COMMUNITY RESOURCE DIRECTORY

for

Westport Seniors

PUBLISHED BY THE WESTPORT DEPARTMENT OF HUMAN SERVICES

TOWN HALL WESTPORT, CT 06880 **UPDATED: March 18, 2022**

Directory on line; please go to:
www.westportct.gov › government › human-services › resource-documents

Jennifer Tooker, First Selectwoman

Andrea Moore, Second Selectwoman

Candice Savin, Third Selectwoman

Cover pictures: Westport Center for Senior Activities Staff Members Welcoming You Back!

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WESTPORT DEPARTMENT OF HUMAN SERVICES

"COMMUNITY FOCAL POINT FOR SERVICES TO OLDER PERSONS"

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SERVING OLDER ADULTS AND THEIR FAMILIES

Westport Town Hall, 110 Myrtle Avenue, Room 200
Hours: 8:30 AM - 4:30 PM
Telephone: 203-341-1050
Fax: 203-341-1073 Email: humansrv@westportct.gov
Office and home visits by appointment
All discussions strictly confidential; no charge for services

Center for Senior Activities
21 Imperial Avenue, Westport, CT 06880
Hours: Monday- Friday 8:30 AM - 4:30 PM
Telephone: 203-341-5099
www.westportct.gov/seniorcenter
Email: seniorcenter@westportct.gov
Like us on Facebook - www.facebook.com/WestportSeniorCenter

EMERGENCY TELEPHONE NUMBERS

POLICE, FIRE, EMERGENCY MEDICAL SERVICES……...911

For all emergencies, including TDD calls.
For non-emergencies:

Police 203-341-6000 **Fire 203-341-5010**
EMS 203-341-6081 **Health District 203-227-9571**

COVID-19
Current information regarding resources available during the COVID-19 pandemic. Please contact all agencies and businesses for current status.
online resource guide for residents DHS Operating Status

If you or a loved one require special assistance in cases of weather emergencies, please complete the following form to request consideration for the Department of Human Services' Emergency Assistance Registration. Only residents with the highest need will qualify.
Westport Emergency Registry for Seniors

Eversource.com……..800-286-2000
Eversource Storm Safety Video, Electrical safety during and after a storm. https://youtu.be/mjNyrb6bNSc
Residents with a medical condition should sign up with Eversource as a priority restoration.

Staples Radio WWPT 90.3 FM

Residents can find additional information on the Town's website www.westportct.gov and National Weather Service https://www.weather.gov/okx/
Additional updates will also be posted on the Westport Fire Department Facebook page https://www.facebook.com/westportctfire

Westport recently moved from **CODE-RED to NIXLE** for emergency communications. Update your information to receive instant updates neighborhood-level, public safety related emergency messages right to your home or cell phones. To get important local alerts you must sign up by texting 06880 to 888777 or sign up at www. Nixle.com. For more information on NIXLE, contact Westport Police or Fire Departments.

Red Cross: How to Prepare for Emergencies
http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm#Before

POISON CONTROL…call 911, then……...…....1-800-222-1222
Provides immediate instructions on poisons. www.uchc.edu

NORWALK HOSPITAL……..……..….203-852-2000
http://www.norwalkhospital.org/

DUBOIS CENTER –Crisis center-24 hour helpline.....203-358-8500
http://www.ct.gov/dmhas

Aspetuck Health District

Individuals with disabilities may register in advance with the Aspetuck Health District if they need special help in case of a town-wide or neighborhood emergency.
To register, call: 203-227-9571.
Individuals with hearing problems may call 911 for emergency or ……..203-227-0883 for non-

GENERAL INFORMATION

DEPT OF HUMAN SERVICES……..……...……...203-341-1050
Westport Town Hall, Room 200.
Information and assistance related to : Medicare, Medicaid, family relationships, state and federal programs, home care, day care, housing options, energy assistance, tax relief, renter's relief, transportation, educational opportunities, volunteer opportunities, counseling, financial assistance, home maintenance, and most other concerns of older adults. Home and office appointments. Email: humansrv@westportct.gov
www.westportct.gov

AARP (Connecticut office)……..….1-866-295-7279
http://states.aarp.org/region/connecticut/

DO NOT CALL LIST.....1-800-842-2649
Call to register with CT. Consumer Protection Department.
www.donotcall.gov

DOMESTIC VIOLENCE CRISIS CENTER.....1-888-774-2900
24 hour help line.....www.dvccct.org

ELDERCARE LOCATOR……..….....……..…1-800-677-1116
Information on elderly services in other areas. Provide zip code of person you want to assist. www.eldercare.gov

MEDICARE 1-800-633-4227
www.medicare.gov

MUNICIPAL AGENT FOR THE ELDERLY- Kristen Witt…....203-341-1067
MUNICIPAL AGENT FOR PEOPLE WITH DISABILITIES
……..…….....203-341-1050
Assistance with information and referral to community, state and federal resources for the elderly and disabled

PHOTO IDENTIFICATION CARD……..…1-800-842-8222
For adults without drivers' licenses, call Department of Motor Vehicles www.dmv.org

3 GENERAL INFORMATION

PROTECTIVE SERVICES……..……...1-888-385-4225
Investigates reports of neglect, abuse, exploitation and abandonment of persons 60 and over and takes corrective action when necessary.
Protective Services

SENIOR GO TO GUIDE
Senior Directory….https://www.seniorgotoguide.com/view-printed-directory

SOCIAL SECURITY, Bridgeport office…….....1-866-331-6399
National Number.....**1-800-772-1213**

SWCAA..……..……1-800-994-9422 OR 1-203-333-9288
Southwestern Connecticut Agency on Aging
Regional information and assistance on all aging issues and services; health insurance counseling on options supplementing Medicare, Medicare Part D, Private Care Management. www.swcaa.org

VETERAN AFFAIRS

Ramon Agosto, Veteran Service Officer for Westport
Phone: **(203) 336-2570**

CT. DEPT. OF VETERAN AFFAIRS……..……....…..1-203-366-7175
www.ct.gov/ctva

U.S. DEPT OF VETERAN AFFAIRS...(Hartford).....1-800-827-1000
www.va.gov

CALL INFOLINE
211
24 hour, free, confidential hotline for information and resources
www.infoline.org

4 ADULT DAY CARE CENTERS FOR THE FRAIL & ELDERLY

The Centers listed here are certified as medical adult day health centers. They provide supervised social and recreational programs as well as health services for the frail elderly. Some offer bath service and hairdressing service. Discounted fees may be available to eligible individuals.

ELDERHOUSE…….……...….….203-847-1998
7 Lewis Street, Norwalk
Evening respite program. Transportation provided.
www.elderhouse.net

GRASMERE BY THE SEA……....203-365-6470
1 Post Road, Fairfield
http://jseniors.org/services/day-services/adult-day-program/

GREENWICH ADULT DAY CARE– River House.....203-622-0079
125 River Road Extension , Greenwich
www.gadc.org

WAVENY CARE CENTER…….....203-594-5200
3 Farm Road, New Canaan
www.waveny.org

5 COUNSELING AND SUPPORT SERVICES

ALCOHOLICS ANONYMOUS……....….....203-227-2496
www.ct-aa.org

ALZHEIMER'S ASSOCIATION……..…….....…203-939-1360
Support groups for patients as well as caregivers.
24 hour help line.....**1-800-356-5502**
http://www.alz.org/ct/

ALZHEIMER'S FOUNDATION OF AMERICA.....1-866-AFA-8484
Focuses on providing optimal care to patients and support for families.
www.alzfdn.org

BEREAVEMENT GROUPS call Dpt of Human Services for referrals

CENTER FOR HOPE……..……..…….....203-655-4693
590 Post Road, Darien
Helps adults and children living with a life threatening illness, or grieving the death of a loved one with professional counseling, education and support in an atmosphere of hope and renewal.
www.familycenters.org

DEPT. OF HUMAN SERVICES……...…..…….……...203-341-1050
Westport Town Hall, Room 200
Experienced staff provide short-term counseling to older adults and their families.
Center for Senior Activities offers support groups
www.westportct.gov humansrv@westportct.gov

HELLO NEIGHBOR
Town program connecting community members to one another through simple phone calls. The program encourages connection and combats loneliness as individuals of all ages and stages create a network of social phone calls offering a warm connection between caring neighbors.
Hello Neighbor

6 COUNSELING AND SUPPORT SERVICES

ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251
Committed to providing care for the mind, body and spirit as an integrated continuum of behavioral health and addiction services.
http://www.stvincents.org/medical-services/behavioral-health

JEWISH FAMILY SERVICES…….....203-454-4992
733 Summer Street, 6th Floor, Stamford 06901
4200 Park Avenue, Suite 300 Bridgeport, CT 06604
Non-sectarian services include individual, couple and group counseling, home companion program, support groups for widows and widowers, vocational training and employment service for those over 55 years of age.
http://ctjfs.org/

LIBERATION PROGRAMS……...…...203-851-2077
129 Glover Avenue Norwalk, CT
Providing specialized care for alcohol, medication and other drug-abuse concerns for adults over 55. Home visits, assessments and counseling provided at no cost. **http://www.liberationprograms.org/Home**

NEW LEARNING CENTER……...……203-307-3030
49 John Street, Southport
Professional counseling services: on-call therapist available 24 hours, 7 days a week. Therapists specializing in geriatrics.
www.newlearningcenter.com

POSITIVE DIRECTIONS.....203-227-7644
420 Post Road West, Westport
Works with individuals, families and communities toward the prevention of and recovery from substance abuse and other addictive behavior.
http://www.positivedirections.org/

7 COUNSELING AND SUPPORT SERVICES

SUPPORT GROUPS AT NORWALK HOSPITAL…….....203-852-2250
Support groups for a wide variety of issues. Call for listing.
http://www.norwalkhospital.org/

WIDOWED PERSONS SRVC OF GTR BDGPRT…….....203-368-4291
Free, national program offered by local volunteer widowed men and women who have been trained to give support and guidance on a one-to-one basis to newly widowed people. Call for outreach volunteers or newsletter.
http://www.wpsgr.org/

8 EMPLOYMENT

INDEED.COM
Job opportunities in the Fairfield County Area
Daily email blasts of job opportunities……..…..**203-341-1050**

AMERICAN JOB CENTER SOUTHWEST (FORMERLY CTWORKS)
…….....203-953-3247
Bridgeport
Training and job search assistance program that helps people, age 55 and older with obtaining skills necessary or employment. www.ajcswct.com

GOODWILL CAREER CENTER…….:(203) 259-3943
1700 Post Road East, Westport CT 06880
Free Career Centers offering workshops, computers and trained career counselors
http://gwct.org/career-centers

JEWISH FAMILY SERVICES…….....203-454-4992
4200 Park Avenue, Suite 300 Bridgeport, CT 06604
733 Summer Street, 6th Floor, Stamford, CT 06901
Non-sectarian services include vocational training and employment service for those over 55 years of age.
http://ctjfs.org/

SENIOR COMMUNITY SERVICE EMPLOYMENT……..…...203-921-4161
(TITLE V) - Stamford
Provides training and employment for income eligible job seekers 55+. www.ctjfs.org

WESTPORT LIBRARY……..……203-291-4840
Workshops and resources to help job seekers find information.
www.westportlibrary.org

9 GERIATRIC ASSESSMENT

Medical evaluation of seniors' functioning within their environment. Care plan, information and referral to seniors and their families.

BRIDGEPORT HOSPITAL-Geriatric Assessment Center.203-384-3388
www.bridgeporthospital.org

WAVENY CARE CENTER CHARLOTTE AND DAVID BROWN GERIATRIC EVALUATION CLINIC……..……203-594-5311

GREENWICH HOSPITAL GERIATRIC SERVICES 203-863-4373
https://www.greenwichhospital.org/

JEWISH HOME FOR THE ELDERLY-Institute on Aging...203-396-1240
JEWISH HOME FOR THE ELDERLY

ST VINCENT'S MEDICAL CENTER GERIATRICS.....203-576-5710
www.stvincents.org

10 HEALTH SERVICES

ALZHEIMER'S ASSOCIATION…….....203-899-1805
Information, assistance, literature and referrals. Safe Return Program. Support groups; In-service Education; Respite Program. www.alz.org

AMERICARES FREE CLINIC OF NORWALK…….....…...203-899-2493
98 South Main Street, Norwalk
Free primary care for the uninsured. Call for information regarding services and hours. www.americaresfreeclinics.org

EPIC HEARING HEALTHCARE AUDIENT PROGRAM……..866-956-5400
Helps low-income families afford hearing care. Candidates qualify based on their annual household income.

CANCER CARE OF CONNECTICUT.....……203-854-9911
Counseling, information, seminars, referrals to other support services and financial guidance and some assistance. www.cancercare.org

COMMISSION ON DEAF & HEARING IMPAIRED…….....1-800-708-6796
Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.
http://www.dhoh.ct.gov/dhoh/site/default.asp

COMMUNITY HEALTH CENTERS (Bridgeport Hospital)
Bridgeport.....203-333-6864 **Stratford.....203-375-7242**
Stamford.....203-327-5111
Sliding scale fees, full service and dental clinic, www.bridgeportchc.org

NORWALK COMMUNITY HEALTH CENTER …….....203-899-1770
120 Connecticut Avenue
Full range of primary care services. Appointments only. Sliding scale.
www.norwalkchc.org

CT BOARD OF ED. SERVICES FOR THE BLIND…….....1-800-842-4510
Provides comprehensive home and community services for legally blind persons of all ages. No fee. www.ct.gov/besb/

CT RADIO INFORMATION SYSTEM, INC (CRIS).....1-860-527-8000
Connecticut's talking Newsstand for the Blind and Print Handicapped 24 hours a day 7 days a week. Special radio required.

11 HEALTH SERVICES

CT VETERANS HOME AND HOSPITAL……..……..….1-860-529-2571
287 West Street, Rocky Hill, CT
Hospitalization and convalescence care for veterans. www.ct.gov/ctva

DENTAL SERVICES CLINIC (Norwalk Hospital).....……203-852-2146
Located at 34 Maple St.,Sliding fee scale. Appointment necessary. http://www.norwalkhospital.org

UNIV. OF BRIDGEPORT DENTAL CLINIC……203-576-4138
60 Lafayette Street Bridgeport, CT

Connecticut Dental Health Partnership…….. 1-866-420-2924

DISABILITY RESOURCE CNTR / FAIRFL'D CNTY…….....203-378-6977
80 Ferry Blvd., Suite 210, Stratford
Support services, training and equipment to promote independent living skills and the rights of disabled people.

EYECARE AMERICA.....1-877-887-6327
Those 65 years of age and older who have not seen an ophthalmologist in three or more years are eligible for a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and /or other insurance reimbursement as payment in full. Uninsured patients will receive care with no charge. www.eyecareamerica.org

FAIRFIELD COUNTY MEDICAL ASSOCIATION…….....203-372-4543
Provides help in finding a doctor. www.fcma.org

ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251
Full range of inpatient and outpatient behavioral health and chemical dependency programs. www.stvincentsbehavioralhealth.org

HEALTH DISTRICT, WESTPORT WESTON…….....203-227-9571
180 Bayberry Lane Hours: 8:30 am – 4:30 pm, Monday – Friday
Provides monthly schedules and up-to-date public health service announcements. The Westport Weston Health District offers a variety of clinics and health programs including: (continued on page 12)

HEALTH DISTRICT, WESTPORT WESTON…….....203-227-9571
(continued from page 11)

- COVID-19 Vaccine Update
- HIV-AIDS Counseling and Testing Clinic.
- Routine and Traveler's immunizations for adults and children.
- Cholesterol, blood pressure, and blood sugar screenings.
- Periodic cardiovascular, mammography, prostate and skin cancer screenings.
- Visits to the homebound to ensure health needs are met.
- General information on public health issues.
- Educational seminars and literature on a variety of health issues.

In addition, the Health District:

- Inspects and approves septic systems and private water supplies.
- Conducts routine inspections of day care centers, cosmetology and hair salons, restaurants and food stores to ensure sanitary conditions.
- Conducts quality water sampling for recreational areas.
- Investigates and resolves nuisance complaints.
- Maintains an emergency list of residents in need of special assistance during a weather or public health related emergency or disaster.

www.wwhd.org

PSYCHIATRIC CLINICS
(Norwalk Hospital).....…….……203-852-2988
Consultation, evaluation and treatment of mental health problems. Inpatient and outpatient. Sliding fee scale. Appointments. www.norwalkhospital.org

Yale New Haven Health - Bridgeport Hospital…...call Reach program 203-384-3377

VETERAN'S AFFAIRS NEW ENGLAND HEALTH CARE SYSTEM
West Haven.....203-932-5711
Veteran's in-patient and out-patient care. Health screening. Help with prescription drugs. Appointments necessary. V.A. health screenings also available at Stamford Hospital. 203-325-0649. www.va.gov

13 HOME HEALTH CARE

CT NAT'L FAMILY CAREGIVER SUPPORT PROGRAM.....203-333-9288
Daytime and overnight relief for caregivers of individuals with Alzheimer's or related disorders. Southwestern Connecticut Agency on Aging.
www.swcaa.org

CT HOME CARE PROGRAM FOR ELDERS
Alternate Care Unit of CT……..…….....(800) 445-5394
Program of Connecticut Dept. of Social Services contracted with Southwestern Connecticut Agency on Aging, which funds a variety of home care services as an alternative to nursing home care. Asset restrictions.
www.swcaa.org

FAMILY AND CHILDREN'S AGENCY……...…..……..…203-831-2900
Home Care Plus program offers a range of homemakers and home health aide services, subsidized to help with independence.
www.familyandchildrensagency.org

HOME DELIVERED MEALS OF WESTPORT…….....203-341-5097
Volunteers deliver nutritious dinners at mid-day Monday through Friday. Light supper meal optional. For homebound seniors who are not able to prepare own meals. Home Delivered Meals Information

HOME HEALTH CARE AGENCIES..
List of certified agencies and ratings…….….www.swcaa.org
Homecare Agencies
For a hardcopy listing……..203-341-1050

PERSONAL EMERGENCY RESPONSE..…….....……..203-853-3116
A 24 hour emergency response system with small personal "help" button to summon immediate aid. www.familyandchildrensagency.org

14 HOME HEALTH CARE

NEW ENGLAND EQUIPMENT CENTER (NEAT)……..……866-526-4492
The Equipment Restoration Center (ERC) has a large inventory of gently used durable medical equipment. It is where you can:

- Purchase restored equipment (walkers, canes, shower benches, wheel-chairs, scooters, and more.
- Save 50% to 80% of the cost of the same item when new.
- Donate equipment to benefit people with limited or no insurance coverage; or in need of a "spare" wheelchair.
- Call to arrange for free pick up of you equipment; its tax deductible.

www.neatmarketplace.org

WHEEL IT FORWARD…….……203-652-8600
Wheel it Forward offers a convenient destination to enable anyone to easily borrow or donate DME at no cost
……..…..https://www.wheelitforwardusa.org

LOCAL PHARMACIES
https://www.westportct.gov/home/showdocument?id=24368
For a hardcopy listing……203-341-1050

HOME MAINTENANCE & HOUSING LEGAL MATTERS
Housing:

APARTMENTS.....203-341-1030
Planning and Zoning Office, Town Hall www.westportct.gov

- Accessory Apartments: Permit allows conversion of part of home to legal apartment. Owner or tenant must be 62+ or disabled and receiving Social Security disability income.
- There are eight "Affordable Accessory Apartments" within private homes:
- Contact Planning Zoning for regulations and listings

HOUSING CONTACTS - Dept. of Human Services.....203-341-1050
For a hard copy listing……humansrv@westportct.gov

Southwestern CT. Agency on Aging.....1-800-811-9808
Lists of: Assisted Living, Continuing Care Retirement Community, Congregate Living, Residential Care Homes, Independent Retirement Community, Subsidized Rental Housing available at www.swcaa.org.

WESTPORT HOUSING AUTHORITY……..203-227-4672
www.westportha.org
Is responsible for the operation of public housing located within the town. Federal and State funds are channeled to provide publicly operated low and moderate income housing for the community. Available openings are filled from a waiting list, with need and affiliation with Westport the primary consideration. The Housing Authority operates the following four facilities:

1. **Hales Court** - consists of 78 free-standing Cape Cod style house with 2 & 3 bedrooms.
2. **Canal Park** - is for seniors (62+) and disabled singles and couple of any age. It consists of 50 studio and one-bedroom apartments.
3. **Hidden Brook** - located on 1655 Post Road East, consists of 39 one, two, & three bedroom homes.
4. **Sasco Creek Village** - also located at 1655 Post Road East, consists of 54 new one, two, and three bedroom units.

WHITNEY GLEN– Sixty-two unit condominium pet friendly complex for 62 years and older, privately owned**…….contact local realtor**

16 HOUSING - HOME MAINTENANCE & HOUSING LEGAL MATTERS

AFFORDABLE HOUSING LISTING…….203-341-1050

THE SAUGATUCK…….…….203-967-8337
Thirty-six unit cooperative building on Bridge Street convereted from an elementary school. Independent living for adults 62+.
Managed by the Property Group of CT
http://www.thepropertygroup.net/Contact_Us/

1141 POST ROAD EAST - ASSISTED LIVING FACILITY
THE RESIDENCE
96 - unit facility designed for assisted living quarters. Is an LCB Senior Living community and you may contact Karen Foley for more information. She can be reached at…….. **781-983-0855**.
Community's website: https://www.residencewestport.com

HOUSING LEGAL MATTERS:
BETTER BUSINESS BUREAU……...…….....203-269-2700
Find and accredited business. www.connecticut.bbb.org

CT CONSUMER PROTECTION DEPARTMENT….....….....1-860-740-4500
Ext. 111. Consumer protection representatives will answer consumer questions. A list of registered contractors available. www.dcp.state.ct.us

LIST OF SENIOR HOME REPAIRS….....203-341-1050
Dept. of Human Services can offer a listing of businesses and agencies who can provide light home repair at reasonable prices.

REVERSE MORTGAGES……...……...……....203-341-1072
CT Housing Finance Authority offers reverse annuity mortgages for long term care. FHA-insured reverse mortgages for any purpose. Also, see link:
http://www.chfa.org/Homeownership/for%20Homeowners/ReverseAnnuityMortgageProgram.aspx

WE DO WALKWAYS, ETC…….…….203-341-1050
Call for list of young people willing to shovel snow, rake leaves, etc.
Outdoor work only. Suggested compensation: $12 per hour.

17 LEGAL INFORMATION AND SERVICES

BETTER BUSINESS BUREAU.....1-860-740-4500
www.connecticut.bbb.org

CENTER FOR MEDICARE ADVOCACY…….....…1-860-456-7790
Legal advice and representation on Medicare issues.
www.medicareadvocacy.org

CONNECTICUT LEGAL SERVICES ……....……..……....1-203-348-9216
Private, non-profit, civil law firm dedicated to helping low-income families and individuals obtain justice. Legal assistance regarding elder consumer rights, Medicaid and nursing home rights, elder housing rights.
www.connlegalservices.org

CT COMMUNITY LAW CENTER AT UCONN……..**1-860-570-5400**
Legal help for low-moderate income individuals and families
45 Elizabeth Street, Hartford, CT ..... **cclc@uconn.edu**

CONSUMER PROTECTION.....1-800-842-2649
http://www.ct.gov/dcp/cwp/view.asp?a=1629&q=274430

HOUSING COURT……..…...…203-846-4332
Help with landlord-tenant matters, evictions.

LAWYER REFERRAL SERVICE……..…….....….....203-335-4116
Bar Association sponsored service. Referral locally, $35 first half hour.
www.bridgeportbar.org

PROBATE COURT……..….….....203-341-1100
Town Hall, Room 100 www.westportct.gov
Probates wills; administers estates and trusts; appoints conservators of persons and estates of incapable persons; appoints guardians.

STATEWIDE LEGAL SERVICES/CT-ELDERLY UNIT….....1-800-453-3320
http://slsct.org/

UCONN CONNECTICUT COMMUNITY LAW CENTER (CCLC)..860-570-5400
cclc@uconn.edu.
Affordable legal consultation to low & moderate income individuals & families.

18 MONEY MATTERS

AMERICAN RED CROSS.....1-800-319-9935
Chapter Headquarters : 209 Farmington Ave.
Farmington, CT, 06032
24 hours; 7 days a week. Temporary housing, food and clothing assistance in emergency relief situations **.....Phone: (877) 287-3327**
www.redcross.org

CT DEPT. OF VETERANS AFFAIRS…….....1-860-616-3683/3684
Help with benefits and other concerns of veterans. Office of advocacy and assistance. www.state.ct.us/ctva/

CT DEPT OF SOCIAL SERVICES……..…..toll free..... 1-855-626-6632
925 Housatonic Avenue, Bridgeport
SNAP also known as Food stamps, State Supplement (cash assistance); Medicaid also known as Title 19; and "QMB", a program that helps with Medicare premiums and deductibles for those eligible. www.dss.state.ct.us

DEPT OF HUMAN SERVICES…….....203-341-1050
Westport Town Hall, Room 200
Information and assistance with financial needs including; Medicare, Medicare Part D, Medicaid, Social Security, SSI, home-owners tax relief, renters relief, sewer charges relief, fuel assistance, food stamps, accessory apartment conversions. Help with "red tape."
www.westportct.gov

FUEL ASSISTANCE
Department of Human Services (Westport residents)……..203-341-1050
Alliance for Community Empowerment (formally ABCD)
(non-residents)……..……..…….....…203-838-8110
149 Water Street, 2nd floor, Norwalk https://alliancect.org/

MONEY MATTERS

WESTPORT HUMAN SERVICES (WESTPORT WARM-UP FUND) …….203-341-1067
Awards vary with income and family size. Income and asset guidelines.

MEDICAID— Healthcare for low-income adults……1-855-626-6632
https://portal.ct.gov/DSS/Common-Elements/How-to-Apply-for-Services/How-to-Apply-for-Services

MEDIGAP, MEDICARE PART D INSURANCE INFORMATION CHOICES.....1-800-994-9422
A cooperative program of the State of Connecticut, Department of Social Services, the Area Agencies on Aging and the Center for Medicare Advocacy. www.swcaa.org

MONEY MANAGEMENT INTL.……..…1-866-889-9347
Organization provides free financial counseling, debt management. www.moneymanagement.org

NATIONAL COUNCIL ON AGING…..…….....www.BenefitsCheckUp.org
Computer web site with confidential screening tool to determine eligibility for state and federal programs, with detailed instructions on how to apply for them.
Contact: www.swcaa.org……....**1-800-994-9422**

NEW ENGLAND PENSION ASSISTANCE PROJECT.....1-888-425-6067
Assistance for individuals having trouble understanding or obtaining their pension benefits, as well as finding lost pensions.
www.umb.edu/pensionaction

MONEY MATTERS

PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAM
Pharmaceutical companies in cooperation with physicians supplying free prescription drugs for those who qualify. Through your own doctor.

SOCIAL SECURITY ADMINISTRATION…….....……1-800-772-1213
Bridgeport Office.....1-866-331-6399
35 Courtland Street
Bridgeport, CT 06606
Information on Social Security, Medicare and Supplemental Security Income, Disability Assistance. Call first. www.ssa.gov

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)
www.ctsnap.org**……...…….…….1-866-974-SNAP**
(7627) Federally funded program that allows qualified individuals & and family members purchase groceries (formally known as food stamps.)

TAX RELIEF / RENTERS RELIEF / SEWER RELIEF
Assessor……...…203-341-1139
Department of Human Services…….……....203-341-1067
For 65 years plus or disabled; income eligibility differs for various state and local programs. D.H.S. offers home appts. to medically-homebound residents who qualify for these programs.

TAX HELP AND FILING (FREE)
Westport Town Hall……...203-341-1050
Westport Center for Senior Activities…….....203-341-5099
With emphasis on low-and middle-income households and special attention to those age 60 and older.

UNEMPLOYMENT COMPENSATION……....……....203-348-2696
Labor Department, 111 High Ridge Road, Stamford
http://www.ctdol.state.ct.us/UI-Online/Index.htm

21 RECREATION AND EDUCATION

AMERICA THE BEAUTIFUL- National Parks and Federal Recreational Lands Pass- $20 lifetime pass to Federal Parks for adults 62+. Obtain pass at park you visit. http://store.usgs.gov

CENTER FOR SENIOR ACTIVITIES……..……..….203-341-5099
21 Imperial Avenue
The CSA is dedicated to enhancing the quality of life for adults 60 years of age and older. Hours: Monday to Friday from 8:30AM-4:30PM. The Friends of the Westport Center for Senior Activities sponsor special programs and can be found at https://www.wscfriends.org/.

The WCSA offers dedicated space for art, fitness, cards/games, lectures, movies, meetings, socials, "Grab and Go" concession and computer tech assistance. There is plenty of parking to accommodate participants. Handicap accessible.

The CSA offers recreational, cultural, social and educational programs and support groups. Senior café-lunch requires 24-hour advance notice, donation requested.
Monthly newsletter, schedule of activities, intake forms, and menu, please go to:
https://www.westportct.gov/government/departments-a-z/human-services/center-for-senior-activities .

Activities include: lectures, discussion groups, current events, one-on-one computer training, strength training, weight resistance, Parkinson's Fitness, TRX, gardening, bridge lessons, poker, Mahjong, board games, table tennis, jewelry making, painting/drawing, watercolor, sculpture, stained glass, dance fitness, Pilates, Tai Chi, Qigong, mindfulness/stress reduction, yoga, light aerobics, health screenings, hearing testing, lending library, writing workshop, short stories series, safe driving program, culinary courses, tax counseling, college level courses, barbeques, information and referral, special weekend events in a beautiful terrace in a park-like setting. The CSA offers a vibrant WCSA YouTube channel to encourage our homebound residents to stay active and engaged. Sign up for email updates and/or contact seniorcenter@westportct.gov to register for a class by calling 203-341-5099.
Handicap accessible.

22 RECREATION AND EDUCATION

CHARTER OAK PASS……..……....1-860-424-3200, press 2
Free pass to CT State Parks for adults 65 and over. Send a clear copy of driver's license or photo I.D. (which shows address and date of birth) to:
Dept. of Environmental Protection
Charter Oak Pass - State Parks
79 Elm St., Hartford, CT 06106

CHURCHES AND SYNAGOGUES
Your church or synagogue may have a senior group. It may also provide counseling, home visiting, and transportation to religious services.
Places of Worship

COLLEGE COURSES
Many nearby colleges offer to discount or waive their course fees.

ROAD SCHOLAR…….....……..1-877-426-8056
College-level classes, travel, volunteer programs, multi generational trips combined with living on campus, in hotels, motels and aboard ship for a week or more are offered by Road Scholar at moderate cost. Free quarterly catalogues for national and international programs are available by calling the toll free number. www.roadscholar.org

FISHING AND HUNTING LICENSES……..……....203-341-1110
Westport Town Hall, Town Clerk's Office, Room 105
Discounted licenses for adults 65 and over, Annual renewal necessary.

LIFETIME LEARNERS INSTITUTE……...……..…203-857-3330
Norwalk Community College
For adults 50 and over. Membership fee $50; $30 fee for each course.
www.lifetimelearners.org

LEARNING FOR A LIFETIME
Fairfield University's Learning for a Lifetime program fosters continued learning for intellectually curious adults over the age of 50. The program provides opportunities for enrichment, education, and exploration of the arts, humanities, and the social and natural sciences through a spectrum of courses and special interest programs.
Please contact Program Coordinator Sandy Richardson…. www.faifield.edu
at…….. arichardson@fairfield.edu.

23 RECREATION AND EDUCATION

PARKS AND RECREATION…….……...…203-341-5090
Longshore Club, 260 Compo Road South
For most activities there are special rates for adults 62 and over. Hand-held beach emblems are available to senior residents who don't drive
www.westportct.gov

STAPLES HIGH SCHOOL POOL…….……..……...203-341-5090
Pool is open to residents from mid November to early June 5. Tues and Thurs, 5:30 PM to 9:00 PM.; Sat and Sun 1:15 PM to 3:45 PM. Hand pass required, daily fee $7. Season pass for age 62 and over $100. Pool closed during Staples H. S. events and holidays. Park and Recreation cancellations: 203-341-5074.

WESTPORT BOARD OF EDUCATION
CONTINUING EDUCATION.....203-341-1209
Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. www.westportcontinuinged.com

WESTPORT CHAMBER OF COMMERCE…….....203-227-9234
List of "Things to Do" in or near Westport. Maps.
www.westportchamber.com

WESTPORT LIBRARY……...203-291-4840
The recently enhanced Westport Library hosts nearly 2,000 free programs each year and offers access to a wide variety of services – reference support, tech help, readers advisory and more. The innovative and interesting programming includes lectures, films, author talks, book discussions and other events. Free high-speed access to the Internet on computers as well as wireless access throughout the building. Handicapped access throughout the building. The Library also has a varied collection of materials including large-print books, E-Readers, and audiobooks. Motorized scooter available for use within the library. "Grandkits" are a special service for grandparents with visiting grandchildren—call 203-291-4810 to request a bundling of books, toys, movies and music. For general information, visit www.westportlibrary.org

WESTPORT WESTON FAMILY Y……..……203-226-8981
Discounted membership rates for adults 65 and over. Variety of special programs including: senior aqua fitness, arthritis aquatic program, senior strength training, use of fitness center and pool. http://westporty.org/

Y'S MEN OF WESTPORT……..…..www.ysmenwestportweston.org
Retired and semi-retired men meet weekly at the Saugatuck Church from September through May, on Thursday mornings at 10AM. Special interest groups meet at other times.

Y'S WOMEN OF WESTPORT .....www.yswomen.org
Opportunities for learning, social and recreational activities. General meetings usually two Mondays each month. Coffee and socializing begin at 10:45 AM and the meeting is from 11:30-12:30PM. Membership fee of $35. Special interest groups and volunteer opportunities.

65 PLUS CLUB……..…….....…203-341-1026
Call the Executive Assistant to the Superintendent of Schools or pick up an application at either the Center for Sr. Activities or Town Hall, Room 200. A membership card entitles holder to complimentary tickets to plays and concerts given by Westport students, free admission to home sports events and use of Staples Library. Allow two weeks to receive membership card.

TRANSPORTATION

AAA Office
495 Westport Avenue, Norwalk……..…….203-293-1724

AMERICAN CANCER SOCIETY……..……..…..1-800-227-2345
Transportation to cancer related medical appointments anywhere in the area for cancer patients. 48 hour notice. No cost…….. www.cancer.org

FAMILY & CHILDREN'S AGENCY– HOME CARE PLUS.....203-831-2900
Wheel chair accessible van. Assisted transportation for 60 + years of age. Seniors may qualify for discounts…….. www.familyandchildrensagency.org

DEPT OF MOTOR VEHICLES
540 Main Avenue, Norwalk, CT 06851……..….800-842-2222
Alternate number: ……..…..**860-263-5700**
Online at:…….. **http://www.dmv.org/ct-connecticut/**

HANDICAPPED PARKING PERMIT & Non-Driver Photo ID.
…….203-341-1050
Applications available in Town Hall, Room 200, and the Center for Sr. Activities. Online at: ……... **http://www.dmv.org/ct-connecticut/**

KENNEDY CENTER - VETERAN & DISABLED TRANSPORTATION SERVICES…….**203-365-8522 EXT. 263**
……...……http://www.thekennedycenterinc.org/

KNOW HOW TO GO CT…….……..……www.knowhowtogoct.org

Veyo State Medical Insurees—Non-Emergency

……..……..888-248-9895
The CT Dept. of Social Services has contracted with Veyo to manage Medicaid non-emergency medical transportation services. Call to schedule rides.
METRO NORTH TRAIN SCHEULE……http://www.mta.info/

NORWALK TRANSIT
COASTAL LINK……..……..……...203-852-0000
Post Road bus service from Norwalk to Milford. Monday through Saturday; 6:0 AM. to 8:00 PM; Sunday: 9 AM. to 7PM. Senior and disabled fare: $.60 with ID card or Medicare card. Tokens can be purchased at DHS, Room 200…….……...Coastal Link

26 TRANSPORTATION

NORWALK TRANSIT DISTRICT

Westport Transit District Info.

DOOR TO DOOR.....203-299-5180
Service within Westport for residents 65 plus and disabled individuals: $3.50 per trip. Wheelchair lift. Registration required. Advance reservation necessary. ……NTD Elderly and Disabled Services Link

NORWALK TRANSIT DISTRICT (TOWN-TO-TOWN).....203-299-5180
Service for Westport residents 65 plus and disabled individuals to New Canaan, Wilton, Norwalk. Wheelchair lift. Two tickets for one way across one town line, three for across two or more town lines. See Door-to-Door for registration and ticket information…….. www.norwalktransit.com

PROJECT GO…….....203-341-1067
Limited number of free door-to-door transit tickets for income eligible seniors.

Purchase of tickets: Once registered, purchase of tickets is now setup through personal account using RMpay. (see link)
…….NTD Elderly and Disabled Services Link

Wheels2U
Norwalk Transit's new on-demand shuttle service that picks you up at your location and takes you where you want to go within certain "Service Areas" in Norwalk and Westport ……..https://www.wheels2unorwalk.com

RAILROAD PARKING……...…203-341-6052
Free parking in $5.00-a day designated parking area at railroad station two times a month for 62 years of age and over. After receiving first $5.00 ticket go to police station to register. After that, call and mail tickets to have two a month free.

RIDES IN SIGHT……..……..……..www.ridesinsight.org
Website dedicated to providing local transportation options.

VOLUNTEER OPPORTUNITIES

PERSON TO PERSON……..……..……203 939-1650
Donations of non-perishable food are welcomed in addition to being available to those in need. **http://p2phelps.org/norwalk/**

FRIENDS OF THE CENTER FOR SENIOR ACTIVTIES.....203-341-5098
Voluntary organization committed to supporting the mission and goals of the Center and to enriching and expanding the programs and activities it offers to the Westport community.

HOMES WITH HOPE…….....203-226-1661
Donate your time to serve dinner at the Community Kitchen, join a committee, organize a food drive. www.hwhct.org

SERVICE CORPS OF RETIRED EXECUTIVES (SCORE)……...……....
Counselors to America's Small Business, Fairfield County Chapter 41
www.scorenorwalk.org
111 East Avenue
Norwalk, CT 06851
Tel: (203) 831-0065……..…..**E-mail: score.fairfieldcounty@gmail.com**

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY……....203-762-8958, EXT 316
Many opportunities to volunteer: peer counselor, hospice, patient support, culture program, etc. www.visitingnurse.net

VOLUNTARY ACTION CENTER.....203-939-1601
A program of the Human Services Council which provides referrals for community volunteers. Individual's skills are matched with needed community services. http://norwalkresources.org/details.php?id=571

VOLUNTEER PROGRAMS / HUMAN SERVICES DEPT.
Volunteers needed for the DHS Home-Delivered Meals and Congregate Meal Programs, technology training, gardening program at the Senior Center; volunteers needed for Youth Mentor Program.
CSA - 203-341-5099……Room 200. ……..203-341-1050

VOLUNTEERING—Local .....www.volunteermatch.org.
Log on, enter your zip code, and find local opportunities to volunteer.

HOMES WITH HOPE—WOMEN'S MENTORING INITIATIVE
Trained volunteers support women at risk who are struggling to create self-sufficient lifestyles……..http://www.hwhct.org/

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THE COMMISSION FOR SENIOR SERVICES

Bob Fox
Peter Kolbrener
Anne Spencer

Mission Statement

The Westport Commission for Senior Services provides a public forum for the study and discussion of our community's senior needs and advocates for appropriate change.

The Commission serves to advise and consult with the First Selectman, the Department of Human Services, and our senior community on issues and resources pertaining to seniors in Westport.

THE HUMAN SERVICES COMMISSION

Peter Powell, Chairman

Lee Ann Bollert
Beth Bass
Yvonne Senturia
Ken Bernhard

Mission Statement

The Westport Human Services Commission provides a public forum for the study and discussion of our community's human service needs and to advocate appropriate change.

The Commission serves to advise and consult the First Selectman and the Department of Human Services on issues pertaining to Human Services in Westport.

THE COMMISSION ON PEOPLE WITH DISABILITIES

Jim Ross, Chairman

Stacie Curran
Tom Holleman
Evan Levinson
Marina Derman
Diane Johnson
Doug Rivkin

Mission Statement

The Commission on People with Disabilities' mission is to ensure that Westport is a town where people with disabilities have the opportunity and support to enjoy full and equal access to lives of independence, productivity, inclusion and self-determination.

Commission meetings are held monthly and are open to the public. Call 203-341-1050 for dates and times.