



**TOWN OF REDDING
DIRECTORY OF
SERVICES
FOR SENIORS
AND THEIR FAMILIES**

**2ND EDITION
2015**

In Case of Any Emergency Call 911

Routine Non-Emergency Numbers

Police Department	203-938-3400
Redding Ridge Fire Department	203-938-2520
West Redding Fire Department	203-938-2518
Georgetown Fire Department	203-544-8800
Crisis Intervention Services	211 (24 hour hotline)
Social Services	203-938-3580
Lights Out /Downed Wires CL&P	800-286-2000
Connecticut Poison Control Center (<i>www.poisoncontrol.uchc.edu</i>)	800-222-1222
Cablevision	800-847-6666
AT&T (phone)	800-288-2020
Frontier (phone)	800-921-8101

Weather/Storm and Large Scale Emergencies Information
Redding Emergency Notification System: Registration is required to receive reverse 911 alerts. Enroll through www.ctalert.gov.

You can register land lines, cell phones, email and additional numbers within the State of Connecticut. Assistance can be found at the Social Services Center. We can't alert you if we can't reach you.

- **Radio WLAD 800AM/ WEBE 108FM / WNLK 1350AM / WMMM1260AM**
- **Television Cable Channel 12**



TOWN OF REDDING

MESSAGE FROM THE FIRST SELECTMAN

Redding is a wonderful place to live, where a diverse population enhances the quality of life of all residents. Thanks to Ridgefield Visiting Nurse Association for their work on the 2nd Edition of the Redding Directory of Services for seniors. Our senior citizens are very important to us. They built the foundation of the community we know and love and we want to encourage them to stay in Redding. I hope that the Directory is helpful and achieves the purpose of keeping you happily in your home!

Julia Pemberton

Julia Pemberton

First Selectman Town of Redding

o:203-938-2002

c:203-810-7883

e:jpemberton@townofreddingct.org

www.townofreddingct.org

www.facebook.com/ReddingCT

MESSAGE FROM THE COMMISSION ON AGING

The Commission on Aging and the Town of Redding is proud to provide the community with this updated Directory of Services. We are especially thankful to the Ridgefield Visiting Nurse Association who supported both editions along with members of the Commission. Without the support of the RVNA and Julia Pemberton, our first selectman, this publication would not have made it to publication. This directory is a valuable resource. We hope it will prove helpful.

Rosalind Kopfstein

Rosalind Kopfstein, Chair

Redding Commission on Aging

REDDING TOWN OFFICES

Redding Town Hall

100 Hill Road • P.O. Box 1028 • Redding, CT 06875

Animal Control Office	203-938-2525
Assessor's Office	203-938-2626
Building Inspector	203-938-2558
Conservation	203-938-2185
Finance Director	203-938-3616
Health Department	203-938-2559
Highway Department	203-938-2801
Human Services Director	203-938-3580
Land Use	203-938-2185
Old Town House	203-938-2185
Park & Recreation Dept.	203-938-2551
Planning Dept.	203-938-3721
Railroad Parking/Police Dept	203-938-3400
Registrar of Voters	203-938-5012
Selectman's Office	203-938-2002
Senior Heritage Center	203-938-9725
Tax Collector	203-938-2706
Town Clerk	203-938-2377
Transfer Station/Recycling	203-938-3026
Zoning Enforcement Officer	203-938-8517
Mark Twain Library	203-938-2545
Probate Court	203-794-8508

Directory entries are for informational purposes only and are not meant to be all inclusive. Inclusion does not constitute an endorsement. All listings are subject to change.

SPECIAL REDDING RESOURCES & SERVICES

The Redding Emergency Notification System: Redding Emergency Notification System: Registration is required to receive reverse 911 alerts. Enroll through www.ctalert.gov. You can register land lines, cell phones, email and additional numbers within the State of Connecticut. Assistance can be found at the **Social Services 203-938-3580**. *We can't alert you if we can't reach you.*

The Redding Health Department offers general information and resources on public health issues; emergency preparedness services; training materials; water quality; inspection of salons, restaurants and other businesses to ensure sanitary conditions. **203-938-2559**.

Redding Social Services assists with crisis intervention; financial assistance; benefit information; short term counseling; referrals. Social Services also administers the fuel assistance programs, runs the food pantry, the Heritage Van, and will assist residents with State and Federal programs. 203-938-3580.

Redding Commission on Aging is a town appointed agency created to identify needs and advocate for seniors in Redding. Meetings are open to the public and are held the first Wednesday of the month at 9am.

The Heritage Senior Center is open to all Connecticut residents to enjoy a wide variety of programs which include: bridge, art and drawing, quilting, Mah Jongg, scrapbooking, aerobics and toning exercise classes and current event discussion groups. A hot lunch is served weekly on Tuesdays and Wednesdays at noon. Call for reservations and cost. The Heritage Highlights newsletter has a complete listing with times, trips and dates of activities. The newsletter is available online at townofreddingct.org. **203-938-9725**.

Redding Shares the Warmth offers fuel assistance to qualifying Redding residents. For more information call **Redding Social Services**. **203-938-3580**.

Senior Town Benefit: The Redding Tax Assessor can assist seniors who may qualify for a reduction of real estate taxes, veteran's exemption, rental assistance or the real estate tax deferment program. 203-938-2626.

NOTE: When you dial 911 from a non-cellular phone, your location and your phone number appears on the dispatcher's screen. Arrangements can be made for information about special access conditions or health related needs to appear on the screen when you make a 911 call.

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ADVOCACY & BENEFITS PROGRAMS

• • • 211 CONNECTICUT (formerly INFOLINE) 211 • • •

www.211ct.org

2-1-1 is an integrated system of help via the telephone. It is a single source for information about community services, referrals to human services, and crisis intervention. Access this toll-free program by simply dialing 2-1-1 from at CT phonenumber or call 1-800-203-1234. It operates 24 hours a day, 365 days a year.

• • • FUEL ASSISTANCE • • •

Connecticut Energy Assistance Program

203-748-5422 ext. 100

Assistance is available to renters & homeowners to help cover partial payment for winter heating bills. Eligibility is based on household income.

Redding Shares the Warmth

203-938-3580

Assistance is available to qualifying Redding residents. For more information call Redding Social Services.

• • • MEDICARE AND MEDICAID BENEFITS • • •

Center for Medicare Advocacy

860-456-7790

www.medicareadvocacy.org

The Center offers legal assistance, representation on Medicare issues.

CHOICES

Western CT area Agency on Aging

800-994-9422

www.wcaaa.org

CHOICES offers specific assistance with individual insurance claims and forms.

Medicare Information

800-633-4227

Advocacy Hotline www.medicare.gov

800-262-4414

General information source Local

800-994-9422

Money Follows the Person

888-992-8637

www.ct.gov/dss/moneyfollowstheperson

Federal program that helps Medicaid-eligible individuals currently in long term care institutions transition back into the community. Application process.

Qualified Medicare Beneficiary Program

203-207-8900

Part B enrollees: The QMB program provides financial help to pay for Medicare monthly deductibles and co-insurance. Asset and income restricted.

ADVOCACY & BENEFITS PROGRAMS Continued...

• • • PRESCRIPTION BENEFITS • • •

Needy Meds

800-503-6897

<http://www.needymeds.com> Community Health Charities

Ask for the free discount drug card to save up to 80% on prescription medicines, prescribed over the counter products and even some pet medicine savings.

See eligibility requirements.

• • • REDDING COMMISSION ON AGING • • •

Redding Commission on Aging

37 Lonetown Road, Redding, CT 06896

The Commission is a town appointed agency created to identify needs and advocate for seniors in Redding. Meetings are open to the public and are held the first Wednesday of the month at 9am.

• • • REDDING SOCIAL SERVICES • • •

Town of Redding Social Services

203-938-3580

37 Lonetown Road, Redding, CT 06896

Crisis intervention; financial assistance; benefit information; referrals. Social Services also administers the fuel assistance programs, runs the food pantry, the Heritage Van, and will assist with State and Federal programs such as Medicare.

• • • STATE and FEDERAL PROGRAMS (others) • • •

Community Action Committee of Danbury

203-744-4700

(& Northwestern, CT)

66 North Street, Danbury, CT 06810

www.cacd-cao.org

Services low-income families and individuals.

Connecticut Community Care, Inc. (CCCI)

203-596-4800

www.ctcommunitycare.org

This agency provides resources to remain at home as directed by the Connecticut Home Care Program for Elders (CHCPE). See (CHCPE) for more information.

ADVOCACY & BENEFITS PROGRAMS Continued...

CT Dept. of Social Services (DSS) www.ct.gov/dss

855-626-6632

Danbury Office

203-207-8900

342 Main Street, Danbury, CT 06810

www.connect.ct.gov

Use website to learn if you qualify for benefits. Forms and applications can be accessed from this site.

--Assists with caregiver issues; cash assistance; employment services; food, housing and medical assistance; protective services; energy assistance.

NOTE: Direct contact information may be found under each department.

Connecticut Home Care Program for Elders (CHCPE)

800-445-5394

Helps eligible residents 65 and older, at risk for nursing home placement continue to live at home by providing homemaker, home health aides, nursing and other care. CCCI is the local, hands on agency. Choose option 4 to start the screening process to learn if you are eligible. 6% co-pay.

Connecticut Office of Protection and Advocacy

for Persons with Disabilities

860-297-4300

The office was created to safeguard and advance human rights of people with disabilities.

Connecticut Partnership for Long Term Care

860-418-6318

www.ctpartnership.org

Created to provide unbiased information about long term care insurance.

Department of Consumer Protection

800-842-2649

www.ct.gov/dcp

Ensures and guards the rights of consumers in such areas as food and product safety, drug control, fraud, consumer education and professional licensing.

Long Term Care Ombudsman Program

866-388-1888

Created to protect the health, safety, welfare and rights of residents in long-term care.

Social Security Administration

800-772-1213

Danbury Office

866-275-7821

131 West Street, Danbury, CT 06810

www.socialsecurity.gov

Local office hours are Mon-Fri 9am to 4:30pm. Access information about Social Security retirement and disability benefits.

ADVOCACY & BENEFITS PROGRAMS Continued...

Western CT Area Agency on Aging

www.wcaaa.org

Hotline

800-994-9422

800-262-4414

The Western CT Area Agency on Aging, Inc. develops, manages and provides comprehensive services for seniors, care givers and individuals with disabilities in order to maintain their independence and quality of life.

• • • UTILITY ASSISTANCE PROGRAMS • • •

Connecticut Energy Assistance Program

203-748-5422

Offers home heating assistance for eligible residents.

Eversource Home Energy Audit

800-286-2000

www.eversource.com

Eversource offers home energy audits to help reduce monthly electric bills. No income limitations or qualifications. \$99 fee is offset by free energy saving light bulbs, onsite weatherization and discount coupons.

Eversource “New Start”

800-286-2000

www.eversource.com

Customer can reduce or eliminate past due balances if they pay an agreed upon amount, on time, each month.

Community Action Agency

203-744-4700

www.caawc.org/energy-assistance

The Energy Assistance Program provides assistance in helping eligible low-income individuals and families in paying their heating bills.

“Lifeline” /Frontier phone service

800-922-4605

Visit the site, frontier.com/discountprograms/lifelineprograms/connecticut learn about discounts and fill out an application.

• • • VETERANS BENEFITS • • •

Aid and Attendance Program

www.va.gov

Provides financial support for qualified veterans and/or their spouses to live independently while receiving quality care. Forms can be found on the website. The program is based on specific requirements, need and requires substantial paperwork. Website www.veteranaid.org has easy to read information.

ADVOCACY & BENEFITS PROGRAMS Continued...

Connecticut Dept of Veterans' Affairs 860-616-3600

U.S. Dept of Veterans' Affairs 800-827-1000
www.va.gov

Veteran Affairs 203-797-4620
198 Main Street, Danbury, CT

Veterans' Health Care Benefits 877-222-8387
www.va.gov/1010EZ.htm

You can apply online for VA health care, Community Nursing Home, Domiciliary, or Dental Benefits by completing VA Form 10-10EZ.

VA Primary Care- Outpatient Clinic 203-798-8422
7 Germantown Rd, Ste. 2B, Danbury, CT 06810

VA Medical Center and Hospital 203-932-5711
950 Campbell Ave, West Haven, CT 06516

CAREGIVER SUPPORT

• • • ADULT DAY CARE • • •

Provides supervision, transportation, activities and meals during the day. Daily charge.

Almost Home Adult Day Care LLC 203-743-6456
52 Federal Road, Danbury, CT 06810
www.almosthomeadc.org

Elderhouse 203-847-1998
7 Lewis Street Norwalk, CT 06851
www.elderhouse.org

Waveny Care Center 203-594-5200
3 Farm Road, New Canaan, CT 06840

CT Association of Adult Day Care Centers 860-828-8653
www.canpfa.org

CAREGIVER SUPPORT Continued...

• • • RESPITE • • •

Respite care refers to a short rest or a temporary period of relief. When a caregiver needs a break, care recipients can stay overnight, for several days or for several weeks at a residential community. Home care agencies will also send a companion, caregiver, homemaker or skilled health care provider to stay overnight in your home for as long as you need.

Connecticut Statewide Respite Care / National Family Caregiver Support Program

800-994-9422

www.wcaaa.org

Provides up to \$3500 of respite services to caregivers who need relief from physical and emotional demands of care giving. Eligibility based on income, assets and other requirements. Application on website.

• • • SUPPORT GROUPS AND ORGANIZATIONS • • •

Ability Beyond

203-775-4700

4 Berkshire Boulevard, Bethel, CT 06801

www.abilitybeyond.org

Support people with disabilities by providing person-centered care, including residential services, job training and placement. Ability Beyond helps discover, build and celebrate the ability in all people.

Alzheimer's Association CT Chapter

203-939-1360

www.alz.org/ct

607 Main Street Norwalk, CT 06851

The Alzheimer's Association serves both individuals and their caregivers with information, referrals, support groups, respite and more.

24/7 Hotline

800-356-5502

The Greens in Wilton 1st Tuesday Support Group

203-761-1191

The Crossings in Ridgefield

203-431-2255

American Cancer Society Local

203-563-0740

38 Richards Avenue, Norwalk, CT 06854

www.cancer.org

CAREGIVER SUPPORT Continued...

Ann's Place The Home of I Can **203-790-6568**
www.annsplace.org

80 Saw Mill Road, Danbury, CT 06810

Ann's Place provides support groups, individual counseling, wellness programs.

Cancer Cares **800-813-4673**
www.cancer.org **Local 203-854-9911**

111 East Avenue, Ste. • 107 Norwalk, CT 06851

Provides information, counseling and referrals to individuals and their caregivers. 24-hour informational line and website.

Caregiver's "Choices at Home" **No telephone number**
www.ct.gov/agingservices/lib/agingservices/caregivers/player.html

Self directed web based caregiver video

Caregiver Support Group **203-762-5591**
www.wiltoncongregational.org

Wilton Congregational Church • 70 Ridgefield Road, Wilton, CT 06897

Department of Veterans Affairs Caregiver Support Hotline **855-260-3274**
www.caregiver.va.gov

Healing Hearts Center for Grief and Loss **203-792-4422**
www.healinghearts.org

Bereavement Support • 73 Stadley Road, Danbury, CT 06810

Lyme Disease Support Group **203-431-2745**
Contact: Jennifer@lymeconnection.org
www.lymeconnection.org

90 East Ridge, Ridgefield, CT 06877

Meets 2nd Thursday from 5:00pm - 7:00pm and 2nd Friday from 1:30pm - 3:00pm at RVNA.

Parkinson Disease Support Group **203-438-2355**
Carm815@comcast.net

640 Danbury Road, Ridgefield, CT 06877

Meets 10am, 2nd Wednesday every month at the Ridgefield Crossings.

NOTE: Other national and local support groups are available to help individuals and their families. Groups may be found by calling 211 or access their website at the end of this directory.

EDUCATION & LEISURE

• • • ARTS and ENTERTAINMENT • • •

Aldrich Museum

203-438-4519

www.aldrichart.org

258 Main Street, Ridgefield, CT 06877

Contemporary art museum. Seniors admission \$4. Brown Bag Lunch with the artist occurs about every 2 months at 11AM. Cost is \$5.

Bethel Cinema

203-778-2100

www.bethelcinema.com

269 Greenwood Ave, Bethel, CT 06801

General Admission is \$9.50. Over 62 years admission is \$7.50

Charles Ives Center

203-837-9226

www.ivesconcertpark.com

43 Lake Ave Ext Danbury CT 06811

Concert park venue for live performances.

Concerts on the Green (Redding Town Hall)

203-938-2551

Enjoy the outdoors and great entertainment. Performances on selected Sundays from 6pm - 8pm during the summer. Free.

Edmond Town Hall Theater

203-426-2475

45 Main Street Newtown, Ct 06470

All Tickets \$2. Call for show times

The Levitt Pavilion for the Performing Arts

203-226-7600

www.levittpavilion.com

40 Jesup Road, Westport, CT 06880

Open air summer entertainment.

Prospector Theater

203-438-0136

www.prospectorthater.org

25 Prospect Street, Ridgefield, CT 06801

The Prospector Theater is a state-of-the-art first run movie theater serving food and an entertainment and event venue. The deeper mission is to provide adults with disabilities opportunities for meaningful employment and vocational training.

EDUCATION & LEISURE Continued

Ridgefield Playhouse 203-438-5795
www.ridgefieldplayhouse.com
80 East Ridge, Ridgefield, CT 06877
Themed film series to supplement the regular first run movie schedule, internationally acclaimed musicians, comedians and other performers.

Ridgefield Symphony 203-438-3889
www.ridgefieldsymphony.org
90 East Ridge, Ridgefield, CT 06877

AMC Loews Theatres 203-796-7770
61 Eagle Road • Danbury, CT

• • • CLUBS and ORGANIZATIONS • • •

AARP 888-687-2277
www.aarp.org
Local Ridgefield Chapter: 2nd Tues 10am 203-438-9886

Bethel American Legion Post 100 203-748-9400
www.ctlegion.org
7 Elizabeth Street, Bethel, CT 06801
Welcomes Redding Veterans.

Georgetown Area Veterans Foreign Wars Post 1019 No telephone #
Meets 2nd Wednesday of the month.

League of Women Voters No telephone #
<http://redding.lwvconnecticut.org>
PO Box 1100, Redding, CT 06875

Mark Twain Library 203-938-2545
www.marktwainlibrary.org
439 Redding Road, Redding, CT 06896
Mon, Tues, Wed, Fri, Sat: 10am- 5pm. Thurs: 10am- 8pm. Sun: varies

Redding Country Club 203-938-2567
109 Lonetown Road, Redding, CT 06896
Private membership.

EDUCATION & LEISURE Continued...

Redding Garden Club
PO Box 1008, Redding, CT 06875

website: www.Reddinggardenclub.org

Redding Grange #15
399 Newtown Turnpike, Redding, CT 06896

203-938-0463

Redding Historical Society
www.reddingcthistoricalsociety.org
43 Lonetown Road, Redding, CT 06896

203-938-9095

Redding Land Trust

website: www.reddingctlandtrust.org

Redding Parade Path

contact: georginascholl@gmail.com

Redding Neighbors & Newcomer

www.reddingneighborsandnewcomers.org

• • • EDUCATIONAL OPPORTUNITIES • • •

Elderhostel/Road Scholar
www.roadscholar.org

800-454-5768

Study and travel opportunities for adults throughout the US, Canada and overseas. Some scholarships available.

Norwalk Community College Life Time Learner
188 Richards Ave, Norwalk, CT 06865
www.lifetimelearners.org
www.nctc.comnet.edu

203-857-3330

Courses and lecture series offered.

Western Connecticut State University
www.wcsu.edu
181 White Street, Danbury, CT 06810

203-837-8200

Wilton Connecticut Continuing Education
www.wiltoncontinuinged.org
Wilton HS 395 Danbury Road Wilton, 06897

203-834-7694

NOTE: Additional educational opportunities are available at www.aarrp.org. (search e-learning) www.ted.com and other sites.

EDUCATION & LEISURE Continued...

• • • EMPLOYMENT OPPORTUNITIES • • •

Connecticut Department of Labor **203-730-0451**
Unemployment claims: **203-797-4150**
www.ctdol.state.ct.us
4 Liberty Street, Danbury, CT 06810
Unemployment claims, job search workshops, job training, veterans services

Connecticut Department of Rehabilitation Services **800-557-2549**
www.ct.gov/brs

• • • EXERCISE AND FITNESS • • •

Danbury Hospital Physical Therapy **203-730-5958**
235 Main Street, Danbury, CT 06810
Pool exercises for arthritis and other programs.

Redding Park and Recreation **203-938-2551**
www.townofreddingct.org
37 Lonetown Road, Redding, CT 06875
Mon–Wed 8:30am to 5:30pm. Thurs 8:30am to 6:00pm.
Programs include open gym, fitness programs, tennis, concerts, extensive park system, swimming at Topstone. Those over 60 years receive a 50% discount on most programs; trips as specified.

Ridgefield Park & Recreation **203-431-2755**
www.ridgefieldparkandrec.org
195 Danbury Rd, Ridgefield, CT 06877
Wellness and aquatic centers, open gym, outdoor parks and programs, exercise classes, education and wellness programs. Senior, non-resident fees are \$224 per person. Add on for lap swim or wellness facility. 10 class fitness card \$52. Guest fee \$12.

Ridgefield Public Golf Course **203-748-7008**
www.ridgefieldgdc.com
545 Ridgebury Road, Ridgefield, CT 06877
Non-resident senior over 62 years, weekday fee \$30. Weekend fee \$50.

Richter Public Golf Club **203-792-2550**
www.richterpark.com
100 Aunt Hack Road, Danbury, CT 06811
Non-resident over 62 years, Mon-Thurs \$65 with cart. Other times \$95 with cart.

EDUCATION & LEISURE Continued...

Wilton YMCA “Silver Sneaker Program”

203-762-8384 Ext 222

www.wiltonymca.org

404 Danbury Road, Wilton, CT 06897

Wellness and aquatic classes for seniors 65 and older. Mon-Thurs, Strength classes; Wed and Fri, Silver Splash; Tues and Thurs, Arthritis Aquatic Class. Senior, non-resident fees are: Initial membership fee includes 1st 2 months at \$175 for a single membership; \$248 senior family membership. Monthly fee thereafter is \$50 for a single and \$74 for a senior family. Guest fee is \$5.

• • • HERITAGE CENTER • • •

Heritage Center

203-938-9725

www.townofreddingct.org

37 Lonetown Road, Redding, CT 06896

The center is open to all Connecticut residents to enjoy a wide variety of programs which include: bridge, art and drawing, quilting, Mah Jongg, scrapbooking, aerobics and toning exercise classes and current event discussion groups. A hot lunch is served weekly on Tuesdays and Wednesdays at noon. Call for reservations and cost. The Heritage Highlights newsletter has a complete listing with times, trips and dates of activities. The newsletter is available online and around town.

• • • PARKS & TRAILS • • •

Parks in Redding, CT

www.historyofredding.com/HRhiking

Redding has over 60 miles of trails. For details, visit website.

America the Beautiful-National Parks & Federal Recreation Lands Pass

888-275-8747 Press 1

www.Store.usgs.gov/pass

Senior Pass: \$10.00, available locally at Weir Farm National Park. This is a lifetime pass for U.S. citizens or permanent residents age 62 or over. It provides free entrance to most federal recreation areas and provides a 50% discount on use fees, such as camping. Must apply in person at a federal park.

Dayton Road to Devil’s Den

Entrance: Dayton Road

3.2 miles of trail connects to Weston’s 1600 acres Devil’s Den. The “Book of Trails” is available from Redding Town Hall, the Redding Land Trust or

Huntington State Park

Entrance: Sunset Hill Road, off Route 58

900 acres with a 7.5-mile trail for hiking and bike riding. Ponds and lake available with fishing permit.

EDUCATION & LEISURE Continued...

Lucius Pond Ordway Preserve

20+ miles of trail. Register at map hut.

Entrance: Pent Road

New Pond Farm

www.newpondfarm.org

101 Marchant Road, West Redding, CT 06896

102 acre environmental education center with a small working farm.

203-938-2117

Putnam Memorial State Park

www.putnampark.org

499 Black Rock Turnpike

Route 107 and 58 Historic Park with trails, programs and museum.

Topstone Park

72 Topstone Road

Beach, swimming, fishing, and boating, 3.69 miles of trail. Season passes.

203-938-2551

Weir Farm National Park

www.nps.gov

735 Nod Hill Road, Wilton, CT 06897

Grounds open year round dawn to dusk. Call for Visitor Center hours and tour and program information.

203-834-1896

SENIOR HOUSING ALTERNATIVES

• • • AFFORDABLE HOUSING • • •

Ballard Green

25 Gilbert Street, Ridgefield, CT 06877

Independent living for elderly and disabled. Must be a Connecticut resident. Income and asset restrictions.

203-438-9845

Bethel Housing Authority

23 Reynolds Ridge • Bethel, CT 06801

Affordable rental housing based on 30% of adjusted income. 62 years or older, or disabled defined by Social Security. Independent living. A social worker visits once a week. Resident association. Two community rooms with TVs, computers and laundry room. Questions? Email at: bethelhousing@aol.com. Information? website at: www.bethelhousingauthority.org.

203-797-9909

SENIOR HOUSING ALTERNATIVES Continued...

Bishop Curtis Homes Bethel

203-743-2508

28 Simeon Rd. • Bethel, CT 06801

Garden style living with 40 section 8 units. Wait listed. 62+ or disabled. Independent living. Laundry room available. Contact property manager for information or visit website at www.bishopcurtishomesbethel.com.

Bishop Curtis Homes Congregate

203-790-9744

101 Simeon Rd. • Bethel, CT 06801

4-story building with 44 studio units. 62+ only. Offers services: 1 meal daily (lunch), house-keeping 1 day per week, 24 hour staff coverage at front desk. Laundry on every floor. Contact number above or www.bishopcurtishomesbethel.com.

Prospect Ridge Congregate Housing

203-431-2700

51 Prospect Street, Ridgefield, CT 06877

Persons with some difficulty in daily living may apply. One meal a day and weekly housekeeping provided. 24-hour emergency contact on site. Must meet income and other eligibility requirements. 62+ income below, \$51,600- single, and \$58,950- 2 people .

Housing Authority of the City of Danbury

203-744-2500

2 Mill Ridge Road

Danbury, CT 06810

HACD owns and manages five (5) elderly properties. To qualify, persons must not exceed income limits; submit a pre-application along with proof of birth, residency and income and a copy of social security cards. Full eligibility will be determined once called off a waiting list. Visit www.hacdct.org for more information.

Ogden House

203-762-8035

100 River Road Wilton, CT 06897

Wilton Commons

203-487-3633

23 Station Road Wilton, CT 06897

SENIOR HOUSING ALTERNATIVES Continued...

• • • ASSISTED LIVING COMMUNITIES • • •

Assisted living communities offer different levels of help based upon the individual's need. This could include assistance with bathing, dressing, meals and housekeeping. Social activities, transportation and care for mild dementia may be offered. Usually a month to month rental plus additional monthly fees are charged based upon services rendered.

Cascades **203-830-7390**

www.betherhealthcare.com

13 Park Lawn Drive, Bethel, CT 06801

Greens at Cannondale **203-761-1191**

www.thegreensatcannondale.com

435 Danbury Road, Wilton, CT 06897

Maplewood at Danbury **203-312-7910**

www.maplewoodatdanbury.com

22 Hospital Road Danbury, CT 06810

Maplewood at Darien **203-293-6872**

www.maplewoodatdarien.com

599 Boston Post Rd Darien, CT 06820

Maplewood at Newtown **203-364-5466**

www.maplewoodatnewtown.com

166 Mt Pleasant Rd Newtown, CT 06470

Maplewood at Strawberry Hill Norwalk **203-293-6554**

www.maplewoodatstrawberryhill.com

73 Strawberry Hill East Norwalk, CT 06855

Maplewood at Stony Hill Bethel **203-297-9997**

www.maplewoodatstonyhill.com

46 Stony Hill Rd Bethel, CT 06801

SENIOR HOUSING ALTERNATIVES Continued...

Ridgefield Crossings

203-493-4964

www.ridgefieldcrossings.com

640 Danbury Road, Ridgefield, CT 06877

•••CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)•••

CCRC's offer independent living, assisted living and nursing home care in a continuum of care on the same campus. Normally, a substantial upfront entry fee is required plus monthly fees. Services may include meals, transportation, social activities and programs. Nursing and other skilled care available.

Meadow Ridge Retirement Community

203-493-0558

www.meadowridge.com

100 Redding Road, Redding, CT

Located on 136 acres of rolling hills and meadows, provides independent, assisted living and skilled nursing in one setting. Amenities include: garden atrium, auditorium, fitness center and pool, beauty parlor & barbershop, billiards, computers, full service restaurant style dining. Extensive programs and activities. Outside: tennis and bocce courts, putting green, trails and gardens. Short Term Rehabilitation is open to the general public.

• • • EMERGENCY SHELTER • • •

Renewal House

203-791-8050

18 Dr. Aaron B. Samuels Blvd, Danbury, Ct 06810

www.renewal-house.org

Shelter for those 58 and older in a home like environment with shared responsibilities. Three meals a day plus support and counseling are offered. The goal is to move to independent housing in less than 2 years.

City of Danbury Emergency Shelter

203-796-1661

41 New Street, Danbury, CT

Adults only. 9pm to 9am. 30 days maximum stay. Admission requirements.

• • • INDEPENDENT LIVING COMMUNITIES • • •

Age restricted housing for people who are functionally and socially independent. Amenities vary, but may include some transportation, social activities and programs and may have a monthly fee.

SENIOR HOUSING ALTERNATIVES Continued...

Glen Crest 203-790-9161
3 Glen Hill Road, Danbury, CT 06810
www.genesishcc.com

Toll Brothers Regency (Realtors) 203-431-1818
Resales only. www.regency@ridgefield.com
638 Danbury Road, Ridgefield, CT 06877

Toll Brothers Summit at Bethel 203-792-3500
www.thesummit@bethel.com
10 Great Hill Road, Bethel, CT 06801

• • • LONG TERM CARE and REHABILITATION • • •

Rehabilitation and Skilled Nursing Facilities provide services for those requiring 24-hour nursing supervision and assistance with daily living. Short-term rehabilitation is also available. For a complete listing of nursing home facilities, contact the Connecticut Department of Public Health www.dph.state.ct.us 860-509-8000 or www.medicare.gov/nursinghomecompare.

Bethel Health Care 203-830-4180
www.bethelhealthcare.com
13 ParkLawn Drive, Bethel, CT 06801

Danbury Health Care Center 203-792-8102
www.healthbridgemanagement.com
107 Osborne Street Danbury, CT0810

Glen Hill Rehabilitation & Nursing Center 203-744-2840
www.genesishcc.com/glenhill
1 Glen Hill Rd Danbury, CT 06810

Filosa & Hancock Hall 203-794-9466
www.filosa.com
13 Hakim Street & 31 Staples St, Danbury, CT 06811

Laurel Ridge Health Care Center 203-438-8226
www.athenahealthcare.com
642 Danbury Road, Ridgefield, CT 06877

SENIOR HOUSING ALTERNATIVES Continued...

Wilton Meadows

203-834-0199

www.wiltonmeadowshealthcare.com

439 Danbury Road, Wilton, CT 06897

IN-HOME CARE & SERVICES

Home Health Aides provide personal assistance with bathing, dressing, toileting, as well as meal preparation, shopping and errands. They can assist a person to and from the car and to appointments. They are licensed to provide personal care. This service can be by the hour or extend to a 24-hour 7-day a week live in aide.

Therapists will work with clients at home to help restore, strengthen and maintain their motor, speech and cognitive skills. **Physical therapists** will also offer home safety assessments.

Registered Nurses provide skilled medical care in your home, under a physician's order.

Services may include, but are not limited to, medication management, monitoring vital signs, dressing wounds, and education on patient care.

Senior Care Managers provide a central source of information and coordination of services for older adults and their families. They assess personal and medical needs of the clients, communicate with families, serve as an advocate to ensure the family member is cared for responsibly and respectfully. They also assist with securing entitlements, filing insurance claims and offer caregiver support.

• • • AGING IN PLACE • • •

Quality Living at Home

203-438-5555 ext. 1005

www.ridgefieldvna.org

90 East Ridge, Ridgefield, CT 06877

This free aging in place program was created to empower seniors to remain in their home in a safe, healthy and socially connected environment. A call center is available to access information on area services, programs and assistance. This is a free community service program from Ridgefield Visiting Nurse Association. Call today to receive the free quarterly informative newsletter, "happy@HOME".

IN HOME CARE & SERVICES Continued...

• • • COMMUNICATIONS PROGRAMS • • •

“ARE YOU OKAY?”

203-438-6777

A free, computer generated, daily call program to check on the well being of any resident in Ridgefield or Redding who is over the age of 60 or the disabled.

Alert Device: LIFELINE

203-938-3300 Ext 1005

www.ridgefieldvna.org

Ridgefield Visiting Nurses Association (RVNA)

90 East Ridge, Ridgefield, CT

Lifeline provides lifesaving 24/7 emergency access to your personal contacts or emergency service. The communicator is available as a personal help button, auto alert feature, wireless and GPS.

• • • FINANCIAL ASSISTANCE TO REMAIN HOME • • •

Connecticut Homecare Program for Elders

800-445-5394

Applicants must be 65 or older, a resident, at risk for nursing home placement and be eligible financially. Helps eligible clients to continue to live at home.

Connecticut Housing Finance Authority (CHFA)

860-721-9501

www.chfa.org

Assistance for lower income residents over 70 years of age.

Consumer Credit Counseling

800-450-2808

www.moneymanagement.org

Community Action Agency of Western Connecticut

203-744-4700

www.caawc.org

Eviction and Foreclosure Prevention Program

203-744-4700 Ext 107

State Rental Assistance Program (RAP)

860-270-8262

www.ct.gov/doh/

Also known as the Connecticut Department of Housing; RAP is the major state-supported program for assisting very lowincome families to afford decent, safe, and sanitary housing in the private market.

Senior Tax Benefit

203-938-2626

Contact the Redding Tax Assessor's office for information. Mon- Thurs.

IN HOME CARE & SERVICES Continued...

• • • HOME MAINTENANCE INFORMATION • • •

National Association of Home Builders

800-368-5242

www.nahb.com

Find information about Certified Aging in Place Specialists (CAPS), as well as tips on universal design, remodeling and maintaining your home.

Quality Living at Home

203-438-5555 Ext 1005

Call for a list of reference checked service vendors. This service is free to Redding residents, a service from the Ridgefield Visiting Nurse Association.

www.ridgefieldvna.org

• • • MEAL SERVICES • • •

SNAP

866-974-SNAP

(Supplemental Nutrition Assistance Program)

This phone number will connect you to a SNAP outreach advocate who will assist in enrolling in the SNAP program. Eligible Connecticut residents will receive an EBT Card to purchase food at participating stores. Customer service for issues can be contacted at 888-328-2666.

Connecticut Department of Social Services (DSS)

800-842-1508

Danbury Department of DSS

203-207-8900

www.connect.ct.gov

www.ct.gov/dss

342 Main Street, Danbury, CT 06810

Or contact Redding Social Services to determine eligibility.

Hill Side Food

203-702-4881

39 Old Ridgebury Road, Suit 16, Danbury CT 06810

www.outreach.org

Provides free groceries for people who are unable to shop.

Meals on Wheels

203-938-3580

Contact Redding Social Services to be connected to this low cost home delivered meal program. Must be homebound and eligible for services.

Redding Food Pantry

203-938-3580

Contact Redding Social Services for eligibility.

IN HOME CARE & SERVICES Continued...

• • • MEDICAL HOME CARE MEDICARE CERTIFIED • • •

Bethel Visiting Nurse Association

203-792-0864

www.bethelvna.org

70 Stony Hill Road, Bethel, CT 06801 Bethel VNA provides home health care services, registered nurse, physical therapy, occupational therapy, speech therapy, medical alert service, social worker, home health aide, homemakers for insurance and private pay.

Ridgefield Visiting Nurses Association (RVNA)

203-938-3300

www.ridgefieldvna.org

90 East Ridge, Ridgefield, CT 06877

Home health care, skilled nursing, physical therapy, occupational therapy, speech therapy, senior care management, wound care, palliative care, telemonitoring, medical alert service, home health aides, homemakers, live-ins, I.V. therapy and respite care. Community wellness: health fair, flu and pneumonia clinics, travel consultation and immunizations, well child clinic, blood pressure clinics, Quality Living at Home, and wellness seminars. Accredited and certified home care agency for quality care.

• • • PET CARE • • •

Animal Friends of Connecticut

860-232-1393

www.wfocinc.org

Guide Dog Foundation for the Blind

631-930-9000

www.guidedog.org

371 East Jericho Turnpike, Smithtown, NY 11787

DAWS Danbury Animal Welfare Society

203-744-3297

www.daws.org

147 Grassy Plain Street, Bethel, CT 06801

ROAR Ridgefield Operation Animal Rescue

203-438-0158

www.shelter@roar-ridgefield.org

45 South Street, Ridgefield, CT 06877

VETERINARIANS

Bethel Veterinary Hospital

203-794-0247

www.bethelvethospital.com

25A Turkey Plain Road, Route 53 Bethel, CT 06801

IN HOME CARE & SERVICES Continued...

Georgetown Veterinary Hospital 203-544-9098
www.georgetownvet.com • 53 Redding Road, Redding, CT 06829

Quarry Ridge Animal Hospital 203-438-8878
www.qrah.com • 30 Old Quarry Road, Ridgefield, CT 06877

Redding Ridge Veterinary Animal Hospital 203-938-8018
3 Meeker Hill • Redding, CT 06896

• • • SENIOR CARE MANAGERS • • •

National Association of Professional Geriatric Care Managers 520-881-8008
www.caremanager.org

Non-profit professional development organization for specialists who help families caring for older relatives.

NOTE: Contact Redding Social Services or RVNA's Quality Living at Home for a listing of providers. 203-938-3580 or 203-438-5555 x1005

INTERVENTION & REFERRAL SERVICES

• • • ELDER ABUSE AND NEGLECT • • •

Protective Services for the Elderly 888-385-4225
Danbury Office 203-207-8900
After hours hotline 211

Protective Services for the elderly; evaluates complaints of abuse, neglect, exploitation or abandonment of persons age 60 or older in the community. If you suspect that an elderly person is a victim of abuse, neglect (including self-neglect) or exploitation, contact the Protective Services line above.

Danbury Hospital Crisis Hotline 888-447-3339
www.danburyhospital.org
Domestic Violence Crisis Center (DVCC) 203-853-0418

www.dvcct.org 24/7 HOTLINE 888-774-2900

The Center offers Counseling safe houses, court and legal services, medical advocacy, prevention education.

INTERVENTION & REFERRAL SERVICES Continued...

Women's Center of Greater Danbury

203-731-5200

www.wcogd.org

Hotline 24/7 for help with domestic violence of sexual assault.

• • • **INFOLINE** • • •

Infoline

211

www.infoline.org

2-1-1 is an integrated system of help via the telephone. It is a single source for information about community services, referrals to human services, and crisis intervention. Access this toll-free program by simply dialing 2-1-1. It operates 24 hours a day.

• • • **SOCIAL SERVICES** • • •

Redding Social Services

203-938-3580

www.townofreddingct.org

37 Lonetown Road, Redding, CT 06896

Social Services provides crisis intervention services; Medicaid assistance; financial assistance; benefit information; short term counseling; referrals; administers the fuel assistance programs; runs the food pantry and the Heritage Van; assists with state and federal programs such as Meals on Wheels and Medicare.

• • • **SUBSTANCE ABUSE** • • •

Alcoholics Anonymous

866-783-7712

www.ct-aa.org

Local #: 203-778-6777

AA offers a fellowship of men and women who share their experience, and hope with each other. District #9 holds regular meetings in Danbury, Ridgefield, Bethel and Georgetown.

AL-ANON

800-344-2666

www.ctalanon.org

This program supports people affected by other people's drinking.

Midwestern Connecticut Council of Alcoholism (MCCA)

877-874-6222

www.mccaonline.com

38 Old Ridgebury Road, Danbury, CT 06810

Individual and group counseling for abuse of alcohol and other drugs available to seniors and their families. Free to medicare eligible seniors. Support group meets Friday at 10:00 am.

Recovery Now

800 281-4731

Call this number to access immediate assistance at this 24/7 helpline.

LEGAL & ELDERLAW RESOURCE

AARP

888-687-2277

www.aarp.org

AARP is a nonprofit, nonpartisan membership organization for people 50 and over. Local chapter assists with completing federal tax returns for eligible members.

American Disabilities Act Homepage

800-514-0301

www.ada.gov

800-514-0383 (TTY)

An extensive collection of publications, legal briefs, settlement agreements, training videos, and an interactive online course on the ADA along with information about ADA enforcement, mediation, technical assistance, and certification activities, proposed changes in ADA requirements.

Better Business Bureau (BBB)

203-269-2700

Bbb.org/connecticut

Connecticut Attorney General

860-808-5318

www.ct.gov/ag

55 Elm Street Hartford, CT 06196

Connecticut Consumer Protection Department

800-842-2649

www.ct.gov/dcp 165 Capitol Ave Hartford, CT 06196

Connecticut Legal Assistance for Medicare Patients

800-413-7796

LAMP provides information to seniors and their families about Medicare benefits and rights of appeal. (Also see CHOICES page 5).

Connecticut Legal Services Elder Law Hotline

800-296-1467

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

Mon-Fri 9 -5pm.

Provides basic information on several issues important to seniors in CT, including 60+ consumer problems, health care, government benefits, living wills, power of attorney, and nursing home rights.

Connecticut Network of Legal Aid

800-453-3320

[Statewide legal servicewww.ctlawhelp.org](http://Statewide.legal.servicewww.ctlawhelp.org)

This website provides online legal guidance and forms for low income residents.

FirstGov for Seniors

800-333-4636

<http://www.firstgov.gov/Topics/Seniors.shtml>

Access the U.S. Government's official web portal for Senior Citizens to find extensive links to online information, services and resources.

LEGAL & ELDERLAW RESOURCE Continued...

Legal Aid Hot Line

800-453-3320

www.slscct.org

Free legal services are offered for eligible residents without the funds to hire an attorney. 9am to 5pm. Criminal cases are excluded from assistance.

Probate Court

203-794-8508

Bethel Municipal Center 1 School Street Bethel, CT 06801

Hours 8:30am to 4:30pm M-F.

Also known as “family court” oversees conservator grants, wills, trusts and a wide range of sensitive issues.

MEDICAL AND HEALTH SERVICES

Americares Free Clinic of Danbury

203-748-6188

www.americaresfreeclinic.org

76 West Street Danbury, CT 06810

Provides free medical care to eligible uninsured.

Community Health Center

203-797-8330

<http://chc1.com/Locations/Danbury.html>

8 Delay Street, Danbury, CT 06810

Medical and behavioral Healthcare for low income / uninsured.

• • • DENTAL SERVICES • • •

American Dental Association

312-440-2500

www.ada.org

Norwalk Hospital Dental Clinic

203-852-2146

24 Stevens Street Norwalk CT 06856

Dental services available on sliding scale.

MEDICAL AND HEALTH SERVICES Continued...

• • • EYE SPECIALISTS • • •

Board of Education and Services for the Blind (BESB) 800-842-4510
www.besb.state.ct.us

Comprehensive home and community services offered free of charge for the legally blind.

CT Radio Information System (CRIS) 860-527-8000
www.crisradio.org

Connecticut's only talking "newsstand" for the blind and print handicapped.

Volunteer Services for the Blind of Fairfield County 203-324-6611
www.wsbfc.org

Drivers, shoppers, readers may be available.

• • • HEARING • • •

Commission on Deaf and Hearing Impaired 800-708-6796
www.cdhi.ct.gov

The center provides counseling, interpreting and other support.

International Hearing Society 800-521-5247 Ext 2
Hearing Aid Help Line

• • • HOSPICE • • •

Regional Hospice and Homecare of Western Connecticut 203-702-7400
www.regionalhospicect.org

39 Old Ridgebury Road Danbury, CT 06810

Hospice gives care, comfort and compassion to those touched by life limiting illness and loss.

• • • HOSPITALS • • •

Danbury Hospital 203-739-7000
Emergency Room: 203-739-7100

www.danburyhospital.org

24 Hospital Avenue, Danbury, CT 06810

MEDICAL & HEALTH SERVICES Continued...

Greenwich Hospital 203-863-3000
Emergency Room: 203-863-3000
www.greenwichhospital.org 5 Perry Ridge Greenwich, CT 06830

Norwalk Hospital 203-852-2000
Emergency Room: 203-852-2160
www.norwalkhosp.org 34 Maple Street, Norwalk, CT 06856

Stamford Hospital 203-276-1000
www.stamfordhospital.org 30 Shelbourne Road Stamford, CT 06904

Doctor's Express/Urgent Care 203-826-2140
2 Main Street, Danbury, CT 06810

Walk in clinic open 7 days a week. M-F 8am to 8pm. Holidays and weekends open 8am to 5pm.

Doctor's Express/Urgent Care 203-826-2600
100 Mill Plain Road, Danbury, CT 06810

Walk in clinic open 7 days a week. M-F 8am to 8pm. Holidays and weekends open 8am to 5pm.

Physician One/Urgent Care 203-431-4600
10 South Street, #101 Ridgfield, CT 06877

Walk in clinic open 7 days a week. M-F 8am to 8pm. Holidays & weekends open 9am to 5pm.

• • • MEDICAL EQUIPMENT • • •

Proper licensing and insurance coverage should be evaluated before selecting medical equipment. Redding is in the competitive bidding area for Medicare durable medical equipment. Access information online at Medicare.gov and search durable medical equipment to learn who is an authorized Medicare supplier. You can also contact the businesses below. Not all medical equipment is covered by Medicare. Suppliers are subject to change each July 1st.

Candlewood Drugs 203-312-9999
11 Route 37, New Fairfield, Ct 06812

Costco 203-740-7965
www.costco.com

200 Federal Road, Danbury, CT 06811

Limited discounted medical items. Membership required.

Home Health Complex 203-205-0457
54 Main Street Danbury, CT 06810

MEDICAL & HEALTH SERVICES Continued...

Liberty Health Supplies 203-445-9343
650 Main Street Monroe, CT 06468

Lincare 203-775-8450
72 Grays Bridge Rd Suite E Brookfield, CT 06804

Medical Home Care 203-792-6872
32 Stony Hill Road, Bethel, CT 06801

Senior Depot 203-775-1095
195 Federal Road Suite 2 Brookfield, CT 06804

• • • NURSING AND HOME CARE • • •

Bethel Visiting Nurse Association 203-792-0864
70 Stony Hill Road, Bethel, CT 06801

Bethel VNA provides home health care service registered nurse, physical therapy, occupational therapy, speech therapy, medical alert service, social worker, home health aide, homemakers. Insurance and private pay. Highly regulated for quality care.

Ridgefield Visiting Nurses Association (RVNA) 203-438-5555
www.ridgefieldvna.org
90 East Ridge, Ridgefield, CT 06877

Home health care, skilled nursing, physical therapy, occupational therapy, speech therapy, senior care management, wound care, palliative care, telemonitoring, medical alert service, home health aides, homemakers, live-ins, I.V. therapy and respite care. Community wellness: health fair, flu & pneumonia clinics, travel consultation and immunizations, well child clinic, blood pressure clinics, Quality Living at Home, and wellness seminars. Accredited and certified home care agency for quality care.

• • • PHARMACIES • • •

Bissell Pharmacy 203-438-6433
23 Governor Street , Ridgefield, CT 06877
Mon- Fri 9am- 6pm; Sat 9am- 5pm; Sun 9am- 1pm.

CVS Pharmacy 203-797-8919
146 South Street, Danbury, CT 06810

MEDICAL & HEALTH SERVICES Continued...

CVS Pharmacy 203-794-9500
7 Durant Ave • Bethel, CT 06801

Drive through window.

CVS Pharmacy 203-794-9500
720 Branchville Road • Branchville, CT 06877

English Apothecary 203-792-3366
140 Greenwood Ave. • Bethel, CT 06801

Redding Pharmacy 203-544-8306
Georgetown Business and Professional Center
Georgetown, CT 06829

Mon-Fri 9am-6pm; Sat 9am-1pm. Ask about home delivery service for homebound seniors.

Rite Aid 203-438-7378
125 Danbury Road • Ridgefield, Ct 06877

Rite Aid 203-792-6190
289 Greenwood Avenue • Bethel, CT 06801

Walgreen Drug Store 203-791-0405
75 Main Street • Danbury, CT 06810

• • • REHABILITATION CENTERS • • •

See **HOUSING ALTERNATIVES**: Long Term Care and Continuing Care Retirement Communities pages 11 and 12.

RELIGIOUS ORGANIZATIONS

Benedictine Grange www.ct-muse.org/grange.htm 45 Dorethy Rd, West Redding, CT 06896	203-938-3689
Bethlehem Lutheran Church- ELCA 44 Portland Avenue, Georgetown, CT 06829	203- 544-8858
Calvary Independent Baptist Church www.cibcRedding.org 711 Redding Road, West Redding, CT 06896	203-938-1317
Christ Church- Episcopal www.christchurchredding.org 184 Cross Highway, Redding, CT 06896	203-938-2872
First Church of Christ- Congregational www.firstchurchredding.org 25 Cross Highway, Redding, CT 06896	203-938-2004
Georgetown United Methodist Church 33 Church Street, Georgetown, CT 06829	203-544-8394
Long Ridge United Methodist Church www.longridgeumc.org 210 Long Ridge Road, West Redding, CT 06896	203-743-6095
Sacred Heart Church www.sacredheartgeorgetownCT.org 30 Church Street, Redding, CT 06829	203-544-8345
St. Patrick's Church www.stpatredding.org 169 Black Rock Turnpike, Redding, CT 06876	203-938-2253
Temple B'Nai Chaim www.tb-cct.org 82 Portland Avenue, Georgetown, CT	203-544-8695

TRANSPORTATION AND SAFE DRIVING

AARP Safe Driving

888-687-2277

www.aarp.org

Eight hours of classroom instruction. May qualify for reduction in auto insurance. Classes offered locally at the Heritage Senior Center and RVNA.

American Cancer Society

800-227-2345

www.cancer.org

Volunteers offer some free rides to medical appointments through the Road to Recovery program.

AMTRAK reduced fare program

800-872-7245

www.amtrak.com

15% discount for seniors 62 and older/disabled persons.

Department of Motor Vehicle

860-263-5154

www.dmvct.org

Renew licenses, apply for handicapped parking permits. Applicants must provide proof of disability with Form B-225 / photo ID / non-driving photo ID.

Driving Assessment Services

203-748-2551 Ext 368

www.associatedneurologists.com

A driving assessment is offered by Associated Neurologists. There is a fee.

Heritage Center Van Service

203-938-9725

37 Lonetown Road P.O. Box 1118, Redding, CT 06875

Ages 55+ or disabled free of charge. Medical visits take priority. Rides are provided to Redding, Ridgefield, Bethel, Newtown, Danbury. Mon–Thurs 9am–5pm. New in July: A 30 day trial period of half day Friday Van Service between 9am–12pm reserved for grocery shopping and hair appointments. Call for reservations.

Metro-North

212-532-4900

www.metronorth.com

General information within Connecticut. Seniors 65+ and disabled persons travel on metro-north for 50 percent discount for off-peak travel.

VOLUNTEER & EMPLOYMENT OPPORTUNITIES

American Cancer Society www.cancer.org	800-889-3340
American Red Cross www.redcross.org	203-792-8200
Community Action Committee of Western CT Services low-income families and individuals.	203-744-4700
Connecticut Department of Labor www.ct.gov/dol Job bank, job centers and other resources. Hours are 8:30am- 4:30pm.	203-797-4150
Connecticut Works 2 Lafayette Square, Bridgeport, CT 06604 State employment service includes job bank, job fairs, bureau of rehabilitation services. Mon-Fri 8:30am -4:30pm.	203-455-2700
Danbury Hospital 24 Hospital Avenue, Danbury CT 06810	800-516-3658
New Pond Farm 101 Marchant Road, West Redding, CT 06896	203-938-2117
Norwalk Hospital 34 Maple Street, Norwalk, Ct 06856	203-852-2000
RSVP of Southwestern Connecticut www.rsvpswct.org Volunteers over 55 are placed in programs to benefit the community and themselves by matching interests, skills and experience.	203-663-7333
Ridgefield Visiting Nurse Association www.ridgefieldvna.org Volunteers are needed and welcome. Assistance in the office, at flu clinics and health fair. People with editing, writing and photography skills are also needed, as well as skilled volunteer nurses to assist with our free blood pressure clinics.	203-438-5555
SCORE Counselors to Small Business www.westernctscore.com	203-794-1404

VOLUNTEER & EMPLOYMENT OPPORTUNITIES Continued...

Volunteer Center Danbury 203-797-1154
58 Division Street, Danbury, CT 06810

Volunteermatch.com No telephone number

Wildlife in Crisis 203- 544-9913
www.Wildlifeincrisis.org
44 Indian Valley Road, Weston, CT 06883

WEBSITES

• • • HEALTH AGENCIES • • •

www.aagponline.org 301-654-7850
American Association for Geriatric Psychiatry

www.ada.org 312-440-2500
American Dental Society

www.alact.org 860-289-5401
American Lung Association of Connecticut

www.alz.org 800-272-3900
Alzheimer's Association

www.americanheart.org 203-294-0088
American Heart Association

www.apdaparkinson.org 800-223-2732
American Parkinson Disease Association Local Chapter 203-438-2355

www.arthritis-advisor.com Free Newsletter

www.arthritis.org 800-283-7800
Arthritis Association Local Chapter 860-563-1177

www.cancer.gov 800-4CANCER
National Cancer Institute

WEBSITES Continued...

Danbury Dental Clinic 203-791-5000
70 Main Street, Danbury, CT
Free dental clinic for those eligible. Service is based on income.

Norwalk Smiles Dental Services 203-854-9292
www.chcl.com
49 Day Street South Norwalk, CT 06854
Dental services available on a sliding scale.

Norwalk Hospital Dental Clinic 203-852-2146
24 Stevens Street Norwalk CT 06856
Dental services available on sliding scale.

• • • EYE SPECIALISTS • • •

Board of Education and Services for the Blind (BESB) 800-842-4510
www.besb.state.ct.us
Comprehensive home and community services offered free of charge for the legally blind.

CT Radio Information System (CRIS) 860-527-8000
www.crisradio.org
Connecticut's only talking "newsstand" for the blind and print handicapped.

Volunteer Services for the Blind of Fairfield County 203-324-6611
www.wsafc.org
Drivers, shoppers, readers may be available.

• • • HEARING • • •

Commission on Deaf and Hearing Impaired 800-708-6796
www.cdhi.ct.gov
The center provides counseling, interpreting and other support.

International Hearing Society 800-521-5247 Ext 2
Hearing Aid Help Line

WEBSITES Continued...

www.cancer.org American Cancer Society	800-227-2345
www.diabetes.org	203-639-0385
www.healthgrades.com	No telephone #
American Diabetes Association www.kidney.org	800-622-9010
National Kidney Foundation	203-639-0385
www.lighthouse.org Sight Impaired	800-829-0500
www.lungusa.org American Lung Association	202-785-3355
www.nationalmssociety.org Multiple Sclerosis Society	800-344-4867
www.NFB.org National Federation for the Blind	860-289-1971
www.nia.nih.gov 301-496-1752 National Institute on Aging	
. . . FINANCIAL/LEGAL . . .	
www.benefitscheckup.org A service of the National Institute on Aging.	202-479-1200
www.connecticutbbb.org Better Business Bureau	203-269-2700
www.IRS.gov Internal Revenue Service	800-829-1040
Tax Counseling for the Elderly (TCE)	860-756-4658

WEBSITES Continued...

www.slsc.org 800-453-3320
Legal Aid Hotline

www.va.gov/healtheligibility 877-222-8387
Department of Veterans Affairs

• • • INFORMATION GENERAL • • •

www.aarp.org 866-295-7279
American Association for Retired People

www.agingwithdignity.org 888-594-7437
Access to "Five Wishes" and end of life support.

www.ct.gov/dcp 800-842-2649
Dept of Consumer Protection

www.dph.state.ct.us 860-509-8000
CT Department of Public Health

www.eldercare.gov 800-677-1116
Department of Human Health and Services for eldercare locator services.

www.medicare.gov 800-633-4227

www.mysafefhome.org 202-330-4900
Home Safety Council

www.NAHB.org/aginginplace 800-368-5242
National Association of Home Builders

www.socialsecurity.gov 800-772-1213

FREQUENTLY CALLED NUMBERS