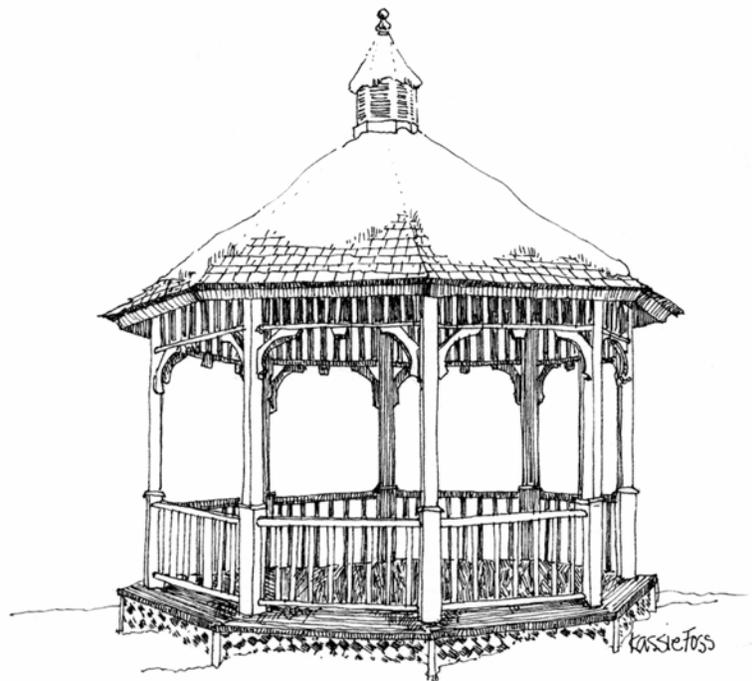


Weston Senior Services and Resource Directory



THE GAZEBO AT WESTON TOWN HALL

Published by
The Weston Commission on Aging
Weston, Connecticut
2010

FOR ALL EMERGENCIES, CALL:

9-1-1

Including for TDD (Telecommunications Device for the Deaf)

POLICE • FIRE • EMERGENCY MEDICAL SERVICES (EMS)

ABOUT THE DIRECTORY AND THE COMMISSION ON AGING

This Directory was developed by the Weston Commission on Aging. It is designed to provide Weston's seniors and their families with a single comprehensive guide to the programs and services available to serve their needs and interests. It includes information about Weston's volunteer and Town agency resources as well as many non-profit and government agencies at the regional, state, and national levels.

The Weston Commission on Aging, established more than a quarter of a century ago, advises the Board of Selectmen about the needs of Weston's seniors and helps develop resources and programs to address them.

The Commission meets at the Weston Senior Activities Center. Meetings are open to the public and all are welcomed. Schedule and agenda information is available at Town Hall and on the Town Web site: www.westonct.gov.

Directory entries are for information purposes only. No independent evaluations of provider qualifications and/or quality of service have been made and inclusion does not constitute an endorsement. All listings are subject to change and updates may periodically be incorporated in the online edition available at the Town Web site.

Please send any changes, corrections, and/or comments to the Commission on Aging in care of Weston Town Hall, 56 Norfield Road, Weston, CT 06883.

We hope you will find the new Directory useful.

Weston Commission on Aging

Helen R. de Keijzer, Chair and Directory Editor

Ernest Albin

Peggy Anderson

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TABLE OF CONTENTS

ABOUT THE DIRECTORY AND THE COMMISSION ON AGING, Inside Front Cover

GENERAL INFORMATION RESOURCES, 2

WESTON RESOURCES AND SERVICES, pages 3-7

- Weston Department of Social Services, 3
- Weston Senior Activities Center and Area Senior Centers, 4
- Westport Weston Health District, 5
- Emergency Preparedness, 6-7

ADVOCACY, page 8

COUNSELING AND HEALTH CARE, pages 9-18

- Counseling, Support Groups, and Mental Health Services, 9-11
- Health Services and Support, 12-14
- Geriatric Evaluation, 15
- Home Health Care, Respite Care, and Long-Term Care, 16-17
- Adult Day Care Centers, 18

EVERYDAY NEEDS, pages 19-30

- Employment Programs and Resources, 19
- Food and Nutrition Assistance, 20
- Fuel and Utilities Assistance, 21
- Homemaker/Chore Services and Home Maintenance, 22
- Housing Options and Support, 23
- Legal Information and Services/Consumer Protection, 24-25
- Money Matters, Benefits, and Tax Relief Programs, 26-28
- Transportation, 29-30

ENRICHMENT – MIND AND BODY, pages 31-36

- Education and Cultural Enrichment, 31-33
- Recreation, Fitness, and Walking Trails, 34-35
- Volunteer Opportunities, 36

VETERANS AFFAIRS/SERVICES, page 37

ANNUAL COMMUNITY EVENTS, pages 38-39

INDEX, pages 40-43

NOTES & NUMBERS, page

ACKNOWLEDGMENTS, Inside Back Cover

EMERGENCY HELP AND WESTON TOWN INFORMATION, Outside Back Cover

GENERAL INFORMATION RESOURCES

AARP Phone: 1-888-687-2277 or 1-866-295-7279 for the Connecticut Office

www.aarp.org

AARP, a non-profit membership organization for people age 50 and older, offers information and access to a wide range of resources for members and non-members alike. Discounts to many programs and services are available to members only.

Administration on Aging (AOA) Phone: 202-619-0724 (Washington, DC)

www.aoa.gov (search: Elders and Families)

AoA is the federal agency responsible for advancing the concerns and interests of older people and their caregivers. Among other services, it sponsors Eldercare Locator listed below.

Eldercare Locator Phone: 1-800-677-1116

www.eldercare.gov

Eldercare Locator is a source of information on senior services available nationwide.

Infoline/2-1-1 Phone: 2-1-1, including TDD calls

www.211ct.org

Infoline/2-1-1 is a 24-hour/7-day-a-week free community service and Crisis Hotline.

2-1-1, run by United Way of Connecticut, provides referrals to an extensive range of resources and support services to meet individual, family, and community needs.

Medicare, Medicare Part D (drug plans), Medigap, and other information

Phone: 1-800-Medicare (633-4227) or TTY/TDD 1-877-486-2048, 24-hours/7-days-a-week

www.Medicare.gov (The official U.S. government site for people with Medicare)

This resource provides access to a broad range of useful information, including tools for evaluating insurance plans, hospitals, home health agencies, and more.

National Association of Professional Geriatric Care Managers

www.caremanager.org Phone: 1-520-881-8008 (Tucson, Arizona)

The Association is a non-profit membership organization offering information and help in finding a professional geriatric care manager.

SWCAA • Southwestern Connecticut Agency on Aging

Phone: 1-203-333-9288, Toll free: 1-800-811-9808 or 1-800-994-9422, TTY: 1-203-332-2606

www.swcaa.org, 10 Middle Street, Bridgeport, CT 06604

SWCAA provides information about services and programs available for older adults in Fairfield County and administers statewide and national programs that meet a wide range of needs. Through CHOICES (Connecticut's programs for Health insurance, Outreach, Information, and Eligibility Screening), information and assistance is available on Medicare, Medigap, Medicaid, Long-Term Care Insurance, and more.

The Agency also researches and evaluates elderly issues, offers community education related to the needs of the elderly, and serves as an advocate for older individuals.

WESTON RESOURCES AND SERVICES

WESTON DEPARTMENT OF SOCIAL SERVICES

Department of Social Services Phone: 203-222-2663

www.westonct.gov

Town Hall Annex, 24 School Road, Weston, CT 06883

- **Director and Municipal Agent for the Elderly** Phone: 203-222-2663
- **Administrative Assistant** Phone: 203-222-2556

The Weston Department of Social Services provides a broad range of information, referral, and support services to local residents of all ages.*

Weston's Municipal Agent for the Elderly, appointed by the town, is available to assist town residents ages 60 and older by providing information and referrals to local, regional, state, and federal services and benefit programs to meet their specific needs.

The Weston Department of Social Services offers:

- Crisis intervention/counseling referral
- Emergency preparedness education
- Dial-a-Ride and RSVP medical driving service, see pages 29-30 for details
- Meals on Wheels, see also page 20
- Emergency funds to meet basic needs for food, shelter, electricity, and home heating
- Coordination with the Weston Warm-Up Fund, see page 21
- Coordination with the Weston Food Pantry, see page 20
- Help in accessing local, regional, state, and federal benefit programs, including ConnPace, Medicare, and Medicaid, as well as other support services to meet a wide range of needs
- "Are You OK?" an automated daily phone call, see page 6
- Help in accessing medical evaluations, health care services, home care, respite care, and Lifeline response services
- Help with tax relief and renter's relief programs, see pages 27-28 for details
- Free tickets to community events and free beach passes for eligible residents
- Holiday giving programs
- Coordination with the Weston Community Service Coalition, which helps service organization volunteers connect with and meet local needs. See the Web site: www.wcsct.net

** For information on programs and services for Children and Youth, call the Youth Services Director at 203-222-2585 or the Youth Services Program Coordinator at 203-222-2586.*

THE WESTON SENIOR ACTIVITIES CENTER

The Weston Senior Activities Center Phone: 203-222-2608

www.westonct.gov

Located at Hurlbutt Elementary School, 9 School Road, Weston, CT 06883

The **Director** and **Program Coordinator** organize activities at the Senior Center and other venues. Their programs are supported by the work of many community volunteers.

The Weston Senior Activities Center offers:

- A newsletter, which includes an activities and events calendar
- Senior lunches followed by bingo, entertainment, or occasional informational programs
- Drop-in activities such as knitting, beading, Scrabble®, card games, and Wii bowling
- Classes on computer skills and e-mail use, watercolor painting, safe driving, etc.
- Book groups and film showings
- Health education and other health-related programs
- Wellness and fitness programs: yoga, strength and fitness training, walking groups, and more
- Medicare and Medicare part D (drug plans) information and assistance
- Individual tax help and other programs geared to meeting specific needs
- Distribution of government and non-profit agency materials
- Field trips to theaters, music venues, restaurants, and other destinations

SENIOR CENTERS IN OUR AREA

Senior centers in area towns offer a broad range of programs, services, and occasional events that are open to Weston seniors, as space allows. A partial listing follows; for other facilities, call 2-1-1 or search the Web.

Westport Center For Senior Activities Phone: 203-341-5099, www.westportct.gov

Norwalk Senior Center Phone: 203-847-3115, www.norwalkct.org

Wilton Senior Center Phone: 203-834-6240, www.wiltonct.org

Easton Senior Center Phone: 203-268-1145, www.eastonct.gov

THE WESTPORT WESTON HEALTH DISTRICT

Westport Weston Health District (WWHD) Phone: 203-227-9571

www.wwhd.org

180 Bayberry Lane, Westport, CT 06880

WWHD, a government agency, provides public health services to the residents of Westport and Weston.

The Westport Weston Health District offers:

- General information on public health
- Public health announcements and literature on public health issues
- A variety of educational services, clinics, and health-related programs including:
 - Educational seminars such as on fall-prevention
 - Regular blood pressure screenings
 - Cholesterol and blood sugar screenings
 - Cardiovascular, mammography, prostate, and skin cancer screenings
 - HIV-AIDS counseling and screening
 - Flu clinics and travelers immunizations
 - Reduced-rate clinics for household pets
- Visits to the homebound to ensure health needs are met
- In-home safety assessments
- Emergency preparedness services, training, and materials
- Maintenance of an emergency list of residents in need of special assistance during a weather or other disaster emergency evacuation. See also page 7.
- Water quality sampling at recreational areas
- Other services such as inspections of cosmetology and hair salons, restaurants, food stores, and other businesses to ensure sanitary conditions



EMERGENCY PREPAREDNESS

FOR ALL EMERGENCIES, CALL:

9-1-1

Including for TDD (Telecommunications Device for the Deaf)

POLICE • FIRE • EMERGENCY MEDICAL SERVICES (EMS)

For Non-Emergencies Call:

Weston Communications Center at 203-222-2600/2666

Are You OK? Program Phone: 203-341-1050 (Westport Department of Human Services)
A free daily computerized telephone call service offered through the Westport and Weston Departments of Human/Social Services and the Westport Police Department.

CodeRED Emergency Notification System

www.westonct.gov (click on CodeRED)

The Town of Weston has instituted the CodeRED Emergency Notification System, which provides a call to all registered residents in case of a Town or area emergency. Listed phones within Weston should automatically have been registered with CodeRED. *Unlisted numbers and cell phone numbers are not automatically registered.* Residents may visit the Town's Web site to access the CodeRED enrollment form to add or update personal contact information such as mobile telephones, office numbers, or unlisted telephones. If you need further information or assistance in registering, leave a message for the Emergency Management Director at 203-222-2633.

Lifeline of Connecticut Phone: 203-831-2900, Toll free: 1-800-330-9747

www.familyandchildrensagency.org

Lifeline, a subscription service, enables help to be summoned in an emergency by pressing a button on the subscribers pendant or wristband. The service is staffed around the clock by trained professionals. Subsidized services may be available. A HomeCare Plus program of the Family and Children's Agency.

Medic Alert

Phone: 1-800-432-5378/Emergencies-only line: 1-800-625-3780

www.medicalert.org

MedicAlert, a non-profit membership organization, provides personalized medical identification bracelets and pendants engraved with a wearer's conditions, allergies, and the phone number for a 24-hour emergency response center. The service can provide first-responders with critical information in a medical emergency. A sponsored membership may be available.

Weston Office of Emergency Management

Weston Communications Center Phone: 203-222-2600/2666

Emergency Management Director Phone: 203-222-2633

www.westonpolice.com (click on Emergency Management)

Weston's Office of Emergency Management is responsible for handling emergencies that arise from both natural and man-made disasters. In working to assure community safety, Weston works with surrounding municipalities, the Westport Weston Health District, the Southwestern Regional Planning Agency, State authorities, the American Red Cross, and the Department of Homeland Security at both the state and federal level.

For more information on emergency preparedness, see also: www.redcross.org, www.fema.gov, www.ct.gov/demhs (Connecticut Department of Emergency Management & Homeland Security), and www.ready.gov.

NOTE: When you dial 9-1-1 from a non-cellular phone, your location and phone number appears on a dispatcher's screen. Arrangements can be made for information about special access conditions or special health-related needs to appear on screen when you make a 9-1-1 call. Contact the Emergency Management Director at 203-222-2633 for details.

Westport Weston Health District (WWHD) Phone: 203-227-9571

www.wwhd.org, (click on Emergency Management)

The WWHD distributes emergency preparedness materials and coordinates and manages the Westport/Weston/Wilton Medical Reserve Corps (MRC). The MRC is a group of federally recognized medical and non-medical volunteers who receive training to respond to public health emergencies.

In addition, individuals with disabilities who may need special help in case of a town-wide or neighborhood emergency evacuation may register in advance to be on the WWHD Emergency Evacuation List. Residents may self-register (see the Web site) or call for assistance.

Weather/Storm-Related Information Resources

- **Weston Storm-Related Information Line** Phone: 203-454-1161
- **The Weston Forum** www.thewestonforum.com (click on School Cancellations)
- **Radio:** WNLK 1350 AM / WMMM 1260 AM / WEBE 108 FM, and more
- **Television:** Cablevision 12, FOX 61, and more

See also Emergency Help listing on outside back cover.

ADVOCACY

The government and non-profit agencies listed below offer support for, and advocate on behalf of, individuals needing help to meet specific needs. For additional information, call Infoline/2-1-1.

Center for Medicare Advocacy Phone: 1-860-456-7790, Toll free: 1-800-262-4414
www.medicareadvocacy.org

P.O. Box 350, Willimantic, CT 06226

The Center offers legal assistance, representation on Medicare issues, and more.

Commission on the Deaf and Hearing Impaired Phone: 1-800-708-6796
www.cdhi.ct.gov

67 Prospect Avenue, Hartford, CT 06107/Mail: P.O. Box 330730, West Hartford, CT 06133

The Commission provides counseling, interpreting, and other support services.

**Connecticut Department of Social Services (DSS)
Protective Services for the Elderly/Elder Abuse and Neglect**

Phone: 1-888-385-4225 or 1-203-251-9392 (Stamford office)/After hours, call: 2-1-1

www.ct.gov/dss

1642 Bedford Street, Stamford, CT 06905

The Department provides agents to investigate reports of abuse, neglect, exploitation, or abandonment of persons 60 years or older and takes corrective action when necessary.

Connecticut Office of Protection & Advocacy for Persons with Disabilities

Phone: 1-860-297-4300, Toll free: 800-842-7303 (V/TTY, Voice/Teletype for the Deaf)

www.ct.gov/opapd

60B Weston Street, Hartford, CT 06120-1551

The Office is an independent State agency created to safeguard and advance the civil and human rights of people with disabilities.

Center for Elder Abuse Prevention Phone: 1-203-396-1097

www.jhe.org, P.O. Box 9121, Bridgeport, CT 06601

The Center for Elder Abuse Prevention Helpline offers non-sectarian, confidential advice, referrals, and intervention strategies. A service of the Jewish Home for the Elderly.

Long Term Care Ombudsman Program Phone: 1-203-597-4181 or 1-866-388-1888

www.ct.gov/ltcop

1057 Broad Street, Bridgeport, CT 06604

The Long Term Care Ombudsman Program (LTCOP) works to improve the quality of life and quality of care of Connecticut citizens in nursing homes, residential care homes, and assisted living communities.

SWCAA • Southwestern Connecticut Agency on Aging, see page 2.

COUNSELING AND HEALTH CARE

COUNSELING, SUPPORT GROUPS, AND MENTAL HEALTH SERVICES

Alcoholics Anonymous Phone: 203-855-0075

www.ct-aa.org

Alcoholics Anonymous offers confidential help to any person who has a problem with alcohol. AA provides a 24-hour/7-day-a-week answering service for information and referral to meetings in Weston, Westport, and throughout the area.

Al-Anon, a separate but parallel organization, offers support to those whose friend or loved one is struggling with alcohol abuse. See the Web site www.ct-al-anon.org or call 1-888-825-2666.

Alzheimer's Association

Phone: 203-939-1360 (Fairfield County Regional office), Toll free: 1-800-272-3900 (Nationwide)

www.alz.org/ct

607 Main Avenue, Norwalk, CT 06851

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

The Association also provides a 24-hour/7-day-a-week Helpline: 1-800-356-5502.

Alzheimer's Foundation of America Phone: Toll free: 1-866-232-8484

www.alzfdn.org

The Foundation offers a broad array of information and services focusing on optimal care to individuals with Alzheimer's disease and related illnesses as well as support for caregivers. A special line staffed by social workers is available to anyone needing information and resource referrals nationwide.

Cancer Care Phone: 203-854-9911 (Norwalk office), Toll free: 1-800-813-4673

www.cancercare.org

535 Connecticut Avenue, Suite 104, Norwalk, CT 06854

Cancer Care provides information, counseling, referrals to other support services, and more.

Services are available to patients, family members, caregivers, and others affected by cancer and are offered free of charge.

Center for Hope Phone: 1-203-655-4693

www.familycenters.org

590 Boston Post Road, Darien, CT 06820

The Center helps adults and children living with a life-threatening illness or grieving the death of a loved one. Services are offered on a sliding scale.

Domestic Violence Crisis Center (DVCC)

Phone: 203-853-0418 (Norwalk office), 1-203-588-9100 (Stamford office)

www.dvccct.org

5 Eversley Avenue, Norwalk, CT 06851/777 Summer Street, suite 400, Stamford, CT 06901

The Center serves anyone, including seniors, who may be suffering from physical and/or emotional abuse. The agency offers counseling, safe-houses, court and legal services, medical advocacy, prevention education, and more. Services are offered free of charge. 24-hour/7-day-a-week information, referral and Crisis intervention Hotlines are available at 1-888-774-2900 (Connecticut) and 1-800-799-7233 (National DV Hotline).

Dubois Center Phone: 1-203-388-1600/Crisis calls: 203-358-8500

www.ct.gov/DMHAS (search: Dubois Center)

780 Summer Street, Stamford, CT 06901

The Dubois Center is supported and run by the Connecticut Department of Mental Health and Addiction Services. It offers crisis intervention, case management, and other mental health and addiction counseling services.

Family and Children's Agency (FCA) Phone: 203-855-8765

www.familyandchildrensagency.org

9 Mott Avenue, Norwalk, CT 06850

The Agency offers individual and family counseling, as well as addiction services.

Jewish Family Services Phone: 203-454-4992

www.ctjfs.org

431 Post Road East, Westport, CT 06880

Non-sectarian services include individual, couple, and group counseling as well as support groups for widows and widowers.

Liberation Programs, Inc. Phone: 1-203-388-1565

www.liberationprograms.org

Dubois Center, 3rd Floor, 780 Summer Street, Stamford, CT 06901

The Program provides specialized care for alcohol, medication, and other drug-abuse issues for people over 55. Home visits, assessments, and counseling are provided at no cost to clients and their family members.

Norwalk Hospital Phone: 203-852-2000

www.norwalkhospital.org

34 Maple Street, Norwalk, CT 06856

The following services are offered at the hospital:

Norwalk Hospital Psychiatric Clinic Phone: 203-852-2988

The Clinic provides consultation, evaluation, and treatment of mental health and substance abuse problems. Inpatient and outpatient services are available.

Norwalk Hospital Support Groups Phone: 1-866-NHB-Well (642-9355)

Groups offer support on a wide variety of issues and are provided free of charge.

Positive Directions Phone: 203-227-7644

www.positivedirections.org

420 Post Road West, Westport, CT 06880

The agency offers general mental health services and works with individuals, families, and communities toward the prevention of and recovery from substance abuse and other addictive behaviors.

St. Vincent's Behavioral Health Services Phone: 203-227-1251

www.stvincentsbehavioralhealth.org

St. Vincent's Behavioral Health Services, a service of St. Vincent's Medical Center, provides inpatient services at its Westport Campus (formerly Hall-Brooke) and at St. Vincent's Medical Center in Bridgeport. Outpatient services are offered at The Center in Bridgeport and at Hall-Brooke on Lois Street in Norwalk.

Visiting Nurse & Hospice of Fairfield County Phone: 203-762-8958

(formerly Nursing & Home Care and Mid-Fairfield Hospice)

www.visitingnurse.net

761 Main Avenue, Norwalk, CT 06851

Visiting Nurse & Hospice of Fairfield County (formerly Nursing & Home Care and Mid-Fairfield Hospice) provides a complete program of home health and hospice care as well as grief and bereavement counseling services for terminally ill patients and their families. The Grief and Bereavement Program, offered free-of-charge, also supports family members and loved ones through the first year of loss and beyond.

Visiting Nurse & Hospice of Fairfield County also offers a Peer Counselor – Senior Companion program which matches mature, trained and supervised volunteers with a community member who might be experiencing loneliness, loss and bereavement, or chronic illness.

Widow/Widower Support Group Phone: 203-227-7245

St. Luke's Church, 49 North Turkey Hill, Westport, CT 06880

THEOS (They Help Each Other Smile) is a non-denominational monthly social support group for widows and widowers. Facilitated by the Shaughnessey-Banks Funeral Home of Fairfield.



HEALTH SERVICES AND SUPPORT

AmeriCares Free Clinic of Norwalk Phone: 203-899-2493

www.americaresfreeclinics.org

98 South Main Street, Norwalk, CT 06854

The AmeriCares Free Clinic provides free primary medical care to eligible uninsured people.

In addition to walk-in adult (and pediatric) clinic sessions, the Norwalk clinic offers continuity care sessions for patients with chronic illnesses such as diabetes and asthma. If possible, please call before coming.

Cancer Care Phone: 203-854-9911 (Norwalk office), Toll free: 1-800-813-4673

www.cancercare.org

535 Connecticut Avenue, suite 104, Norwalk, CT 06854

Cancer Care provides information, counseling, seminars, referrals to other support services, financial guidance, and some financial assistance—including for transportation—for those eligible. Services, offered free of charge, are available to patients, family members, and caregivers.

Commission on the Deaf and Hearing Impaired

Phone: 1-800-708-6796, Voice/TTY: 1-860-231-8756

www.cdhi.ct.gov

67 Prospect Avenue, Hartford, CT 06106/Mail: P.O. Box 330730, West Hartford CT 06133

The agency provides interpreting support services for job counseling and placement, counseling and advocacy, medical appointments, and more for the slightly hearing impaired to the profoundly deaf.

Connecticut Board of Education and Services for the Blind

Phone: 1-800-842-4510

www.ct.gov/besb

184 Windsor Avenue, Windsor, Connecticut 06095

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

Connecticut Department of Social Services (DSS)

Phone: 1-877-551-2700, TDD/TTY 1-203-551-2972

www.dss.state.ct.us, 925 Housatonic Avenue, Bridgeport, CT 06606, Regional office

The Department helps eligible people in need through programs such as Medicaid (also known as Title 19), “QMB” (Qualified Medicare Beneficiary Program) that helps with Medicare premiums and deductibles, and more. See also SWCAA on page 2.

ConnMAP Phone: 1-800-443-9946

The Connecticut Medicare Assignment Program, administered by the Connecticut

Department of Social Services, is available to Connecticut residents enrolled in Medicare Part B. It provides eligibility cards to qualified Medicare Part B enrollees. Physicians agreeing to treat patients in the ConnMAP program will charge the Medicare assignment rate. Income limits apply.

ConnPACE (The Connecticut Medical Assistance Program) Phone: 1-800-423-5026

www.connpace.com,

The ConnPACE program enables citizens 65 and older, or those who are disabled, to pay a reduced rate for prescription drugs and diabetic supplies with a ConnPACE card. Income limits apply. For further assistance, see SWCAA on page 2 or Weston Social Services on page 3.

CT Radio Information System (CRIS) Phone: 1-860-527-8000, Toll free: 1-800-708-0004

www.crisradio.org, 315 Windsor Avenue, Windsor, CT 06095

Connecticut's talking "Newsstand for the Blind and Print Handicapped." CRIS Radio programming features articles from newspapers and magazines, as well as book readings and interview programs. Programming is provided free of charge.

Dental Services Clinic at Norwalk Hospital Phone: 203-852-2146

www.norwalkhospital.org

24 Stevens Street, Norwalk, CT 06856

The Clinic accepts most dental insurances, including Medicaid. Discounts are available for those without insurance. Clinic services are available on a sliding scale.

Disability Resource Center of Fairfield County Phone: 1-203-378-6977

www.drcfc.org

80 Ferry Blvd., Suite 210, Stratford, CT 06615

The Center offers support services, training, and equipment to promote independent living skills and the rights of disabled people.

EyeCare America Phone: 1-800-222-3937

www.eyecareamerica.org

People age 65 and older may be eligible for a comprehensive medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment-in-full. Uninsured patients will receive care free of charge.

Fairfield County Medical Association Phone: 1-203-372-4543

12 Cambridge Dr., Trumbull, CT 06611

The Association provides help in finding a doctor from within their pool of more than 1200 members. Information about non-member doctors may also be available.

Medicare, Medicare Part D (drug plans), Medigap, and other information

Phone: 1-800-Medicare (633-4227) or TTY/TDD 1-877-486-2048, 24-hours/7-days-a-week

www.Medicare.gov

For other resources, see Social Security Administration on page 27, SWCAA, Southwestern Connecticut Agency on Aging, on page 2, or the Weston Department of Social Services on page 3.

In addition, the Weston Senior Activities Center offers occasional programs of interest to people who are on Medicare and a trained volunteer may be available by appointment to assist with Medicare and Medicare Part D issues. See page 4.

Norwalk Community Health Center Phone: 203-899-1770

www.norwalkchc.org (Web site under construction)

120 Connecticut Avenue, Norwalk, CT 06854

The Norwalk Community Health Center (NCHC), affiliated with Norwalk Hospital, offers a full range of primary care services. For clients without insurance, fees are on a sliding scale.

Norwalk Hospital Phone: 203-852-2000

www.norwalkhospital.org

34 Maple Street, Norwalk, CT 06856

Norwalk Smiles Dental Services Phone: 203-854-9292

www.chc1.com

49 Day Street, South Norwalk, CT 06854

Norwalk Smiles is a program of Community Health Center, Inc. The program accepts most dental insurance, including Medicaid. For clients without insurance, fees are on a sliding scale.

Optimus Health Care Centers

Phone: 1-203-333-6864 (Bridgeport) or 1-203-327-5111 (Stamford)

www.optimushealthcare.org

471 Barnum Avenue, Bridgeport, CT 06608/805 Atlantic Street, Stamford, CT 06902

Optimus Health Care, Inc. provides comprehensive health care services. It has 12 health care delivery sites in our region. Medical and dental services are offered on a sliding scale.

Call for information and the appropriate location for needed services.

Veterans Health Services See Veterans Affairs/Services on page 37.

Voluntary Services for the Blind of Fairfield County Phone: 1-203-324-6611

www.voluntaryservicesfortheblind.org

The agency seeks to improve the quality of life for the visually handicapped. Drivers, readers, friendly visitors, shoppers, and clerical assistance may be available.

Westport Weston Health District (WWHD) Phone: 203-227-9571

WWHD offers a variety of health screenings, clinics, and more, see page 5.

NOTE: For additional health care resources, see also Home Health Care, Respite Care, and Long-Term Care on pages 16-17.

NOTE: National support groups such as the American Cancer Society, American Diabetes Association, and the American Heart Association are available to help individuals and families affected by specific health issues. Groups offer educational materials, research support, networking opportunities, and may also provide consultations, counseling support services, and more.

Organizations may have branches in the local area. Contact them for information. Groups may be found by calling Infoline/2-1-1, or through the Web.

GERIATRIC EVALUATION

The following institutions offer medical evaluation and assessment of seniors' functioning in their environment. Information, referral, and a broad array of rehabilitative and support services for seniors and their families may also be available.

Bridgeport Hospital Center for Geriatrics

Phone: 1-203-384-3388

www.bridgeporthospital.org, 95 Armory Road, Stratford, CT 06614

Burke Rehabilitation Hospital, Phone: 1-914-597-2500

Memory Evaluation and Treatment Service Phone: 1-914-597-2307

www.burke.org, 785 Mamaroneck Avenue, White Plains, New York 10605

Greenwich Hospital • Center for Healthy Aging

Phone: 1-203-863-4373

www.greenhosp.org, 5 Perryridge Road, Greenwich, CT 06830

Jewish Home for the Elderly • Institute on Aging

Phone: 1-203-396-1240

www.jhe.org, 175 Jefferson Street, Fairfield, CT 06825

Norwalk Hospital Geriatric Assessment Center Phone: 203-852-3112

www.norwalkhospital.org, 32 Maple Street, Norwalk, CT 06856

St. Vincent's Medical Center, Geriatric Assessment Program

Phone: 1-203-576-5710

www.stvincents.org (search: Senior Services)

Waveny Care Network • Brown Geriatric Evaluation Clinic

Phone: 1-203-594-5200

www.waveny.org, 3 Farm Road, New Canaan, CT 06840

Yale • Dorothy Adler Geriatric Assessment Center

Phone: 1-203-688-6361

www.ynhh.org, 874 Howard Avenue, New Haven, CT 06519

HOME HEALTH CARE, RESPITE CARE, AND LONG-TERM CARE

Alzheimer's Association

Phone: 203-939-1360 (Fairfield County Regional office), Toll free: 1-800-272-3900 (Nationwide)

www.alz.org

607 Main Avenue, Norwalk, CT 06851

The Association, which serves both patients and their caregivers, offers information and referrals, respite programs, and more.

The Association also provides a 24-hour/7-day-a-week Helpline: 1-800-356-5502.

Connecticut Partnership for Long-Term Care Phone: 1-800-547-3443

www.ctpartnership.org

The Connecticut Partnership for Long-Term Care is a joint effort by State government and the private insurance industry to create an option to help citizens plan to meet their future long-term care needs without depleting all of their assets.

Disability Resource Center of Fairfield County See page 13

Family and Children's Agency (FCA)/HomeCare Plus Phone: 203-831-2900

www.familyandchildrensagency.org

137 East Avenue, Norwalk, CT 06851

The HomeCare Plus program offers state-licensed home health aides, respite care, and live-in homecare. The agency also has caregiver support services, homemaking services, and more. Subsidies may be available.

Home Health Agencies

www.Medicare.gov

This U.S. government Web site provides a listing of certified agencies and ratings. For further assistance, see General Information Resources on page 2.

Jewish Family Services/Home Companion Program Phone: 1-203-921-4161

www.ctjfs.org

733 Summer Street, Stamford, CT 06901

The Home Companion Program provides a broad range of assistance that enables seniors to remain independent. Certified Nurses Aides, geriatric counseling, geriatric assessment, case management, trained companions, and more are available. A non-sectarian agency.

Jewish Home for the Elderly/Community Services Phone: 1-203-396-1136

www.jhe.org,

175 Jefferson Street, Fairfield, CT 06825

Community Services offers an array of programs to meet senior needs. Services include geriatric assessment and referral, state-licensed medical home care (offered through the Jewish Home Care Agency), social service coordination, and caregiver support. Priority is given to enhancing the quality of life for those living with memory disorders and their caregivers. A non-sectarian agency.

Masonicare Phone: 1-888-679-9997 (Masonicare Helpline)

www.masonicare.org

Masonicare and its affiliates offer a continuum of care to individuals and families. **Masonicare Home Health & Hospice** (formerly Connecticut VNA), **Masonicare at Home**, which provides home health aides, homemaker/companions, etc., and other affiliates' services are available to all. Call the Helpline for information.

SWCAA • Southwestern Connecticut Agency on Aging

Phone: 1-203-333-9288, Toll free: 1-800-811-9808 or 1-800-994-9422, TTY: 1-203-332-2606

www.swcaa.org

10 Middle Street, Bridgeport, CT 06604

SWCAA offers information and referrals to a range of resources and also administers a variety of programs designed to support seniors living at home and their families. Programs include: The **Connecticut Statewide Respite Care Program**, **Connecticut Home Care Program for Elders**, and **Connecticut's National Family Caregiver Support Program**. Eligibility requirements vary and availability is limited by State funding levels.

Visiting Nurse & Hospice of Fairfield County Phone: 203-762-8958

(formerly Nursing & Home Care and Mid-Fairfield Hospice)

www.visitingnurse.net

761 Main Avenue, Norwalk, CT 06851

Visiting Nurse & Hospice of Fairfield County (formerly Nursing & Home Care and Mid-Fairfield Hospice) offers home health services and hospice care. Services include skilled nursing, physical therapy, occupational therapy, speech therapy, TeleHealth, geriatric care management, respite care, home health aides and homemakers, end-of-life hospice care as well as grief and bereavement counseling for terminally ill patients and their families. Subsidized services are available.

Visiting Nurse Services (VNS) of Connecticut

Phone: 203-838-8621 (Norwalk office), 1-203-330-9198 (Trumbull), Toll free: 1-800-899-8474

www.vnsct.com

25 Van Zant Street, Norwalk, CT 06852/40 Lindeman Drive, Trumbull, CT 06611 (main office)

The Agency offers a broad range of home health services and hospice care. Home health aides, homemakers, and other support services are also offered. Subsidies are available.

Waveny Care Network Phone: 1-203-594-5200

www.waveny.org

3 Farm Road, New Canaan, CT 06840

Waveny offers a spectrum of services designed to support seniors and their care-givers, including geriatric care management, respite care services, long-term care, and more. In addition, as a part of the Waveny Network continuum of care, independent living is available at the New Canaan Inn, 73 Oenoke Ridge; call 1-203-594-5450 for information.

NOTE: For further assistance, see also General Information Resources on page 2 and Advocacy on page 8.

ADULT DAY CARE CENTERS

Adult day care centers listed below are certified by the State of Connecticut as medical adult day centers. They provide a range of supervised social and recreational programs as well as health services for the frail elderly. Some programs offer bathing and hairdressing services. Discounted fees may be available to eligible individuals. Transportation may also be offered. For additional facilities, contact Infoline/2-1-1 or SWCAA, Southwestern Connecticut Agency on Aging, see page 2.

ElderHouse Phone: 203-847-1998

www.elderhouse.org

7 Lewis Street, Norwalk, CT 06851

Grasmere By The Sea Phone: 1-203-365-6470

www.jhc.org

1 Post Road, Fairfield, CT 06824

A program administered by the Jewish Home for the Elderly, a non-sectarian agency.

Greenwich Adult Day Care – River House Phone: 1-203-622-0079

www.gadc.org

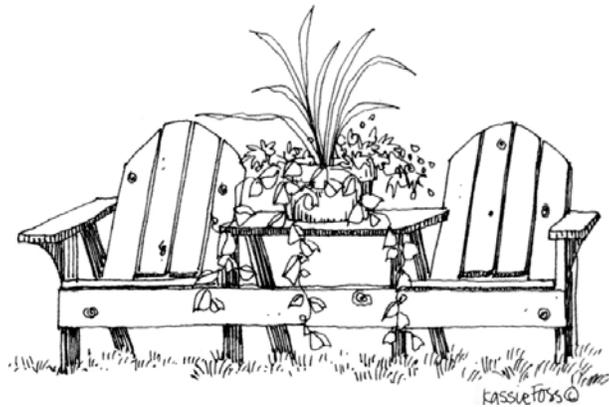
125 River Road Extension, Cos Cob, CT 06807

Waveny Care Center Phone: 1-203-594-5200

www.waveny.org

3 Farm Road, New Canaan, CT 06840

The Center is a part of the Waveny Care Network.



EVERYDAY NEEDS

EMPLOYMENT PROGRAMS AND RESOURCES

CTWorks Career Centers of Southwestern Connecticut /Maturity Works

Phone: 1-203-333-5129 (Bridgeport) or 1-203-353-1702 (Stamford)

www.ctworkssw.org

2 Lafayette Square, Bridgeport, CT 06604 or 1642 Bedford Street, Stamford, CT 06905

The CTWorks Career Centers of Southwestern Connecticut provide information and a variety of free services to unemployed and underemployed individuals seeking jobs. Among other resources, the Maturity Works program offers training and job search assistance that helps people age 55 and older build skills necessary for employment.

Jewish Family Services/Senior Community Service Employment

phone: 1-203-921-4161

www.ctjfs.org

733 Summer Street, Stamford, CT 06901

Support is offered to seniors through the Title V and Seniors-2-Work programs:

- Title V is an on-the-job training program for workers age 55 and over who have limited incomes and may have barriers to unsubsidized employment opportunities. They are placed into community service jobs in non-profit organizations.
- Seniors-2-Work, www.seniors2work.org, is a community employment resource that provides free employment services to lower Fairfield County job seekers age 50 and older and serves employers throughout the region looking to hire skilled, dependable, mature workers.

Weston Public Library Phone: 203-222-2665

www.biblio.org/weston

56 Norfield Road, Weston, CT 06883

The Library Web site offers links to JobNow!, an interactive online resource for job searches and resume development, as well as to other work-related sites. The Library and the Friends of the Library offer a range of other resources and occasional workshops on employment issues.

Westport Public Library Phone: 203-291-4800/203-291-4840, reference desk

www.westportlibrary.org

20 Jesup Road, Westport, CT 06880

The Library offers extensive resources and frequent workshops designed to help job seekers find employment.

FOOD AND NUTRITION ASSISTANCE

Meals on Wheels Phone: 203-222-2663 (Weston Department of Social Services)
www.westonmealsonwheels.com

Meals on wheels offers home delivery of prepared foods to those unable to prepare meals for themselves. There is no age or income limit and the program is not limited to those with medical conditions. There is a modest charge for those able to pay. The program is sponsored by the Town of Weston and administered by the Department of Social Services. See the Web site or call the Social Services office for details and to register.

SNAP (Supplemental Nutrition Assistance Program)/Connecticut Department of Social Services (DSS)

Phone: 1-877-551-2700 (Regional office), TDD/TTY 1-203-551-2972
www.ct.gov/dss

925 Housatonic Avenue, Bridgeport, CT 06606

SNAP, formerly the Food Stamp Program, is a nutrition assistance program run by the Connecticut Department of Social Service that helps eligible low-income individuals and families buy food.

For information and to apply, call the regional DSS office or SWCAA, Southwestern Connecticut Agency on Aging, see page 2.

Weston Food Pantry

The Food Pantry, organized and stocked by community volunteers, offers free food and sundries to meet basic needs. For more information, contact the Weston Department of Social Services at 203-222-2663.

FUEL AND UTILITIES ASSISTANCE

NEON • Norwalk Economic Opportunity Now Phone: 203-899-2420

www.neoncaa.org

98 South Main Street, Norwalk, CT 06854

NEON administers a variety of Connecticut winter heating assistance programs for our region. Income eligible adults may apply for fuel assistance and other heating-related programs directly to NEON or through the Weston Department of Social Services at 203-222-2663. More information on Connecticut's winter heating assistance programs is available at the Connecticut Department of Social Services Web site: www.ct.gov/dss (search: Energy Assistance).

Operation Fuel

www.operationfuel.org

Operation Fuel is a non-profit agency program that provides financial assistance for fuel and utility bills to income eligible households. Call Infoline/2-1-1 or the Weston Department of Social Services at 203-222-2663 for information and to apply.

Weston Warm-Up Fund

The Weston Warm-Up Fund provides financial assistance to help Weston families, individuals, and senior citizens stay warm in their homes during winter months. The Fund assists low-income residents in paying for energy such as oil or gas, critically needed repairs to their heating equipment, and improving their homes to increase energy efficiency. For information and assistance, call the Weston Department of Social Services at 203-222-2663.

*NOTE: Various **Utility access protection programs** may be available to meet specific needs. Contact the utility (see the inside back cover) and/or the Weston Department of Social Services for information.*



HOMEMAKER/CHORE SERVICES AND HOME MAINTENANCE

The agencies listed below can provide a range of non-medical services to help seniors continue living independent lives in their homes. Services such as housekeeping, meal preparation, companion visits, and help with light chores, errands, and transportation may be offered on an hourly and/or a live-in basis. Agencies may also offer home health aides and a spectrum of other health-related services, see pages 16-17. Subsidies may be available.

Family and Children's Agency (FCA)/HomeCare Plus

Phone: 203-831-2900

www.familyandchildrensagency.org

137 East Avenue, Norwalk, CT 06851

Among other services, HomeCare Plus offers a carpenter/handicap accessibility program.

Jewish Family Services/Home Companion Program Phone: 1-203-921-4161

www.ctjfs.org The agency provides non-sectarian services.

733 Summer Street, Stamford, CT 06901

Jewish Home for the Elderly/Compassionate Care Companions

Phone: 1-203-374-2273

www.jhe.org A non-sectarian agency.

175 Jefferson Street, Fairfield, CT 06825

Masonicare at Home

Phone: 1-203-679-5888 (Wallingford) or Phone: 1-888-679-9997 (Masonicare Helpline)

www.masonicare.org Services are available to all.

Visiting Nurse & Hospice of Fairfield County Phone: 203-762-8958

(formerly Nursing & Home Care and Mid-Fairfield Hospice)

www.visitingnurse.net

Visiting Nurse Services (VNS) of Connecticut/Partners in Care

Toll free: 1-800-899-8474

www.vnsct.com

NOTE: LINKS • Connections for Independent Living, currently in the planning stage, is envisioned as a private, non-profit membership organization that would provide aging Westport and Weston residents the practical means and confidence to live independent lives in their own homes. When established, LINKS hopes to offer members information, problem-solving support, referrals, vetted commercial services, social activities, and more.

LINKS is based on the Beacon Hill Village model in Boston. Similar programs, including At Home in Greenwich and Staying Put in New Canaan have been established in our region.

Call the Weston Department of Social Services at 203-222-2663 for updated information.

HOUSING OPTIONS AND SUPPORT

Connecticut Housing Finance Authority

Phone: 1-860-721-9501, Toll free: 1-877-571-2432

www.chfa.org

The agency offers reverse annuity mortgages and other housing support programs to eligible residents.

CT Judicial Branch/Superior Court/Housing Court

Phone: 203-846-4332 (Norwalk) or 1-860-757-2270 (Division of External Affairs, Hartford)

www.jud.ct.gov

17 Belden Avenue, Norwalk, CT 06850

The Housing Court helps with landlord-tenant matters, including evictions.

Federal Housing Administration (FHA) Phone: 1-800-225-5342

www.hud.gov, (U.S. Department of Housing and Urban Development, HUD)

The FHA offers information and programs to meet various housing needs.

NEON • Norwalk Economic Opportunity Now Phone: 203-899-2420

www.neoncaa.org, 98 South Main Street, Norwalk, CT 06854

NEON offers assistance through an Eviction and Foreclosure Prevention Program.

Reverse Annuity Mortgages

For information on reverse mortgages, see the Connecticut Housing Finance Authority and Federal Housing Administration listings above, General Information Resources on page 2, and/or listings in the Legal Information and Services section on page 24.

SWCAA • Southwestern Connecticut Agency on Aging

Phone: 1-203-333-9288, Toll free: 1-800-811-9808 or 1-800-994-9422, TTY: 1-203-332-2606

www.swcaa.org, 10 Middle Street, Bridgeport, CT 06604

SWCAA provides information on and access to federal and state housing resources and offers information on a wide range of housing options to meet differing needs:

- Assisted Living
- Continuing Care Retirement Communities
- Congregate Living
- Nursing Homes
- Residential Care Homes
- Subsidized Housing
- Independent Retirement Communities
- And more

LEGAL INFORMATION & SERVICES/CONSUMER PROTECTION

Better Business Bureau Phone: 1-203-269-2700

www.ct.bbb.org

94 South Turnpike Road, Wallingford CT 06492

The BBB is a resource for information on businesses. A network of national and local operations allows the BBB to monitor and take action on many business issues affecting consumers.

Center for Medicare Advocacy Phone: 1-860-456-7790, Toll free: 1-800-262-4414

www.medicareadvocacy.org

The Center offers legal assistance and representation on Medicare issues.

Connecticut Attorney General's Office Phone: 1-860-808-5318

www.ct.gov/ag

Office of the Attorney General, 55 Elm Street, Hartford, CT 06106

The Attorney General represents the interests of the people of Connecticut and provides a range of information to protect Connecticut citizens including alerts on scams specifically targeting seniors. The Office also offers a packet of information on preparing documents such as a health care proxy, living will, and more.

Connecticut Department of Consumer Protection

Phone: 1-800-842-2649 (Information Hotline), TDD: 1-860-713-7240

www.ct.gov/dcp

The Department protects citizens from marketplace fraud, unfair business practices, and physical injury from unsafe items. This protection is achieved through licensing, inspection, investigation, enforcement, and public education.

CT Elder Law

www.ctelderlaw.org

CT Elder Law is a Web site maintained as a public service by Connecticut Legal Services. It offers information about a broad range of legal issues of interest to seniors and also provides links to helpful direct-service legal resources.

Connecticut Legal Services Phone: 1-203-348-9216 (Stamford office)

www.connlegalservices.org

Connecticut Legal Services is a private, non-profit civil law firm that offers free legal advice and representation to low-income families and individuals. Areas of legal assistance include housing, domestic violence and family law, elder law, public benefits and employment, health, education, and disability.

Consumer Law Project for Elders Phone: 1-800-296-1467

www.ctelderlaw.org (click on Consumer)

The Consumer Law Project for Elders, a project of Connecticut Legal Services, offers free legal help with a range of consumer credit questions and problems.

Do Not Call List Phone: 1-800-842-2649

www.donotcall.gov

Call to register with the Connecticut Department of Consumer Protection.

Fairfield County Lawyer Referral Service Phone: 1-203-335-4116

www.bridgeportbar.org

A Greater Bridgeport Bar Association-sponsored service offering referral to a local attorney.

Probate Court/Westport-Weston Probate Court District

Phone: 203-341-1100

www.westportct.gov

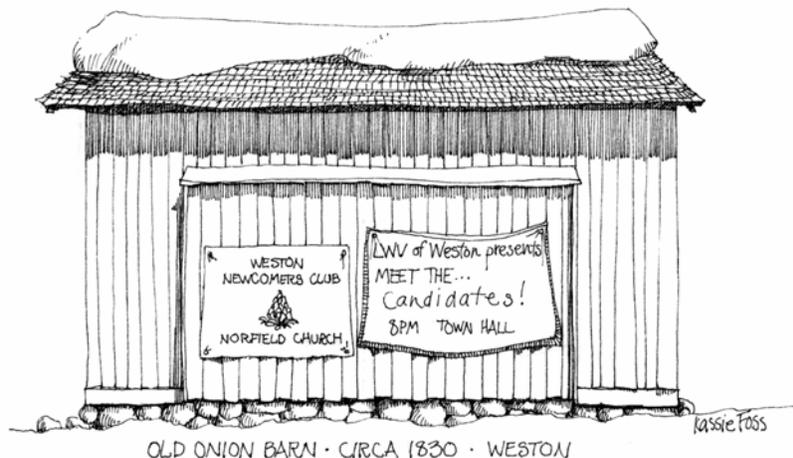
Westport Town Hall, 110 Myrtle Avenue, Room 100, Westport, CT 06880

The probate courts, also known as “family courts”, oversee wills and trusts and handle a wide range of sensitive issues affecting children, the elderly, people with mental retardation, and people with psychiatric disabilities.

Statewide Legal Services of Connecticut Phone: 1-800-453-3320

www.slsct.org

Statewide Legal Services is a private, non-profit corporation created to assure equal access to justice under the law for all Americans. Free legal aid and information about the law and legal rights for low income people in Connecticut is offered.



MONEY MATTERS, BENEFITS, AND TAX RELIEF PROGRAMS

AARP Phone: 1-888-687-2277 or 1-866-295-7279 for the Connecticut Office

www.aarp.org

AARP offers information about, and access to, a wide range of resources for members and non-members alike. AARP offers Tax-Aide (help with tax preparation), the Reverse Mortgage Education Project (help in finding a HUD-approved reverse mortgage counselor), career services, financial planning information, retirement planning guides, an online retirement calculator, and more.

AARP member discounts are available for numerous programs and services.

Benefits Check-Up Program

www.BenefitsCheckUp.org

This National Council on Aging program provides a Web site with confidential screening tools to help individuals determine eligibility for state and federal programs. The site offers detailed instructions on how to apply. For additional assistance, see SWCAA on page 2 or the Weston Department of Social Services on page 3.

Connecticut Department of Social Services (DSS)

phone: 1-877-551-2700 (Bridgeport regional office), TDD/TTY 1-203-551-2972

www.ct.gov/dss

The Department offers various programs and services, including State Supplemental Cash Assistance, Medicaid (Title 19), “QMB” (Qualified Medicare Beneficiary Program) that helps with Medicare premiums and deductibles for those who are eligible, and more. For further help, see SWCAA on page 2 or Weston Department of Social Services on page 3.

CT Department of Veterans Affairs See Veterans Affairs/Services on page 37.

Consumer Credit Counseling Phone: 1-800-308-2227

www.moneymanagement.org

Money Management International is a non-profit service agency offering financial counseling and debt management assistance.

Medicare, Medicare Part D (drug plans), Medigap, and other information

Phone: 1-800-Medicare (633-4227) or TTY/TDD 1-877-486-2048, 24-hours/7-days-a-week

www.Medicare.gov

This government resource offers a broad range of information useful to seniors and their families, including tools for evaluating insurance plans, hospitals, and more. For additional help, see the Social Security Administration listing on page 27, SWCAA on page 2, or the Weston Department of Social Services on page 3.

New England Pension Assistance Project Phone: 1-888-425-6067

www.pensionaction.org

The program offers assistance for individuals having trouble understanding or obtaining their pension benefits as well as finding lost pensions.

Photo ID (Identification) Card Phone: 1-800-842-8222

www.dmv.org

The Connecticut Department of Motor Vehicles can provide a photo ID card for those without a driver's license.

Social Security Administration

Phone: 203-849-1911 (Norwalk office), Toll free: 1-800-772-1213, TTY 1-800-325-0778

www.ssa.gov

24 Belden Avenue, 5th floor, Norwalk, CT 06850

The Social Security Administration processes applications for Social Security and takes applications for retirement, survivors, and disability benefits. It also takes applications for and administers the Medicare program and the Supplemental Security Income (SSI) program. Call for an appointment.

SWCAA • Southwestern Connecticut Agency On Aging

Phone: 1-203-333-9288, Toll free: 1-800-811-9808 or 1-800-994-9422, TTY: 1-203-332-2606

www.swcaa.org

The Agency provides information and assistance on a wide variety of issues—including financial—faced by the aging. SWCAA can help with food and fuel assistance, health benefits, housing options, and more.

Tax Relief Programs • Town Of Weston Phone: 203-222-2500

www.westonct.gov, Weston Town Hall, 56 Norfield Road, Weston, CT 06883

Weston offers five tax relief programs. Relief is available to eligible seniors, veterans, and Fire Department and EMS volunteers.

To qualify for any of Weston's three senior programs, homeowners must be 65 or older and have paid real estate taxes for at least a year prior to applying. In addition, applicants must present a copy of their completed IRS form 1040 and back-up materials to the Weston tax collector. Application deadlines are May 15th and are strictly upheld.

Tax Relief Programs include:

- The **Tax Abatement Program** – Applicant's household income (applicant's income or, if married, applicant's and spouse's income) must be under \$49,000 from all sources including social security, dividends, etc.) and their net worth cannot exceed \$1,000,000 (including the value of their home, less mortgage). The amount abated will be calculated on the first \$400,000 of the assessed value of the home.
- The **Tax Deferment Program** – Applicants' household income must be under \$125,000. There is no net worth ceiling. The interest rate is set by the Selectmen yearly. A lien will be placed on the applicant's property and payback in full of the deferred tax is due upon sale of the home or within 15 years. The amount abated will be calculated on the first \$400,000 of the assessed value of the home.
- The **Tax Freeze Program** – Applicant's household income must be under \$100,000 and an applicant must be a resident of Weston for 10 years to qualify. There is no net worth ceiling. This program is interest free. A lien will be placed on the applicants property and payback is due within 15 years. The freeze applies to the first \$800,000 of the assessed value of the home.

continued on next page

Town of Weston Tax Relief Programs continued

- A **Veterans Program** See Veterans Services on page 37.
- A **Fire Department and EMS Volunteers Tax Abatement Program.**

For further information and assistance, call the Weston Tax Collector at 203-222-2696 or 203-222-2697, or the Weston Department of Social Services at 203-222-2663.

*NOTE on **Discount Opportunities:** A wide variety of businesses such as grocery stores, pharmacies, and theaters may offer senior discounts – just ask! In addition, membership in many organizations such as AAA, AARP, and cultural and educational groups entitles you to discounts on many purchases, travel-related services, museum visits, and more.*

The Weston Department of Social Services at 203-222-2663 may have subsidized or free tickets available for performances at the local schools, occasional trips organized by the Weston Senior Activities Center, and other activities and events.



TRANSPORTATION

AARP Driver Safety Program

Phone: 1-888-687-2277 or 1-866-295-7279 for the Connecticut Office

www.aarp.org

AARP's Driver Safety Program offers both classroom and online refresher courses for drivers 50 and older. Check with the Weston Senior Activities Center at 203-222-2608 and/or use your ZIP code to locate a classroom course near you on the Web site or call toll-free, 1-888-AARP-NOW (227-7669).

Amtrak Passenger Discount Program

www.amtrak.com

This service provides a discount for adults 62 and older and those with disabilities.

Dial-a-Ride Phone: 203-222-2576

www.westonct.gov

Dial-a-Ride, a service of the Town of Weston, is available to residents age 60 and older and to those who are disabled. Door-to-door service anywhere within Weston, Westport, Norwalk, and Wilton is offered in a wheelchair accessible van. Transportation is provided to medical appointments, Senior Center activities, senior luncheons, shopping, and more. Priority is given to meeting medical needs. Requests for rides must be made at least 24-hours in advance. (Requests for Monday rides should be made by the previous Friday.) For details on days and hours of operation, call or visit the Web site.

Family and Children's Agency (FCA)/HomeCare Plus Phone: 203-831-2900

www.familyandchildrensagency.org

137 East Avenue, Norwalk, CT 06851

FCA's HomeCare Plus program offers senior transportation options, including a wheelchair accessible van. A grant for fee assistance to eligible residents may be available.

Handicap Parking Permits Phone: 1-860-263-5154

www.dmvct.org

An application for a handicap parking permit that allows parking in handicap-designated spaces can be downloaded from the Web site. Permits may be issued on a temporary, 6 month, or permanent basis. Permits must be filled out by a licensed physician and may be available directly from your doctor's office.

ITN (Independent Transportation Network) CoastalCT Phone: 203-858-2001

www.itncoastalct.org

P.O. Box 231, Westport, CT 06881

ITN CoastalCT is planning to begin service in the fall of 2010. ITN America is a national, non-profit transportation system for seniors. Once operational, door-through-door transportation will be available for seniors within the towns of Easton, Fairfield, Westport, Norwalk, Weston, and Wilton. Call or see the Web site for applications for riders and volunteer drivers. For more information, see the ITN America Web site: www.itnamerica.org or call the Weston Department of Social Services at 203-222-2663.

Metro-North Discount Program Phone: 1-212-532-4900

www.mta.info

Metro-North offers reduced rates for people 65 and older. The senior citizen fare is *not* valid on in-bound morning peak trains, i.e., those arriving at Grand Central Station before 10:00 a.m. on weekdays. The reduced fare is available for travel at all other times, including weekends and holidays. ID is required.

Railroad Parking at the Westport Train Station

Phone: 203-341-6052 (Westport Police Department railroad parking line)

www.westportct.gov

A limited (two free per month) parking arrangement, in designated areas, is available to Westport and Weston residents 62 and older.

RSVP • Medical Transportation Program

Phone: 203-222-2663 (Weston Department of Social Services) or
203-341-1050 (Westport Department of Human Services)

The RSVP Program is a free volunteer service. Volunteers provide residents with rides to medical appointments in the area. Clients must register ahead, give at least 24 hours notice, and must be ambulatory. Call to register.



ENRICHMENT – MIND AND BODY

EDUCATION AND CULTURAL ENRICHMENT

Elderhostel/Road Scholar *Adventures in Lifelong Learning*

Phone: 1-800-454-5768

www.roadscholar.org

11 Avenue de Lafayette, Boston, MA 02111

Elderhostel's Road Scholar programs offer adults a wide range of study and travel opportunities in the U.S., Canada, and overseas. Scholarships for eligible seniors may be available for programs in the U.S. and Canada.

Fairfield Senior Center • LifeLong Learners Program

Phone: 203-256-3166

100 Mona Terrace, Fairfield, CT 06824

The LifeLong Learners Program is offered in cooperation with Sacred Heart University and in affiliation with the Elderhostel Institute Network. Courses are offered in the spring and fall with a mini-course each March. A modest fee is charged.

Levitt Pavilion for the Performing Arts Phone: 203-221-2153

www.levittpavilion.com

Behind the Westport Public Library, 40 Jesup Road, Westport, CT 06880

The Levitt Pavilion is a non-profit, open-air summer festival held at an amphitheater located on the banks of the Saugatuck River. The Pavilion offers between 50 and 60 nights of free entertainment from mid-June through August.

Norwalk Community College • Lifetime Learners Institute

Phone: 203-857-3330

www.lifetimelearners.org

Norwalk Community College, 188 Richards Avenue, Norwalk, CT 06854

The Lifetime Learners Institute (LLI), a volunteer organization, is affiliated with Norwalk Community College and the Elderhostel Institute Network. Courses, as well as a Brown Bag Lunch and Learn lecture series, are offered in spring, fall, and winter sessions.

Note that Norwalk Community College itself offers a broad range of continuing education courses. For information, call 203-857-7000 or see www.ncc.comnet.edu. Free tuition may be available.

University College at Fairfield University/Learning for a Lifetime

Phone: 203-254-4110

www.fairfield.edu/uc/uc_lifetimelearn.html

The program offers a spectrum of courses at University College. Membership is open to people over the age of 50. There is a membership fee. Members are entitled to:

- Participate in broadly-based monthly symposia offered by Fairfield University faculty
- Audit a wide range of university semester-long courses
- Attend special interest programs, e.g., Open Visions Forums and Quick Center for the Arts events at a discounted fee

University of Connecticut • Center for Continuing Studies

Phone: 1-860-486-5941

www.continuingstudies.uconn.edu

Note that free and/or reduced tuition at Connecticut State Colleges and University campuses may be available for seniors.

Weston Commission for the Arts Phone: 203-222-2590 Events/Comment line

www.westonct.gov

The Commission organizes exhibits, concerts, and other arts events for the community.

Weston Historical Society Phone: 203-226-1804

www.westonhistoricalsociety.org

104 Weston Road, Weston CT 06883

Mailing address: P.O. Box 1092, Weston, CT 06883

The Society's Coley Homestead includes the Coley House, a Barn Museum, and a new archival center. The site hosts several events during the year, including a senior picnic lunch in July and Weston's Farmers Market (organized by the Weston Women's League), which is open on Saturdays, summer to fall. The Society holds periodic meetings for its members and guests and publishes a member newsletter, *The Chronicle*.

Weston Kiwanis Club

www.westonkiwanis.org

The Kiwanis Club of Weston is a membership organization dedicated to community service.

Its Saturday breakfast meetings, held at the Norfield Congregational Church Parish Hall, 64 Norfield Road, frequently offer talks by local, state, and national figures and feature topics of general interest. The public is welcome to attend these programs. For further information, see the Web site.

Weston Public Library Phone: 203-222-2665

www.biblio.org/weston

56 Norfield Road, Weston, CT 06883

The Library hosts a variety of community events, meetings, and art shows throughout the year. The Library also offers free access to books, large print books, audio books and a wide selection of downloadable audio books, DVDs, computers, and a wireless Internet connection. The Friends of the Weston Library organizes book groups, author talks, and more.

Weston Public Schools Phone: 203-291-1400

www.westonk12-ct.org

School Road, Weston, Weston, CT 06883

The Weston Public Schools offer theatrical and other school-sponsored events open to the community-at-large. The schools campus is also the venue of Weston's Family July 4th Celebration and other activities.

Westport Arts Center Phone: 203-226-1806

www.westportartscenter.org, 51 Riverside Ave, Westport, CT 06880

Westport Community Theatre Phone: 203-226-1983 (box office)
www.westportcommunitytheatre.com, 110 Myrtle Ave, Westport, CT 06880

Westport Continuing Education Phone: 203-341-1209
www.westportcontinuinged.com, Staples High School, 70 North Ave, Westport, CT 06880

Westport Country Playhouse Phone: 203-227-4177
www.westportplayhouse.org, 25 Powers Court, Westport, CT 06880

Westport Public Library Phone: 203-291-4800
www.westportlibrary.org, 20 Jesup Road, Westport, CT 06880

Wilton Candlelight Concerts
www.wiltoncandlelightconcerts.org
Performances are at the Wilton Congregational Church, 70 Ridgefield Road, Wilton, CT 06897

Wilton Continuing Education Phone: 203-834-7694
www.wiltoncontinuinged.org, Wilton High School, 395 Danbury Road, Wilton, CT 06897

Wilton Public Library Phone: 203-762-3950
www.wiltonlibrary.org, 137 Old Ridgefield Road Wilton, CT 06897

Y's Men of Westport/Weston
www.ysmenwestportweston.org

The Y's Men is an organization of retired and semi-retired men who meet weekly at the Saugatuck Church in Westport from September through May. Special interest groups meet at varying times and locations. Quasi-regular talks are open to the general public.

Y's Women
www.yswomen.org

The Y's Women usually meet twice per month from September through May. Special interest and volunteer groups may meet at other times. The organization offers opportunities for learning, as well as social and recreational activities. Talks open to the general public are occasionally offered.

NOTE: Our region is rich in opportunities for ongoing education, cultural enrichment, entertainment, and more. This section lists only a few regional resources and focuses primarily on a selection of those available in Westport, Weston, and Wilton. For information on other offerings, see area newspapers or search the Web.

In addition, e-learning opportunities are proliferating rapidly and many resources are available free of charge. For information, see www.AARP.org, (search: e-learning), www.ted.com, and other sites.

RECREATION, FITNESS, AND WALKING TRAILS

Aspetuck Land Trust Phone: 1-203-331-1906

www.aspetucklandtrust.org, P.O. Box 444, Westport, CT 06881

Aspetuck Land Trust has preserved over 1,700 acres of open space in Easton, Fairfield, Weston, and Westport. Trust properties owned and maintained within Weston include: *The Benjamin Wildflower Preserve* (on Old Stagecoach Road), *Elizabeth Moore Nature Preserve* (with entrances on Hill Farm Road and Davis Hill Road), *Honey Hill Preserve* (on Wampum Hill Road), *Stonebridge Waterfowl Preserve* (at Newtown Turnpike and Stonebridge Road), *Trout Brook Valley Preserve* (off Bradley Road), and the *Walter Wagner Preserve* (at the intersection of Pheasant Hill Road and Partridge Lane).

Walking trails are open to the public, and pets under owner control are allowed. Maps are available on the Web site and may also be available at the Weston Public Library.

Centennial Watershed State Forest/Saugatuck Valley Trail

Phone: 1-203-445-7339

The five-mile *Saugatuck Valley Trail* extends along the shore of the Saugatuck Reservoir and is part of 35 miles of scenic trails in Weston and Redding. Call the Aquarion Water Company to obtain a hiking trail map/permit.

Connecticut Audubon Society Phone: 203-259-6305, ext. 109

www.ctaudubon.org

Connecticut Audubon Society Center at Fairfield, 2325 Burr Street, Fairfield, CT 06824

The Grace Robinson Nature Sanctuary, located at the end of Lords Highway in Weston, holds 37 acres of upland woods with a stream and established trails. Sanctuary trails are open to the public.

Nature Conservancy Devil's Den Preserve Phone: 203-226-4991 ext. 203

www.nature.org

33 Pent Road, Weston, CT 06883

The Lucius Pond Ordway/Devil's Den Preserve is the largest privately-owned tract of protected land in Fairfield County. Its woodlands, wetlands, rock ledges, streams and swamps make the Devil's Den ideal for passive outdoor activity such as hiking and bird watching. The Nature Conservancy also maintains the 60 acre *Katherine Ordway Preserve* at 165 Goodhill Road.

Walking trails are open to the public. No pets are allowed. A map for the Devil's Den Preserve is available on the Web site or at the trailhead on Pent Road.

Sherwood Island State Park Phone: 203-226-6983

www.ct.gov (click on State Parks)

Sherwood Island Connector, Westport, CT 06880

The Park offers a picnic grove, swimming in Long Island sound, a Nature Center, and various activities such as summer nature walks, bird watching, and more. A **Charter Oak Pass** providing free parking access to all state parks and forests is available free to Connecticut residents 65 years of age or older.

Weston Parks & Recreation Department Phone: 203-222-2655

www.westonct.gov

Located in Jarvis House, 47 Norfield Road, Weston, CT 06883

The Weston Parks and Recreation Department provides recreational opportunities for Weston residents of all ages, interests, and abilities.

A sampling of facilities and events include:

- The **Swimming Pool** (Phone: 203-222-2589) at Weston Middle School, 135 School Road, open to the public by permit and offering various organized aquatic programs, as well as opportunities for both open and lap swims.
- **Bisceglie-Scribner Park** at 154 Newtown Turnpike, a 26-acre park featuring a large picnic pavilion, ball fields, a playground, and a pond open from Memorial Day–Labor Day. The park closes at sunset.
- **Morehouse Farm Park** at 478 Newtown Turnpike, a 32-acre park offering ball fields as well as a picnic area with grills. The park closes at sunset.
- The **July 4th Celebration–Weston’s Family 4th** at the Weston Middle School fields.

*NOTE: The Westport Parks and Recreation Department offers Weston residents a special discount on non-resident parking-permits for use at Westport facilities including **Compo Beach**. Contact the Department at 203-341-5090 or see www.westportrecreation.com for details on permits and/or for information on non-residents use of the Longshore Club Park Golf Course. Beach/parking permits are also available, usually from April through the summer, at the Weston Town Clerk’s office at 203-222-2616. Free passes for income-eligible seniors may be available through the Weston Department of Social Services at 203-222-2663.*

Weston Senior Activities Center Phone: 203-222-2608

The Center offers classes in yoga, strength and fitness training, and more. Walking groups and other physical activities may also be available. See page 4.

Westport Weston Family Y Phone: 203-226-8981

www.westporty.org

59 Post Road East, Westport, CT 06880

In addition to its regular programs, the Y offers a variety of special programs for seniors such as senior aqua fitness, an arthritis aquatic program, and senior strength training.

Discounted membership rates for people age 65 and older are offered. The Y does not turn away residents unable to pay for memberships or programs.

Wilton Family Y Phone: 203-762-8384

www.wiltony.org

404 Danbury Rd, Wilton, CT 06897-2095

The Wilton Y offers a variety of special programs for seniors, including swimming, sports, health and wellness, exercise classes, and more. The Y welcomes individuals with disabilities in all classes. Discounted membership rates for people age 65 and older are offered. Additional subsidies may be available.

VOLUNTEER OPPORTUNITIES

AARP Phone: 1-888-687-2277 or 1-866-295-7279 for the Connecticut Office

www.aarp.org (click on Make a Difference)

AARP recruits, trains, and helps place volunteers to meet a variety of needs.

RSVP (Retired And Senior Volunteer Program) Phone: 203-663-7333

www.rsvpswct.org

98 South Main St, Norwalk, CT 06854

The RSVP of Southwestern Connecticut recruits and places volunteers age 55 and older.

SCORE (Service Corps of Retired Executives) Phone: 203-847-7348

www.scorenorwalk.org, 24 Belden Avenue, Norwalk, CT 06850

SCORE provides assistance to existing and start-up businesses through free, confidential counseling and low-cost workshops. Members are volunteer–working or retired–business owners, executives, and managers with varied business interests and skills.

United Way of Coastal Fairfield County Phone: 1-203-334-5106

www.unitedwaycfc.org (click on Volunteer), 75 Washington Avenue, Bridgeport, CT 06604

The agency offers information and support for people interested in volunteering. See also

www.volunteersolutions.org.

Visiting Nurse & Hospice of Fairfield County Phone: 203-762-8958

www.visitingnurse.net

761 Main Avenue, Norwalk, CT 06851

Visiting Nurse & Hospice of Fairfield County (formerly Nursing & Home Care and Mid-Fairfield Hospice) offers training and many opportunities to volunteer in areas such as peer counseling, patient support, hospice patient care, and more.

Voluntary Action Center (VAC) Phone: 203-849-1111

www.hsctt.org (click on Voluntary Action Center)

A program of the Human Services Council that matches volunteers' skills and interests with the needs of area service agencies. See also www.volunteermatch.org.

Weston Community Service Coalition www.wcsctt.net

The Coalition is made up of Weston community service group representatives. The Web site offers a listing of local volunteer opportunities and a community calendar. For additional ideas see Weston Social Services on page 3 and the Weston Senior Activities Center on 4.

The Weston Forum Phone: 1-203-894-3332

www.thewestonforum.com, 16 Bailey Avenue, Ridgefield, CT 06877

Weston's local newspaper, *The Weston Forum*, publishes an annual supplement, the "Weston Answerbook", which offers descriptive and contact information on civic, cultural, arts, social and sports groups, religious institutions, and more. Many of these groups welcome new members and actively seek volunteers. The "Answerbook" is available online and hard copies may also be available at the Senior Center and other locations.

VETERANS AFFAIRS/SERVICES

Connecticut Department of Veterans Affairs Phone: 1-860-616-3600

www.ct.gov/ctva, at the Veterans Home, 287 West Street Rocky Hill, CT 06067

The Department provides help with benefits and offers support to veterans with a range of issues and concerns.

Connecticut Dept. of Veterans Affairs/Office of Advocacy & Assistance

Phone: 1-860-616-3686 (Statewide Office), 287 West Street, Rocky Hill, CT 06067

Phone: 1-203-931-0460 (4th District Office), 75 Middle Street, Bridgeport, CT 06604

www.ct.gov/ctva

The Office helps veterans, as well as their eligible spouse and dependents, obtain benefits as provided for under federal, state, and local laws. Eligibility requirements may vary according to the benefit program. For information on cemetery and memorial services, call 1-860-616-3688.

Connecticut Veterans Home and Hospital Phone: 1-860-616-3600

www.ct.gov/ctva, 287 West Street, Rocky Hill, CT 06067

Chronic condition care, long-term care, and limited respite care for veterans are available.

Soldiers', Sailors', and Marines' Fund Phone: 1-800-491-4941 or 1-203-331-8876

www.ct.gov/ssmf, 864 Wethersfield Avenue, Hartford, CT 06114/Fairfield Cty Field Office

The Fund offers temporary financial aid to wartime veterans and their families.

Tax Relief for Veterans • Town of Weston

Weston offers a special property tax relief program for qualified veterans. Contact the Town assessor at 203-222-2606/2607 for details. For additional programs, see pages 27-28.

U.S. Department of Veterans Affairs

VA Regional Office Phone: 1-800-827-1000

www.va.gov

The office provides eligible veterans with information and access to compensation, home loans, disability claims, educational benefits, pensions, burial information, and more.

Veteran's Affairs New England Health Care System/CT Division

Phone 1-203-932-5711, www.va.gov or www.connecticut.va.gov

950 Campbell Avenue, West Haven, CT 06516

A full spectrum of inpatient and outpatient health services, as well as prescription services, is available for eligible, enrolled veterans. Main campuses are in West Haven and Newington. Mental health crisis services are available 24-hours/7-days-a-week at ext: 4471.

Veterans Health Screening and Primary Medical Care Clinic

Phone: 1-203-325-0649

1275 Summer Street, Suite 102, Stamford, CT 06905

The Stamford VA Primary Care Clinic provides general internal medical care, including an array of preventive and diagnostic care. By appointment only.

ANNUAL COMMUNITY EVENTS

- February

“Speak-Up”

Sponsored by the League of Women Voters of Weston

- April

Kiwanis Pancake Breakfast

Sponsored by the Kiwanis Club

Easter Egg Hunt at the Coley Homestead

Sponsored by the Weston Historical Society

Green-Up Day

Organized by the Kiwanis Club of Weston

- May

Rites of Spring Dance Festival

Hosted by the Young People’s Creative Dance Group, sponsored by the Commission for the Arts

Memorial Day Fair

Organized by the Hurlbutt Elementary School Parent Teacher Organization (PTO)

Memorial Day Parade

Organized by the Weston Volunteer Fire Department

Memorial Day Road Race

Sponsored by the Weston High School Parent Teacher Organization (PTO)

- June

Norfield Congregational Church Fair

Sponsored by the Norfield Congregational Church congregation

- July

Weston’s Family July 4th Celebration

Sponsored by the Weston Parks and Recreation Department

Weston Historical Society’s Senior Picnic

Sponsored by the Weston Historical Society

- Summer – Fall

Weston Farmers Market

Sponsored by the Weston Women’s League, held at the Weston Historical Society’s Coley Homestead

- September

Movie Under the Stars

Sponsored by the Weston Parks and Recreation Department

Norfield Grange Agricultural Fair

Sponsored by the Norfield Grange

Emmanuel Episcopal Church Fair

Sponsored by the Emmanuel Church congregation

- September/October

Historic Homes of Weston Tour

Sponsored by the Weston Historical Society

- October

Weston Volunteer Fire Department Open House

Sponsored by the Weston Volunteer Fire Department

Old-Fashioned Halloween Fair at the Coley Homestead

Sponsored by the Weston Historical Society

Halloween Ragamuffin Parade & Haunted House

Sponsored by the Weston Women's League and the Weston Volunteer Fire Dept.

- November

Veterans Day Ceremony

Organized by the Select Committee on Veterans' Affairs

Kiwanis Pasta Dinner

Sponsored by the Kiwanis Club of Weston

- December

Children's Holiday Breakfast

Sponsored by the Weston Women's League

Holiday Open House at the Coley Homestead

Sponsored by the Weston Historical Society

Westport/Weston First Night

Sponsored by Westport, Weston, and local community groups (event status unavailable at print time)

NOTE: All events are subject to change and/or cancellation. Exact dates, times, and locations of listed events, as well as information on additional programs organized by local religious institutions, the Weston public schools, the PTOs, and other groups, can be found in The Weston Forum, other local newspapers, and/or through sponsoring organizations.

INDEX

AARP, 2, 26, 29, 36
Administration on Aging (AoA), 2
Adult Day Care, 18
Alcoholics Anonymous, 9
Alzheimer's Association, 9, 16
Alzheimer's Foundation of America, 9
AmeriCares Free Clinic of Norwalk, 12
Amtrak Passenger Discount Program, 29
Are You OK, 6
Aspetuck Land Trust, 34
•
Benefits Check-up, 26
Bereavement, 9-11
Better Business Bureau, 24
Bridgeport Hospital Center for Geriatrics, 15
Brown Geriatric Evaluation Clinic, 15
Burke Rehabilitation Hospital/Memory Evaluation and Treatment Services, 15
•
Cancer Care, 9, 12
Centennial Watershed State Forest/Saugatuck Valley Trail, 34
Center for Elder Abuse Prevention, 8
Center for Hope, 9
Center for Medicare Advocacy, 8, 24
Charter Oak Pass, see Sherwood Island State Park, 34
CodeRED Emergency Notification System, 6
Commission on the Deaf and Hearing Impaired, 8, 12
Connecticut Attorney General's Office, 24
Connecticut Audubon Society, 34
Connecticut Board of Education Services for the Blind, 12
Connecticut Department of Consumer Protection, 24
Connecticut Department of Social Services, 8, 12, 20, 26
Connecticut Department of Veterans Affairs, 37
CT Elder Law, 24
Connecticut Home Care Program for Elders, see SWCAA, 17
Connecticut Housing Finance Authority, 23
Connecticut/National Family Caregiver Support Program, see SWCAA, 17
Connecticut Legal Services, 24
Connecticut Long-Term Care Ombudsman Program (LTCOP), 8
Connecticut Office of Protection & Advocacy for Persons with Disabilities, 8
Connecticut Partnership for Long-Term Care, 16
Connecticut Radio Information System, Inc. (CRIS), 13
Connecticut Statewide Respite Care Program, see SWCAA, 17
Connecticut Veteran's Home and Hospital, 37
Connecticut VNA, see Masonicare, 17
ConnMap, 12

ConnPace, 13
 Consumer Credit Counseling, 26
 Consumer Law Project for Elders, 24
 Counseling, Support Groups, and Mental Health Services, 9-11
 •
 Dental Services 13, 14
 Dial-a-Ride, 3, 29, outside back cover
 Disability Resource Center of Fairfield County, 13
 “Do Not Call” List, 25
 Domestic Violence Crisis Center, 10
 Driver Safety Program, see AARP, 29
 Dubois Center, 10
 •
 Education and Cultural Enrichment, 31-33
 Eldercare Locator, 2
 Elderhostel/Road Scholar programs, 31
 ElderHouse 18
 Emergency Help, inside front cover, 6, 7, outside back cover
 Emergency Management, Weston Office of, 7
 Employment Programs and Resources, 19
 EyeCare America, 13
 •
 Fairfield County Lawyer Referral Service, 25
 Fairfield County Medical Association, 13
 Fairfield Senior Center, Lifelong Learners Program, 31
 Fairfield University/Learning for a Lifetime, 31
 Family and Children’s Agency (FCA), 6, 10, 16, 22, 29
 Federal Housing Administration, 23
 Financial help, see Money Matters, Benefits, and Tax Relief Programs, 26-28
 Food and Nutrition Assistance, 20
 Fuel and Utilities Assistance, 21
 •
 Geriatric Evaluation, 15
 Grasmere by the Sea, 18
 Greenwich Adult Day Care - River House, 18
 Greenwich Hospital Geriatric Services, 15
 •
 Handicap Parking Permits, 29
 Hall-Brooke, see St. Vincent’s Behavioral Health Services, 11
 Health Services and Support, 12-14
 Home Health Care, Respite Care, and Long-Term Care, 16-17
 Homemaker/Chore Services and Home Maintenance, 22
 Hospice Services, 17
 Housing Court, 23
 Housing Options and Support, 23
 •
 Infoline/2-1-1, 2, outside back cover,
 ITN (Independent Transportation Network) CoastalCT, 29

Jewish Family Services, 10, 16, 19, 22
 Jewish Home for the Elderly, 8, 15, 16, 22
 •
 Legal Information and Services/Consumer Protection, 24-25
 Levitt Pavilion for the Performing Arts, 31
 Liberation Programs, 10
 Lifeline of Connecticut, 6
 LINKS, ‘Connections for Independent Living’, 22
 Long-Term Care Ombudsman Program, Connecticut’s (LTCOP), 8
 •
 Masonicare Helpline, Masonicare Home Health & Hospice, and Masonicare at Home, 17, 22
 Maturity Works, Career Resources @ CTWorks Career Centers of SW CT, 19
 Meals on Wheels, 20
 Medic Alert, 6
 Medicare, Medicare Part D (drug plans), Medigap, and other information, 2, 13, 26
 Mental Health Services, 9-11
 Metro-North Discount Program, 30
 Mid-Fairfield Hospice, see Visiting Nurse & Hospice of Fairfield County, 11, 17, 36
 Municipal Agent for the Elderly, 3
 •
 National Association of Professional Geriatric Care Managers, 2
 Nature Conservancy’s Devil’s Den Preserve, 34
 N.E.O.N. Inc. (Norwalk Economic Opportunity Now), 21, 23
 New England Pension Assistance Project, 26
 Norwalk Community College/Lifetime Learners Institute, 31
 Norwalk Community Health Center, 14
 Norwalk Hospital, 10, 14
 Norwalk Hospital Geriatric Assessment Center, 15
 Norwalk Hospital Psychiatric Clinic, 10
 Norwalk Hospital Support Groups, 10
 Nursing & Home Care, see Visiting Nurse & Hospice of Fairfield County, 11, 17, 22, 36
 •
 Operation Fuel, 21
 Optimus Health Care Centers, 14
 •
 Peer Counselors/Senior Companions, see Visiting Nurse & Hospice of Fairfield Cty., 11, 36
 Photo ID (Identification) Card, 27
 Positive Directions, 11
 Probate Court, 25
 Protective Services for the Elderly/Elder Abuse & Neglect, 8
 •
 Railroad Parking at Westport Train Station, 30
 Recreation, Fitness, and Walking Trails, 34-35
 Reverse Annuity Mortgages, 23
 RSVP (Retired & Senior Volunteer Program), 30, 36
 •
 St. Vincent’s Behavioral Health Services, 11
 St. Vincent’s Medical Center Geriatrics Assessment Program, 15

SCORE (Service Corps of Retired Executives), 36
 Senior Centers, area-wide, 4
 Sherwood Island State Park, 34
 SNAP/Supplemental Nutrition Assistance Program, 20
 Social Security Administration, 27
 Statewide Legal Services/CT Elderly Unit, 25
 Substance Abuse, 9-11
 SWCAA, Southwestern Connecticut Agency on Aging, 2, 17, 23, 27
 •
 Tax Relief Programs/'Town of Weston, 27-28
 •
 United Way of Coastal Fairfield County, 36
 University of Connecticut/Center for Continuing Studies, 32
 Utilities/Customer Service, inside back cover
 •
 Veterans' Affairs/Services, 37
 Vision Support Services, 12-14
 Visiting Nurse & Hospice of Frfld Cty (*Formerly Nursing & Home Care/Mid-Fairfield Hospice*), 11, 17, 22, 36
 Visiting Nurse Services (VNS) of Connecticut/Partners in Care, 17, 22
 Voluntary Action Center (VAC), 36
 Voluntary Services for the Blind of Fairfield County, 14
 •
 Waveny Care Network, 15, 17, 18
 Weston Commission for the Arts, 32
 Weston Community Service Coalition, 3, 36
 Weston Department of Social Services, 3, 20, 21
 Weston Forum, 36
 Weston Historical Society, 32
 Weston Kiwanis Club, 32
 Weston Parks & Recreation Department, 35
 Weston Public Library, 19, 32
 Weston Public Schools, 32
 Weston Senior Activities Center, 4, 35
 Weston Warm-Up Fund, 3, 21
 Westport Arts Center, 32
 Westport Community Theater, 33
 Westport Continuing Education, 33
 Westport Country Playhouse, 33
 Westport Department of Parks and Recreation, 35
 Westport Public Library, 19, 33
 Westport Weston Family Y, 35
 Westport Weston Health District, 5, 7
 Wilton Continuing Education, 33
 Wilton Family Y, 35
 Wilton Public Library, 33
 •
 Yale/Dorothy Adler Geriatric Assessment Center, 15
 Y's Men and Y's Women, 33

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www.att.com

Cablevision Phone: 203-847-6666

www.cablevision.com

Connecticut Light & Power Phone: 1-800-286-2000

www.cl-p.com

Southern Connecticut Gas Company Phone: 1-800-659-8299

www.soconngas.com

ACKNOWLEDGMENTS

The Commission on Aging has had the help of many individuals both inside and outside of Weston in developing our community's first Senior Services and Resource Directory.

We appreciate the work of those in area towns—social service staff, town commission members, and other volunteers—who have created similar resource guides for residents in their own communities. In developing our publication, we have considered ideas from the directories of Darien, Greenwich, Ridgefield, Westport, and Wilton.

In particular, we wish to acknowledge the support and thoughtful contributions of former Weston Commission on Aging Chair Lois Miller, Weston Department of Social Services Director Charlene Chiang-Hillman and Administrative Assistant Suzanne Friedman, Weston Senior Activities Center Director Jennifer Ruddy and Program Coordinator Nancy McCormick, Westport Municipal Agent for the Elderly Maybeth Wirz, and Southwestern Connecticut Agency on Aging Executive Director Marie Allen and Quality Assurance Manager Nadine Richardson.

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Helen R. de Keijzer, Directory Editor and Chair, Commission on Aging

FOR ALL EMERGENCIES, CALL:

9-1-1

Including for TDD (Telecommunications Device for the Deaf)

POLICE • FIRE • EMERGENCY MEDICAL SERVICES (EMS)

Infoline/2-1-1 Phone: 2-1-1

www.211ct.org

A comprehensive information and referral resource that also offers a 24-hour/7-day-a-week Suicide and Crisis Intervention Hotline at **2-1-1**, extension **1**.

Poison Control Phone: 1-800-222-1222 (First call 9-1-1)

A 24-Hour/7-day-a-week Hotline offering immediate instructions on poisons.

First call **9-1-1**, then call the Poison Control Hotline for appropriate next steps.

WESTON • TOWN INFORMATION

www.westonct.gov

Weston Town Hall Phone: 203-222-2500 • **Selectmen** Phone: 203-222-2656
56 Norfield Road, Weston, CT 06883

Weston Department of Social Services Phone: 203-222-2663
Town Hall Annex, 24 School Road, Weston, CT 06883

Dial-a-Ride Phone: 203-222-2576

Weston Senior Activities Center Phone: 203-222-2608
At Hurlbutt Elementary School, 9 School Road, Weston, CT 06883

Weston Public Library Phone: 203-222-2665
www.biblio.org/weston
56 Norfield Road, Weston, CT 06883

Communications Center – For Non-Emergencies: 203-222-2600/2666
Town Hall Complex, 56 Norfield Road, Weston, CT 06883