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CHESHIRE SENIOR SERVICES

The Cheshire Senior Center's goal is to provide the town's senior population with a setting that will emphasize independent growth through socialization. We welcome all seniors to assist us with our goals. We invite you to drop in and become a part of a new experience.

In order for the Senior Center to meet these standards, the following persons contribute their time: The Senior Board of Directors provides guidance and assistance to the Center. The Cheshire Senior Center Membership Association, Inc. raises money through raffles, bazaars, auctions and selling craft items for furnishings at the Senior Center. Civic organizations donate time and money for senior programs and activities that are scheduled on weekends and holidays. The Committee on Aging acts as a liaison between the Senior Center and the Town Council providing further guidance and suggestions. Above all, it is the seniors of Cheshire who communicate their needs to the Town and participate actively with the implementation of new programs designed to stimulate new friendships and maintain independence.

The purpose of this handbook is to familiarize seniors with the services that the Town provides its senior population. The policies and procedures will be amended as we grow. We recommend that you call the Senior Center for up-to-date information regarding any of these services.

- LOCATION:** 240 Maple Avenue
Cheshire, Connecticut 06410
- HOURS:** Monday-Friday 9:00 A.M. – 3:45 P.M.
Telephone lines open: 8:30 A.M.- 4:00 P.M. 203-272-8286
- TELEPHONE:** Meals/Transportation 203-272-0047
Information/Municipal Agent 203-272-0047
Senior Services Social Worker 203-272-8030
Program Information 203-272-8286
- QUALIFICATIONS:** Any Cheshire resident over the age of 55, or
whose spouse is 55. Voluntary fee, \$5/yr. (in-town) \$10 (out-of-town) per
family
- SERVICES:** Municipal Agent/Senior Services
Social Service/Outreach Worker
Information and Referral
Transportation
Meals (Elderly Nutrition Program)
Activities and Programs
Senior Companion Program
Telephone Reassurance Program
Blood Pressure Clinic

SENIOR CENTER PERSONNEL AND ADVISORS:

Director of Senior & Transportation Services
Municipal Agent for the Elderly
240 Maple Ave
Cheshire, Connecticut 06410
Phone: 203-272-0047 or 203- 272-3165

Senior Services Social Worker
240 Maple Ave
Cheshire, Connecticut 06410
Phone: 203-272-8030

Administrative Assistant 203-272-8286
Program Supervisor 203-272-8286
Dispatcher 203-272-0047
Mini-bus Drivers: (3) Full-Time (5) Part-Time
Building Supervisor
Nutrition Site Manager
Board of Directors
Committee on Aging

BUILDING POLICIES AND PROCEDURES:

The Cheshire Senior Center will be open on a Monday through Friday schedule from 9:00 A.M.- 3:45 P.M. Telephone lines are open from 8:30 A.M.-11:00 A.M. for scheduling of appointments. All other business will be handled until 4:00 P.M.

1. No smoking signs are posted throughout the entire building.
2. No pets allowed on the premises with the exception of Seeing Eye Dogs.
3. No alcohol will be consumed on the premises unless approved by the Town.
4. Handicapped parking is available in the rear parking lot. Handicapped signs must be displayed on the cars. Verbal warnings will be issued to violators for first time offender.
5. When the **fire alarm** is sounded, all persons must exit by the nearest fire exit. Do not wait to take anyone or anything with you. Staff will assist persons to and from the building. DO NOT use the elevator.
6. When the Cheshire School system is closed due to inclement weather, the transportation will be closed. The telephone lines will be open for you to make appointments

CHESHIRE SENIOR CENTER NEWSLETTER

The "Newsletter" is available at the Senior Center on the first working day of the month. The Newsletter provides a monthly calendar and bulletin describing various programs and activities within the Center and community. It is also available for mailing to your home by becoming a paid registrant.

CHESHIRE SENIOR CENTER ACTIVITIES

There are instructional classes such as art, aerobics, line dancing, and painting that are scheduled on an ongoing basis and offered to seniors at a minimal fee. Other classes are offered free of charge.

In addition, there are times and space allotted for playing cards, outdoor recreation, billiards, needlework, grocery shopping, movies, and making crafts for the annual bazaar.

Special events are posted listing times when speakers, weekend events, out-of-town shopping trips, and fund-raising events are scheduled.

Sign-up dates are posted with each special program. Shopping trips are reserved only after the Newsletter is available, so that all seniors have a chance to participate. We operate on a first-come, first-serve basis unless otherwise specified. Cheshire residents will have first preference.

If dates and times are changed after the Newsletter has been distributed, there will be changes posted on the easel located in the front hall of the Senior Center.

ATTENDANCE LOG

Please remember to sign in daily in the attendance log located in the front foyer. It is important for us to know how many people are utilizing the Center, and is also helpful should someone be trying to locate you.

SENIOR CENTER RULES AND REGULATIONS

WINTER CANCELLATION POLICY

On snow days when the Cheshire Schools are closed, there is **NO BUS SERVICE**. This does not necessarily mean that the Center is closed. This also does not mean that the Federal Meal Program is canceled. Please listen to WTIC-AM, (1080) and WMMW Meriden for closing and cancellation announcements specific to the Senior Center.

PARKING

Parking is available in the back of the Center. CT State Handicap applications are available at the office. Day trip participants are asked to park at the far end of the parking lot.

TRANSPORTATION

MINI-BUS POLICIES AND PROCEDURES

The Town of Cheshire has three buses which transports town residents who are senior citizens or disabled to: medical appointments, banks, hairdressers, pharmacies, grocery shopping, and the Cheshire Senior Center, etc.

The buses are available to transport Cheshire residents Monday through Friday 8:30 A.M. to 4:00 P.M. on a scheduled basis through the Cheshire Senior Center with special arrangements on Saturday for grocery shopping.

A senior citizen is any person over the age of 55.

A disabled person is any person who is limited by physical, mental or developmental disability such as blindness, deafness, or a physical impairment--whether congenital or temporary injury--that may or may not cause the person to be reliant upon a wheelchair or other remedial appliance or device.

Any person eligible to use the transportation system requiring assistance or utilizing a wheelchair, crutches, walkers, or other aids for mobility will be served by the lift equipped vehicle. Mini-bus drivers will provide assistance from the rider's front door to the bus and to the destination's front door. If a rider needs further assistance, a companion may also ride. Arrangements for this should be made at the time the ride is requested. All riders must wear seat belts.

To request the mini-bus, you must call 203-272-0047 by 11:00 A.M. twenty-four (24) hours in advance of your need for transportation (e.g., your appointment is for 2:00 P.M. on Wednesday, you must call before 11:00 A.M. on Tuesday; if your appointment is on Monday at 10:00 A.M., you must call before 11:00 A.M. on Friday). **Last minute requests for a ride may not be accommodated.** You may schedule appointments ahead to avoid last minute confusion and disappointment.

When calling for reservations, please give your name, phone number, address, the time, day, and location of your appointment. If you are disabled or require any special assistance, please provide the staff the nature of your limitation and assistance needed.

Initially all Cheshire residents using the mini-bus system will be asked to provide information regarding a person to contact in an emergency, physicians, medications, physical limitations, and other data needed to insure the safe transport of all riders.

The day before your scheduled ride, you will be notified of the pick-up time. Please be ready at least 15 minutes prior to the time given; the times given for pick-ups are approximate and may vary by at least 15 minutes depending on traffic. So that the buses can keep to their schedules, **only stops on the driver's schedule may be allowed.**

There will be no smoking on any Cheshire bus. All riders must be seated during the movement of the bus, and all riders must obey all instructions of the driver. Riders may be asked to show Senior Center ID cards.

There will be no bus service on days when the Cheshire School System is closed due to snow or inclement weather. Please listen to WTIC-AM (1080) or WELI-AM (960) for school closing. Watch local news channels for closing information. Service is available during school vacations. If at other times the staff decides not to operate the buses, you will be notified directly by phone.

All driveways and walkways must be clear of snow and ice for the safety of the bus drivers, equipment, and riders. This is the responsibility of the rider: the driver will have complete discretion regarding the safeness of conditions.

The mini-bus system operates on Saturdays for persons who do not need assistance to do grocery shopping at local food stores. No more than 5 bags. Riders are expected to carry their own parcels to and from the store. Riders are to buy only for their own consumption, buy only those items needed for one week, and be responsible for their own purchases. Riders must call before Friday at 11:00 A.M. Riders needing special assistance with grocery shopping should schedule their grocery shopping on Fridays. If grocery shopping is canceled due to weather conditions, please contact the Senior Center on the next working day to reschedule a time to do your grocery shopping.

Out-of-town transportation may be provided to medical appointments during the normal workweek. It is requested that all out-of-town appointments be made between 10:00 A.M - 2:00 P.M. except where noted*.

The buses will be going out of town on the following days only:

Monday	Meriden and Southington
Tuesday	New Haven, North Haven and Hamden *(10 A.M. – 12 Noon)
Wednesday	Wallingford
Thursday	New Haven, North Haven and Hamden

Waterbury Area rides are on Tuesday & Friday with the GWTD Dial-A-Ride program. Please call 272-0047 for more information.

After-hours transportation may be arranged for a minimum of five riders when a request is made at least one week prior to the trip and depending upon the availability of a driver. The staff may require the presence of a responsible person to accompany the group on out- of-town functions to insure the supervision and safety of the riders.

A donation of 25 cents is suggested for each time a passenger enters the bus. A donation of \$4.00 round trip is requested for all out-of-town trips taken. Parking costs will be paid by the rider or shared among common riders. The Center closes at 4pm daily. All riders should be prepared to depart from the Senior Center at 3:15pm. Other riders should call the dispatcher by 3:15pm.

Any person who is eligible to ride the van system who cannot afford to make the suggested donations may apply for a waiver from the Director of Senior & Transportation Services at the Senior Center.

All suggestions or complaints concerning the transportation system should be addressed to the Director of Senior & Transportation Services.

THE SENIOR CENTER BUS IS NOT AN EMERGENCY SERVICE – PLEASE CALL 911

TRAVELING, TRIPS, TRAVEL CLUBS

The Cheshire Senior Center sponsors monthly day trips. The day trips are designed to suit those seniors who wish to spend a modest amount of money and time exploring near-by attractions.

The “daytrips” will be announced in the newsletter. We operate on a first-come-first-serve basis. The first 12 members are given priority. Seniors that sign up will be allowed to travel. A waiting list will be established in case of illness or other emergency. The trips usually offer sightseeing, tours, and lunch.

The Cheshire Senior Travel Club is an independent club, which has its own policies and procedures. The Town of Cheshire will provide transportation as requested using the mini-bus to pick up seniors from their homes to point of departure and back again during normal working hours.

GWTD DIAL-A RIDE

Free Transportation is available to seniors and disabled adults on Tuesdays and Fridays and the third Saturday of the month to eight communities including: Cheshire, Wolcott, Waterbury Watertown, Naugatuck, Middlebury, Prospect and Thomaston. Applications are available at the Senior Center. 203-272-0047.

REGIONAL TRANSITS

Transportation is available for seniors and disabled from:

Greater Waterbury Transit District 203-756-5550

Greater New Haven Transit District 203-288-6282

Please call for information and qualifications.

GRADUATED DRIVER'S LICENSE PROGRAM

The department of Motor Vehicles provides training for people with physical disabilities. The goal of the program is to support self-respect and dignity by ensuring the greatest possible mobility for the driver without jeopardizing safety. Applications are reviewed on a case-by-case basis. For more information contact the Department of Motor Vehicles, Handicapped Driver Training Unit at 860-263-5097.

SENIOR CITIZEN DRIVER INSURANCE PROGRAM

Drivers age 62 or older that complete an approved accident prevention course will receive a discount of at least 5% on their automobile or physical damage insurance for a period of 24 months. To obtain a list of approved driver courses call the DMV Phone Center at 860-263-5700 or toll free in CT 1-800-842-8222. Once an approved class has been completed, call your insurance company to receive a minimum discount of 5%.

ELDERLY NUTRITION PROGRAM

THE SENIOR NUTRITION PROGRAM

The Senior Nutrition Program, sponsored by New Opportunities, Inc., offers a full noontime meal to seniors over the age of 60. The program consists of a meal of fish or meat, bread and milk, tea, coffee, fruit, vegetables, and dessert for a donation of \$2.50. Call 203-272-0047 to reserve a meal. You must call in before 11:00 A.M. at least two days in advance.

2. In case of emergency, please call the Senior Center so that the waiting list can be put in effect.
3. Meals are served at 12:00 Noon SHARP. The Senior Nutrition Program does not save the meals. Therefore, your meal will be served to the next senior on the waiting list.
4. Full meal menus are posted on the bulletin board at the Center and in the Cheshire Herald.

HEALTH SERVICES

BLOOD PRESSURE SCREENING

The Cheshire Senior Center offers free Blood Pressure Screenings every Tuesday of each month beginning at 1pm. No need to register. For questions call 203-272-8286.

Chesprocott Health District offers free blood pressure screening every Wednesday from 11am-noon. No need to register. The Office is located at 1247 Highland Ave Cheshire, CT 06410. For more information please call 203-272-2761.

VACCINATIONS

Chesprocott Health District offers flu and pneumonia vaccines during the months of October, November and December. Adult Hepatitis B and TD (Tetanus and Diphtheria) every Thursday from 3-4pm. Cholesterol Screenings are held the 1st Friday of each month from 11am to noon, cost for screening is \$5 per person. Walk ins are welcome. Please call the nurse for more information at 203-272-2761. The Office is located at 1247 Highland Ave Cheshire, CT 06410.

GERIATRIC ASSESSMENT

A geriatric assessment is a comprehensive evaluation designed to optimize an older person's ability to enjoy good health, improve their overall quality of life, reduce the need for hospitalization and/or institutionalization, and enable them to live independently for as long as possible.

Adler Center	203-688-6361
Hospital of St. Raphael's	203-789-3275
Masonicare	203-679-6909
Waterbury Hospital-Geropsychology	203-573-6525
VA of West Haven	203-932-5711

ASSISTANCE AT HOME

COMPANION LISTING

The Senior Center maintains a list of people who are interested in working as "Companions". The list has been compiled to provide seniors with names, telephone numbers and skills information about people who are available for hire. Applicants are interviewed and references are checked. Fees, hours and all other arrangements are up to you and your prospective employee. For further information call the Senior Center at 203-272-8030.

CONNECTICUT COMMUNITY CARE, INC. (CCCI)

CCCI is a statewide, private, non-profit organization dedicated to assisting older adults and the disabled to remain independent in their home. CCCI's care management services help individuals understand home care options, find and use community services, plan the best use of personal finances and resources, secure payment for home care services and return home when nursing home or hospital care is no longer needed. For further information please call 1-800-654-2183 or 203-596-4800.

CONNECTICUT HOME CARE PROGRAM FOR ELDERERS

This program provides a wide range of home health and non-medical services to persons 65 and older who are institutionalized or at risk for institutionalization. Services include adult daycare, homemaker, companion, chore, emergency response system, case management, home health services, mental health counseling and adult foster care. There are both financial and functional criteria for this program. To obtain more information contact the Department of Social Services at 1-800-445-5394.

CONNECTICUT NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

This program offers an opportunity for family caregivers to obtain respite and/or supplemental services from approved community service providers. The care recipient must be 60 years of age or older. The program offers payment up to \$3,500 for respite services per year, and \$750 for supplemental services per year. Respite care services include but are not limited to Assisted Living, Adult Daycare, Home Health Aide, Homemaker, Companion, and Skilled Nursing Care. Supplemental services include but are not limited to home safety modifications and medical related equipment. For more information and to apply call 1-800-994-9422.

CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

Respite care is a short-term option designed to provide a break, or a time of caregiver relief, from the constant physical and emotional stress of caring for a person with Alzheimer's disease or a related dementia. The program offers an opportunity to purchase respite services for the individual with dementia, or the option of receiving an assessment of services needed and the development of a short-term care plan. Respite care services include, but are not limited to: Adult Day Care, Home Health Aide, Homemaker, Companion, Skilled Nursing Care or short term nursing home care. Funds may be used for daytime or overnight respite. The individual with dementia must meet financial eligibility requirements to participate in this program. In addition, a 20% copayment of the cost of services is required.

EMERGENCY RESPONSE SYSTEMS

In home personal emergency response systems offer 24-hour monitoring and quick access to police and fire personnel. A small, waterproof pendant worn around the neck or wrist allows help to be summoned with a simple press button. A signal for help is received by a trained professional who will see your name, address and medical information and the names of people to contact on a computer screen. The system's two-way voice feature allows you to talk with the professional, who will offer reassurance and dispatch help immediately, if needed. These systems can help frail, elderly or disabled persons who live alone maintain their independence and remain in the comfort of their own home. The systems also provide peace of mind for all concerned with safety at home. For information please call:

CT VNA - Lifeline	203-624-6664
Home Helpers - Direct Link	203-269-5552
MidState VNA - Lifeline	203-235-5714
St. Mary's Hospital - Lifeline	203-574-6100
VNA Health Care - VNA Response	203-267-3000
Watertown VNA	860-274-7531
St. Raphael's Lifeline	203-789-3702

HOMEBOUND MEALS

Meals on Wheels are available for seniors who are homebound, shut-in or convalescing. Therapeutic meals are available with a medical prescription. Arrangements may be made for two meals to be home delivered Monday-Friday by calling the Western CT. Area Agency on Aging at 203-757-5449. **Catered with Care** - Home Meal Service provided by VNA Call: 573-1231 ext. 3224

HOME HEALTH SERVICES

Home Health Care can provide intermittent home health care services for acute, chronic and preventive health care needs to persons of all ages. Services offered: visiting nursing, physical, occupational and speech therapy, medical social services, and home health aides. To obtain services and further information call:

A Family of Companions	203-439-7914
Affordable in-home Care LLC.	203-758-7281
CT Visiting Nurse Association	203-679-5300
Gentiva Health Services	203-287-9901
Griswold Special Care	203-776-Care (2273)
Family Care Plus (24 Hours)	203-464-8434
Franciscan Home Care	203-238-1441
Home Helpers	203-269-5552
Interim Health Care	203-230-4785
MidState VNA & Hospice	203-235-5714
Panda Home Healthcare	860-633-5907
Tender Loving Care	203-772-6623
Visiting Nurse Association of Wallingford	203-269-1475
Visiting Nurse Association of Central CT	860-224-7131
VNA Health Care, Inc.	203- 573-1231
VNA Services	866-862-0888
Visiting Nurse Services of Southern CT	203-281-5500

HOSPICE SERVICES

The goal of Hospice Services is to support patients/families - medically, emotionally, and spiritually with professional services for end-of-life care for terminally ill individuals. Services are most often provided in the home and focus on symptom management so patients can live in comfort and maintain control over the events of their lives.

For more information please call:

Connecticut Hospice-Wallingford	203-294-9320
Hospice Home Care - Division of the Connecticut Hospice, Inc.	203-294-9320
Connecticut VNA	203-679-5300
Franciscan Home Care and Hospice	203-238-1441
Hospice of Central CT	860-224-7131
Midstate VNA & Hospice	203-235-5714
The Connecticut Hospice, Inc	203-315-7540
Vista Innovative Hospice Care of Waterbury	800-938-4827
VNA Health Care, Inc.	203-755-3578
Hospice & Palliative Care of CT	888-633-6664

NEW OPPORTUNITIES, INC. - CHORE-PROGRAM

House-cleaning, yard work and minor home repairs for older adults who need assistance to maintain their homes. Donations for labor are requested based upon a sliding fee scale. For more information call 203-575-4327.

NURSING HOME OMBUDSMAN PROGRAM

The Long Term Care ombudsman is available to advocate on behalf of nursing home residents, family members or other resident representatives with regard to residents rights and other quality of care concerns. All information provided to the ombudsman is confidential unless the resident/representative states otherwise. The ombudsman is also responsible for recruiting and training volunteer resident advocates. Under the supervision of the ombudsman, volunteer advocates visit an assigned nursing home a minimum of 4 hours a week for one year. In the Northwest Region, the nursing home ombudsman can be reached at 203-597-4181 or 1-866-388-1888.

OUTREACH SERVICES

The Cheshire Senior Center offers outreach services to the town's homebound elderly. The program is designed to fill some of the gaps in services experienced by homebound and/or isolated elderly individuals. The social worker will assist with financial matters, insurance forms, and medical bills or provide counseling services. One of the goals of the outreach program is to introduce senior citizens to the wide range of services available to them or friend/relative through the senior center and other community services. Outreach services are confidential and free of charge. For more information, call the center at 272-8030.

PROTECTIVE SERVICES FOR THE ELDERLY (Conn. General Statute Chapter 319dd Section 17b-450 - Section 17b-461).

Protective Services for the Elderly is a State of Connecticut, Department of Social Services Program for individuals in the Community over the age of 60. Investigating reports of exploitation, neglect (self or otherwise) and abuse. Protective Services is available to work with residents in the Community and their families in order to maintain a level of dignity and quality of life necessary to maximize risk and hopefully remain at home independent of the need for long term care in a facility.

Cheshire is in the Northwest Region of the Department of Social Services and may be contacted at 203-597-4141, 249 Thomaston Ave, Waterbury, CT during regular business hours. After hours, holidays and weekends you may the local police department or Infoline at 2-1-1.

TELEPHONE REASSURANCE

Telephone Reassurance is a service designed to provide phone contact to seniors who live alone or are shut-in. Reassurance calls are made daily between 9:30 A.M. and 10:30 A.M. by a volunteer to check on a person's well being. If the person receiving the call does not answer the phone, the volunteer will assume that the person is hurt or in need of assistance. This program reassures seniors that someone will be in touch with them daily. If you are in need or someone you know is in need of this service, or if you wish to be a telephone volunteer, call the Center at 203-272-8030.

YOUTH EMPLOYMENT SERVICE

The Youth Employment Service is a reserve of youthful and energetic workers who are interviewed and screened by the Youth Services Coordinator. Young people can be hired to do “chores” around the house, yard work, snow shoveling, baby-sitting, office work or farm work. Contact the Department of Human Services at 203-271-6690 to set up employment interviews with students.

HANDYMAN LISTING

A listing of local handyman willing to do small jobs at a minimal charge is available through the Senior Center. For more information call 203-272-8286.

EMPLOYMENT

EMPLOYMENT TRAINING - “SENIOR AIDES PROGRAM”

This federally funded program, sponsored by the John J. Driscoll Labor Agency, assists older people on limited incomes by providing community service work and training. Senior AIDES earn minimum wage while getting training and work experience at non-profit or governmental host agencies, enabling them to make the transition to full or part-time jobs outside of the program.

Eligibility requirements:

- * 55 years of age or older
- * Income limit is 125% of poverty level
- * Program available to residents of New Haven county

For more information and application, contact Senior Aides Program, 30 West Main Street, 2nd Floor, Waterbury, Connecticut 06702 or Telephone: 203-755-5819 Fax: 203-755-2120.

NORTHWEST REGIONAL WORK FORCE INVESTMENT BOARD

Work Force program is administrated through the Work Force Connection, 249 Thomaston Avenue, Waterbury, Connecticut 06702. The program looks forward to continuing training/employment opportunities for individuals 55 years or older. For further information call 203-574-6971.

FOSTER GRANDPARENT PROGRAM

The program provides opportunities to individuals 60 years of age and older with limited incomes. They assist the professional staff in the care of children with special needs. They work 15-40 hours/week and get a tax-free stipend of \$2.65 per hour, and travel cost reimbursement. For information contact New Opportunities, Inc., 232 North Elm Street, Waterbury, Connecticut 06702 or call 203-575-4245.

NEW OPPORTUNITES, INC. SENIOR COMPANION PROGRAM

The Senior Companion Program is a free service for frail homebound elders, which also provides short breaks for primary caregivers. Senior companions lend a hand with daily activities and support the independence of the older adult with special needs. Seniors over 60 years of age may apply to become companions and serve a minimum of 15 hours per week in exchange for a tax-free stipend of \$2.65 per hour; approximately \$183 per month, plus mileage reimbursement. For more details call 203-575-4214. www.newopportunities.org.

SENIOR CENTER JOB LISTING

The Senior Center often gets “help wanted” calls from area businesses interested in hiring older workers to perform a wide variety of jobs. We also keep a listing of seniors looking for work as companions, and handymen. If you are interested in employment you can call to check with the senior center job listing on the bulletin board. We are not involved in screening or interviewing those who are on the list and arrangements are between you and the prospective employer, unless otherwise required by the job in question. People do not have to be 60 to be involved.

VOLUNTEER OPPORTUNITIES

RSVP

The mission of the Retired & Senior Volunteer Program (RSVP) is to enhance the life of persons aged 55 or older by providing a variety of opportunities for significant volunteer service. RSVP is a private non-profit organization that promotes the use of older persons as community resources in planning for community improvement, and in delivery of volunteer service.

RSVP ensures that:

- Volunteer assignments are made consistent with the interests and abilities of the volunteers and the needs of the community served.
- Volunteers are provided needed orientation, in-service instruction, individual support and supervision, and recognition for their volunteer service.
- Free Volunteer insurance and volunteer mileage reimbursement

RSVP serves all volunteers age 55 and over, regardless of race, color, religion, sex, national origin, or physical ability. For information, contact New Opportunities, Inc. at 203-575-4220.

MONEY MANAGEMENT PROGRAM

The Money Management uses volunteers to help low to moderate income older adults or person with disabilities with household budgeting, paying routine bills and keeping track of financial matters and services all services are free. Money Management volunteers are trained, supervised, monitored and insured to provide assistance for all of those who need help to manage their own financial matters. Check book balancing and bill paying services for client who remain in control of their own finances. Program is backed by New Opportunities, Inc and AARP Foundation. For more information call New Opportunities, Inc at 203-575-4220.

SENIOR CENTER VOLUNTEER STAFF

The volunteer staff is vital to the Cheshire Senior Center. Whether a senior chooses to serve as a committee member or to give of his/her time and talents in an individual way, all efforts are important and always appreciated. Volunteer opportunities are unlimited and include: recreation and entertainment, bingo callers, party preparation, travel committee, cooks, bakers, kitchen help, bazaar helper, Chinese auctions, raffles, dinners community service, cheer, welcoming committee, senior companion, income tax assistance, telephone reassurance, center operations, newsletter helpers, gardening, building maintenance, out-door activities coordinator, and much more. Call the center if interested 203-272-8286.

HOUSING

ASSISTED LIVING

Assisted living refers to the middle ground between independent living and 24 hour skilled nursing care. It is a special combination of housing and personal care services that aims to improve the quality of people's lives by allowing them to remain as independent and comfortable as possible in home-like environments.

- Alzheimer's Resource Center of Connecticut, 1261 South Main Street, Plantsville, CT: 860-628-3058
- Arden Courts – 153 Leeder Hill Drive, Hamden, CT: Telephone 203-281-5700
- Atria Larson Place - 1450 Whitney Avenue, Hamden, CT: Telephone 203-248-8880
- Brighton Gardens of Woodbridge - 330 Amity Road, Woodbridge, CT: Telephone 203-389-2911
- Coachman Square at Woodbridge - 21 Bradley Road, Woodbridge, CT: Telephone 203-397-7544
- Elim Park - 140 Cook Hill Road, Cheshire, CT: Telephone: 203-272-3547
- Maple Woods at Hamden - 35 Hamden Hills Drive, Hamden, CT: Telephone 203-248-1864
- Mulberry Gardens –58 Mulberry Street, Plantsville, CT: Telephone: 860-276-1020
- Pond Ridge at Ashlar Village - Cheshire Road, Wallingford, CT: Telephone 203-679-6401
- The Orchards - 34 Hobart Street, Southington, CT: Telephone 860-628-5656
- The Village at East Farms: - 180 Scott Road, Waterbury, CT: Telephone 203-757-7660
- Village at Kensington Place - 511 Kensington Avenue, Meriden, CT: Telephone 203-235-0181
- Tower One/Tower East - 18 Tower Lane, New Haven, CT: Telephone 203-772-1816
- Whitney Center - 200 Leeder Hill Drive, Hamden, CT: Telephone 203-281-6745

BEACHPORT

Beachport housing located on 50 Rumberg Road has 48 federal subsidized housing units for the elderly and disabled. For more information call 203-272-7511. *

HILLSIDE VILLAGE

Hillside Village has 100 subsidized housing (HUD) units for the elderly and disabled as well as 82 condominiums for the elderly. Hillside Village is located on East Mitchell Avenue. For information on subsidized housing call 203-272-3781. For assistance at the elderly condominiums call A&S Management 203-239-5060. *

*Applications for both Hillside Village and Beachport apartments must be filed separately with each office.

TAX RELIEF FOR ELDERLY AND DISABLED RENTERS

The filing period for Connecticut renters who are over the age of 65 or totally disabled has been established as May 15th through September 15th. Eligibility is determined by ALL income received by the applicant including: social security, pensions, railroad retirement, interest, and dividends that you received in the previous year. For income guidelines call the Dept. of Human Service at 203-271-6690.

* **State Program** - Circuit Breaker

To qualify you must be a taxpayer of the Town of Cheshire for 1 year immediately preceding receipt of tax benefit.

* **Local Program** - Tax Credit Income not available. Both programs run February 1st through May 15th.

For further information please call the Assessors office at 203-271-6620 or Human Services at 203-271-6690.

REVERSE ANNUITY MORTGAGE LOANS (RAM)

Reverse annuity mortgages, also called home equity conversion plans, are loans, which allow senior citizens to use the equity in their homes to collect monthly payments. In some cases, lump sum loans or lines of credit may be arranged. Loans are repaid when the borrower dies, sells the home or when permanent occupancy ceases. For further information contact Dept. of social Services Elderly Services Information 1-866-218-6631 or Connecticut Housing Finance Authority 800-294-2432.

MEDICARE MATTERS

Medicare provides: Hospital Coverage - Part A which covers a share of hospital, nursing home and home health care and medical coverage, Part B pays for a share of physician's and other medical and health services. Medicare Part A is Free as long as you worked 40 quarters or more. Part B requires a monthly premium. Eligibility for enrollment into Medicare is automatic for persons at 65 and collecting Social Security. Others may "buy into" the program. People under 65 may enroll if they have been entitled to Social Security disability for 24 months or have end stage renal disease requiring dialysis and/or kidney transplant; to enroll in Medicare, you must contact the Social Security office, 4TH FLOOR ONE WEST MAIN ST, MERIDEN, CT at (203) 238-0346 or toll free telephone - 1-800-772-1213. Information is available @ www.medicare.gov, www.ssa.gov or by calling 1-800-Medicare.

MEDICARE PERSCRIPTION DRUG COVERAGE

Everyone with Medicare Part A&B, regardless of income, health status or prescription drug usage must enroll in a Medicare Drug Plan in order to avoid a penalty. For more information call 1-Medicare, CHOICES 1-800-994-9422 or log on to www.medicare.gov

ASSIGNMENT-AN IMPORTANT WORD IN MEDICARE

Medicare determines what rate or "reasonable charge" is allowed for Medical services (Medicare Part B) and then pays 80% of this amount. The Medicare "reasonable rate" is generally not the same as the actual amount you may be charged. What Medicare determines "reasonable" is usually much less. Unless your doctor agrees to accept the Medicare rate, you are responsible for the other 20% of the reasonable charge. Many people have co-insurance/supplemental insurance (for example, Anthem or AARP) or a Medicare Advantage Plans (for example Health net or Anthem) to cover the 20%. Seniors should discuss with their doctor before receiving services, whether or not he/she will agree to accept "assignment."

QUALIFIED MEDICARE BENEFICIARY PROGRAM (QMB)

Qualified Medicare Beneficiary Program pays Medicare premiums, deductibles and co-payments for eligible individuals. It was designed to fill the gaps in Medicare coverage by eliminating “out-of-pocket” or “cost-sharing” expenses for Medicare covered services. QMB provides not only the Medicare premium reimbursement but also acts as a Medigap Policy. There is an income and assets limit to qualify. For more information contact CHOICES at 1-800-994-9422.

SPECIFIED LOW-INCOME MEDICARE BENEFICIARY PROGRAM (SLMB)

Specified Low-Income Medicare Beneficiary Program pays the Medicare Part B premium only. There is an income and asset limit to qualify. Call CHOICES 1-800-994-9422 for information.

ADDITIONAL LOW-INCOME MEDICARE BENEFICIARY PROGRAM (ALMB)

Additional Low-Income Medicare Beneficiary Program pays the Medicare Part B premium only. Income limits only to qualify. No asset limit. Call CHOICES for more information 1-800-994-9422.

ConnPACE

ConnPACE helps seniors and disabled persons pay for certain prescription drugs insulin, insulin syringes, and needles. Participants pay a set price for each prescription and ConnPACE pays the rest. Eligibility:

65 years old or disabled over the age of 18

6-month residency

There is an annual fee to apply. For application or information call ConnPACE at 1-800-423-5026.

FINANCES

MEDICAID-TITLE 19

Medicaid is an assistance program providing medical coverage for low-income persons who are 65 or older, blind or disabled according to Social Security Disability regulations. (Also for members of families with dependent children and other children). Medicaid can help you pay for nursing home care or other services when your medical bills become excessive. Other services covered by Medicaid for Seniors include, but are not limited to the following: inpatient hospital care, laboratory and X-ray services, home health care, dental services (some), physical therapy, prosthetic devices, outpatient hospital services, physician services, clinic services (alcohol, mental illness, arthritis, etc.), prescription drugs, eyeglasses, and hearing aids. To be eligible for Medicaid, you must meet specific income and asset guidelines. Assets do not include your home, but include such things as bank accounts; life insurance cash surrender values, etc... Also, although your income may be greater than the income limit, if your medical expenses exceed the excess income amount, you may still be eligible through a spend down process Information is available through your local Department of Social Service Office. For further information call 203-597-4000. Assistance with the application process is available by calling the Senior Center 203- 272-8030.

SOCIAL SECURITY

Regular retirement benefits begin at 65; you can choose to take early Retirement at 62. You may also qualify for Social Security if you are determined to be younger disabled. The amount of benefits you receive depends on the length of covered employment and amount of earnings. Spouses may also be eligible for benefits on a workers record or their own, whichever is higher. Before you retire, you may receive an estimate of your benefits by calling the Social Security office. This will help you with planning your retirement finances. For more information about Social Security benefits - call 1-800-772-1213 or inquire at the Social Security office.

SUPPLEMENTAL SECURITY INCOME (SSI) 2007 income limits

Supplemental Security Income (SSI) is a federal program that pays monthly checks to disabled or blind people, age 65 or older. To ensure a minimum monthly income, SSI offers benefits to people as a supplement or to those whose Social Security benefits less than a determined income amount. To apply for SSI contact Social Security at 1-800-772-1213 to schedule an appointment or call the local office at (203) 238-0346.

STATE SUPPLEMENT FOR THE AGED, BLIND OR DISABLED

State supplement is a state income maintenance program administered by the Department of Social Services. This program is an additional state supplement to assistance provided by federal government through Supplemental Security Income (SSI) program. You have to receive or qualify to receive SSI to receive state supplement benefits. For more information and to make an application, please contact the Department of Social Services at 203-597-4000. Income and asset limits may change because of pending legislation and the D.S.S. office would have the most current information.

LIFELINE TELEPHONE CREDIT

Connecticut residents receiving assistance from Federal or state programs can receive a credit on their phone bill. Eligible programs include ConnPACE, Energy Assistance and Title 19. Call your local phone company for an application.

LIFELINE CABLE CREDIT

Connecticut residents receiving assistance from Federal or state programs can receive a credit on their cable bill. Eligible programs include ConnPACE, Energy Assistance and Title 19. Call your local phone company for an application.

DENTAL CLINICS

A list of reduced-fee dental clinics is available from the Connecticut State Dental Association, 835 West Queen Street, Southington, CT 06489 Tel: 860-378-1800. The list includes clinic addresses, phone numbers, and hours of operation, services provided and methods of payment accepted.

FOOD STAMPS

The Federal Food Stamp Program can help stretch an individual's income by offering dollar-based benefit, which can be used to purchase items. Many low-income individuals and households who are recipients of Medicaid, SSI, State Supplement or General Assistance will be eligible for Food Stamps. You can receive an application by mail. To complete the application, you will need to call a representative from the Food Stamp Program at the Department of Social Services, 249 Thomaston Avenue, Waterbury, Connecticut. Telephone: (203) 597-4000. For more information about the Food Stamp Program, you may call the information office of Department of Social Services at 800-842-1508.

LEGAL SERVICES

CONNECTICUT LEGAL SERVICES

Connecticut legal services is an independent non-profit corporation that provides high quality civil, legal representation to people who cannot afford private attorneys. Assistance is available to the homebound or handicapped elderly. For information or assistance please call 203-756-8074.

- The center for Medicare Advocacy is a non-profit organization that provides legal advice and representation to elderly and disabled Connecticut residents unfairly denied Medicare coverage. Services are free to all Connecticut residents. For information call 1-800-262-4414 or 860-456-7790. Mailing address is National Office, Connecticut, P.O. Box 350, Willimantic, CT 06226.

ENERGY PROGRAM

THE CONNECTICUT ENERGY ASSISTANCE PROGRAM

The Connecticut Energy Assistance Program will provide assistance to cover the heating cost to any household making application and being declared income eligible. The amount of assistance is based on the number of people and total income. The amount of assistance will not cover all heating costs, so set aside some funds for the end of the heating season!

Income documentation must include:

- * Your 4 most recent consecutive weekly pay stubs. Pay stubs will only be accepted if they list your name and/or social security number.
- * Self-employment worksheet for the last 6 months.
- * Confidential Social Security form, copy of Social Security or pension check, or bank statement if direct deposit.
- * Unemployment claim slip or workman's compensation statement.
- * Statement from court or lawyer stating alimony/child support.
- * Bank statement for interest and dividends received.

We are requesting that you contact the Cheshire Dept. of Human Services office for appointment to fill out an application. Applications are taken by appointment only, please call 203-271-6690. Home visits can be arranged for homebound residents.

THIRD PARTY NOTIFICATION

With the customer's permission, a copy of your bill can be forwarded to a third person--relative, friend or neighbor who can remind the customer that the bill is due. This program is designed to help the elderly or someone who is ill. For further information, please call Northeast Utilities at 1-800-286-5000.

THE HELP TEAM

Help stands for Hardship Elderly Low-Income Program. Northeast Utilities can help make mutually agreeable payment arrangements for customers who are having trouble paying their utility bills. For further information, please call Northeast Utilities at 1-800-286-2000.

COUNSELING AND SUPPORT SERVICES

CHESHIRE SENIOR CENTER

The Senior Center Social Worker can assist and advise you in any area of your life which may be causing you distress, i.e., family relations, finances, health issues, etc. She can help you explore options and resources for dealing with your problems and refer you to other agencies for further assistance if necessary. Sometimes it helps just to talk. Stop by or give us a call for a confidential appointment at 203-272-8030.

NATIONAL FEDERATION OF THE BLIND

The National Federation of the Blind of Connecticut (NFBC) is a state affiliate of [The National Federation of the Blind](#) (NFB) and works to improve the lives of blind people in Connecticut. By providing information and education to its members and the public, the NFBC is changing what it means to be blind. For more information contact 477 Connecticut Boulevard, Suite 217 East Hartford, Connecticut 06108 860-289-1971

DEPARTMENT OF MENTAL HEALTH & ADDICTION SERVICES

Department of Mental Health & Addiction Services, **DMHAS** 410 Capitol Avenue, P.O. Box 341431, Hartford, CT 06134, 860-418-7000 or Toll Free: 800-446-7348.

STATE OF CONNECTICUT DEPARTMENT OF VETERAN'S AFFAIRS

Provides information on benefits available to Connecticut Veteran's and their families. 287 West Street, Rocky Hill, CT 06067, 860-529-2571 or 1-800-550-0000.

ELDERLY SERVICES DIVISION FOR THE STATE OF CONNECTICUT

The Elderly Services Division coordinates and provides funding for programs serving seniors in Connecticut. In addition to its own programs the Division coordinates federal and state funding to the five Area Agencies on Aging (AAA). Your Area Agency on Aging is responsible for; dispersing funds for nutrition programs, providing health insurance information, eligibility screening, information and referral and counseling services. Cheshire is serviced by the Western Connecticut Area Agency on Aging 84 Progress Lane Waterbury, Connecticut 06705. For information call 203-757-5449 or 1-800-994-9422.

COPE

Comprehensive Outreach Project for Elders (COPE) provides information and referrals to community programs and services for older adults. Outreach staff help persons aged 60 and older to obtain benefits and services by assisting with the completion of applications for entitlement programs such as Title 19, food stamps, energy assistance, ConnPACE, etc. Home visits are made if necessary. For further information call 203-575-9799 Ext. 244.

CAREGIVERS SUPPORT GROUP

The Caregivers Support Group is an informal Support Group, which meets the 3rd Thursday of the Month at the Senior Center. The group is comprised of relatives and friends who are caring for an elderly person. Anyone is welcome to attend the meeting and share experiences of caring for a loved one as well as learn more about community resources. If you would like more information, please contact the Senior Services Social Worker at 203-272-8030.

CHOICES

Area Agencies on Aging offer seniors programs for Health Insurance Assistance, Outreach, Information and Referral, Counseling and Eligibility screening for state and federal programs. Call Waterbury at 203-757-5449 or 1-800-994-9422.

LONG TERM CARE INSURANCE

The Connecticut Partnership for Long Term Care - The State of Connecticut has joined forces with private insurance companies to provide quality, affordable Long Term Care insurance. Call 800-286-2214 for additional information.

SPECIAL SERVICES

INCOME TAX ASSISTANCE

Each year free income tax filing assistance is available for seniors. The American Association of Retired Persons (A.A.R.P.) in conjunction with the Internal Revenue Service (I.R.S.) sponsors this service. For further information call the Senior Center at 203-272-0047.

CHESHIRE PUBLIC LIBRARY - (HANDICAP ACCESSIBLE) – Telephone 203-272-2245

www.cheshirelibrary.org

The Cheshire Public Library offers the following services and/or programs that are available to Cheshire Senior Citizens:

1. Homebound Services - Pickup and delivery of books and materials requested by Cheshire patrons who are unable to come into the Library.
2. Large Print Books, Readers Digest in large print.
3. Elderhostel travel information and study programs catalogs.
4. Circulating Art Prints - two month check out period.
5. Audio books-abridged and unabridged fiction, non-fiction, foreign language instruction, and self-improvement tapes.
6. Musical CDs
7. Sunday Showcase - musical and dramatic programs sponsored by Friends of the Cheshire Public Library.
8. Waiver of fines except for videos, DVDs, art prints and museum passes for patrons over 65 years of age.
9. Book Club Service.

CHESHIRE POLICE DEPARTMENT - Services provided to all town residents.

1. Talks on safety, direct deposit and fraud, talks on drug and alcohol abuse.
2. Free home security checks.
3. Operation Identification - the loan of a special tool to mark valuables.
4. Help with setting up a block watch to discourage burglaries.
5. A hearing-impaired telephone service.
6. A crisis intervention worker.
7. A youth officer and juvenile review board.
8. Patrol, general investigation and accident investigation.
9. A drug enforcement officer.

Police Emergency Number - 911

271-5500 Routine Calls & Complaints

271-5510 Records/Reports/Permits

271-5553 Administration

271-5552 Crime Prevention

271-5565 Crisis Intervention Unit

271-5530 Detective Division

271-5590 Municipal Animal Control (K9)

271-5542 School Resource Officer

271-5534 Drug Tip Hotline

271-5515 Facsimile Machine

271-5520 Patrol Supervisor

271-5540 Traffic Division

271-5535 Youth Officer

271-5508 Deft/TTY

272-1828 Civil Preparedness (8:30 am – 4:00 pm)

271-5500 Civil Preparedness (after hours)

PARKS AND RECREATION DEPARTMENT

The Parks and Recreation Department, the Community Pool and Artsplace offer a variety of programs and activities that are open to senior citizens. For further information, call the Parks & Recreation Dept. at 203-272-2743; the Community Pool at 203-271-3208 and Artsplace at 203-272-2787. Check out the seasonal brochure on our website at www.cheshirect.org/parkrec.

PROBATE COURT

The Court has jurisdiction over ordinary process of decedent's estates. It appoints conservators of the person and estate of incapable persons, guardians of the person of retarded adults, change of name, marriage waivers and is empowered to receive and approve fiduciary accounts of testamentary trustees. For further information call 203-271-6608.

STAMPS BY MAIL

A wonderful, convenient and safe program for those who cannot get to the Post Office. To get started, stop by the Post Office for an application, or contact the Senior Services Social Worker for assistance at 203-272-8030.

AMERICA THE BEAUTIFUL- NATIONAL PARKS AND FEDERAL RECREATIONAL LANDS

PASS- FREE the Beautiful –

This is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities age 65+. Documentation is required to obtain the pass. Acceptable documentation includes: statement by a licensed physician; document issued by a Federal agency such as the Veteran's Administration, Social Security Disability Income or Supplemental Security Income; or document issued by a State agency such as a vocational rehabilitation agency. The pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). **The pass can only be obtained in person at the park.** The Access Pass provides a 50 percent discount on some Expanded Amenity Fees charged for facilities and services such as camping, swimming, boat launching, and specialized interpretive services. In some cases where Expanded Amenity Fees are charged, only the pass holder will be given the 50 percent price reduction. The pass is non-transferable and generally does NOT cover or reduce special recreation permit fees or fees charged by concessionaires.

PUBLIC WORKS DEPARTMENT

The Public Works Department has a program called Rear Yard Collection. It offers pick up of trash on a weekly basis at a specified place convenient to the homeowner rather than curbside. To be eligible for this collection, everyone living at the residence must be at least 70 years of age or have a disability. To qualify, the Public Works Department must be provided with proof of age or in the case of a disability, a written note from the physician. The Director will review each application and let him/her/them know if they qualify. Please contact the Public Works Department at 203-271-6650 for more information Both trash and recycling containers will be picked up weekly, but the containers must be placed at the top of the driveway by the garage door each week. They must be in plain sight for the drivers so they can be spotted each week.

CHESHIRE MUNICIPAL ANIMAL CONTROL

Cheshire's Municipal Animal Control Facility is located at 496 Highland Avenue. They are staffed by one full-time Animal Control Officer and one part-time Assistant Animal Control Officer. The Department is supervised by the Cheshire Police Chief's office. Hours of operation are Monday, Tuesday, Saturday 8am - 4pm, Wednesday, Thursday, Friday 8am - 8pm and Sunday 11am - 3pm.

Officers respond to complaints of roaming and nuisance dog, as well as also respond to sick or injured (unowned) domestic animals or wildlife, and adopt out impounded homeless dogs. For more information call 203-271-5590.

PROTECTION AND ADVOCACY FOR PERSONS WITH DISABILITIES OFFICE

The State office of Protection and Advocacy can provide information about programs, services, and rights of persons with disabilities. Location: 60B Weston Street, Hartford, CT 06120-1551 Telephone: 860-297-4300

HUNTING AND FISHING LICENSES

According to state law, persons 65 years or older may obtain a lifetime fishing license free of charge by applying to the Town Clerk at 84 South Main Street, at 203- 271-6601. For information on hunting licenses contact the Department of Environmental Protection 79 Elm Street, Hartford, CT 06106-5127 Telephone: 860-424-3000.

CHARTER OAK PASS

The Charter Oak Pass provides access to the State Parks and Forests and is available free to Connecticut residents, 65 years of age or older. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. Free admittance is also provided for the Charter Oak *pass holder* when visiting Gillette Castle, Dinosaur or Fort Trumbull State Parks, or fishing at the Quinebaug Valley Hatchery. All other visitors, however, will be required to pay the appropriate fee. Please note that each pass is issued to a specific person and can only be used when presented by that individual. The passes are non

EDUCATION

ELDERHOSTEL PROGRAM

Since its founding in 1975, Elderhostel has been the world leader in educational travel and lifelong learning. More than 4 million adults have enriched their lives and made new friends on our programs. We offer unique learning adventures throughout the United States and in most every far-away land you can think of — plus some you've likely never even considered — all at a remarkable value. For more information contact Elderhostel

Toll-free: 1-800-454-5768 Monday through Friday, 9 a.m. to 6 p.m. Eastern Time.

SENIOR CENTER

The Senior Center offers a wide variety of educational opportunities through guest speakers, one-day workshops and courses in the areas of health, finances, legal assistance, humanities, etc. Seniors should be sure to check the monthly newsletter for schedules. To receive the newsletter at home stop in to the office at the Senior Center or call 203- 272-8286.

CONNECTICUT DEPARTMENT OF HIGHER EDUCATION

Senior citizens are welcome on Connecticut public college campuses – so welcome, in fact, they may take courses and earn degrees tuition-free! Seniors aged 62 and older are eligible, by state statute, for tuition waivers at any public college or university in the state – the University of Connecticut, Connecticut State University and the 12 community colleges. Generally, waivers are available only when space exists at the end of a registration period. Other fees, and costs for books and supplies, are not waived. For more information contact the Information Center's (EEIC) toll-free Hotline: 800/842-0229 Monday – Friday, 8:30 a.m. to 4:00 p.m. or email at eeic@ctdhe.org.

CHESHIRE ADULT EDUCATION PROGRAM

Cheshire Adult Education will be happy to assist you as you work to increase your skills, obtain a high school diploma, perfect your English or become a citizen. We also offer a variety of enrichment programs including money management, investment options, business options, personal development, parenting, health care, exercise, personal safety, arts & crafts and many other subjects. Our courses are offered at the Adult Education Office, Cheshire High School, Elim Park, Chapman School and several other satellite locations during the Fall Semester and the Winter/Spring Semester each year. For more information contact 250-2421.

BIRTHDAY GREETINGS

WHITE HOUSE GREETINGS

The White House Greetings Office receives, reviews, and processes all greeting requests in accordance with long-standing guidelines. Please remember that birthday cards will be sent to individuals who are celebrating their 80th (or greater) birthday. An anniversary card will be sent to couples who are celebrating their 50th (or greater) wedding anniversary. Please make your request at least 6 weeks in advance of Birthdays and anniversaries. Requests should be sent to The White House Attn: Greetings Office, Washington, D.C. 20502-0039

ADULT DAY CARE PROGRAMS

ADULT DAY CARE PROGRAMS

Adult Day Care Programs provide another opportunity for the elderly to remain in their homes. These programs are designed to serve disabled or frail elderly persons, who are likely to be institutionalized because of physical, mental or functional impairments. Adult Day Care Programs provide health and social services and some therapies. The Adult Day Care Centers available to Cheshire residents are:

1. Abbott Terrace Adult Day Center, 44 Abbott Terrace, Waterbury, Connecticut 06702 Telephone 203-755-4870, ext.112.
2. Alzheimer's Resource Center 1261 South Main St. Plantsville, Connecticut 06479 Telephone 860- 628-3069
3. Clelian Adult Day Care, 261 Benham Street, Hamden, Connecticut 06514 Telephone 203-288-4151.

4. Day Break at Waterbury, 515 Watertown Ave, Waterbury, CT 06708 Telephone 203-757-7499
5. Lina Adult Day Care/Community Center, 119 Sanford St, Hamden, CT 06514 Telephone 203-230-1180
6. Mulberry Gardens, 58 Mulberry St. Plantsville, Connecticut 06479 Telephone 860- 276-1020
7. Partnerships Center for Adult Day Care, 3 Industrial Circle, Hamden, Connecticut 06517 Telephone 203-248-8854
8. Senior Care, 900 Straits Turnpike, Middlebury, Connecticut 06762 Telephone 203-598-7642
9. Wallingford Senior Center, D.A.I Program (D.A.I.- Daily Activities of Independence) Program 238 Washington Street Wallingford, CT 06492 Telephone 203-265-7753

NURSING HOMES

NURSING HOMES

The Department of Public Health can provide a complete list of Connecticut Nursing Home Facilities. Call (860) 509-8000 or log on to WWW.MEDICARE.GOV and click on "nursing home compare".

THE HIGHLANDS HEALTH CARE CENTER - 203-272-7285

745 Highland Ave, Cheshire Connecticut 06410

ELIM PARK BAPTIST HOME, INC. – 203- 272-3547

140 Cook Hill Road, Cheshire Connecticut 06410

MARBRIDGE RETIREMENT CENTER (Home for Aged) – 203-272-2901

665 West Main Street, Cheshire Connecticut 06410

C.H.A.T. (Cheshire Home safety Awareness Team)

Working to improve the safety and quality of life for Senior citizens through educational programs is the primary function of CHAT. Programs of general interest are offered free to all Cheshire Senior citizens and are held at the Center. Programs have included:

- Beacon lights for emergency notification
- File of Life
- Emergency Cell phones
- Home Safety
- Car Safety
- Postal Safety

For further information contact the Center at 203-272-8286.

HANDY HOTLINES

CHESHIRE EMERGENCY		911
CONNECTICUT DEPARTMENT OF SOCIAL SERVICES		1-800-842-1508
STATE DEPARTMENT OF CONSUMER PROTECTION		1-800-842-2649
ConnPACE		1-800-423-5026
SOCIAL SECURITY		1-800-772-1213
ELDERLY NUTRITION PROGRAM		1-866-218-6631
MEALS-ON-WHEELS		1-800-994-9422
INFO-LINE (Statewide info and referral service)		211
NEW OPPORTUNITIES, INC.		203-575-9799
DEPARTMENT OF SOCIAL SERVICE - WATERBURY OFFICE		203-597-4000
SENIOR CENTER	(TRANSPORTATION)	203-272-0047
	(INFORMATION)	203-272-8286
MUNICIPAL AGENT FOR THE ELDERLY		203-272-3165
MEDICARE		1-800-MEDICARE
CHESHIRE DEPARTMENT OF HUMAN SERVICES		203-271-6690
FOOD STAMPS PROGRAM		1-800-842-1508
PROTECTIVE SERVICES		203-597-4141
WESTERN CONNECTICUT AREA AGENCY ON AGING		203-757-5449
WATERBURY HOSPITAL CRISIS SERVICES		203-573-6500

