

GROTON SENIOR CENTER

DISCOVER THE GROTON SENIOR CENTER



SENIOR AID 2015 SERVICES GUIDE

GROTON SENIOR CENTER
102 NEWTOWN ROAD
GROTON, CT 06340
860-441-6785

HOURS: Monday through Friday 8:30 AM – 4:30 PM
Fitness Center Hours: Monday through Friday 7:00 AM – 6:30 PM

**We are here for the Residents of Groton
And we welcome Non-Residents**

SENIOR CENTER FULL TIME STAFF

Mary Jo Riley	Senior Center Supervisor
Carol Pratt	Program Supervisor
Cindy Morrison	Program Supervisor
Lamont Hill	Kitchen Supervisor
Joanne Forgacs	Office Assistant II
Kathy Williams	Office Assistant II

THE GROTON SENIOR CENTER is a division of the Parks and Recreation Department of the Town of Groton. Our objective is to be a wellness center for seniors age 55 and over, residing in Groton. At our center we provide meals, trips, transportation, computer training, exercise programs, various classes, and many other social as well as intergenerational activities. Non-residents are welcome.

MISSION STATEMENT

To provide for the aging in place and recreation of individuals aged 55 and older through offering quality programs in socialization, nutrition, health and social services, recreation and transportation.

LOCATIONS TO FIND THE SENIOR CENTER LIFELINES

LifeLines is the monthly informational newsletter published by the Groton Senior Center. On the fourth Tuesday of each month, LifeLines is distributed for the following month. It is available at the Groton Senior Center, Groton Town Hall, Groton Public Library, Bill Library, Mystic Noank Library, most elderly housing offices, the City Clerk’s Office, Municipal Building and the Groton Parks and Recreation Department. It is also available on-line under www.grotonrec.com; senior center link; Lifelines.

Channel 2 on Comcast Cable has the Senior Center trips, events, cancellations and updates run on a daily basis.

GROTON SENIOR CENTER SERVICES
What Transportation does the Center Provide?



USING GROTON SENIOR CENTER TRANSPORTATION

The center provides a ***CURB TO CURB*** service. All individuals using transportation must complete a Transportation Form. Persons must be able to do activities of daily living independently:

- ◆ Travel 200 feet without assistance.
 - ◆ Climb three 12 inch-steps OR
 - ◆ Use a wheelchair lift.
 - ◆ Wait outside without support for ten minutes.
- Please be aware that the senior center does **not** provide assistance to and from the vehicle.

Groton Senior Center reserves the right to decline transportation services based on their current guidelines for independent transportation.

Making a reservation for transportation

- ◆ Call 860-441-6785 **before 3pm** for making next day reservation—**NO requests after 3 pm**
- ◆ You can book for rides to center, to medical, shopping and bank run at that time.
- ◆ Rides to center are on 8, 9 or 10 A.M. runs.
- ◆ When at the center, ask for the monthly transportation form and you can book all rides for the month at one time.

SHOPPING

Grocery Shopping

Wednesdays Cost: \$2.00

8-9 am or 12-1 pm pick up

1st and 4th Wednesday – Stop & Shop

2nd Wednesday – Big Y

3rd Wednesday – Shop Rite

5th Wednesday – Big Y

*Limit groceries to 2 bags
or what you can carry on your own.*

Department Store Shopping

Thursdays Cost: \$2.00

12pm pick up Leave store at 3:00pm

1st and 5th Thursday – Walmart & Kohl's

2nd Thursday – Target

3rd Thursday – Christmas Tree Shop & Crystal Mall

4th Thursday – Super Walmart, Waterford

MEDICAL TRANSPORTATION

Call AHEAD or as soon as possible during the month of your appointment.

We can book only

ONE appointment PER DAY for you.

Rides can be provided in the following areas on days noted & within these times:

Groton & Gales Ferry

Mondays – 9 to 10:30am

Tuesdays – 1 to 3pm

Thursdays – 9 to 10:30am

Fridays – 9 – 10:30am

New London & Waterford

Mondays 1 to 3pm

Tuesdays – 9 to 10:30am

Wednesdays – 1 to 3pm

Thursdays – 1 to 3pm

Fridays – 1 to 3pm

Westerly, Stonington, & Mystic

Wednesdays – 9 to 10:30am

Note for medical procedures we will transport to procedure only. You will need a separate ride home.

Bank Trips

Friday mornings you can book for a trip to your Groton area bank. Cost: \$2.00

Municipal Medical Transportation

Medical transportation is available for persons 60+ and individuals with disabilities through a state grant. **Caregiver Mileage Reimbursement** is also available to reimburse family or friends who drive qualified individuals to appointments.

- Program brochure and information available at front desk.
- You must complete a registration form. Center will fax form to ECT Transportation Consortium.
- Once registered, Call ECTC at (860)859-5794 forty eight (48) hours in advance.

THERE IS NOW A \$24 ANNUAL FEE STARTING JULY 1, 2015

*ECTC has other transportation options.
Please be sure to ask.*

UNITED COMMUNITY & FAMILY SERVICES DENTAL CLINICS - \$2.00 FEE

Groton Senior Center provides transportation to the Norwich Clinic (860)892-7042 the Fourth Monday of each month. You must call and book transportation at the Senior Center after you have made your dental appointment.

BAD WEATHER

Please listen to the radio for transportation cancellations. WSUB 980, WNLC 1510, WCTY, WICH, WBMW 106.5 and WNLC will carry our postponements and cancellations. The Channel 2 local station will also carry information. As a rule, if the Groton schools cancel, the Senior Center will cancel programs and transportation. If you have any questions, you may always call the Groton Senior Center directly at 441-6785.

Please, DO NOT Call drivers or other staff at home!

ALTERNATIVE MEANS OF TRANSPORTATION

ADA: 860-886-2631 Local transportation

American Ambulance:860- 886-1463

Curtin Transportation: 860-443-1655

ECTC: Dial-A—Ride: 860-439-0062 (ADA)

First Transit: 1-888-743-3112 Title 19 & Medicaid clients

Hunter's Ambulance: 860-443-4323

Livery Limited: 860-599-8840 or 1-800-959-6339

LOGISTICARE, INC. 1-888-248-9895 – Non-emergency medical transportation for MEDICAID & STATE CLIENTS living in Groton.

Seniors Helping Seniors: 860-889-2648 ext. 387

State Dept. of Transportation (ADA): 860-594-2853 – Forms Available at the Groton Senior Center

V.A. New England Health Care System: - 203-932-5711 ext. 7142

Veterans Affairs: 860- 887-9162

CLASSES OFFERED AT THE GROTON SENIOR CENTER

CLASSES – The Groton Senior Center offers a wide variety of classes. Any Groton resident 55 or older can participate. Classes have a fee. Non-residents can take part in classes for an additional fee. The following is a list of classes offered at the senior center. Our classes are seasonal or run on an intermittent basis. Classes are subject to cancellation per review of the Senior Center Supervisor. The center offers new classes and workshops that might

not make the monthly **Lifelines**. Check the information boards and website. Always feel free to call 860-441-6785 to inquire about changes.

CRAFTS: Arts & Crafts, Ceramics, Plastic Canvas, Scrapbooking Bee, Card Making, Jewelry Making, Quilting and Sewing.

COMPUTERS – The Groton Senior Center has a computer learning center known as the “Groton Adult Tech Center”. It was the first of its kind in the State of Connecticut. A range of classes are offered from “Introduction to Computers” to “Digital Camera Workshops”. We teach FaceBook and have lessons on the Kindle. The Tech Center offers instruction on Apple and PC computers, lap tops, and iPads. One-on-One classes are available. The Learning Center is open to all adults. Volunteers facilitate classes, workshops and labs. You can call the computer learning at 860-445-1057. If no one is available, please call 860-441-6785. You can also go to their website: www.gaclc.org.

EXERCISE – Cardio Fit, Cardio Sculpt, Line Dancing, Tai Chi, Ballroom Dance, Yoga, Arthritis Foundation Program, Stretch, Strength and Balance, Zumba Gold, Zumba Toning, Strength Training, Pickle Ball and more! Both day and evening classes are available.

ENTERTAINERS – We have two choral groups that go out and perform. The Silvertones Chorus and Sunshine Chorus.

GAMES – Bingo, Duplicate and Instructional Bridge, Sanctioned Bridge, Mah Jongg, Pinochle and Wii Bowling.

SELF ENRICHMENT – Writing Group and Mind Aerobics.

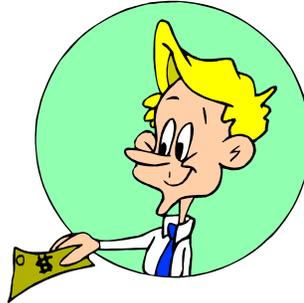
TRIPS OFFERED BY THE GROTON SENIOR CENTER

TRIPS – The Groton Senior Center runs trips each month. For some trips transportation is provided from your home if needed. We use our vans, mini-buses or coach buses. All payments for trips must be into our office upon registration unless otherwise stated in the regular monthly newsletter or other media.

- THERE ARE NO TRANSFERS OF SPACES TO FRIENDS WHEN CANCELING! If you must cancel a trip, please call 441-6785 as soon as possible.
- **REFUNDS**: No Refunds are given on day trips if a replacement is not found for your spot. If you qualify for a refund it will be processed on the day after the trip returns. If we are able to do so, you will get back your payment minus \$2.00 processing fee for day trips and \$25 fee for overnight trips.
- Time of return home for all trips is approximate. Please keep in mind it is extremely difficult to determine exact return times. The Trip Supervisor will stay at the center until all seniors have departed.
- The fee for some day trips will be slightly higher for non-residents.
- Smoking is not allowed on the bus. We will make rest stops along the way if the bus is traveling more than one and a half hours to insure a break. All trip departures and

returns will be made from the Groton Senior Center. If you are leaving your car at the center, please park your vehicle on the west side of the building.

- Alcoholic beverages are not allowed to be consumed on the bus. There is no exception to this rule.
- See the LifeLines newsletter for a schedule of trips.



MAKING PAYMENTS AT THE GROTON SENIOR CENTER

Trip payments are due one week (7) days after you register. If payment is not received, a reminder call will be made as a courtesy. If payment is not received in an appropriate amount of time, you will be removed from the list and replaced by someone on the waiting list.

Social Events payment must be made upon registration or in some cases one week after sign up. This includes luncheons, dinners, breakfasts, movie night, etc. Payments for Activities and Classes can be by checks, cashier checks or credit cards. ***Unless otherwise publicized in our Newsletter, events flyers or daily announcements.**

Payments for Groton Senior Center activities may be paid by cash, check, credit card or money order. Checks and money orders should be made payable to the TOWN OF GROTON, unless otherwise stated. One check can cover several events. Please list each item on the check is paying for in the memo section. When writing out a check for payment please put an official picture ID number on your check (State driver's license, military ID, passport or state issued ID. This is a town requirement. We accept Visa, Mastercard and Discover cards. All credit card payments must be done in person.

Refunds for Classes

Refunds may be granted for requests received prior to the start of the second meeting date for regularly scheduled classes.

Customers can choose to get a refund by check minus a 25% administration fee or to get a full credit by transferring into another available program in that class session or the session immediately following.

Refunds and transferring are allowed during the first week of classes.

Refunds for Special Events and Luncheons

Full refunds will be given up to the Tuesday prior to the event date. After that a refund will only be given if a replacement is found for the individual cancelling.

Refunds for Trips

Refunds are given on day trips if a replacement is found for your seat. If you qualify for a refund it will be processed on the day after the trip returns. For overnight trips refund policies vary according to the tour company.

The administrative cancellation fees are \$2.00 for a day trip and \$25 for some overnight trips. **Please note that on overnight trips the tour company may charge an additional fee for cancelling. There can be no exceptions with the above policy.



FOOD PROGRAM AT THE SENIOR CENTER

COASTAL CAFE - The Senior Center has a snack bar that is open Monday through Friday, 8:30AM to 12:45PM

- 8:30 to 11:00 a.m. the snack bar is open for light breakfast items including egg sandwiches.
- 11:30 – 12:45 Lunch is served. There are choices of a hot entrees, sandwiches, soup, salad bar and desserts. Menus are in the monthly LifeLines.
- No reservations are required for daily lunch.
- Take outs are now offered. Please call 860-441-6771 to place an order.
- Special Meals are served as part of our Social Scene. **These meals require reservations.** The Groton Rotary Club sponsors special meals at the center in April and November. See our LifeLines each month to get more information about these and other special dining delights!

SERVICES OFFERED AT THE SENIOR CENTER

Benefits Check-Up Counselor – Two Tuesdays a month a representative from Senior Resources is at the center to help find out what benefits are out there for you! Please call 860-441-6785 to schedule your appointment, get a list of items to bring and more information.

CHOICES PROGRAM – First and Third Mondays there is a CHOICES representative at the Groton Senior Center from 12:30 PM until 3:00 PM. This program helps you with Free information and assistance about Medicare Choices, Medicare Supplemental Insurance, Medicare RX, Medicaid (Title 19), Long Term Care Insurance and other related State and Federal Programs as well as referrals for further assistance. Counselors do not sell insurance nor is there any fee for their services. Please call the senior center, 441-6785 for more information.

AARP has volunteers available to assist with income taxes February through April at the Senior Center. Call for an appointment at 441-6785. They also offer Safe Driver Program on the 2nd Friday of each month from 12:30 – 4:30. See Lifelines each month to get more information. Also AARP Mystic Chapter meets the 2nd Tuesday of each month for a 1:00 PM meeting followed by a program or speaker at 1:30 PM.

CT DEPT. OF MOTOR VEHICLES 1-800-842-8222 You can get an application for a handicap-parking sticker in the senior center office or by calling 1-800-842-8222. You can also obtain one at their website: www.ct.gov/dmv

HEALTH SERVICES AT GROTON SENIOR CENTER

The Visiting Nurses Association of Southeastern Connecticut (VNA) sponsors and coordinates various health services. Many are held at the senior center.

1. **HEALTH COUNSELING** with a nurse the 3rd Wednesday of the month from 12 PM to 1:30 PM. No appointment is needed. The nurse will discuss any health concerns on a first come, first serve basis.
2. **BLOOD PRESSURE SCREENING** is held at the Groton Senior Center 11:00 – 12:00 noon on the every Tuesday of each month as well as every Friday from 8:45AM – 9:45 AM. Weekly screenings are also available at other sites. Call the VNA office at 444-1111 for locations of available screenings.
3. **FOOT CLINIC** – Every 3rd Wednesday of the month from 9:00 AM – 12:00 PM and every 2nd Tuesday from 12:30 – 1:30. Make an appointment to have your toe nails cut, feet massaged, etc. Fee is \$30. Persons with Diabetes or Circulatory Problems are not appropriate for the clinic and need to go to their podiatrist.
4. **FLU CLINICS** – Two flu shot clinics are held each year in the early autumn at the Groton Senior Center. Please contact the VNA, 444-1111, for dates, time and other detailed information.
5. **UNITED COMMUNITY SERVICES DENTAL CLINIC** – This clinic is for dental care for seniors age 60 or over. The clinic is located in Norwich. This service is **BY APPOINTMENT ONLY!** Please call the clinic to make appointments, 892-7042. If you need transportation, please call the Groton Senior Center, 441-6785. The clinic charges an initial evaluation fee. All charges for dental services are based upon income. There is a \$2.00 fee for transportation. This is paid to the Groton Senior Center the day of your appointment. Appointments should be made on the 4th Monday of the month.

PARKING – Please pay attention to parking restrictions at the center. Handicapped parking is available. These spaces are marked with **handicap signs AND emblems** on the actual space. Only those with Department of Motor Vehicle approved handicap stickers may use these spots. Please do not park in the handicapped areas unless you place your sign on the front dash of your car or have a handicapped license.

SENIOR BEAT is an informational hour that is taped at the Groton Public Library. It is then played on Channel 2 on Comcast cable. Topics include health issues, consumer rights, senior programs and benefits, and legal information. Tapes and DVDs are available at the Senior Center to borrow.

COMMUNITY SERVICES FAIR – The Groton Senior Center sponsors this annual event on the last Wednesday in March. Local agencies are available to answer questions and hand out information on issues that concern citizens age 55 and over. A sample of topics represented include: health, nutrition, state programs, legal issues, home care, social security, home safety, and insurance. Free door prizes are awarded and lunch is available for a moderate price.

THINGS TO BORROW – At the Groton Senior Center there are items that may be borrowed on the honor system; books, puzzles, Senior Beat videos and movies. Please call 441-6785 for more information.

VOLUNTEER OPPORTUNITIES – Volunteer your time! There is always a need for volunteers at the center and for the Groton Senior Citizens' Club.

Executive Board	Club Committees
Flea Market	Strawberry Festival
Bazaar	Fundraising Events
Hostess Committee	Hobby Lobby Shoppe
Driver for medical apt.	Friendly visitor program
Elegant dinner deliveries	Intergenerational events
Class facilitator	Computer Learning Center
Phone Calls	Answering Phones at Front Desk

For more information, contact Carol Pratt at 441-6795.



THE GROTON SENIOR CITIZENS' "CLUB 55"

- The Groton Senior Citizens' "Club 55" is a vital group and is the heart of fund raising at the center.
- Membership dues for the Club are \$5.00 a year from September to September. You may pay by cash, check, money order or most credit cards. Checks and money orders are made payable to the Town of Groton.
- Each month a Birthday/Anniversary party, club meeting and club gathering are held at the senior center. Free dessert is provided at each event.
- Membership entitles you to a reduced cost at the Christmas Dinner, Great American Picnic and the Luau as well as many volunteer opportunities to help our community.
- Club Fund Raisers – The club is always looking for volunteers. Some of their fund raisers are the annual Harvest Bazaar, Flea Market, Strawberry Festival and Annual Raffle. If you bring your membership card you can get a half hour early entrance.
- Club Community Outreach – The club not only gives back to the center, but to the community as well. They donate to Human Services for Christmas presents for the children, turkey baskets for Thanksgiving, and money for fuel assistance. Achievement

Awards are presented annually to Groton residents that are graduating high school seniors. Monetary donations are collected at the Senior Center for the Wounded Warriors Fund. Necessary items are purchased and shipped to recovering soldiers overseas.

- For more information or to sign up to volunteer, please call 441-6785.

Club Membership is Not Required to participate in any trips, programs, classes and services at the center.

LOCAL CREATIONS is a consignment shop sponsored by the Groton Senior Citizens' "Club 55" and is located at the Groton Senior Center. All items must be handcrafted and made by seniors. The items made by seniors are sold on a consignment basis.

Open to Groton Resident Seniors as well as Non-Resident Seniors – 20% of the selling price goes to the Club and the remaining 80% goes to the seniors.

The shop is handled by volunteers and managed by a Groton Senior Center employee. The manager has the right to refuse items that do not meet certain standards of workmanship and quality. Volunteers man the shop. The office staff is available to assist in sales throughout the business day.

The shop manager is available to receive items for consignments on Mondays. There are no returns or exchanges. The only exception is flawed merchandise. The Senior Center Supervisor determines this exception.

SUNSHINE COMMITTEE is a committee run by the Club so that we may extend our concerns and our sympathy to any fellow members who may be ill or suffering from the loss of a relative or spouse. If you know of someone who is in the hospital or has lost a loved one, please contact the senior center at 441-6785. The information will be passed onto the committee.



TOWN OF GROTON WEBSITE – WWW.groton-ct.gov

Town of Groton Department Phone Numbers

Assessment Office	441-6660
Building Inspection/Zoning.....	446-5982
Community Development.....	446-5988
Economic Development.....	446-5981
Human Services.....	441-6760
Land Fill.....	536-5698
Groton Public Library.....	441-6750
Parks & Recreation Dept.....	536-5680
Park Maintenance.....	446-5950

Planning Dept.....	446-5970
Planning & Development.....	446-5995
Police Front Desk.....	441-6712
Probate Office.....	441-6655
Public Works.....	448-4083
Shennecossett Golf Course.....	445-6912
Town Clerk's Office.....	441-6640
Town Manager's Office.....	441-6630
Voter's Registration.....	441-6650
Youth & Family.....	441-6780
Board of Education.....	572-2100
City of Groton Main Number.....	446-4102
Ledge Light Health.....	448-4882
Shellfish Info Line.....	441-6793

TOWN OF GROTON ASSESSOR'S OFFICE

TAX CREDITS FOR ELDERLY HOMEOWNERS AND TOTALLY DISABLED PERSONS:

Filing dates are from February 1st through May 15th. Call for income guidelines and applications at 441-6660.

RENTERS' TAX CREDITS: Call the Assessor's Office, 441-6660 for more information.

VETERAN TAX CREDIT: You may be eligible for an additional credit up to \$10,000. September 30th is the last date to file. Call 441-6660 for more information.

TOWN OF GROTON COMMUNITY DEVELOPMENT OFFICE

NO INTEREST LOANS FOR HOMEOWNERS are available to senior homeowners for renovations. You may be eligible for replacement windows, handicapped ramps, siding, bathroom and kitchen updates and more. If you are interested, call 860-446-5988.

TOWN OF GROTON DEPT. OF HUMAN SERVICES

Community Services Building, 2 Fort Hill Road, 860-441-6760

If you have questions, help is available! The Groton Human Services, is available to any seniors who have questions regarding a wide variety of programs. Assistance is available for matters such as difficulty understanding Medicare, fuel assistance, living wills, meeting your monthly bills. They also provide help with questions regarding prescriptions, medical expenses, family issues, and much more. You can call 441-6760 for an appointment. They also do home visits if that is easier for you.

The Renter's Rebate Program – Filing dates are from May 15th through Sept. 15th. Call Human Services at 441-6760 for applications and income guidelines.

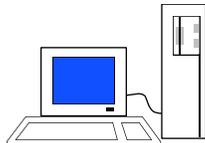
TOWN OF GROTON PUBLIC LIBRARY

52 Newtown Road, 860- 441-6750

- The helpful librarians will put together a reading list for you. Just tell them your interest and they will compile books that fit your fancy.
- For homebound seniors, you can get your library card and books delivered to your home. For more information please call the library at 441-6750.

STATE AND NATIONAL SERVICES

Website Resources



- AARP www.AARP.org
- Access to Government Benefits
www.Gov.Benefits.gov
- The Administration on Aging
www.aoa.dhs.gov
- The Alzheimer's Association www.alz.org
- The Alzheimer's Association, Connecticut Chapter
www.alzct.org
- The American Federation for Aging Research (AFAR) www.infoaging.org
- The Center for Medicare Advocacy
www.medicareadvocacy.org
- The Connecticut Assoc. of Area Agencies on Aging
www.ctagenciesonaging.org
- The Connecticut Elder Law Newsletter
www.CTElderLaw.org
- The CT Partnership for Long-Term Care
www.Ctpartnership.org
- The ConnPACE Program
www.ConnPACE.com
- The Consultation Center Grandparents Raising Children www.theconsultationcenter.org

- Contacts For state tax frequently asked questions.
www.ct.gov/drs
- The Elderly Services Division of DSS
www.ctelderlyservices.state.ct.us
- The NCOA Benefits checkup Eligibility Screening System www.benefitscheckup.org
- The National Council on Aging www.ncoa.org
- National Family Caregivers www.nfcares.org
- National Institute on Health
www.nihseniorhealth.gov
- Qualidigm www.qualidigm.org
Medicare & Medicaid Case Review
- The Seniors and the Law Program
www.jud.state.ct.us/Community/Seniors
- Senior Resources www.seniorresourcesec.org
- Social Security www.socialsecurity.gov
- Today's Caregiver www.Caregiver.com
- Veteran's Administration Website www.VA.gov/Explore

The following listings are offered to simplify your search for service providers in our local area.

STATE AND NATIONAL SERVICES

AT&T - Offers a CT lifeline plan that makes phone service more affordable to those on a tight budget. For more information call AT&T at 1-800-453-7638. att.com

ALZHEIMER'S SUPPORT GROUP 860-447-1416 offers information and support to all involved with someone suffering with Alzheimer's disease. Please call The Crossings at 447-1416.

BEREAVEMENT SUPPORT GROUP 860-848-5699 can be contacted by calling Hospice of Southeastern Connecticut at 848-5699.

CARE CONNECTION 860-889-2648 – Volunteers contact individuals on a daily basis. They keep in contact with seniors that need a call everyday. For further information please call the United Community and Family Services for Care Connection. The number is 889-2648 ext. 387.

CHARTER OAK PASS 860-445-1729 provides access to the State Parks and Forests. This pass is available **FREE to Connecticut residents, 65 years of age or older**. A Charter Oak Pass may be obtained in person, with proof of age and residency at Fort Griswold Battlefield State Park in Groton. The number is 445-1729. For information on other locations to obtain a pass, contact the Dept. of Environmental Protection at 1-860-424-3200. Their website is www.dep.state.ct.us To get a Charter Oak Pass by mail send a LEGIBLE photocopy of your current CT drivers' license or other legal proof of age and residency to: D.E.P.

Charter Oak Pass, State Parks Division

79 Elm Street Hartford, CT 06106-5127

CHOICE PROGRAM 1-800-994-9422 is a program offered by Senior Resources. The acronym stands for:

Connecticut program for
Health insurance assistance
Outreach
Information and referral
Counseling
Eligibility.

The purpose of this program is to assist persons aged 60 and above in understanding and exercising their rights to receive benefits to which they are entitled. For more information please call 1-800-994-9422.

A Choices Counselor is also available at the Groton Senior Center on Mondays from 12:30 – 3:00. For more information on obtaining and appointment please call the Center at 860-441-6785.

CONNMAP 1-800-443-9946 ConnMAP is the Connecticut Medicare Assignment Program. Application forms are available at the Groton Senior Center. For more information, call the CT Dept. of Social Services, Elderly Information & Referral Line at (860) 424-4925 or 1-800-443-9946.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP) 860-889-1365 provides assistance for households to pay heating bills. This application is also for weatherization assistance. Income requirements change annually and proof of income is required. Please call TVCCA, 889-1365, starting the month of September for more information.

CT STATEWIDE RESPITE CARE PROGRAM 860-887-3561: Senior Resources manages this program offering daytime and overnight relief for caregivers of individuals with Alzheimer's or other related dementias.

CONSUMER LAW PROJECT FOR ELDERS (CLPE)

1-800-296-1467 [A project of Connecticut Legal Services, Inc.] CLPE provides FREE legal assistance to seniors 60+ who have consumer questions or problems such as debt collection, credit reporting, home improvement and other contract problems, predatory lending (unfair, undisclosed loan terms), and identity theft. Call Monday thru Friday, 9:00 – 5:00 p.m.

CRIS – CT Radio Information System 860-527-8000. CT's talking newsstand for the blind and print handicapped.

DIAL-A-RIDE FOR GROTON/STONINGTON

860-859-5794 – You may book a ride by calling 860-859-5794 between 8:30 and 4:00 p.m. on weekdays. Tour trip requests are not restricted. The service is only available in Groton and Stonington, which includes Mystic and Pawcatuck. Please contact the senior center, 860-441-6785, for necessary paperwork to register for this service.

ELDERHOSTEL 1-877-426-8056

Elderhostel is a not-for-profit organization dedicated to providing extraordinary learning adventures for people 55 and over. Elderhostel offers you a world of educational opportunities at exceptional values. www.elderhostel.org.

GOLDEN AGE PASSPORT 1-202-619-7222 is available to seniors 62 and older. This pass provides free entrance to most federal recreation areas and provides a fifty-percent discount on use fees, such as camping fees. Lifetime passes are available for a one-time fee. Proof of age is required. This pass can be obtained at most federally operated recreation areas. For more information call the National Parks Service at 1-202-619-7222 or visit their website: www.nps.gov.

HANDICAPPED PARKING STICKERS

1-800-842-8222 Applications can be obtained from the Groton Senior Center or by calling the Connecticut Department of Motor Vehicles at 1-800-842-8222. A doctor's signature verifying your disability is required. The website for the DMV is www.dmv.ct.org.

HOSPICE OF SOUTHEASTERN CONNECTICUT

860-848-5699 offers comprehensive home care services for terminally ill patients and their families.

INFOLINE – 211 is Connecticut's "first call for help." Just dial 211. This telephone service provides information on health and human services in Connecticut. Referrals to community resources and crisis intervention are free and confidential. 211 is available 24 hours a day. Infoline caseworkers are trained in crisis intervention. If you or someone you know needs information please call 211.

LEGAL ASSISTANCE FOR OLDER PERSONS – Private, non-profit corporations provide free legal advice and representation in civil matters. Please contact:
CONNECTICUT LEGAL SERVICES: New London Office, 860- 447-0323 or 1-800-413-7796.
STATEWIDE LEGAL SERVICES OF CONNECTICUT (SLS): 1-800-453-3320
CENTER FOR MEDICARE ADVOCACY: 1-800-262-4414 OR 860-456-7790. Information is also available at their website: www.CTElderlaw.org

LION'S CLUB ASSISTIVE LISTENING DEVICE LOANER LIBRARY – Located at the Pequot Health Center, 446-8265 ext. 7027.

MIRACLE ON WHEELS – program through Jaspán Medical Systems that makes available **FREE** electric wheelchairs to seniors who qualify. To apply call 1-800-400-4210/

PARKINSON'S SUPPORT GROUP

1-800-327-4545 – Please call 1-800-327-4545 for locations and times of the Parkinson's Support Group meetings.

QUALIDIGM is a state quality improvement organization. They are a leader in measuring and improving the quality of health care. Qualidigm has many services pertaining to health care for providers and consumers. **One of the services is Medicare and Medicaid case**

review. If you are told you are not covered for some reason, call 1-800-553-7590. Information is also available at www.qualidigm.org.

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) 860-444-0006 (TVCCA) – This volunteer organization uses the skills of seniors to enrich the community. Their skills are utilized in nonprofit organizations, teaching English to immigrants, lending their knowledge and business skills to various community groups. There are many possibilities to share your experiences, call 860-444-0006.

SERVICES FOR OLDER AMERICANS 860-889-1365 - Serves adults with physical and/or mental impairments. Services such as shopping, budgeting or escorting seniors to the doctors are provided. For more information please contact TVCCA at 860-889-1365.

SENIOR RESOURCES 860-887-3561
(Formerly Eastern Connecticut Area Agency on Aging / AAA) This agency provides many services for the elderly in this area, including referrals for day care, in-home services, nutritional services and counseling. For more information call 1-800-994-9422 or 860-887-3561.

SOCIAL SECURITY OFFICE is in New London. You can call them at 1-800-772-1213 or 860-443-8456. For the deaf or hard of hearing the TTY number is 1-800-325-0778. Website is www.socialsecurity.gov

CAREGIVERS

Please contact the Groton Senior Center, 860-441-6785 or Senior Resources 860-887-3561 for a list of caregivers and caregiver information.

ELDERLY HOUSING IN THE GROTON AREA



AHEPA APARTMENTS – This is a subsidized apartment for seniors. It is located at 250 Drozdyk Drive, Groton. For more information call 860-449-0283.

AVERY HEIGHTS APARTMENTS – Subsidized housing for the elderly and handicapped is located at 300 Brandegee Avenue, Groton. For more information, contact the rental office at 860-445-5133.

GRASSO GARDENS – Senior citizens housing community located on Governor’s Circle, off Route 117 in Groton. Please call the Housing Authority at 860-445-1596 for more information.

MYSTIC RIVER HOMES – A senior citizen housing community located on Elm Street/Route 215, Noank. Please call 860-536-3965 for more information.

PEQUOT VILLAGE HOUSING – Senior citizens housing community located at 770 Poquonnock Road, Groton. For more information, call the Housing Authority at 860-445-1596.

POQUONNOCK VILLAGE APARTMENTS – This is subsidized housing for the elderly and handicapped. It is located at 1039 Poquonnock Road, Groton. For more information, please call 860-446-0095.

HALEY BROOK CONDOMINIUMS – Sheilah Turner, Thames Harbour Real Estate, 860-691-2011x205.

ASSISTED LIVING & LIMITED CARE FACILITIES

ACADEMY POINT AT MYSTIC 860-536-1133

20 Academy Lane, Mystic CT. Academy Point provides several types of assisted living, including for seniors with Alzheimer’s disease.

BRIDGES AT CROSS ROAD 860-444-6700 – 1 Beechwood Drive, Waterford CT.

CRESCENT POINT AT NIAN TIC 860-739-9479 – 417 Main Street, Niantic CT. Crescent Point provides several types of assisted living, including for seniors with Alzheimer’s disease.

FAIRVIEW’S FELLOWSHIP MANOR 860-445-7478

Starr Hill Road, Groton.

GROTON REGENCY 860-446-9960 The Regency has an assisted living section as well as a nursing home wing. The address is 1145 Poquonnock Road, Groton.

MYSTIC RIVER HOMES CONGREGATE HOUSING 860-572-6020 This is an assisted living apartment complex for seniors. Located at 205 Elm Street/Route 215.

STONE RIDGE 860-572-4494 186 Jerry Browne Rd, Mystic. “Our area’s only continuing care retirement community in the spirit of family, community, and the sea” Visit Stoneridgerc.com for more information.

WINDHAM FALLS ESTATES 860-446-2889 – 425 Drozdyk Drive, Groton. This is a senior independent living community. Rent is offered on a month to month basis and includes 3 meals a day, transportation, and other amenities.



REACH OUT AND CALL SOMEONE

- ALZHEIMER'S STATE WIDE ASSOCIATION – 1-800-356-5502 (Respite Care Program)
- AMERICAN CANCER SOCIETY: 1-800-227-2345
- CONNPACE: 1-800-423-5026
- CONSUMER PROTECTION – Information hotline 1-800-538-3800
- CT COMMISSION ON AGING: 1-860-424-5360
- CT COMMISSION ON DEAF & HEARING IMPAIRE 1-800-708-6796
- CT DEPT. OF SOCIAL SERVICES: 860-823-5000
- CT PARTNERSHIP FOR LONG-TERM CARE, Norwich Office- 1-800-547-3443
- CONTACTS – 1-800-382-9463 CT tax answers
- DEPT. OF MOTOR VEHICLES: 1-800-842-8222 – 24 Hour Active Line
- DISABILITY NETWORK OF EASTERN CONNECTICUT - 1-860-823-1898
- DO NOT CALL REGISTRY: 1-888-382-1222 (To Avoid Telemarketers)
- ELDERLY ABUSE in the community: 1-888-385-4225.
- ELDERLY INFORMATION & REFERRALS: [CT Dept. of Social Services] 1-800-443-9946;
After 4:30 call 211 Infoline
- ENERGY SERVICES: 1-800-842-1132
- FINANCIAL ASSISTANCE – 1-800-385-4052 (Dept of Social Services, CT)
- FOOD STAMPS – For qualification and general information – 860-823-5000.
- FRAUD HOTLINE: 1-800-842-2155, #2
- HOME CARE PROGRAM: 1-800-445-5394 (CT Alternative Care State Program)
- INFOLINE: 211
- INSURANCE, STATE OF CT – Information on companies – 1-860-297-3800
- LEDGELIGHT HEALTH DISTRICT – Local Health Issues – 860-448-4882
- POISON CONTROL CENTER: 1-800-343-2722.
- PREVENT BLINDNESS AMERICA: 1-800-331-2020
- PROBATE - Town of Groton –860- 441-6655
- REGIONAL OMBUDSMAN OF SE CT: 860-823-3367 or 1-800-473-8909 ext. 3367
- SENIOR ADVOCATE HOTLINE/OFFICE OF THE ATTORNEY GENERAL: 1-860-808-5318
- SENIOR RESOURCES INFO LINE for Scams and Fraud: 1- 800-994-9422
- SEXUAL ASSAULT – Crisis hotline: 1-888-999-5545
- UNEMPLOYMENT OFFICE – 860-443-8321