

# Senior Resource Manual



duBay Horton Associates  
June 2010

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## Health and Rehab

### What you will find in this section:

#### Physical Health:

- nursing care
- physical therapy
- occupational therapy
- medical social services
- home health aide
- chores
- extended nurse's aide
- Rehab therapy
- adult respite care
- medication reminders
- Registered Nurses
- occupational therapists
- home health aides
- personal care services.
- homemaker
- companion

#### Social Health:

- live – in companion
- shopping services
- meal preparation
- transportation
- laundry
- psychiatric nursing
- crisis intervention,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<p><u>Connecticut Home Health Care</u> 12 Cambridge Dr. Trumbull CT 06611 203.374.4555</p> <p><a href="http://www.connecticuthomehealthcare.com">www.connecticuthomehealthcare.com</a></p>	Home Health Care	<ul style="list-style-type: none"> <li>• Skilled nursing care</li> <li>• Physical therapy</li> <li>• Occupational therapy</li> <li>• Speech therapy</li> <li>• Medical social service</li> <li>• Home health aide</li> <li>• Homemaker</li> <li>• Companion</li> <li>• Chore</li> <li>• Live-in companion.</li> </ul>	<p>No eligibility requirements</p> <hr/> <p><i>These services can be provided as a stand alone or in any combination. Covers Fairfield and New Haven counties.</i></p>	<p>Services may be paid by:</p> <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• SWCAA/SCC</li> <li>• Worker's Compensation</li> <li>• Most Insurance</li> <li>• Private Pay</li> </ul>	<p>Office Hours: M-F 8am – 5pm</p> <p>Services: 24hr/7days</p>

<p><u>Connecticut In-Home Assistance LLC</u>  2285 Reservoir Ave  Trumbull CT 06611  203.452.9629</p> <p><a href="http://www.cthomecare.com">www.cthomecare.com</a></p>	<p>In Home Care</p>	<ul style="list-style-type: none"> <li>• chore person</li> <li>• companion</li> <li>• homemaker</li> <li>• shopping services</li> <li>• personal care assistance services</li> <li>• extended nurse's aide services</li> <li>• transportation to: <ul style="list-style-type: none"> <li>○ Bridgeport</li> <li>○ Easton</li> <li>○ Fairfield</li> <li>○ Milford</li> <li>○ Monroe</li> <li>○ Norwalk</li> <li>○ Orange</li> <li>○ Shelton</li> <li>○ Stratford</li> <li>○ Trumbull,</li> <li>○ Weston</li> <li>○ Westport.</li> </ul> </li> </ul>	<p>No eligibility requirements</p>	<table border="1"> <thead> <tr> <th>Service</th> <th>Min. Hours</th> <th>Rate</th> </tr> </thead> <tbody> <tr> <td>Companion</td> <td>3</td> <td>\$17</td> </tr> <tr> <td>Homemaker</td> <td>3</td> <td>\$18.50</td> </tr> <tr> <td>Chore</td> <td>3</td> <td>\$19</td> </tr> <tr> <td>Personal Care</td> <td>2</td> <td>\$21.50</td> </tr> <tr> <td>24hr Live In</td> <td></td> <td>\$160 - \$225</td> </tr> <tr> <td>8hr Shift</td> <td></td> <td>\$150</td> </tr> <tr> <td>12hr Overnight</td> <td></td> <td>\$160</td> </tr> <tr> <td>12hr Day</td> <td></td> <td>\$175</td> </tr> </tbody> </table>	Service	Min. Hours	Rate	Companion	3	\$17	Homemaker	3	\$18.50	Chore	3	\$19	Personal Care	2	\$21.50	24hr Live In		\$160 - \$225	8hr Shift		\$150	12hr Overnight		\$160	12hr Day		\$175	<p>Availability:</p> <ul style="list-style-type: none"> <li>• 8 and 12 hour shifts.</li> <li>• 24 hour live in</li> </ul>
Service	Min. Hours	Rate																														
Companion	3	\$17																														
Homemaker	3	\$18.50																														
Chore	3	\$19																														
Personal Care	2	\$21.50																														
24hr Live In		\$160 - \$225																														
8hr Shift		\$150																														
12hr Overnight		\$160																														
12hr Day		\$175																														
<p><u>Griswold Special Care</u>  2499 Main St  Stratford CT 06615  203.380.2700</p> <p><a href="http://www.griswoldspecialcare.com">www.griswoldspecialcare.com</a></p>	<p>In Home Care</p>	<ul style="list-style-type: none"> <li>• personal home care services</li> <li>• homemaking</li> <li>• home care services</li> <li>• personal assistance</li> <li>• supportive care</li> <li>• senior companion care</li> <li>• hourly home care</li> </ul>	<p>No eligibility requirements</p>	<ul style="list-style-type: none"> <li>• long term care insurance</li> <li>• some state Medicaid programs.</li> </ul> <p><i>Does not accept Medicare.</i></p>	<p>Flexible</p>																											

		<ul style="list-style-type: none"> <li>• live-in home care</li> <li>• overnight home care</li> <li>• customized services.</li> </ul>			
<u>Passionate Care Services</u> 3060 Main St Stratford CT 06614 203.378.0433	Home Health Care	<ul style="list-style-type: none"> <li>• Companions</li> <li>• Personal Care Attendants</li> <li>• Meal Preparation</li> <li>• Bathing and Dressing</li> <li>• Housekeeping</li> <li>• Respite Care</li> <li>• Transportation</li> <li>• Medication Reminders</li> <li>• Assisted Living</li> </ul>	Need referral from Agency of Aging.  No eligibility requirements if using private pay.	Accepts: <ul style="list-style-type: none"> <li>• private pay</li> <li>• Medicare</li> <li>• Medicaid</li> </ul> <i>Doesn't accept private insurances.</i>	Site Hours: M - F 9am – 5pm
<u>Utopia Home Care Inc.</u> 4697 Main St Bridgeport Ct 06606 203.371.6119  <a href="http://www.utopiahomecare.com">www.utopiahomecare.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• skilled medical</li> <li>• psychiatric nursing</li> <li>• medical social work</li> <li>• rehabilitative therapies</li> <li>• adult respite care in home assistance</li> <li>• live in companions</li> <li>• light housekeeping</li> <li>• shopping,</li> <li>• errands</li> </ul>	No eligibility requirements	Accepts: <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• Private Insurance</li> <li>• Private Pay</li> </ul>	Site Hours Monday – Friday 9am – 5pm  Services 24hr/7days
<u>Caregiver's Home Solutions</u> 647 Clinton Ave. Suite 200 Bridgeport CT 06605	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• personal care assistance</li> </ul>	No Eligibility requirements	Set Fee  Accept: <ul style="list-style-type: none"> <li>• private pay</li> <li>• private insurance</li> </ul>	Site Hours M - F 8am – 6pm

203.870.9850 <a href="http://www.caregivershomesolutions.com">www.caregivershomesolutions.com</a>		<ul style="list-style-type: none"> <li>• shopping services.</li> </ul>			
<u>Ellis Homecare</u> 736 Boston Ave Bridgeport CT 06610 203.337.6640 <a href="http://www.ellishomecare.com">www.ellishomecare.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• meal preparation</li> <li>• personal attendants</li> <li>• chore assistance</li> <li>• shopping assistance</li> </ul>		Set Fee. <i>Doesn't accept Medicaid or Medicare</i>	Flexible: <ul style="list-style-type: none"> <li>• Hourly</li> <li>• Overnight</li> <li>• Live in</li> <li>• weekdays weekends</li> </ul>
<u>Hope Health Care</u> 126 Washington Ave Bridgeport CT 06604	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• personal care aides</li> <li>• shopping services</li> </ul>		Set Fee	
<u>Maxim Healthcare Services</u> 3715 Main St. Suite 101 Bridgeport CT 06606 203.373.1696 <a href="http://www.maximhealthcare.com">www.maximhealthcare.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• personal care aides</li> </ul>		Accepts: <ul style="list-style-type: none"> <li>• most insurance</li> <li>• long term care insurance</li> <li>• private pay</li> <li>• Medicare</li> <li>• Medicaid</li> <li>• Worker's Compensation</li> <li>• Veterans Aid</li> </ul>	
<u>Personalized Home Care</u> 1470 Barnum Ave Suite 304 Bridgeport CT 06610	In Home Assistance	<ul style="list-style-type: none"> <li>• household management include: <ul style="list-style-type: none"> <li>○light cleaning</li> <li>○laundry</li> <li>○meal planning</li> </ul> </li> </ul>	Need Physician Referral.	<ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid,</li> <li>• some private insurances private pay</li> </ul>	Site Hours M –F  9am – 5pm

203.362.2082					Services 24hr/7days
<u>Precise Care</u> 2449 North Ave Bridgeport CT 06604 203.336.1014	In Home Assistance	<ul style="list-style-type: none"> <li>• homemakers</li> <li>• chore assistance</li> <li>• live-in companions</li> <li>• shopping assistance</li> </ul>		Accepts: <ul style="list-style-type: none"> <li>• Long term care insurance</li> <li>• private pay</li> </ul>	
<u>Unicare</u> 49 Cannon St. 4 <sup>th</sup> Floor Bridgeport CT 06604 203.368.6112  <a href="http://www.unicarellc.com">www.unicarellc.com</a>	Home Health Care	<ul style="list-style-type: none"> <li>• registered home nursing</li> <li>• home health aides</li> <li>• physical therapy</li> <li>• occupational therapy</li> <li>• speech therapy</li> <li>• medical social work</li> <li>• wound care</li> <li>• medication administration</li> <li>• disease management</li> <li>• case management</li> <li>• meal planning</li> <li>• medication reminders</li> <li>• personal care</li> <li>• homemaking</li> <li>• chore assistance,</li> <li>• exercise</li> <li>• Live-in companions</li> </ul>	<p>No eligibility requirements for homemaker or companion services.</p> <p>Order from doctor needed for assistance with bathing and dressing or needs an RN to assist with medications or treatments.</p>	Set Fee. Accepts: <ul style="list-style-type: none"> <li>• Medicaid</li> <li>• Medicare</li> <li>• Private Insurance.</li> </ul> For In Home Assistance: <ul style="list-style-type: none"> <li>• Private Pay</li> <li>• 3<sup>rd</sup> Party sponsorship</li> </ul> <i>(DSS Medicaid Waiver Programs)</i>	Site Hours M-F 8am – 5pm  On Call Response M-F 5pm – 8am  Weekend services provided 24/7
<u>Companions &amp; Homemakers</u> 1618 Post Rd Fairfield CT 06824 203.259.8375	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• transportation to medical appointments</li> </ul>		Set Fee.  Free services offered for people in need.	Site Hours M-F 8:30am- 5pm

<a href="http://www.companionsandhomemakers.com">www.companionsandhomemakers.com</a>		<ul style="list-style-type: none"> <li>• shopping</li> <li>• recreation,</li> <li>• personal care services.</li> </ul>		<b>Accepts:</b> <ul style="list-style-type: none"> <li>• Medicaid</li> <li>• Private Insurance</li> <li>• Private Pay</li> <li>• State and Federal Programs</li> </ul>	<b>On Call</b> 24 hr / 7 days
<u>Shamrock Visiting Nurse/ Home Health Aide Agency</u> 60 Katona Drive Suite 18 Fairfield CT 06824 203.256.1804  <a href="http://www.shamrockhomecare.com">www.shamrockhomecare.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• homemaking</li> <li>• chore assistance for homebound residents and recently discharged hospital patients.</li> </ul>	No eligibility requirements	<b>Accepts :</b> <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• private pay</li> </ul>	<b>Site Hours</b>  M-F 8am – 4pm  <b>Service</b> 24hr / 7days
<u>Equinox Home Care</u> 305 Boston Ave Suite 308 Stratford CT 06614 203.377.5591	In Home Assistance	<ul style="list-style-type: none"> <li>• home nursing</li> <li>• medical social work</li> <li>• home health aides</li> <li>• companions</li> <li>• homemakers</li> <li>• rehabilitative therapies</li> <li>• Alzheimer’s disease and dementia home care respite program and a developmental disabilities program.</li> <li>• home health aides</li> <li>• meal preparation</li> <li>• housecleaning.</li> </ul>	Need Physician referral  Resident of Fairfield or New Haven Counties.	<b>Set Fee.</b> <ul style="list-style-type: none"> <li>• <b>Accepts:</b></li> <li>• Medicaid</li> <li>• Medicare</li> <li>• Private Insurance</li> <li>• Private pay</li> </ul>	

<u>Family Care Plus</u> 2573 Main St Stratford CT 06615 203.377.1844  <a href="http://www.familycare-plus.com">www.familycare-plus.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• 24 hour live in care</li> <li>• hourly home health aides</li> <li>• homemakers</li> <li>• companions</li> <li>• shopping services</li> </ul>	No eligibility requirements	Accepts private pay, some long term care insurances, veteran's aid	Services 24hr/7days
<u>Home Instead Senior Care</u> 101 Merritt Boulevard Trumbull CT 06611 203.386.1151  <a href="http://www.homeinstead.com">www.homeinstead.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• home companions</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• shopping assistance</li> </ul>	No eligibility requirements.  Seniors must be able to stand and pivot	Accepts: <ul style="list-style-type: none"> <li>• private pay</li> <li>• private insurance.</li> </ul> <i>Doesn't accept Medicaid or Medicare</i>	Site Hours Monday – Friday 9am – 5pm  Services 24hr/7days
<u>Loving Care</u> 915 Daniels Farm Rd Trumbull CT 06611 203.268.5400  <a href="http://www.lovingcarenursing.com">www.lovingcarenursing.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companion</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• personal care</li> <li>• shopping services</li> </ul>	No eligibility requirements	Accepts private pay only	Site Hours Monday – Friday 9am – 5pm  Services 24hr/7days
<u>Comfort Caregivers</u> 601 Boston Post Road Milford CT 06460 203.783.9947 <a href="http://www.comfortcaregiversofct.com">www.comfortcaregiversofct.com</a>	In Home Assistance	<ul style="list-style-type: none"> <li>• live in companions</li> <li>• homemakers</li> <li>• chore assistance</li> <li>• personal care</li> <li>• shopping services.</li> </ul>		Private Pay	
<u>Home Care Plus</u> 309 Seaside Ave Milford CT 06460 203.874.8414	In Home Assistance	Help with: <ul style="list-style-type: none"> <li>• bathing</li> <li>• meal preparation</li> </ul>	Accepts most insurances including state and	Private Pay	Site Hours M-F

<a href="http://www.homecareplus.org">www.homecareplus.org</a>		<ul style="list-style-type: none"> <li>• light housekeeping</li> <li>• personal needs associated with daily living.</li> <li>• RNs, PT, OT, Speech Therapy, SW, Dietitians, and Home Health Aides</li> </ul>	federal plans.		8am – 5pm
<p><u>Comfort Keepers</u> 500 Howe Ave Shelton CT 06484 203.924.4949</p> <p><a href="http://www.comfortkeepers.com">www.comfortkeepers.com</a></p>	In Home Assistance	<ul style="list-style-type: none"> <li>• companionship</li> <li>• meal preparation</li> <li>• personal care</li> <li>• incidental transportation</li> <li>• grocery shopping &amp; errands</li> <li>• light housekeeping</li> <li>• laundry &amp; linen washing</li> <li>• grooming &amp; dressing guidance</li> <li>• family respite care</li> </ul>			Services  24hr/7days
<p><u>Family Friends Homecare</u> 116A Research Dr Milford CT 06460 888.268.9400</p> <p><a href="http://www.familyfriends.com">www.familyfriends.com</a></p>	In Home Assistance	<p>Services:</p> <ul style="list-style-type: none"> <li>• friendly companionship</li> <li>• light housekeeping</li> <li>• cooking</li> <li>• meal preparation</li> <li>• errands</li> <li>• shopping</li> <li>• transportation</li> </ul>			24/7

		<ul style="list-style-type: none"> <li>• ambulation and transfers</li> <li>• assistance with medication</li> <li>• personal care</li> </ul>			
<u>New England Home Care</u> 1077 Bridgeport Ave Shelton CT 06484 203.925.5929  <a href="http://www.newenglandhomecare.com">www.newenglandhomecare.com</a>	In Home Assistance	Homemakers provide for personal needs at home after a hospital discharge	Must have: <ul style="list-style-type: none"> <li>• homebound status</li> <li>• be under the care of a physician</li> <li>• have short-term health needs</li> </ul>	Private Pay, 3 <sup>rd</sup> party sponsorship	
<u>Geriatric Care Management Associations</u> 203.984.8073  <a href="http://www.geriatriccarellc.com">www.geriatriccarellc.com</a>	Case Management Services	<ul style="list-style-type: none"> <li>• plan of care, assistance with aging process</li> <li>• crisis intervention</li> <li>• screening</li> <li>• recruiting</li> <li>• arranging</li> <li>• monitoring in home help</li> <li>• medication and dietary management</li> <li>• exercise programs</li> <li>• respite care</li> <li>• help with activities of daily living</li> </ul>			24/7

<u>Independent Healthcare Families</u> 203.305.6334	Case Management Services				
<u>Bridgeport Hospital</u> 267 Grant St Bridgeport CT 06610 203.384.4600 <a href="http://www.brigeporthospital.com">www.brigeporthospital.com</a>	Coordinated Assessment and Referral for the Elderly (CARE)	Helps to locate community resources for people age 60 and older	Age 60 and older  Resident of Greater Bridgeport	Contributions accepted	24/7
<u>Jewish Home for Elderly</u> 175 Jefferson St Fairfield CT 06825 203.365.6400 <a href="http://www.jhe.org">www.jhe.org</a>	Nursing Home	<ul style="list-style-type: none"> <li>• long term care</li> <li>• post acute rehabilitation</li> <li>• adult day services</li> <li>• home care</li> <li>• geriatric care management</li> <li>• outpatient therapy</li> <li>• generic assessment</li> <li>• senior living</li> </ul>			24/7
<u>Lord Chamberlain Nursing and Rehab Center</u> 7003 Main St Stratford CT 06614 203.375.5894	Nursing Home				24/7
<u>St. Joseph's Manor</u> 6448 Main St Trumbull CT 06611 203.268.6204	Care and Rehabilitation Center	Offers : <ul style="list-style-type: none"> <li>• orthopedic rehabilitation</li> <li>• post surgical care</li> </ul>		Accepts: <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• Commercial</li> </ul>	24/7

		<ul style="list-style-type: none"> <li>• cardiac &amp; stroke recovery</li> <li>• respite services</li> <li>• pain management</li> <li>• adult day care</li> <li>• palliative care &amp; hospice services</li> <li>• pastoral care services</li> <li>• independent living</li> <li>• long term care</li> <li>• clinic services</li> <li>• IV therapy</li> <li>• therapeutic recreation and out-trips</li> </ul>		<p>Insurances</p> <ul style="list-style-type: none"> <li>• Private Pay</li> </ul>	
<p><u>Department of Aging</u>  <u>City Hall</u>  45 Lyon Terrace  Bridgeport CT 06604  203.576.1311</p> <p><a href="http://www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx">www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx</a></p>		<ul style="list-style-type: none"> <li>• Complete examination by a doctor once a month</li> <li>• foot doctor once a week</li> <li>• blood pressure screening</li> <li>• blood sugar and diabetic counseling</li> <li>• urinalysis</li> <li>• weight and diet counseling</li> <li>• seasonal flu shot</li> </ul>	Must be age 60 and over	<p>Free to Bridgeport Senior Citizens</p> <p><i>(a small charge for services provided such as flu shots)</i></p>	Department of Aging

## Social/Recreational Activities

In this section you will find all things social for seniors to do.

- ceramics
- bingo
- ping-pong
- billiards
- computer access
- aerobics
- crocheting
- foot doctor
- haircuts
- line dancing
- movies
- Red Hats Society Club
- swimming
- needlecrafts
- Wii Practice
- exercise equipment
- chair exercise
- cooking classes
- Defensive Diving Courses
- card games
- computer classes
- continuing education
- foreign language classes
- field trips
- health services
- King's Pantry

<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
<a href="#"><u>Eisenhower Senior Center</u></a> 263 Golden Hill St Bridgeport CT 06604 203.576.7993	Senior Center	<ul style="list-style-type: none"> <li>• ceramics</li> <li>• bingo</li> <li>• ping-pong</li> <li>• billiards</li> <li>• computer access</li> <li>• aerobics</li> <li>• crocheting</li> <li>• foot doctor</li> <li>• haircuts</li> <li>• health services</li> <li>• King's Pantry</li> <li>• line dancing</li> <li>• movies</li> <li>• Red Hats Society Club</li> <li>• swimming</li> </ul>	Serves ages 60 and older	Nominal to nothing	8:30am-4:30pm

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- exercise equipment
- chair exercise
- cooking classes
- Defensive Diving Courses
- card games
- computer classes
- continuing education
- foreign language classes
- field trips
- health services
- King's Pantry

<i>Location</i>	<i>Program</i>	<i>What They Offer</i>	<i>Eligibility</i>	<i>Cost</i>	<i>Hours</i>
		<ul style="list-style-type: none"> <li>• needlecrafts</li> <li>• Wii Practice</li> <li>• exercise equipment</li> <li>• Daily lunch provided</li> </ul>			
<u>Black Rock Senior Center</u> 2676 Fairfield Ave Bridgeport CT 06605 203.576.7258	Senior Center	<ul style="list-style-type: none"> <li>• Bingo</li> <li>• chair exercise</li> <li>• exercise equipment</li> <li>• cooking class</li> <li>• line dancing</li> <li>• jewelry making</li> <li>• spinning class</li> <li>• Wii practice</li> <li>• Daily lunch provided</li> </ul>	Serves ages 60 and older	Nominal to nothing	9am-4pm

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<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
<u>North End Bethany Senior Center</u> 20 Thorne St Bridgeport CT 06606 203.576.7730	Senior Center	<ul style="list-style-type: none"> <li>• Bingo</li> <li>• craft classes</li> <li>• exercise classes</li> <li>• equipment</li> <li>• line dancing</li> <li>• movies</li> <li>• Wii practice</li> <li>• Daily lunch provided.</li> </ul>	Serves ages 60 and older	Nominal to nothing	9am-4pm
<u>East Side Senior Center</u> 1057 East Main St Bridgeport CT 06608 203.756.7212	Senior Center			Nominal to nothing	

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- ceramics
- bingo
- ping-pong
- billiards
- computer access
- aerobics
- crocheting
- foot doctor
- haircuts
- line dancing
- movies
- Red Hats Society Club
- swimming
- needlecrafts
- Wii Practice
- exercise equipment
- chair exercise
- cooking classes
- Defensive Diving Courses
- card games
- computer classes
- continuing education
- foreign language classes
- field trips
- health services
- King's Pantry

<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
<u>Ella M. Jackson Senior Center</u> 52 George E. Pipkin's Way Bridgeport CT 06608 203.345.2000	Senior Center		Serves ages 60 and older	Nominal to nothing	
<u>Fairfield Senior Center</u> 100 Mona Terrace Fairfield CT 06824 203.256.3166	Senior Center	Activities: <ul style="list-style-type: none"> <li>• Defensive driving course</li> <li>• fitness and exercise programs</li> <li>• dancing</li> <li>• arts and crafts</li> <li>• bingo and card games</li> <li>• senior groups</li> <li>• movies</li> <li>• computer classes</li> <li>• continuing education classes</li> </ul>	Serves ages 60 and older	Nominal to nothing	Monday – Friday 9am – 3:30pm

## Social/Recreational Activities

In this section you will find all things social for seniors to do.

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- haircuts
- line dancing
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<i>Location</i>	<i>Program</i>	<i>What They Offer</i>	<i>Eligibility</i>	<i>Cost</i>	<i>Hours</i>
		<ul style="list-style-type: none"> <li>• Health Screenings</li> <li>• Craft Shop</li> <li>• Hot Lunch (reservations needed. \$2.00 donation suggested)</li> <li>• Social Services (information, referrals, assessments and counseling regarding insurances, long term care, money issues etc.)</li> </ul>			
<u>Eunice Postol Recreation Center</u> 75 Mill Plain Rd Fairfield CT 06824 203.256.3192		<ul style="list-style-type: none"> <li>• Fitness center</li> <li>• Classes</li> <li>• Games</li> <li>• events</li> </ul>		Yearly Membership is \$110 for persons 62 and older  Three month memberships	Monday – Friday 6:30am – 9:30pm  Saturday/Sunday 9am – 4pm

## Social/Recreational Activities

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<i>Location</i>	<i>Program</i>	<i>What They Offer</i>	<i>Eligibility</i>	<i>Cost</i>	<i>Hours</i>
				are \$55	
<u>Baldwin Center</u> 1000 West Broad St Stratford CT 06615 203.385.4050	Senior Center	<ul style="list-style-type: none"> <li>• Daily Activity Center</li> <li>• Lunch is Provided</li> <li>• Energy assistance</li> <li>• Renter's rebate</li> <li>• tax relief programs</li> <li>• transportation</li> <li>• Family Caregiver Support Program Coffee Shop</li> <li>• Nutrition program</li> <li>• shopping assistance</li> </ul>	Stratford Residents 55 years old and over	Nominal to nothing	M-F  8:30am – 4:00pm

## Social/Recreational Activities

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<i>Location</i>	<i>Program</i>	<i>What They Offer</i>	<i>Eligibility</i>	<i>Cost</i>	<i>Hours</i>
		<ul style="list-style-type: none"> <li>• Travel</li> <li>• magic</li> <li>• arts</li> <li>• crafts</li> <li>• music</li> <li>• literature</li> <li>• history</li> <li>• hobbies</li> </ul>			
<u>Trumbull Senior Center</u> 23 Priscilla Place Trumbull CT 06611 203.452.5199	Senior Center	<ul style="list-style-type: none"> <li>• Medicare counseling</li> <li>• information and referral</li> <li>• daily nutrition program</li> <li>• free income tax assistance</li> <li>• safe driving course</li> <li>• dancing</li> <li>• crafts</li> <li>• games,e</li> </ul>	Ages 60 and older	Nominal to nothing	Monday – Friday 9am – 4pm

## Social/Recreational Activities

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<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
		<ul style="list-style-type: none"> <li>• exercise</li> <li>• programs</li> <li>• socials</li> <li>• Movies</li> <li>• bingo</li> <li>• computer lessons</li> <li>• Provides weekly hot lunches and has box lunches for take-home and weekends.</li> <li>• Nurse available every Wednesday and Thursday for height, weight, and blood pressure screening</li> </ul>			
Milford Senior Center 9 Jepson Dr Milford CT 06460	Senior Center	<ul style="list-style-type: none"> <li>• recreation</li> <li>• nutrition</li> <li>• educational activities</li> </ul>	Open to anyone 55 years or	Nominal to nothing	Monday – Friday 9am – 4pm

## Social/Recreational Activities

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- card games
- computer classes
- continuing education
- foreign language classes
- field trips
- health services
- King's Pantry

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
203.877.5131 <a href="http://www.milfordctseniorcenter.com">www.milfordctseniorcenter.com</a>		<ul style="list-style-type: none"> <li>• insurance assistance</li> <li>• free blood pressure screening</li> <li>• AARP income tax assistance</li> <li>• social services information</li> <li>• lunch for a small fee</li> <li>• dancing</li> <li>• exercise</li> <li>• foreign language classes</li> <li>• Transportation</li> </ul>	older		Sunday  12pm – 4pm
<u>Monroe Senior Center</u> 235 Cutlers Farm Rd Monroe CT 06468 203.452.3771	Senior Center	<ul style="list-style-type: none"> <li>• social, recreational, and educational programs and activities</li> <li>• Outreach program available to residents age 60 and over permanently or temporarily confined to their homes or who</li> </ul>	Serves ages 60 and older	Membership required \$3.00 for Monroe Residents, \$5.00 for nonresidents	M-F  9am – 5pm

## Social/Recreational Activities

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<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
		<p>are isolated, frail, or low-income.</p> <ul style="list-style-type: none"> <li>• Provides assistance regarding government entitlement programs and educates residents and their families about resources and services.</li> </ul>			
<p><u>Shelton Senior Center</u> 81 Wheeler St Shelton CT 06484 203.924.9324</p>	<p>Senior Center</p>	<ul style="list-style-type: none"> <li>• lunch program</li> <li>• health screenings</li> <li>• counseling on federal and state benefit programs</li> <li>• financial and insurance presentations</li> <li>• educational, social, and recreational programs</li> </ul>	<p>Must be age 55 or older</p>	<p>Membership required</p> <p>\$4.00 for Shelton residents</p> <p>\$7.00 - \$10.00 for others</p>	<p>Monday – Friday 9am – 4:30pm</p>

<p>Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311</p> <p><a href="http://www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx">www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx</a></p>	<p>The Retired and Senior Volunteer Program (RSVP)</p>	<p>Provides opportunities to volunteer at various non-profit agencies</p>			
<p>Sunset Shores Adult Day Care Center 720 Barnum Ave Stratford CT 203.380.1228</p> <p><a href="http://www.elocallink.tv/pr/files/ct/stratford/5/contact.html">www.elocallink.tv/pr/files/ct/stratford/5/contact.html</a></p>	<p>Adult Day Care</p>	<ul style="list-style-type: none"> <li>• health monitoring</li> <li>• therapeutic recreation</li> <li>• home assessment</li> <li>• community services referrals,</li> <li>• Alzheimer’s care</li> <li>• financial counseling and assistance</li> </ul> <p><i>Lunch and Transportation are also provided</i></p>		<p>Private insurance and scholarship opportunities</p>	
<p><u>Grasmere by the Sea Adult Day Services</u> 1 Post Rd. Fairfield CT 06824 203.365.6470</p> <p><a href="http://www.jhe.org">www.jhe.org</a></p>	<p>Adult Day Care</p>	<ul style="list-style-type: none"> <li>• Provide nursing supervision</li> <li>• personal care</li> <li>• on-site Physical therapy and beauty salon</li> <li>• hot lunch. Transportation available</li> </ul>			<p>M-F 8am – 4:30pm</p> <p>Saturday 8am – 3pm</p>
<p><u>Kennedy Center</u> 2440 Reservoir Ave Trumbull CT 06611 203.365.8522</p>	<p>Senior Options Program (Adult Day</p>	<ul style="list-style-type: none"> <li>• health and physical fitness programs</li> <li>• in-house and community social, recreational,</li> </ul>			

<a href="http://www.thekennedycenterinc.org">www.thekennedycenterinc.org</a>	Care)	educational, and therapeutic programs <ul style="list-style-type: none"> <li>• community service involvement</li> <li>• intergenerational programs</li> <li>• support groups</li> <li>• weekend “getaways”</li> <li>• cultural enrichment</li> <li>• one on one and group counseling.</li> </ul>			
<u>Park City Adult Day Care</u> 55A Chapel St Bridgeport CT 06604 203.335.1001	Adult Day Care				
<u>Jewish Family Service</u> 2370 Park Ave Bridgeport CT 06604 203.366.5438  <a href="http://www.jfsct.org">www.jfsct.org</a>	Friendly Visiting	Trained volunteers make regular visits to older residents who are homebound and in need of companionship	<ul style="list-style-type: none"> <li>• Homebound</li> <li>• frail elderly</li> <li>• Ages 60 and older</li> <li>• Resident of Greater Bridgeport</li> </ul>	No Fee. Donation accepted	Site Hours M-F  9am-9pm Friday 9am-4pm

## Housing

*What you will find in this section:*

In this section you will find all things to do with Housing includes not only the wheres, but the whats (they offer) as well. . This includes: Senior Housing Complexes, Adult Living Communities, Assisted Living Facilities, Independent Living Apartments, Low Income Housing,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Spring Meadows</u> 6949 Main St Trumbull CT 203.261.0006 <a href="http://www.springmeadowstrumbull.com">www.springmeadowstrumbull.com</a>	Independent / Assisted Living	<ul style="list-style-type: none"> <li>• assistance with activities of daily living</li> <li>• meals</li> <li>• personal care</li> <li>• 24 hour security</li> <li>• organized recreational activities</li> </ul>		Set Fee	24/7
<u>Watermark</u> 3030 Park Ave Bridgeport CT 06604 203.502.7593 <a href="http://www.watermarkcommunities.com">www.watermarkcommunities.com</a>	Continuing Care Retirement Communities	<ul style="list-style-type: none"> <li>• independent living to long term care nursing</li> <li>• Assisted living</li> <li>• nursing carespecial care unit for people with memory impairments.</li> </ul>	Ages 62 and older  <i>(If couple, one must be age 62+)</i>		
<u>Middlebrook Farms at Trumbull</u> 2750 Reservoir Ave Trumbull CT 06611 203.268.2400	Assisted Living	<ul style="list-style-type: none"> <li>• assisted living</li> <li>• meals</li> <li>• housekeeping</li> <li>• laundry</li> <li>• 24-hour security</li> <li>• transportation</li> </ul>			

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<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
		<ul style="list-style-type: none"> <li>• medication management</li> </ul>			
<u>Carriage Green</u> 77 Plains Rd Milford CT 06460 203.874.4408	Assisted Living	<ul style="list-style-type: none"> <li>• assisted living</li> <li>• meals</li> <li>• housekeeping</li> <li>• laundry</li> <li>• 24hour security</li> <li>• transportation</li> <li>• medication management</li> </ul>	Ages 55 and older	Private Pay	
<u>Crosby Commons at Wesley Village</u> 580 Long Hill Ave Shelton CT 06484 203.225.5000  <a href="http://www.umh.org">www.umh.org</a>	Assisted Living	<ul style="list-style-type: none"> <li>• skilled care nursing</li> <li>• sub acute care</li> <li>• hospice care</li> <li>• rehabilitative therapies</li> <li>• assisted living</li> <li>• independent living apartments.</li> </ul>			Site Hours Monday – Friday 9am – 5pm
<u>Atria Stratford</u> 6911 Main St Stratford CT 06614 203.380.0006	Assisted Living	<ul style="list-style-type: none"> <li>• assisted living</li> <li>• meals</li> <li>• housekeeping</li> <li>• laundry</li> </ul>	Older Adult	Private Pay	

## Housing

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<a href="http://www.atriaseniorliving.com">www.atriaseniorliving.com</a>		<ul style="list-style-type: none"> <li>• 24hour security</li> <li>• transportation</li> <li>• medication management</li> </ul>			
<u>Oronoque Village Condominiums</u> 600 North Trail Stratford CT 06614 203.377.5313  <a href="http://www.oronoquevillag.com">www.oronoquevillag.com</a>	Independent Retirement Community				
<u>Teresian Towers</u> 6454 Main St Trumbull CT 06611 203.261.2229	Independent Retirement Community				
<u>Mutual Housing Assn. of Southwestern Connecticut</u>  580 Villa Ave Fairfield CT 06825 203.359.6940  1235 Huntington Tpk Trumbull CT 06611	Below Market Rental Housing (LIHTC) for Older Adults	<ul style="list-style-type: none"> <li>• Independent living</li> <li>• below market rental facility</li> </ul>	Ages 62 and older	Residents pay 25-50% below the market rent	

## Housing

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<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
203.359.6940					
<p><u>North Avenue Apartments</u> 2400 North Ave Bridgeport CT 06604 203.367.2677</p> <p>(There are 14 other similar apartment complexes in Bridgeport)</p>	Subsidized Rental Housing for Older or Disabled Adults	<ul style="list-style-type: none"> <li>• Independent living</li> <li>• subsidized rental facility offers housing for low income older adults and adults who have disabilities.</li> </ul>	<ul style="list-style-type: none"> <li>• 62 and older</li> <li>• people ages 18 or older who have disabilities and are receiving SSA Disability.</li> <li>• Income Restrictions</li> </ul>		
<p><u>Bridgeport Housing Authority</u> 150 Highland Ave Bridgeport CT 06604 203.337.8900</p> <p><a href="http://www.bridgeporthousing.org">www.bridgeporthousing.org</a></p> <p>(There are 10 Bridgeport Housing Authority Apartments in</p>	Subsidized rental housing for older or disable adults	<ul style="list-style-type: none"> <li>• subsidized units in Bridgeport for income eligible older adults age 62+ and people ages 18+ who are disabled</li> </ul>	<ul style="list-style-type: none"> <li>• 62 and older</li> <li>• people ages 18 or older who have disabilities and are receiving SSA Disability.</li> </ul>	Rent varies based on income	Site Hours M-F 8:30am – 5pm

## Housing

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<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
Bridgeport)			<ul style="list-style-type: none"> <li>• Income Restrictions</li> </ul>		
<u>Saranor Apartments II</u> 159 – 179 Platt St Milford CT 06460 203.877.7195	Below Market Rental Housing	Low Income Housing Tax Credits (LIHTC) Project Based Section 8 funding for older adults and adults who have disabilities.	<ul style="list-style-type: none"> <li>• Income Restrictions</li> <li>• Ages 55 and older</li> </ul>		
<u>Office of Community and Economic Development</u>  Fairfield CT <a href="http://www.fairfieldct.org/ced-elderly.htm">www.fairfieldct.org/ced-elderly.htm</a>	Elder Housing Directory				

## Other Assistance

<b>Transportation</b>					
<i>What you will find in this section:</i> This section includes different options for seniors to get around, including transportation for shopping, errands, doctor's appointments, non medical related rides,					
<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Department of Aging City Hall</u> 45 Lyon Terrace Bridgeport CT 06604 203.576.1311  <a href="http://www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx">www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx</a>	Senior Transportation Program	<ul style="list-style-type: none"> <li>• transportation</li> </ul>	Bridgeport resident		
<u>Fairfield Transportation Services</u>  Fairfield CT 203.256.3168 203.256.3168		Transportation to and from: <ul style="list-style-type: none"> <li>• Fairfield Senior Center and Shopping</li> <li>• Medical Appointments in Fairfield</li> <li>• St. Vincent Hospital</li> <li>• Bridgeport Hospital</li> <li>• Bridgeport Commerce Park</li> <li>• West Haven Veterans</li> </ul>		\$0.25 each way  \$0.50 each way  \$1.00 each way  \$1.00 each way  Free on Tuesdays	

## Transportation

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This section includes different options for seniors to get around, including transportation for shopping, errands, doctor's appointments, non medical related rides,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Stratford Transportation Services</u>  Stratford CT 203.385.4051		Hospital <ul style="list-style-type: none"> <li>• Medical Related Rides</li> <li>• Nonmedical Related Rides</li> </ul>		Free \$1.00 each way	Monday – Friday 8am – 4pm  With Reservations Monday – Friday 8:00am – 4:30pm
<u>Trumbull Transportation Services</u>  Trumbull CT 203.452.5137		Transportation to: <ul style="list-style-type: none"> <li>• attend Center Programs</li> <li>• Doctor's Appointments</li> <li>• Shopping</li> <li>• Special Town Activities</li> </ul>	Residents 60 years of age and older		
<u>Monroe Transportation Services</u> Monroe CT 203.452.3700 (Transportation Coordinator, Arlene Townson)		<ul style="list-style-type: none"> <li>• Medical and Non-Medical transportation within Monroe and to Bridgeport, Stratford, and Trumbull</li> </ul>	Residents 60 years of age and older or disabled		Reservations required at least 48 hours in advance Appointment must be: <ul style="list-style-type: none"> <li>• Monroe 9:30am – 2:30pm</li> <li>• Bridgeport 9:45am – 1:30pm</li> <li>• Stratford</li> </ul>

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<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
					9:45am – 1:30pm • Trumbull 9:45am – 1:30pm
<u>Shelton Transportation Services</u>  Shelton CT (based at Senior Center) 203.924.9324		<ul style="list-style-type: none"> <li>• Transportation to and from medical / dental appointments in Shelton, Derby, Seymour, and Ansonia.</li> <li>• Transportation to and from Senior Center for Shelton residents who are members.</li> <li>• Transportation to local shopping center on Wednesdays.</li> </ul>	Residents age 55 or older or those unable to use fixed – route bus service		Reservations required 24 hours to 14 days in advance  Monday – Friday 9:30am – 2pm

## Food

*What you will find in this section.*

This section is about what services are available to seniors when it comes to food including those who are homebound and need delivery, special dietary needs, and grocery shopping services.

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Raymond E. Baldwin Center</u>  1000 West Broad St. Stratford CT 06615 203.385.4050	Grocery Shopping Assistance	Volunteers shop for homebound disabled adults or older adults ages 60+	Resident of Stratford, Ages 60 or older or homebound disabled adult	No Fee	Site Hours Monday – Friday 8:30am – 4pm
<u>FSW</u> 475 Clinton Ave Bridgeport CT 06605 203.368.5592  <a href="http://www.fswinc.org">www.fswinc.org</a>	Meals on Wheels	Delivers a hot lunch and cold supper 5 days a week (meals can be prepared according to doctor's recommendation)	Adults ages 60 and older	Adults ages 60 and older	Site Hours Monday, Thursday, Friday 8am – 5pm  Tuesday, Wednesday 8am-9pm
	Home Plate	Offers weekly delivery of 7 frozen entrees.	No restrictions	No restrictions	
	Family Fare	Offers the delivery of freshly prepared meals and can	No restrictions	No restrictions	

## Food

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<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
		accommodate needed therapeutic diets			

## Handyman

**What you will find in this section:**

This section provides references for general household repairs and maintenance including light plumbing, changing fuses, install/remove air conditioners, clean gutters, move furniture, yard care,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<p><u>Department of Aging</u> (Funded by Southwestern Area Agency)</p> <p>City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311</p> <p><a href="http://www.bridgeportct.gov/dept_onaging/pages/seniorsocialservices.aspx">www.bridgeportct.gov/dept_onaging/pages/seniorsocialservices.aspx</a></p>	Senior Chore Service Program	<p>Provides handyman to do repairs such:</p> <ul style="list-style-type: none"> <li>• fixing leaky faucets</li> <li>• changing fuses</li> <li>• remove/install air conditioners</li> <li>• clean gutters</li> <li>• move furniture</li> <li>• hang pictures/shelves</li> <li>• fix broken locks</li> </ul>		Free for Bridgeport Senior Citizens (must provide own materials)	
<p><u>Groundwork Bridgeport</u></p> <p>480 Barnum Ave Bridgeport CT 06608 203.335.6126</p> <p><a href="http://www.groundworkbridgeport.org">www.groundworkbridgeport.org</a></p>	In Home Assistance	Yard care assistance for homeowners ages 65+ who live in Bridgeport, Fairfield, Norwalk, or Stratford	Age 65 or older. Residents of Bridgeport, Fairfield, Norwalk, or Stratford	Fees for yard work are subsidized for low income homeowners	
<u>Office of Community and Economic Development</u>	Handyman Program	Handyman program assists very low income homeowners	Resident of Fairfield.	No fee for labor. Resident pays	

## Handyman

***What you will find in this section:***

This section provides references for general household repairs and maintenance including light plumbing, changing fuses, install/remove air conditioners, clean gutters, move furniture, yard care,

611 Old Post Rd  
Fairfield CT 06824

with minor maintenance and repairs to their primary place of residence. Repair time can't exceed 8 hours.

Income restriction

for materials

## Money

*What you will find in this section:*

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Department of Aging</u>  City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311  <a href="http://www.brigeportct.gov/deptofaging/pages/seniorsocialservices.aspx">www.brigeportct.gov/deptofaging/pages/seniorsocialservices.aspx</a>	Energy Assistant Program	Helps pay for the cost of primary heating bill			October through April (depending on funding)
<u>Department of Aging</u>  City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311  <a href="http://www.brigeportct.gov/deptofaging/pages/seniorsocialservices.aspx">www.brigeportct.gov/deptofaging/pages/seniorsocialservices.aspx</a>	Renter's Rebate Program		Retired seniors must be 65 years old by December 31, 2004		May through September
<u>Department of Human Services</u> 150 Gulf St Milford CT 06460 203.783.3253	Renter's Rebate Program		Renters over the age of 65 receiving Social Security benefits or renters under 65 receiving Disability		

## Money

*What you will find in this section:*

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<a href="http://www.ci.milford.ct.us">www.ci.milford.ct.us</a>			benefits. Maximum income for singles is \$29,800 and for married couples is \$36,500		
<u>Department of Human Services</u> 150 Gulf St Milford CT 06460 203.783.3253  <a href="http://www.ci.milford.ct.us">www.ci.milford.ct.us</a>	Energy Assistance Program	Provides energy assistance for elderly, disabled, and low income individuals	Income and liquid asset guidelines vary yearly		
Assessor's Office City Hall 54 Hill St Shelton CT 06484 203.924.1555  <a href="http://www.cityofshelton.org/gengov/assessor.htm">www.cityofshelton.org/gengov/assessor.htm</a>	Tax Relief Program		Age 65 or older or at any age for residents who are legally blind or totally disabled and to wartime or disabled veterans		Monday – Friday 8am - 5:30pm
<u>Assessor's Office City Hall</u> 54 Hill St Shelton CT 06484 203.924.1555  <a href="http://www.cityofshelton.org/gengov/assessor.htm">www.cityofshelton.org/gengov/assessor.htm</a>	Rent Refunds Program		Age 65 or older or at any age for residents who are legally blind or totally disabled and to wartime or disabled veterans		Monday – Friday 8am - 5:30pm

## Money

*What you will find in this section:*

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<u>Assessor's Office City Hall</u> 54 Hill St Shelton CT 06484 203.924.1555  <a href="http://www.cityofshelton.org/gengov/assessor.htm">www.cityofshelton.org/gengov/assessor.htm</a>	Utility Bill Refunds Program		Age 65 or older or at any age for residents who are legally blind or totally disabled and to wartime or disabled veterans		Monday – Friday 8am - 5:30pm
<u>Town Assessor's Office</u> 2725 Main St Stratford CT 066015 203.385.4025  <a href="http://www.townofstratford.com">www.townofstratford.com</a>	Tax Relief Program		Age 65 or older, Must meet certain income guidelines		
<u>Town Assessor's Office</u> 2725 Main St Stratford CT 066015 203.385.4025  <a href="http://www.townofstratford.com">www.townofstratford.com</a>	Energy Assistance Program				
<u>Town Assessor's Office</u> 2725 Main St Stratford CT 066015 203.385.4025  <a href="http://www.townofstratford.com">www.townofstratford.com</a>	Rental Rebate Program				
<u>Town Assessor's Office</u>	Tax Relief				Monday –

## Money

*What you will find in this section:*

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
5866 Main St Trumbull CT 06611  <a href="http://www.trumbull-ct.gov">www.trumbull-ct.gov</a>	Program				Friday 9am – 5pm
<u>Town Assessor's Office</u> 7 Fan Hill Rd Monroe CT 06468  <a href="http://www.monroect.org/assessor.aspx">www.monroect.org/assessor.aspx</a>	Tax Relief Program				M-F 9am – 5pm
<u>Town of Fairfield</u> 611 Old Post Rd Fairfield CT 06824 203.256.3110  <a href="http://www.fairfieldct.org">www.fairfieldct.org</a>  Michael Gurge 203.331.8948	Rental Assistance				
<u>Assessor's Office</u> 611 Old Post Rd Fairfield CT 06824 203.256.3110  <a href="http://www.fairfieldct.org">www.fairfieldct.org</a>	Tax Relief Program				

## Social Services

*What you will find in this section:*

This section provides information on social services available including help with understanding insurance company requirements, adult day care referrals, Medicare benefits, prescription assistance,

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<p>Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311</p> <p><a href="http://www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx">www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx</a></p>	<p>Social Services Coordinator</p>	<p>Information, assistance, and counseling regarding:</p> <ul style="list-style-type: none"> <li>• Medicare</li> <li>• Medicaid</li> <li>• Part D prescription plans</li> <li>• MSP programs</li> <li>• CONNPace prescription plan</li> <li>• Health care insurance choices</li> <li>• adult day care referrals</li> <li>• renter's rebate program</li> <li>• Connecticut energy/housing assistance program applications</li> </ul>	<p>Bridgeport Residents 60 and over</p>		<p>Monday – Friday 8:30am – 4:30pm</p>
<p>Southwestern Connecticut Agency on Aging 10 Middle St. 9<sup>th</sup> Floor Bridgeport CT 06604 203.333.9288</p> <p><a href="http://www.swcaa.org">www.swcaa.org</a></p>	<p>CHOICES: Health Insurance Counseling</p>	<p>Benefits assistance:</p> <ul style="list-style-type: none"> <li>• Medicare Beneficiaries</li> <li>• Benefits assistance for older adults</li> <li>• health insurance information/ counseling,</li> <li>• Medicare information/ counseling, outreach programs for older adults, prescription expense assistance for Medicare Beneficiaries,</li> <li>• Specialized information and referral for</li> </ul>	<p>Ages 60 and older, Resident of Southwestern Connecticut</p>		<p>Site Hours Monday – Friday 8:30am – 5pm</p>

## Social Services

*What you will find in this section:*

This section provides information on social services available including help with understanding insurance company requirements, adult day care referrals, Medicare benefits, prescription assistance,

<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
		older adults			

## Employment

*What you will find in this section:*

This section provides suggested places that seniors can go to for help in getting employment, as well as places seniors can go to for work.

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<p><u>Department of Aging City Hall</u> 45 Lyon Terrace Bridgeport CT 06604 203.576.1311</p> <p><a href="http://www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx">www.brigeportct.gov/deptonaging/pages/seniorsocialservices.aspx</a></p>	<p>Senior AIDES Program</p>	<p>provides employment assistance to low and very low income Bridgeport senior citizens</p>	<p>Must be:</p> <ul style="list-style-type: none"> <li>• at least 55 years old</li> <li>• Have ID, Social Security card and proof of income</li> </ul>		
<p><u>CT Works One Stop Career Centers</u> 2 Lafayette Square Bridgeport CT 06604 203.333.5129</p> <p><a href="http://www.ctworkssw.org">www.ctworkssw.org</a></p>		<p>Job finding assistance for older adults.</p> <p>Offers:</p> <ul style="list-style-type: none"> <li>• career counseling</li> <li>• resume preparation assistance</li> <li>• job search support services</li> <li>• workshops</li> <li>• access to a database of job postings.</li> </ul>	<p>Ages 55 or older, Income at or below 125% Federal Poverty Level, Resident of service area</p>	<p>No Fee</p>	<p>Site Hours M-F 8:30am – 4:30pm</p>

## Taxes

*What you will find in this section:*

This section provides information on where seniors can go for tax assistance as well as tax filing assistance.

<b>Location</b>	<b>Program</b>	<b>What They Offer</b>	<b>Eligibility</b>	<b>Cost</b>	<b>Hours</b>
<p><u>Bridgeport Public Library</u> 3455 Madison Ave Bridgeport CT 06606 203.576.7003</p> <p><a href="http://www.bportlibrary.org">www.bportlibrary.org</a></p>	<p>AARP Tax-Aide Income Tax Assistance</p>	<p>Tax-Aide volunteers offer free income tax assistance at community sites for low and middle income households.</p> <p>Assistance for older adults ages 60 and older is given priority</p>		No Fee	<p>February 1<sup>st</sup> – April 15<sup>th</sup></p> <p>(by appointment only)</p>
<p><u>Burroughs Community Center</u> 2470 Fairfield Ave Bridgeport CT 06605 203.334.0293</p> <p><a href="http://www.burroughscc.org">www.burroughscc.org</a></p> <p>(there are 8 other VITA sites in Bridgeport)</p>	<p>Volunteer Income Tax Assistance</p>	<p>Trained volunteers offer free tax filing assistance</p>	Income at or below \$49,000	No Fee	<p>January 18<sup>th</sup> – April 12<sup>th</sup></p> <p>Monday 6-9pm Sunday 11am – 2pm (by appointment only)</p>

**MISC.**

<b><i>Location</i></b>	<b><i>Program</i></b>	<b><i>What They Offer</i></b>	<b><i>Eligibility</i></b>	<b><i>Cost</i></b>	<b><i>Hours</i></b>
<u>Hair on Wheels</u>  203.929.2109 203.913.2192	Hair Stylists	All styles, perms, cuts, coloring			
<u>GrandPals</u>  203.394.6529 Sara Witherington	GrandPals	Stipended volunteer opportunities for senior citizens to volunteer in local schools	60+ Lower Income		School hours

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