COMMUNITY RESOURCE DIRECTORY

for

Westport Seniors

PUBLISHED BY THE DEPARTMENT OF HUMAN SERVICES

TOWN HALL  WESTPORT, CT 06880  UPDATED: August 2018

Resource Directory is Available to View Online at www.westportct.gov/seniordirectory
James S. Marpe, First Selectman

Jennifer Tooker, Selectwoman

Melissa Kane, Selectwoman

Cover picture:
Commission for Senior Services & First Selectman, James Marpe honor the Friends of the Center for Senior Activities with the “Service to Older Adults” award—July 2017
TABLE OF CONTENTS

EMERGENCY CRISIS SERVICES..................................................1
GENERAL INFORMATION..............................................................2
ADULT DAY CARE CENTERS ....................................................4
COUNSELING AND SUPPORT SERVICES.................................5
EMPLOYMENT.............................................................................8
GERIATRIC ASSESSMENT.........................................................9
HEALTH SERVICES..................................................................10
HOME HEALTH CARE...............................................................13
HOUSING / HOME MAINTENANCE...........................................15
LEGAL INFORMATION AND SERVICES.....................................17
MONEY MATTERS.....................................................................18
RECREATION AND EDUCATION...............................................21
TRANSPORTATION....................................................................25
VOLUNTEER OPPORTUNITIES...................................................27
INDEX.......................................................................................28
WESTPORT DEPARTMENT OF
HUMAN SERVICES
“COMMUNITY FOCAL POINT FOR
SERVICES TO OLDER PERSONS”
SERVING OLDER ADULTS AND THEIR FAMILIES

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elaine Daignault, MA, NCC</td>
<td>Director</td>
<td>203-341-1050</td>
<td><a href="mailto:edaignault@westportct.gov">edaignault@westportct.gov</a></td>
</tr>
<tr>
<td>Kristen Witt, MSW, LCSW</td>
<td>Social Worker, Municipal Agent for the Elderly</td>
<td>203-341-1067</td>
<td><a href="mailto:kwitt@westportct.gov">kwitt@westportct.gov</a></td>
</tr>
<tr>
<td>Michelle Bottone, MA, LMFT</td>
<td>Social Worker, Municipal Agent for People with Disabilities</td>
<td>203-341-1068</td>
<td><a href="mailto:mbottone@westportct.gov">mbottone@westportct.gov</a></td>
</tr>
<tr>
<td>Susan Stefenson, MBA</td>
<td>Finance Manager</td>
<td>203-341-1072</td>
<td><a href="mailto:sstefenson@westportct.gov">sstefenson@westportct.gov</a></td>
</tr>
<tr>
<td>Margaret Pinheiro</td>
<td>Administrative Assistant, Room 200</td>
<td>203-341-1050</td>
<td><a href="mailto:mpinheiro@westportct.gov">mpinheiro@westportct.gov</a></td>
</tr>
<tr>
<td>Susan Pfister, MSW</td>
<td>Director, Center for Senior Activities</td>
<td>203-341-5098</td>
<td><a href="mailto:spfister@westportct.gov">spfister@westportct.gov</a></td>
</tr>
<tr>
<td>Denise Puskas</td>
<td>Administrative Assistant, CSA</td>
<td>203-341-5095</td>
<td><a href="mailto:dpuskas@westportct.gov">dpuskas@westportct.gov</a></td>
</tr>
<tr>
<td>Holly Betts, MPS, RD</td>
<td>Program Manager, CSA</td>
<td>203-341-5096</td>
<td><a href="mailto:hbetts@westportct.gov">hbetts@westportct.gov</a></td>
</tr>
<tr>
<td>Kristin Malagise</td>
<td>Nutrition Program Coordinator, CSA</td>
<td>203-341-5097</td>
<td><a href="mailto:kmalagise@westportct.gov">kmalagise@westportct.gov</a></td>
</tr>
<tr>
<td>Ben Palmer</td>
<td>Receptionist, CSA</td>
<td>203-341-5099</td>
<td><a href="mailto:bpalmer@westportct.gov">bpalmer@westportct.gov</a></td>
</tr>
</tbody>
</table>

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-Wednesday and Friday 7:30 AM - 4:30 PM
Thursday 7:30 AM- 8:00 PM
Saturday 8:30 AM - 3:00 PM
Telephone: 203-341-5099
Sunday special events sponsored by the
Friends of the Westport Center for Senior Activities
www.westportct.gov/seniorcenter
Email: seniorcenter@westportct.gov
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

Eversource.com………………………………………………………………………………800-286-2000
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

CodeRED— Westport’s emergency notification system is an extremely high-speed telephone communication service that delivers customized emergency messages directly to you. For more details, contact: Click here: Code Red

Red Cross: How to Prepare for Emergencies

D.H.S………………………………………………………………………………………………203-341-1050

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

Individuals with disabilities may register in advance with the Westport Weston Health District if they need special help in case of a town-wide or neighborhood emergency. To register, call: 203-227-9571.
2 GENERAL INFORMATION

DEPT OF HUMAN SERVICES ........................................... 203-341-1050
Westport Town Hall, Room 200.
Information and assistance related to: Social Security, 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 as-
sistance, 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
 Michelle Bottone ..................................................... 203-341-1050
Assistance with information and referral to community, state and federal
resources for the elderly and disabled

“THE NEW PERSPECTIVE” ......................................... 203-341-1050
A Newsletter relating to senior matters created by the Department of Human
Services.
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.
www.ct.gov

SOCIAL SECURITY, Bridgeport office.....................................1-866-331-6399
National Number.................................................................1-800-772-1213
https://www.ssa.gov/disability/

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

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
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 – Visiting Nurse & Hospice of Fairfield County………………………………………………………………………203-762-8958
Call for schedule of workshops and support groups. www.visitingnurse.net

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.
www.westportct.gov

DUBOIS CENTER……………………………………………………………203-358-8500
Crisis intervention Center.
http://www.ct.gov/dmhas/
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

JEWSH FAMILY SERVICES..................................................203-454-4992
431 Post Road East, Suite 11, Westport
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

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

PEER COUNSELORS /SENIOR COMPANIONS...............800-898-4663
Program matches trained and supervised volunteers with adults in the community experiencing loneliness, loss, bereavement or chronic illness. 
www.vnsect.org

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/
Counseling and Support Services

Support Groups at Norwalk Hospital

Support groups for a wide variety of issues. Call for listing.
http://www.norwalkhospital.org/

Widowed Persons SRVC of GTR BDGPR

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/
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
431 Post Road East, Suite 11, Westport
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
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

WAVERLY 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

NORWALK HOSPITAL GERIATRIC ASSESSMENT ........203-852-3112
http://www.norwalkhospital.org/

ST VINCENT’S MEDICAL CENTER GERIATRICS..........203-576-5710
www.stvincents.org
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 ser-
vices, 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 per-
sons of all ages.  No fee.  www.ct.gov/besb/
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 announce-
HEALTH SERVICES

HEALTH DISTRICT, WESTPORT WESTON........................................203-227-9571
(continued from page 11)
- 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 CLINIC (Norwalk Hospital).................................203-852-2988

VETERAN’S AFFAIRS NEW ENGLAND HEALTH CARE SYSTEM
West Haven..................................................................................203-932-5711
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..........................................................203-445-5394
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 anyone not able to prepare own meal.
www.westportct.gov

HOME HEALTH CARE AGENCIES........................................www.swcaa.org
List of certified agencies and ratings.

PERSONAL EMERGENCY RESPONSE...............................203-853-3116
A 24 hour emergency response system with small personal “help” button to summon immediate aid. www.familyandchildrensagency.org
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, wheelchairs, 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 your equipment; its tax deductible.
www.neatmarketplace.org

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY....1-800-898-HOME
Complete array of home health care services including skilled nursing, physical therapy, occupational therapy, home telehealth, geriatric care management, home health aides and homemakers. Hospice and respite care. Medicare-certified, non-profit agency. www.visitingnurse.net
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 OPTIONS - Dept. of Human Services ................................................................. 203-341-1050

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

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

FAMILY AND CHILDREN’S AGENCY…………………………..203-831-2900
Chore services, light maintenance and repairs. Carpentry program specializes in home renovation for handicap accessibility. www.familyandchildrensagency.org

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: $10. 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

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.
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 “redtape.”
www.westportct.gov

FUEL ASSISTANCE
Department of Human Services (Westport residents).......203-341-1050
Action for Bridgeport Community Development (ABCD)
(non-residents)...............................................................203-838-8110
149 Water Street, 2nd floor, Norwalk www.abcd.org

OPERATION FUEL
Partners with communities, businesses, government and individuals to ensure people in need have access to year-round energy assistance.
Contact Department of Human Services.................................203-341-1050
WESTPORT HUMAN SERVICES (WESTPORT WARM-UP FUND)  
.................................................................................................................. 203-341-1072
Awards vary with income and family size. Income and asset guidelines.

MEDICAID—Healthcare for low-income adults.................203-551-2700

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
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

SOLDIERS, SAILORS & MARINES FUND.............................1-860-296-0719
Temporary financial aid to veterans and their families www.ctgov/ssmf

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.................................203-341-1072/341-1067
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
AARP (Connecticut office) .............................................1-866-295-7279
Monthly meetings open to all seniors at the Center for Senior Activities on the third Wednesday; 1 PM, September through June. Community affairs, speakers, social events, trips and tours. National web site www.AARP.org


CAREER COACH - Is a “training center” tour bus equipped with ten wireless computer labs offering free computer classes to residents in the greater Norwalk area. The mobile unit operates on a monthly schedule of visits to various community locations and is accessible to people with disabilities. Please contact DHS, Room 200..........................203-341-1050

CENTER FOR SENIOR ACTIVITIES.....................................203-341-5099
21 Imperial Avenue
The Center is dedicated to enhancing the quality of life for adults 60 years of age and older. Hours: Monday - Friday, from 7:30AM - 4:30PM, Thursday until 8:00 PM, Saturdays; 8:30AM-3:00PM with one social per month. The Friends of the Center sponsor special Sunday programs. Call for schedule.
Recreational, cultural, social and educational programs; Senior café-lunch requires 24-hour advance notice, donation requested. Monthly newsletter and menu at www.westportct.gov/seniorcenter. Activities include: lectures, discussion groups, current events, computer courses or one-on-one training, strength training, Parkinson’s Fitness, gardening, choral group, bridge lessons, cards and poker, mahjong, jewelry making, drawing and watercolor, sculpture & pottery, stained glass, fitness center, Pilates, tai chi, Qigong, circulatory exercise class, mindfulness/stress reduction, yoga, health screenings, hearing testing, lending library, writing workshop, short stories series, safe driving program, culinary courses, tax counseling, information and referral, special weekend events, beautiful terrace in park-like setting. Handicapped 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.

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

ROAD SCHOLAR...........................................(toll free)...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
PARKS AND RECREATION

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
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
Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. www.westportcontinuinged.com

WESTPORT CHAMBER OF COMMERCE
List of “Things to Do” in or near Westport. Maps.
www.westportchamber.com

WESTPORT LIBRARY
The Westport Library hosts nearly 2,000 events 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 and audiobooks. “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 pro-
grams 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 meet-
ings 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 conc-
erts 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.
Online at http://www.dmv.org/ct-connecticut/

IKENNEDY 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. www.norwalktransit.com
NORWALK TRANSIT DISTRICT
DOOR TO DOOR...................................................……..……..203-299-5180
Service within Westport for residents 65 plus and disabled individuals: $3.50 per trip. Purchase of ten tickets: $35.00. Wheelchair lift. Registration required. Advance reservation necessary. Purchase tickets in advance at: the Center for Senior Activities and Town Hall Room 200, or by mail:
Norwalk Transit district
275 Wilson Avenue
Norwalk, CT 06854

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…………………………………….…....................203-341-1072
Limited number of free door-to-door transit tickets for income eligible seniors.

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.
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....203-341-1050
Drivers for DHS Home-Delivered Meals Program, Senior Center; volunteers needed for Youth Mentor Program.

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/
INDEX

65 Plus Club, 24
AAA, Norwalk, 27
AARP, 2, 21
Alcoholics Anonymous, 5
Alzheimer’s Assoc., 5, 10
Alzheimer’s Foundation of America, 5
America the Beautiful, 21
American Cancer Society, 25
American Job Center, 8
American Red Cross, 18
AmeriCares Free Clinic of Norwalk, 10
Apartments, 15
At Home, mail a book service, 23
Benefits CheckUp, 19
Bereavement Group, 5
Better Business Bureau, 17
Bridgeport Hospital, 9, 10
Brown Geriatric Evaluation Clinic, 9
Canal Park, 15
Cancer Care, 10
Career Coach, 21
Center for Hope, 5
Center for Medicare Advocacy, 17
Center for Senior Activities, 21
Charter Oak Pass, 22
CHOICES, 19
Churches and Synagogues, 22
Coastal Link, 25
Code Red, 1
College Courses, 22
Commission on Deaf and Hearing Impaired, 10
Community Health Centers, 10
ConnMAP, 2, 18, 19
ConnPACE, 2, 18, 19
Consumer Protection, 17
Continuing Education, 23
CT Alzheimer’s Respite Care, 13
CT Board of Education Services / Blind, 10
CT Community Law Center at UCONN, 17
CT Consumer Protection Department, 15
CT Department of Social Services, 18
CT Home Care Program for Elders, 13
CT Legal Services, 17
CT National Family Caregiver Program, 13
CTWorks Centers of Southwestern CT, 8
Dental Services, 11
Dept. of Human Services, 2, 5, 18, 27
Dept. of Motor Vehicles, 27
Disability Resources Center of Fairfield County, 11
Discounts, 19
Do Not Call List, 2
Domestic Violence Crisis Center, 2
DuBois Center, 1, 5
Eldercare Locator, 2
Elderhouse, 4
Emergency Telephone Numbers, 1
EPIC Hearing Healthcare, 10
Eyecare America, 11
Fairfield County Medical Association, 11
Family and Children’s Agency, 13, 16, 25
Fire Department, 1
Fishing and Hunting Licenses, 22
Food Stamps, 18
Friends of the Center for Sr. Activities, 27
Fuel Assistance, 18
Goodwill Career Center, 8
Grasmere By The Sea, 4
Greenwich Hospital Adult Day Care, 4
Greenwich Hospital Geriatric Services, 9
Handicapped Parking Permit, 25
Health District, 1, 11, & 12
Health Insurance, 3
Home Delivered Meals, 13
Home Health Care Agencies, 13
Homes with Hope, 27
Hospice, Visiting Nurse & Hospice of Fairfield County, 14
Housing Court, 17
Housing Legal Matters, 16
Housing Options, 15, 16
Indeed Job Opportunities, 8
Info Line, 3
ITN CoastalCT, 25
Jewish Family Services, 6, 8
Jewish Home for the Elderly, 4, 9
Kennedy Center, 25
Know How to Go CT, 25
INDEX

29

Lawyer Referral Service, 17
Legal Advice to Medicare Patients, 17
Liberation Program, 6
Lifeline (see Personal Emer. Response, 13)
Lifetime Learners Institute, 22

Medicaid, 2, 19
Medicare 2, 19, 20
Medigap Insurance Information, 19
Metro-North, 25
Money Management Intl., 19
Municipal Agent for the Elderly, 2
Municipal Agent for People with Disabilities, 2

National Council on Aging, 19
New England Assisted Technology, 14
New England Pension Assistance, 19
New Learning Center, 6
New Perspective (Newsletter), 2
Norwalk Community College, 22
Norwalk Community Healthcare, 10
Norwalk Hospital, 1, 7, 9, 10, 11, 12
Norwalk Transit-Westport Service, 25, 26

Operation Fuel, 18

Parks and Recreation, 23
Peer Counselors, 6
Person to Person, 27
Personal Emergency Response, 13
Photo ID Card, (non-driver) 25
Poison Control, 1
Police, 1
Positive Directions, 6
Prescription Drug Patient Program, 20
Probate Court, 17
Project Go, 26
Protective Services, 3
Psychiatric Clinic, Norwalk Hosp., 12

QMB, Qualified Medicare Beneficiary, 19

Railroad Parking, 26
Red Cross, 1
Renter’s Relief, 2, 20
Reverse Annuity Mortgage, 16
Rides in Sight, 26
Road Scholar, 22
St. Vincent’s Medical Center, 9

Serv. Corps. of Retired Executives, 27
Sewer Tax Relief, 20
Social Security, 3, 20
Soldiers, Sailors, and Marines Fund, 20
St. Vincent’s Behavioral Health Services, 6, 11
Staples High School Pool, 23
Statewide Legal Services of CT, 17
Supplemental Nutrition Assistance Program (SNAP), 20
Support Groups, Norwalk Hospital, 7
SWCAA, Southwestern CT Agency on Aging, 3, 13, 15
Synagogues and Churches, 22

Tax Filing, Free, 20; Tax Relief, 20
TDD, 1
Title V, 8
Transit District, Norwalk, 25, 26
Transportation, 25, 26

Unemployment Compensation, 20

Veterans:
CT Dept. of Veteran Affairs, 3, 18
CT Veterans Home and Hospital, 11
VA New England Health Care, 12
VA –US Dept. of VA, 3
Veyo—Medicaid Transportation, 25
Visiting Nurse, (VNS), 6
Visiting Nurse & Hospice of Fairfield County, 5, 14, 27
Voluntary Action Center, 27
Volunteer Programs / Dept. Human Services, 27
Volunteering-Local, 27

Waveny Care Center, 4, 9
We Do Walkways, 16
Westport Board of Education, 23
Westport Chamber of Commerce, 23
Westport Housing Authority, 15
Westport Public Library, 8, 23
Westport Service, Norwalk Transit, 25
Westport Warm-Up Fund, 19
Westport Weston Health District, 11, 12
Westport Weston YMCA, 24
Whitney Glen, 15
Widow/Widower Support Group, 7
Y’s Men and Y’s Women, 24
THE COMMISSION FOR SENIOR SERVICES

Les Wolf, Chairman

Janet Filling  
Jo Fuchs-Luscombe  
Leslie Wolf

Bob Fox  
Peter Kolbrener

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 Commission meets jointly year-round with the Human Services Commission on the second Tuesday of each month at 9:00 AM in Room 201 of the Westport Town Hall. The public is cordially invited to attend.

Updated: August 2018