse and other addictive behavior.

<http://www.positivedirections.org/>

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COUNSELING AND SUPPORT SERVICES

SUPPORT GROUPS AT NORWALK HOSPITAL.....203-852-2250

Support groups for a wide variety of issues. Call for listing.

<http://www.norwalkhospital.org/>

WIDOWED PERSONS SRVC OF GTR BDGPRT.....203-368-4291

Free, national program offered by local volunteer widowed men and women who have been trained to give support and guidance on a one-to-one basis to newly widowed people. Call for outreach volunteers or newsletter.

<http://www.wpsgr.org/>

INDEED.COM**Job opportunities in the Fairfield County Area**

Daily email blasts of job opportunities.....**203-341-1050**

AMERICAN JOB CENTER SOUTHWEST (FORMERLY CTWORKS)

.....**203-953-3247**

Bridgeport

Training and job search assistance program that helps people, age 55 and older with obtaining skills necessary or employment. www.ajcswct.com

GOODWILL CAREER CENTER.....(203) 259-3943

1700 Post Road East, Westport CT 06880

Free Career Centers offering workshops, computers and trained career counselors

<http://gwct.org/career-centers>

JEWISH FAMILY SERVICES.....203-454-4992

4200 Park Avenue, Suite 300 Bridgeport, CT 06604

733 Summer Street, 6th Floor, Stamford, CT 06901

Non-sectarian services include vocational training and employment service for those over 55 years of age.

<http://ctjfs.org/>

SENIOR COMMUNITY SERVICE EMPLOYMENT.....203-921-4161

(TITLE V) - Stamford

Provides training and employment for income eligible job seekers 55+.

www.ctjfs.org

WESTPORT LIBRARY.....203-291-4840

Workshops and resources to help job seekers find information.

www.westportlibrary.org

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GERIATRIC ASSESSMENT

Medical evaluation of seniors' functioning within their environment. Care plan, information and referral to seniors and their families.

BRIDGEPORT HOSPITAL-Geriatric Assessment Center.203-384-3388

www.bridgeporthospital.org

WAVENY CARE CENTER CHARLOTTE AND DAVID BROWN

GERIATRIC EVALUATION CLINIC.....203-594-5311

GREENWICH HOSPITAL GERIATRIC SERVICES203-863-4373

<https://www.greenwichhospital.org/>

JEWISH HOME FOR THE ELDERLY-Institute on Aging...203-396-1240

[JEWISH HOME FOR THE ELDERLY](http://www.jewishhomefortheelderly.org)

NORWALK HOSPITAL GERIATRIC ASSESSMENT203-852-3112

<http://www.norwalkhospital.org/>

ST VINCENT'S MEDICAL CENTER GERIATRICS.....203-576-5710

www.stvincents.org

ALZHEIMER'S ASSOCIATION.....203-899-1805

Information, assistance, literature and referrals. Safe Return Program.
Support groups; In-service Education; Respite Program. www.alz.org

AMERICARES FREE CLINIC OF NORWALK.....203-899-2493

98 South Main Street, Norwalk

Free primary care for the uninsured. Call for information regarding services and hours. www.americaresfreeclinics.org

EPIC HEARING HEALTHCARE AUDIENT PROGRAM.....866-956-5400

Helps low-income families afford hearing care. Candidates qualify based on their annual household income.

CANCER CARE OF CONNECTICUT.....203-854-9911

Counseling, information, seminars, referrals to other support services and financial guidance and some assistance. www.cancercare.org

COMMISSION ON DEAF & HEARING IMPAIRED.....1-800-708-6796

Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.

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

COMMUNITY HEALTH CENTERS (Bridgeport Hospital)

Bridgeport.....203-333-6864

Stratford.....203-375-7242

Stamford.....203-327-5111

Sliding scale fees, full service and dental clinic, www.bridgeportchc.org

NORWALK COMMUNITY HEALTH CENTER203-899-1770

120 Connecticut Avenue

Full range of primary care services. Appointments only. Sliding scale.

www.norwalkchc.org

CT BOARD OF ED. SERVICES FOR THE BLIND.....1-800-842-4510

Provides comprehensive home and community services for legally blind persons of all ages. No fee. www.ct.gov/besb/

CT VETERANS HOME AND HOSPITAL.....1-860-529-2571

287 West Street, Rocky Hill, CT

Hospitalization and convalescence care for veterans. www.ct.gov/ctva**DENTAL SERVICES CLINIC (Norwalk Hospital).....203-852-2146**

Located at 34 Maple St., Sliding fee scale. Appointment necessary.

<http://www.norwalkhospital.org>**UNIV. OF BRIDGEPORT DENTAL CLINIC.....203-576-4138**

60 Lafayette Street Bridgeport, CT

Connecticut Dental Health Partnership..... 1-866-420-2924**DISABILITY RESOURCE CNTR / FAIRFL'D CNTY.....203-378-6977**

80 Ferry Blvd., Suite 210, Stratford

Support services, training and equipment to promote independent living skills and the rights of disabled people.

EYECARE AMERICA.....1-877-887-6327

Those 65 years of age and older who have not seen an ophthalmologist in three or more years are eligible for a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and /or other insurance reimbursement as payment in full. Uninsured patients will receive care with no charge. www.eyecareamerica.org

FAIRFIELD COUNTY MEDICAL ASSOCIATION.....203-372-4543Provides help in finding a doctor. www.fcma.org**ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251**Full range of inpatient and outpatient behavioral health and chemical dependency programs. www.stvincentsbehavioralhealth.org**HEALTH DISTRICT, WESTPORT WESTON.....203-227-9571**

180 Bayberry Lane Hours: 8:30 am – 4:30 pm, Monday – Friday

Provides monthly schedules and up-to-date public health service announce-

HEALTH DISTRICT, WESTPORT WESTON.....203-227-9571

(continued from page 11)

- HIV-AIDS Counseling and Testing Clinic.
- Routine and Traveler's immunizations for adults and children.
- Cholesterol, blood pressure, and blood sugar screenings.
- Periodic cardiovascular, mammography, prostate and skin cancer screenings.
- Visits to the homebound to ensure health needs are met.
- General information on public health issues.
- Educational seminars and literature on a variety of health issues.

In addition, the Health District:

- Inspects and approves septic systems and private water supplies.
- Conducts routine inspections of day care centers, cosmetology and hair salons, restaurants and food stores to ensure sanitary conditions.
- Conducts quality water sampling for recreational areas.
- Investigates and resolves nuisance complaints.
- Maintains an emergency list of residents in need of special assistance during a weather or public health related emergency or disaster.

www.wwhd.org**PSYCHIATRIC CLINIC (Norwalk Hospital).....203-852-2988**

Consultation, evaluation and treatment of mental health problems. Inpatient and outpatient. Sliding fee scale. Appointments. www.norwalkhospital.org

VETERAN'S AFFAIRS NEW ENGLAND HEALTH CARE SYSTEM**West Haven.....203-932-5711**

Veteran's in-patient and out-patient care. Health screening. Help with prescription drugs. Appointments necessary. V.A. health screenings also available at Stamford Hospital. 203-325-0649. www.va.gov

CT NAT'L FAMILY CAREGIVER SUPPORT PROGRAM.....203-333-9288

Daytime and overnight relief for caregivers of individuals with Alzheimer's or related disorders. Southwestern Connecticut Agency on Aging.

www.swcaa.org

CT HOME CARE PROGRAM FOR ELDER

Alternate Care Unit of CT.....(800) 445-5394

Program of Connecticut Dept. of Social Services contracted with Southwestern Connecticut Agency on Aging, which funds a variety of home care services as an alternative to nursing home care. Asset restrictions.

www.swcaa.org

FAMILY AND CHILDREN'S AGENCY.....203-831-2900

Home Care Plus program offers a range of homemakers and home health aide services, subsidized to help with independence.

www.familyandchildrensagency.org

HOME DELIVERED MEALS OF WESTPORT.....203-341-5097

Volunteers deliver nutritious dinners at mid-day Monday through Friday. Light supper meal optional. For anyone not able to prepare own meal.

www.westportct.gov

HOME HEALTH CARE AGENCIES.....www.swcaa.org

List of certified agencies and ratings.

PERSONAL EMERGENCY RESPONSE.....203-853-3116

A 24 hour emergency response system with small personal "help" button to summon immediate aid. www.familyandchildrensagency.org

NEW ENGLAND EQUIPMENT CENTER (NEAT).....866-526-4492

The Equipment Restoration Center (ERC) has a large inventory of gently used durable medical equipment. It is where you can:

- Purchase restored equipment (walkers, canes, shower benches, wheelchairs, scooters, and more.
- Save 50% to 80% of the cost of the same item when new.
- Donate equipment to benefit people with limited or no insurance coverage; or in need of a “spare” wheelchair.
- Call to arrange for free pick up of your equipment; its tax deductible.

www.neatmarketplace.org

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY....1-800-898-HOME

Complete array of home health care services including skilled nursing, physical therapy, occupational therapy, home telehealth, geriatric care management, home health aides and homemakers. Hospice and respite care. Medicare-certified, non-profit agency. www.visitingnurse.net

HOME MAINTENANCE & HOUSING LEGAL MATTERS

Housing:

APARTMENTS.....203-341-1030

Planning and Zoning Office, Town Hall www.westportct.gov

- Accessory Apartments: Permit allows conversion of part of home to legal apartment. Owner or tenant must be 62+ or disabled and receiving Social Security disability income.
- There are eight “Affordable Accessory Apartments” within private homes:
- Contact Planning Zoning for regulations and listings

HOUSING OPTIONS - Dept. of Human Services.....203-341-1050

Southwestern CT. Agency on Aging.....1-800-811-9808

Lists of: Assisted Living, Continuing Care Retirement Community, Congregate Living, Residential Care Homes, Independent Retirement Community, Subsidized Rental Housing available at www.swcaa.org.

WESTPORT HOUSING AUTHORITY.....203-227-4672

www.westportha.org

Is responsible for the operation of public housing located within the town. Federal and State funds are channeled to provide publicly operated low and moderate income housing for the community. Available openings are filled from a waiting list, with need and affiliation with Westport the primary consideration. The Housing Authority operates the following four facilities:

1. **Hales Court** - consists of 78 free-standing Cape Cod style house with 2 & 3 bedrooms.
2. **Canal Park** - is for seniors (62+) and disabled singles and couple of any age. It consists of 50 studio and one-bedroom apartments.
3. **Hidden Brook** - located on 1655 Post Road East, consists of 39 one, two, & three bedroom homes.
4. **Sasco Creek Village** - also located at 1655 Post Road East, consists of 54 new one, two, and three bedroom units.

WHITNEY GLEN– Sixty-two unit condominium pet friendly complex for 62 years and older, privately owned.....**contact local realtor**

16 HOUSING - HOME MAINTENANCE & HOUSING LEGAL MATTERS

AFFORDABLE HOUSING LISTING.....203-341-1050

THE SAUGATUCK.....203-967-8337

Thirty-six unit cooperative building on Bridge Street converted from an elementary school. Independent living for adults 62+.

Managed by the Property Group of CT

http://www.thepropertygroup.net/Contact_Us/

1141 POST ROAD EAST - ASSISTED LIVING FACILITY UNDER CONSTRUCTION

96 - unit facility designed for assisted living quarters by mid-to-late 2020. Is an LCB Senior Living community and you may contact Karen Foley for more information. She can be reached at..... **781-983-0855**.

Community's website: <https://www.residencewestport.com>

HOUSING LEGAL MATTERS:

BETTER BUSINESS BUREAU.....203-269-2700

Find and accredited business. www.connecticut.bbb.org

CT CONSUMER PROTECTION DEPARTMENT.....1-860-740-4500

Ext. 111. Consumer protection representatives will answer consumer questions. A list of registered contractors available. www.dcp.state.ct.us

LIST OF SENIOR HOME REPAIRS.....203-341-1050

Dept. of Human Services can offer a listing of businesses and agencies who can provide light home repair at reasonable prices.

REVERSE MORTGAGES.....203-341-1072

CT Housing Finance Authority offers reverse annuity mortgages for long term care. FHA-insured reverse mortgages for any purpose. Also, see link:

<http://www.chfa.org/Homeownership/for%20Homeowners/ReverseAnnuityMortgageProgram.aspx>

WE DO WALKWAYS, ETC.....203-341-1050

Call for list of young people willing to shovel snow, rake leaves, etc.

Outdoor work only. Suggested compensation: \$10. per hour.

17 LEGAL INFORMATION AND SERVICES

BETTER BUSINESS BUREAU.....1-860-740-4500
www.connecticut.bbb.org

CENTER FOR MEDICARE ADVOCACY.....1-860-456-7790
Legal advice and representation on Medicare issues.
www.medicareadvocacy.org

CONNECTICUT LEGAL SERVICES1-203-348-9216
Private, non-profit, civil law firm dedicated to helping low-income families and individuals obtain justice. Legal assistance regarding elder consumer rights, Medicaid and nursing home rights, elder housing rights.
www.connlegalservices.org

CT COMMUNITY LAW CENTER AT UCONN.....1-860-570-5400
Legal help for low-moderate income individuals and families
45 Elizabeth Street, Hartford, CT cclc@uconn.edu

CONSUMER PROTECTION.....1-800-842-2649
<http://www.ct.gov/dcp/cwp/view.asp?a=1629&q=274430>

HOUSING COURT.....203-846-4332
Help with landlord-tenant matters, evictions.

LAWYER REFERRAL SERVICE.....203-335-4116
Bar Association sponsored service. Referral locally, \$35 first half hour.
www.bridgeportbar.org

PROBATE COURT.....203-341-1100
Town Hall, Room 100 www.westportct.gov
Probates wills; administers estates and trusts; appoints conservators of persons and estates of incapable persons; appoints guardians.

STATEWIDE LEGAL SERVICES/CT-ELDERLY UNIT.....1-800-453-3320
<http://slsct.org/>

UCONN CONNECTICUT COMMUNITY LAW CENTER (CCLC)..860-570-5400
cclc@uconn.edu.
Affordable legal consultation to low & moderate income [individuals & families](#).

AMERICAN RED CROSS.....1-800-319-9935

Chapter Headquarters : 209 Farmington Ave.

Farmington, CT, 06032

24 hours; 7 days a week. Temporary housing, food and clothing assistance in emergency relief situations**Phone: (877) 287-3327**

www.redcross.org

CT DEPT. OF VETERANS AFFAIRS.....1-860-616-3683/3684

Help with benefits and other concerns of veterans. Office of advocacy and assistance. www.state.ct.us/ctva/

CT DEPT OF SOCIAL SERVICES.....toll free..... 1-855-626-6632

925 Housatonic Avenue, Bridgeport

SNAP also known as Food stamps, State Supplement (cash assistance);

Medicaid also known as Title 19; and “QMB”, a program that helps with Medicare premiums and deductibles for those eligible. www.dss.state.ct.us

DEPT OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200

Information and assistance with financial needs including; Medicare, Medicare Part D, Medicaid, Social Security, SSI, home-owners tax relief, renters relief, sewer charges relief, fuel assistance, food stamps, accessory apartment conversions. Help with “redtape.”

www.westportct.gov

FUEL ASSISTANCE

Department of Human Services (Westport residents).....203-341-1050

Action for Bridgeport Community Development (ABCD)

(non-residents).....203-838-8110

149 Water Street, 2nd floor, Norwalk www.abcd.org

OPERATION FUEL

Partners with communities, businesses, government and individuals to ensure people in need have access to year-round energy assistance.

Contact Department of Human Services.....203-341-1050

WESTPORT HUMAN SERVICES (WESTPORT WARM-UP FUND)
203-341-1072

Awards vary with income and family size. Income and asset guidelines.

MEDICAID— Healthcare for low-income adults.....1-855-626-6632

www.ct.gov/dss/lib/dss/pdfs/medicaidservicesv3kk.pdf

MEDIGAP, MEDICARE PART D INSURANCE INFORMATION CHOICES.....1-800-994-9422

A cooperative program of the State of Connecticut, Department of Social Services, the Area Agencies on Aging and the Center for Medicare Advocacy. www.swcaa.org

MONEY MANAGEMENT INTL.....1-866-889-9347

Organization provides free financial counseling, debt management.
www.moneymanagement.org

NATIONAL COUNCIL ON AGING.....www.BenefitsCheckUp.org

Computer web site with confidential screening tool to determine eligibility for state and federal programs, with detailed instructions on how to apply for them.

Contact: www.swcaa.org.....1-800-994-9422

NEW ENGLAND PENSION ASSISTANCE PROJECT.....1-888-425-6067

Assistance for individuals having trouble understanding or obtaining their pension benefits, as well as finding lost pensions.

www.umb.edu/pensionaction

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAM

Pharmaceutical companies in cooperation with physicians supplying free prescription drugs for those who qualify. Through your own doctor.

SOCIAL SECURITY ADMINISTRATION.....1-800-772-1213**Bridgeport Office.....1-866-331-6399**

35 Courtland Street

Bridgeport, CT 06606

Information on Social Security, Medicare and Supplemental Security Income, Disability Assistance. Call first. www.ssa.gov

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**www.ctsnap.org.....1-866-974-SNAP**

(7627) Federally funded program that allows qualified individuals & and family members purchase groceries (formally known as food stamps.)

TAX RELIEF / RENTERS RELIEF / SEWER RELIEF**Assessor.....203-341-1139****Department of Human Services.....203-341-1072/341-1067**

For 65 years plus or disabled; income eligibility differs for various state and local programs. D.H.S. offers home appts. to medically-homebound residents who qualify for these programs.

TAX HELP AND FILING (FREE)**Westport Town Hall.....203-341-1050****Westport Center for Senior Activities.....203-341-5099**

With emphasis on low-and middle-income households and special attention to those age 60 and older.

UNEMPLOYMENT COMPENSATION.....203-348-2696

Labor Department, 111 High Ridge Road, Stamford

<http://www.ctdol.state.ct.us/UI-Online/Index.htm>

AARP (Connecticut office)1-866-295-7279

Monthly meetings open to all seniors at the Center for Senior Activities on the third Wednesday; 1 PM, September through June. Community affairs, speakers, social events, trips and tours. National web site www.AARP.org

AMERICA THE BEAUTIFUL- National Parks and Federal Recreational Lands Pass- \$20 lifetime pass to Federal Parks for adults 62+. Obtain pass at park you visit. <http://store.usgs.gov>

CAREER COACH - Is a "training center" tour bus equipped with ten wireless computer labs offering free computer classes to residents in the greater Norwalk area. The mobile unit operates on a monthly schedule of visits to various community locations and is accessible to people with disabilities. Please contact DHS, Room 200.....**203-341-1050**

CENTER FOR SENIOR ACTIVITIES.....203-341-5099

21 Imperial Avenue

The CSA is dedicated to enhancing the quality of life for adults 60 years of age and older. Hours: Monday, Tuesday, Wednesday, and Friday from 7:30AM-4:30PM, Thursday until 8:00PM, Saturdays: 8:30-3:00PM. The Friends of the Westport Center for Senior Activities sponsor special programs and can be found at www.wscfriends.org.

The WCSA offers dedicated space for art, fitness, cards/games, lectures, movies, meetings, socials, "Grab and Go" concession and computer tech assistance. There is plenty of parking to accommodate you, too.

The CSA offers recreational, cultural, social and educational programs. Senior café-lunch requires 24-hour advance notice, donation requested. Monthly newsletter and menu at www.westportct.gov/seniorcenter. Activities include: lectures, discussion groups, current events, one-on-one computer training, strength training, weight resistance, Parkinson's Fitness, TRX, gardening, bridge lessons, poker, Mahjong, board games, table tennis, jewelry making, painting/drawing, watercolor, sculpture, stained glass, dance fitness, Pilates, Tai Chi, Qigong, mindfulness/stress reduction, yoga, light aerobics, health screenings, hearing testing, lending library, writing workshop, short stories series, safe driving program, culinary courses, tax counseling, college level courses, barbeques, information and referral, special weekend events in a beautiful terrace in park-like setting. Handicapped accessible.

CHARTER OAK PASS.....1-860-424-3200, press 2

Free pass to CT State Parks for adults 65 and over. Send a clear copy of driver's license or photo I.D. (which shows address and date of birth) to:

Dept. of Environmental Protection

Charter Oak Pass - State Parks

79 Elm St., Hartford, CT 06106

CHURCHES AND SYNAGOGUES

Your church or synagogue may have a senior group. It may also provide counseling, home visiting, and transportation to religious services.

COLLEGE COURSES

Many nearby colleges offer to discount or waive their course fees.

ROAD SCHOLAR.....(toll free)....1-877-426-8056

College-level classes, travel, volunteer programs, multi generational trips combined with living on campus, in hotels, motels and aboard ship for a week or more are offered by Road Scholar at moderate cost. Free quarterly catalogues for national and international programs are available by calling the toll free number. www.roadscholar.org

FISHING AND HUNTING LICENSES.....203-341-1110

Westport Town Hall, Town Clerk's Office, Room 105

Discounted licenses for adults 65 and over, Annual renewal necessary.

LIFETIME LEARNERS INSTITUTE.....203-857-3330**Norwalk Community College**

For adults 50 and over. Membership fee \$50; \$30 fee for each course.

www.lifetimelearners.org

PARKS AND RECREATION.....203-341-5090**Longshore Club, 260 Compo Road South**

For most activities there are special rates for adults 62 and over. Hand-held beach emblems are available to senior residents who don't drive.

www.westportct.gov

STAPLES HIGH SCHOOL POOL.....203-341-5090

Pool is open to residents from mid November to early June 5. Tues and Thurs, 5:30 PM to 9:00 PM.; Sat and Sun 1:15 PM to 3:45 PM. Hand pass required, daily fee \$7. Season pass for age 62 and over \$100. Pool closed during Staples H. S. events and holidays. Park and Recreation cancellations: 203-341-5074.

WESTPORT BOARD OF EDUCATION**CONTINUING EDUCATION.....203-341-1209**

Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. www.westportcontinuinged.com

WESTPORT CHAMBER OF COMMERCE.....203-227-9234

List of "Things to Do" in or near Westport. Maps.

www.westportchamber.com

WESTPORT LIBRARY.....203-291-4840

The Westport Library hosts nearly 2,000 events each year and offers access to a wide variety of services – reference support, tech help, readers advisory and more. The innovative and interesting programming includes lectures, films, author talks, book discussions and other events. Free high-speed access to the Internet on computers as well as wireless access throughout the building. Handicapped access throughout the building. The Library also has a varied collection of materials including large-print books and audiobooks. "Grandkits" are a special service for grandparents with visiting grandchildren—call 203-291-4810 to request a bundling of books, toys, movies and music. For general information, visit www.westportlibrary.org

WESTPORT WESTON FAMILY Y.....203-226-8981

Discounted membership rates for adults 65 and over. Variety of special programs including: senior aqua fitness, arthritis aquatic program, senior strength training, use of fitness center and pool. <http://westporty.org/>

Y'S MEN OF WESTPORT.....www.ysmenwestportweston.org

Retired and semi-retired men meet weekly at the Saugatuck Church from September through May, on Thursday mornings at 10AM. Special interest groups meet at other times.

Y'S WOMEN OF WESTPORTwww.yswomen.org

Opportunities for learning, social and recreational activities. General meetings usually two Mondays each month. Coffee and socializing begin at 10:45 AM and the meeting is from 11:30-12:30PM. Membership fee of \$35. Special interest groups and volunteer opportunities.

65 PLUS CLUB.....203-341-1026

Call the Executive Assistant to the Superintendent of Schools or pick up an application at either the Center for Sr. Activities or Town Hall, Room 200. A membership card entitles holder to complimentary tickets to plays and concerts given by Westport students, free admission to home sports events and use of Staples Library. Allow two weeks to receive membership card.

AAA Office

495 Westport Avenue, Norwalk.....203-293-1724

AMERICAN CANCER SOCIETY.....1-800-227-2345

Transportation to cancer related medical appointments anywhere in the area for cancer patients. 48 hour notice. No cost. www.cancer.org

FAMILY & CHILDREN'S AGENCY– HOME CARE PLUS.....203-831-2900

Wheel chair accessible van. Assisted transportation for 60 + years of age. Seniors may qualify for discounts. www.familyandchildrensagency.org

DEPT OF MOTOR VEHICLES

540 Main Avenue, Norwalk, CT 06851.....800-842-2222

Alternate number:860-263-5700

Online at <http://www.dmv.org/ct-connecticut/>

HANDICAPPED PARKING PERMIT & Non-Driver Photo ID.

.....203-341-1050

Applications available in Town Hall, Room 200 and the Center for Sr.

Online at <http://www.dmv.org/ct-connecticut/>

IKENNEDY CENTER - VETERAN & DISABLED TRANSPORTATION

SERVICES.....203-365-8522

EXT 263.....<http://www.thekennedycenterinc.org/>

KNOW HOW TO GO CT.....www.knowhowtogoct.org

Veyo State Medical Insurees—Non-Emergency

.....888-248-9895

The CT Dept. of Social Services has contracted with Veyo to manage Medicaid non-emergency medical transportation services. Call to schedule rides.

METRO NORTH TRAIN SCHEULE.....<http://www.mta.info/>

NORWALK TRANSIT

• **COASTAL LINK.....203-852-0000**

Post Road bus service from Norwalk to Milford. Monday through Saturday; 6:0 AM. to 8:00 PM; Sunday: 9 AM. to 7PM. Senior and disabled fare: \$.60 with ID card or Medicare card. www.norwalktransit.com

NORWALK TRANSIT DISTRICT**DOOR TO DOOR.....203-299-5180**

Service within Westport for residents 65 plus and disabled individuals: \$3.50 per trip. Purchase of ten tickets: \$35.00. Wheelchair lift. Registration required. Advance reservation necessary. Purchase tickets in advance at: the Center for Senior Activities and Town Hall Room 200, or by mail.:

Norwalk Transit district
275 Wilson Avenue
Norwalk, CT 06854

NORWALK TRANSIT DISTRICT (TOWN-TO-TOWN).....203-299-5180

Service for Westport residents 65 plus and disabled individuals to New Canaan, Wilton, Norwalk. Wheelchair lift. Two tickets for one way across one town line, three for across two or more town lines. See Door-to-Door for registration and ticket information. www.norwalktransit.com

PROJECT GO.....203-341-1072

Limited number of free door-to-door transit tickets for income eligible seniors.

RAILROAD PARKING.....203-341-6052

Free parking in \$5.00-a day designated parking area at railroad station two times a month for 62 years of age and over. After receiving first \$5.00 ticket go to police station to register. After that, call and mail tickets to have two a month free.

RIDES IN SIGHT.....www.ridesinsight.org

Website dedicated to providing local transportation options.

VOLUNTEER OPPORTUNITIES

PERSON TO PERSON.....203 939-1650
 Donations of non-perishable food are welcomed in addition to being available to those in need. <http://p2phelps.org/norwalk/>

FRIENDS OF THE CENTER FOR SENIOR ACTIVITIES.....203-341-5098
 Voluntary organization committed to supporting the mission and goals of the Center and to enriching and expanding the programs and activities it offers to the Westport community.

HOMES WITH HOPE.....203-226-1661
 Donate your time to serve dinner at the Community Kitchen, join a committee, organize a food drive. www.hwhct.org

SERVICE CORPS OF RETIRED EXECUTIVES (SCORE).....
 Counselors to America's Small Business, Fairfield County Chapter 41
www.scorenorwalk.org
 111 East Avenue
 Norwalk, CT 06851
 Tel: (203) 831-0065.....E-mail: score.fairfieldcounty@gmail.com

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY.....203-762-8958, EXT 316
 Many opportunities to volunteer: peer counselor, hospice, patient support, culture program, etc. www.visitingnurse.net

VOLUNTARY ACTION CENTER.....203-939-1601
 A program of the Human Services Council which provides referrals for community volunteers. Individual's skills are matched with needed community services. <http://norwalkresources.org/details.php?id=571>

VOLUNTEER PROGRAMS / HUMAN SERVICES DEPT....203-341-1050
 Drivers for DHS Home-Delivered Meals Program, Senior Center; volunteers needed for Youth Mentor Program.

VOLUNTEERING—Localwww.volunteermatch.org.
 Log on, enter your zip code, and find local opportunities to volunteer.

HOMES WITH HOPE—WOMEN'S MENTORING INITIATIVE
 Trained volunteers support women at risk who are struggling to create self-sufficient lifestyles.....<http://www.hwhct.org/>

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THE COMMISSION FOR SENIOR SERVICES

Les Wolf, Chairman
Bob Fox
Peter Kolbrener
Leslie Wolf

Mission Statement

The Westport Commission for Senior Services provides a public forum for the study and discussion of our community's senior needs and advocates for appropriate change.

The Commission serves to advise and consult with the First Selectman, the Department of Human Services, and our senior community on issues and resources pertaining to seniors in Westport.

THE HUMAN SERVICES COMMISSION

Robert Galan, Chairman	
Lee Ann Bollert	Ken Bernhard
Rev. Peter Powell	Beth Bass
Yvonne Senturia	Claudia Coplen

Mission Statement

The Westport Human Services Commission provides a public forum for the study and discussion of our community's human service needs and to advocate appropriate change.

The Commission serves to advise and consult the First Selectman and the Department of Human Services on issues pertaining to Human Services in Westport.

THE COMMISSION ON PEOPLE WITH DISABILITIES

Jim Ross, Chairman	
Stacie Curran	Marina Derman
LuAnn Giunta	Tom Holleman
Diane Johnson	Evan Levinson

Mission Statement

The Commission on People with Disabilities' mission is to ensure that Westport is a town where people with disabilities have the opportunity and support to enjoy full and equal access to lives of independence, productivity, inclusion and self-determination.

Commission meetings are held monthly and are open to the public. Call 203-341-1050 for dates and times.

