

TRUMBULL SENIORS & PEOPLE WITH DISABILITIES RESOURCE GUIDE



Published By the Department of Human Services
Town of Trumbull
203-452-5199

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The Commission on Aging's purpose is to study the conditions and needs of older adults in the community in relation to housing, economics, employment, health, recreation and other matters. It shall analyze the services for older adults provided by the community, both by public and private agencies, and shall make recommendations to the Town Council regarding the development and integration of public and private agencies, in cooperation with state and other services to the extent possible.

The Commission meets the third Friday of the month at 10:00am. Meeting locations are noted on the Town website. The public is invited to attend and are welcome to speak during Public Comments which are held at the start of each meeting.

You may contact the Clerk at bbrandall@trumbull-ct.gov with any questions or comments for the Commission members

The information contained in this directory is believed to be accurate at the time of publication, but is subject to change without notice. Mention of a service or organization in this booklet does not constitute an endorsement or recommendation of such service or organization by the Town of Trumbull or any of its agencies. This booklet is published as a service to Trumbull residents and community professionals.

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Hotline Numbers:

American Foundation for Suicide Prevention: 1-888-333-2377 <https://.afsp.org>

American Red Cross-Southeastern Fairfield County Chapter: 877-287-3327

158 Brooklawn Avenue, Bridgeport CT 06604

Assistance with disaster relief.

Aquarion/Water Emergency: 203-445-7310

200 Monroe Turnpike, Monroe CT 06468

www.aquarion.com/CT/emergencyservices

For alerts and outages: <http://www.aquarion.com/alerts.cfm>

Bridgeport Hospital: 203-384-3000

267 Grant Street, Bridgeport, CT 06610 www.bridgeporthospital.org

Crisis Helpline: 211

Confidential, judgment-free, cost-free resource for those who find themselves in situations of emotional and physical abuse or who need help getting out of dangerous or threatening living situations. <http://www.helplinecenter.org/>

Domestic Violence Statewide Hotline: 1-800-799-7233

Highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources, information, or questioning unhealthy aspects of their relationship. <https://www.thehotline.org/>

Gas Leaks/Southern CT Gas: 1-800-513-8898; Hearing impaired 711

In the event of an outage, leak, service interruption or other emergency, please call your local utility directly. If the emergency presents immediate danger, please call 911. www.soconngas.com

Never Use Alone: (800) 484-3731

If you have no choice but to use alone, call us! You will be asked for your first name, exact location, county, and the number you're calling from. An operator will then stay on the line with you while you use. If you do not respond after a set amount of time after you've used, the operator will notify emergency services of an "unresponsive person" at your location. If you call, and cannot connect with an operator, please call (931)304-9452

Photo identification Card: 203-579-6015

For adults without drivers licenses who need photo identification

www.ct.gov/dmv

Poison Control: 800-222-1222

Poison control centers offer free, confidential, expert medical advice 24/7 through the Poison Help Line. www.poison.org

Power Outages: 611/1-800-722-5584

In the event of an outage, leak, downed wired, service interruption or other emergency, please call your local utility directly. If the emergency presents immediate danger, please call 911.

<https://poweroutage.report/united-illuminating-co>

Radio: WICC 600am www.wicc600.com

Special needs NOAA Radio:

The special-needs NOAA Weather Radio is adapted to meet the needs of the deaf and hard-of-hearing community to warn them of hazardous conditions, giving them around-the-clock, up-to-the-minute weather information.

www.nws.noaa.gov/nwr/info/special_needs.html

State of Connecticut Department of Developmental Services:

Help Line: 1-877-437-4567

Town of Trumbull Street Flooding or Street Storm Drain Issues: 203-452-5070

Trumbull Citizen Alert-Emergency and Community Notification Program:

For information or questions, please contact the Director of Information Technology at (203) 452-5101 or email: Talk_oem@trumbull-ct.gov.

<http://www.trumbull-ct.gov/content/10623/10655/10926/13716/default.aspx>

Veterans Crisis Line: 1-800-273-TALK; 1-800-273-8255 Option # 1

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service.

www.mentalhealth.va.gov/suicide_prevention/veterans-crisis-line.asp

Services within the Senior Center:

Senior Center Main Number: 203-452-5199

The Center is open Monday-Friday 9:00am-4:00pm. Membership is offered to residents for \$5 per year and \$20 for non-residents per year. The Senior Center Newsletter provides monthly happenings and updates here: [http://www.trumbull-](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)

[ct.gov/content/10623/10655/11041/default.aspx](http://www.trumbull-ct.gov/content/10623/10655/11041/default.aspx)

Senior Center Lunch Program: 203-452-5199 ext 3

Join us for lunch! Lunch is served on Tuesdays and Thursdays at 12:00pm .Please make your lunch 24 hours days in advance. There is a suggested donation of \$5.00.

Social Services: 203-452-5198

The Social Service Department is located in the Trumbull Senior Center, 23 Priscilla Place. Social Services provides casework services for Trumbull Residents. They provide advocacy, information and assistance with benefits screenings for programs such as the Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), the Connecticut Home Care Program (CHCP) and help with enrollment in the Medicaid and/or Medicare Savings Program, Renter's Rebate and Energy Assistance. Please contact them to find out if you are eligible to receive assistance locally or from the State.

<http://www.trumbull-ct.gov/content/10623/10655/10958/default.aspx>

Wellness Nurse: 203-452-5134

The Registered Nurse's focus is on prevention with services such as blood pressure checks and nutrition and exercise support, consultation and sharing of helpful information. Navigating the healthcare system can be difficult and she is able to help you with your meds, understand discharge papers and answer any medical questions. Hours vary and are posted at the Senior Center on a monthly basis.

Transportation Services

Senior Center Transportation: 203-452-5137

The Trumbull Senior Center provides transportation to Trumbull residents, age 60+ and to disabled adults. Rides are available Monday-Friday and are for those traveling to and from the Senior Center, medical appointments, legal appointments, personal needs (beauty, bank, etc) and for the Center luncheon program. Shopping is offered weekly to the Trumbull Stop and Shop, Shop Rite in Shelton, Hawley Lane and others. Vans drive to Bridgeport, Stratford, Shelton, and Monroe.

VA Hospital in West Haven: 203-452-5137

Trumbull Human Services partners with the Greater Bridgeport Transit to provide rides to Veterans to the West Haven VA Hospital.

Greater Bridgeport Transport- Access Program: 203-579-7777

The service area (the area that the Access buses serve) includes the area $\frac{3}{4}$ of a mile around all GBT city bus routes. The service area is planned this way to ensure that riders with disabilities have access to the same geographic areas as riders on the city buses and is an ADA requirement. Please call or visit link for fares.

<http://gogbt.com/rider-information/riders-with-disabilities>

American Cancer Society: 800-227-2345

The Road To Recovery program provides free rides to and from cancer-related medical appointments for patients who otherwise might not be able to get there. Based on eligibility and availability, patients will be matched with volunteer drivers, transportation providers working with the American Cancer Society, or other local resources. <https://www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html>

Amtrak: 1-800-872-7245

525 Water Street, Metro North Station, Bridgeport, CT 06604

Amtrak travelers 65 years of age and over are eligible to receive a 10% discount on most rail fares on most Amtrak trains. www.amtrak.com

Connecticut Transportation Solutions: 203-592-7213

440 Chase River Road, Waterbury, CT 06740

Specialize in all aspects of transporting behaviorally challenged children and adults. Drivers are trained in CPR/First Aid and the safest driving methods.

<https://www.cttransportationsolutions.com/>

CT Rides: 1-877-287-4337

CTrides helps commuters find the best way to get to work and offers information & resources for travel options throughout Connecticut. CTrides offers; carpools, vanpools, bus, train, biking/walking and teleworking solutions. www.ctrides.com

GoGo Grandparent: 1-855-464-6872

GoGo Grandparent allows for riders to use Lyft or Uber without needing to use a smartphone (\$.27 concierge fee/minute.) Rides can be scheduled at the time of need or scheduled in advance. Rides are monitored and family members can sign up to receive text messages about pick up and drop off. www.gogograndparent.com

Handicapped Parking Permit- Dept. of Motor Vehicles: 860-263-5700

95 Sylvan Avenue, Bridgeport, CT 06606

The Department of Motor Vehicles issues parking permits (placards) for individuals who have a qualifying disability. <https://ct.gov/dmv/cwp/view.asp?a=842&q=607126>

Know How to Go: 203-365-8522, ext. 2018

Know How to Go provides valuable travel-related information to help seniors and disabled individuals better access transportation in the community.

www.knowhowtogoct.org

Metro North: 1-877-690-5114

165 Unquowa Road, Fairfield, CT 06824

Senior discount offered, call or see link for details <http://www.mta.info/mnr>

Mobility Management Project's Taxi Voucher Program: 203-365-8522, ext. 244
The Taxi Voucher Program operates under a partnership between the Kennedy Center and Metro Taxi. Eligibility is determined by the para-transit service (ADA compliancy). Individuals receive a 50% reduction of the metered taxi fare via a prepaid debit card. Service is provided year-round 24 hours a day, 7 days a week.

St. Vincent's SWIM Transportation: (203) 576-5451
Free transportation for non-ambulatory cancer patients with financial need

The Bridgeport and Port Jefferson Steamboat Company: 631-473-0286
1 Ferry Access Road, Bridgeport, CT 06604
Senior discount offered, call for fees. www.88844ferry.com

VA Hospital Transportation: 203-932-5711, ext. 3298
950 Campbell Avenue West Haven, CT 06516
The Veterans Transportation Service (VTS) is designed to ensure that all qualifying Veterans have access to care through convenient, safe, and reliable transportation. VTS provides qualifying Veterans with free transportation services to and/or from participating VA medical centers (VAMCs) in a multi-passenger van.
<https://www.va.gov/HEALTHBENEFITS/vtp/index.asp>

VEYO: 855-478-7350
HUSKY Health has partnered with Veyo to cover rides for eligible individuals to and from doctor's offices, hospitals, or other Medicaid approved medical facilities. This coverage is called "non-emergency medical transportation," because it does not involve a medical emergency. HUSKY Health may cover your ride if you do not have a car that works or a valid driver's license. You may also be able to get a ride if you have physical or emotional challenges or are unable to travel or wait for a ride alone. Coverage for these rides may be different depending on your individual situation and needs. You may need to get approval from the Connecticut Department of Social Services (DSS) to qualify for a ride. <https://ct.ridewithveyo.com/>

ADULT DAYCARE

National Adult Services Organization: 1-877-745-1440
Listing of multiple services and resources available. nadsa.org/consumers/

Grasmere on the Park/Jewish Senior Services: 203-365-6400
4200 Park Ave., Bridgeport, CT 06604
<https://www.jseniors.org/services/day-services/adult-day-program/>

Kennedy Center, Senior Options: 203-365-8522

2440 Reservoir Avenue, Trumbull, CT 06611

www.thekennedycenterinc.org/what-we-do/programs-services/day-support/senior-options.html

Sunset Shores Adult Day Care: 203-380-1228 ext. 104

720 Barnum Avenue Cutoff (Route 1) Stratford, CT 06614 www.cteldercare.com

Waveny Care Center: 203-594-5200

3 Farm Road, New Canaan, CT 06840

<https://www.waveny.org/day-and-outpatient-programs/adult-day-program.html>

Aging Resources

“Aging in place” initiatives provide older adults with the necessary support services to remain in their own homes as they age. <https://www.nia.nih.gov/health/aging-place-growing-older-home>

Community First Choice Program (CFC): Telephone: Dial 211 Choose Option 3

CFC is offered to active Medicaid members as part of the Affordable Care Act. This program allows individuals to receive support and services in their home.

<https://ctmfp.com/>

Connecticut Homecare Program for Elders (CHCPE):800-445-5394

CT Home Care Program for Elders (CHCPE) To be eligible, applicants must be 65 years of age or older, be at risk of nursing home placement and meet the program’s financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, toileting.

CHCPE helps eligible clients continue living at home instead of going to a nursing

home. <https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders/Connecticut-Home-Care-Program-for-Elders-CHCPE>

Skilled/Non-Skilled Homecare Agencies

South Western CT Agency on Aging links to updated listings of homecare agencies within our region

<https://www.seniorgotoguide.com/view-printed-directory>

<https://www.seniorsbluebook.com/local/connecticut/>

ASSISTANCE PROGRAMS

Cash Assistance:

State Administered General Assistance: 1-855-626-6632

Through the SAGA Cash Assistance program, the Department provides cash assistance to individuals who are unable to work for medical or other prescribed reasons, and to families that do not meet the blood-relationship requirements of the Temporary Family Assistance (TFA) program.

<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305152#SA>

State Supplement Cash Assistance: 1-855-626-6632

The program provides cash assistance to the Aged, Blind, or Disabled to supplement their income and maintain them at a standard of living established by the State Legislature. <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305152#SAG>

Temporary Assistance for Needy Families: 1-855-626-6632

This service provides monthly cash and employment assistance to eligible families to support basic needs such as food, shelter and clothing. Income and eligibility requirements.

<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305152#SAG>

Energy/Water Assistance (Can also contact Trumbull social services):

Alliance for Community Empowerment (formerly ABCD) 203-366-8241

1070 Park Avenue, Bridgeport CT 06604

The Energy Assistance Program provides help to eligible households with assistance in paying their winter heating bill. They also offer various areas of assistance: CEAP Furnace Repair/Replacement Program, Conservation Program, Clean Test and Tune-up services and Matching Payment Plan/ Forgiveness Plans.

<http://abcd.org/energy.html>

Aquarion Customer Assistance Program: 800-732-9678

Aquarion offers assistance to eligible customers who are having difficulty paying their water bills. Each year, the first 1,000 customers who qualify can get a one-time voucher for \$50. <http://www.aquarion.com/CT/CustomerAssistanceProgram>

Connecticut Energy Assistance Program: 860-424-5889

25 Sigourney Street, Hartford, CT 06106

Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program that helps low income households with their energy bills - bill payment assistance, energy crisis assistance and weatherization and energy-related home repairs.

Offered through: Action for Bridgeport Community Development, Inc. (ABCD):

<https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating>

Home Comfort Practice: 203-450-3000

Home Comfort Practice employs experts and provides construction solutions that make homes beautiful, safe, and energy efficient.

Matching Payment Program: Electric Customers: 1-800-286-2828; Gas Customers: 1-800-438-2278. Eversource, through the Matching Payment Program, will match your payments once you are approved for and receive energy assistance from Connecticut Energy Assistance Program (CEAP). For every dollar you pay toward your bill, a dollar will be credited to your past-due amount. <https://www.eversource.com/Content/ct-c/residential/programs-services/financialassistance/matching-payment-program>

New Start Program: 1-800-286-2828

Eversource will review your account billing history and set a monthly budget payment based on the average of your regular monthly bill. You will need to pay this amount on-time each month to remain in the program and continue to receive year-round electric service. When you make your New Start monthly payment, a portion of your past due balance will be eliminated, or “forgiven”, thus reducing the amount you owe. <https://www.eversource.com/Content/ct-c/residential/programs-services/financialassistance/nu-start>

Winter Protection Plan: 1-800-286-2828

Eligible electric and gas customers who lack the resources to pay their electric or gas bill may receive protection from service shut-off from November 1st through May 1st with no late payment charges. [https://www.eversource.com/Content/ct-c/residential/programs-services/financialassistance/shutoff- protection](https://www.eversource.com/Content/ct-c/residential/programs-services/financialassistance/shutoff-protection)

Healthcare/Medical Financial Assistance:

Charter Oak Dental and Health Center, Inc: 860-899-2804

330 Main Street, Hartford, 06106

This non-profit community health and dental center offers free or low cost services, based on a sliding fee scale, to the low income and needy. Low cost dental exams and cleanings, preventative care and more is available for patients.

<https://www.charteroakdental.com/index.php>

Eyecare America: 877-887-6327

Those 65+ who haven't seen an eye physician in three or more years may be eligible to receive a comprehensive medical eye exam and up to one year of care at no out-of-pocket cost for any disease diagnosed during the initial exam. Volunteer ophthalmologists will waive co-payments, accepting Medicare and/or other insurance reimbursement as payment in full. Patients without insurance receive this care at no charge. Those who are determined to be at increased risk for glaucoma (by age, race

and/or family history) and have not had an eye exam in one year or more may be eligible to receive a free glaucoma exam if they are uninsured. Those with insurance will be billed for the exam and are responsible for any co-payments. Initial treatment is provided, if deemed necessary by the doctor during the exam.

www.eyecareamerica.org

Fair Haven Community Health Clinic: 203-777-7411

New Haven, CT 06513

Regardless of your ability to pay for your medical or dental bills, this nonprofit primary health care organization offers a large number of programs and services including dental care, check ups, adult and geriatric care.

www.fhchc.org

Fones School of Dental Hygiene Clinic, University of Bridgeport: 203-576-2355

Patient clinical services include oral exams, personalized home care instruction, BP screening, x-rays, teeth cleaning, sealants, fluoride treatments, whitening agents and referral. Fees are based on a sliding scale.

www.bridgeport.edu/ubclinics/dentalclinic.aspx

Need Help Paying Pills-Denta/Medical/Senior Eyecare Program: 877-887-6327

Senior citizens that lack proper health insurance or that have a limited income can sign up for free eye care. The programs available to them will provide testing, prescription glasses, and address any other vision needs. The resource available is known as Senior EyeCare Program, and it helps older people that are over the age of 60. https://www.needhelppayingbills.com/html/senior_eyecare_program.html

Health care centers in Connecticut can provide medical and dental care to people of all income levels. Lower income, working poor, and those without insurance may often receive free care. Other individuals and families may be required to pay a minimal amount towards their medical bills.

While the community clinics offer a number of assistance programs and services, including screening, check ups, prescription medications, lab work, and more, they can also oftentimes refer patients to other medical providers if there is a need they can't meet.

https://www.needhelppayingbills.com/html/connecticut_free_health_care_c.html

Home Repair Assistance: 1.800.887.HOPE (4673)

HomeFront is a community-based, volunteer-driven home repair program that provides FREE repairs to low-income homeowners, thus enabling them to remain in their homes with an improved quality of life. Homeowner applicants are considered and selected based on need, the condition of a home, and the ability of the volunteers to undertake the priority repairs. Call for details on eligibility.

WestBridge Inc.: 203-255-6664 Westbridge, Inc. is a Connecticut non-profit corporation. Their mission is to make much needed repairs and improvements for people who own their home but are in financial need in order to provide a safe and reasonably comfortable shelter. Westbridge also assists local churches other charitable organizations with repairs to their facilities. The volunteers, who come from varied backgrounds including carpenters, builders, business owners and executives, attorneys, police officers, homemakers and retirees, have completed over 70 repair and renovation projects. <http://www.westbridgeinc.org>

Housing:

State:

Foreclosure Assistance Hotline: 1-877-472-8313

Assistance with advice and guidance regarding mortgage issues and foreclosure cases. Open Monday-Friday 8:00 a.m. to 5:00 p.m. You can leave a message after hours and your call will be returned within two business days.

HUD Approved Housing Counselor: 1-800-569-4287

The U.S. Department of Housing and Urban Development (HUD) maintains a list of approved housing counselors who give free advice regarding your financial information and can work with your mortgage lender. Some of these agencies are also approved by the Connecticut Housing Finance Authority (CHFA) to discuss the Emergency Mortgage Assistance Program (EMAP) and are trained in handling government loans as well as “conventional” loans. Counselors can assist in identifying solutions to financial issues, review your budget, negotiate with your mortgage company to address issues including federal and CHFA programs as well as assisting in preparing for the Judicial Foreclosure Mediation Program.

https://www.hud.gov/i_want_to/talk_to_a_housing_counselor

United Way of Connecticut-Housing Choice Voucher Program-211

Individuals can use this web site to locate open Housing Choice Voucher (also known as section 8) waiting lists throughout Connecticut for subsidized housing rentals.

Individuals can also register to receive automatic notice of the opening of Housing Choice Voucher waiting lists whenever they occur. <http://www.cthcvp.org/>

Trumbull Area:

The Trumbull Housing Authority-Stern Village: 203-261-5740

200 Hedgehog Circle, Trumbull

The mission of the Trumbull Housing Authority is to develop and manage safe, quality, affordable housing for low-income seniors and persons with disabilities. This is done in a manner that promotes citizenship, community and self-reliance. Call about the application process. <http://sternvillage.com/>

Huntington Place: 203-359-6940 1235 Huntington Turnpike, Trumbull
Huntington Place consists of 40 one and two bedroom apartments available for seniors 62+ earning 25%-60% of the area median.

Huntington Senior Housing:

80 White Plains Road, Trumbull

A certain number of the 40 units are set aside for lower income households. Households must earn either less than 50% or 60% of the area median income (depending on the set-aside option chosen by the property owner) to qualify for these units. Rents in these units are capped at a maximum of 30% of the set-aside area median income (adjusted for unit size). Some rental units in this property may not be subject to LIHTC and therefore have higher rents and no maximum household income requirement.

Homes for the Brave Veterans Service Center: 203-338-0669

655 Park Avenue Bridgeport, CT 06614

Provides immediate basic needs and resources to Veterans in need. Assists individuals by offering referrals to emergency and permanent housing resources, vocational counseling, assistance with benefits, and other supportive services. Drop-In Hours: Monday through Friday, 8:30am to 4:30pm.

Teresian Towers and Carmel Ridge: 203-261-2229

6454 Main Street, Trumbull, CT 06611

The residences provide freedom, convenience, privacy and peace-of-mind. Our friendly communities offer residents a variety of social activities to engage in, as well as worry-free maintenance allowing residents to spend more time doing the things they enjoy. Our communities are located on the grounds of St. Joseph's Center and provide a convenient and comfortable environment. Carmel Ridge consists of ranch style homes with patios and garages. Teresian Towers offers apartment homes adjoining St. Joseph's. All residences are available as rentals.

Housing shelters:

If you need emergency shelter call 211 - (INFOLINE) and press #3

You will be connected to a CAN Navigator and be asked to conduct an in person interview at one of Fairfield County's intake sites and then placed on a waitlist for emergency shelter.

www.211ct.org

Bridgeport Rescue Mission: 203-333-4087

1088 Fairfield Ave, Bridgeport, CT 06605

Emergency Shelter for men and women. Men: 203-333-4087. Women: 203-540- 5449.

Guest House for Women & Children (Children under 8 years old): 203-908-3955
Emergency housing that is not affiliated with 2-1-1 shelter placement. Individuals need to call to put their name/information on list and arrive at the Rescue Mission location by 6:30pm to see if there is a shelter bed available, as it operates on a first come first serve basis. <https://bridgeportrescuemission.org/>

Mental Health:

Mental Health Crisis:

Greater Bridgeport Community MH Center 1-800-586-9903 (Mobile Crisis)

Trumbull area:

Individual & Family Counseling:

Mary J. Schlerlach Counseling Center: (203) 452-5193

The counseling center is dedicated to enhancing the quality of life in Trumbull by providing counseling for residents and their families. All counseling services are confidential and fees are based on a sliding-scale according to family income and ability to pay. Services include family counseling, substance abuse counseling, crisis/trauma intervention, support groups and referral services.

<http://www.trumbull-ct.gov/content/10623/10655/10907/default.aspx>

Marriage & Family Counseling:

Koslow Center for Marriage & Family Therapy-Fairfield University: 203-254-4000, Ext. 2306 1073 North Benson Road, Fairfield 06824

Advanced graduate students, under the supervision of professional faculty and supervisors, provide clinical services to individuals, couples, and families from the community. Sliding scale fee.

<https://www.fairfield.edu/graduate/academics/graduate-school-of-education-and-alliedprofessions/the-koslow-center/>

Bridge House: 203-335-5339

880 Fairfield Ave, Bridgeport, CT 06605

Bridge House empowers adults living with persistent mental illness to improve their quality of life. Membership is free of charge and participation is always voluntary.

Bridge House has been designated an evidence-based model of psycho-social rehabilitation by the Substance Abuse and Mental Health Services Administration (SAMHSA). <http://www.bridgehousect.org/>

Center for Discovery 888.925.7215

If you think you or a loved one may have an eating disorder, please reach out to us. Center for Discovery's Treatment Centers specialize in treatment for eating disorders,

mental health and dual diagnosis treatment with unique treatment programs for every individual to get them on their way to eating disorder recovery.

Southwest Community Health Center: 203-330-6000

Multiple locations in Bridgeport.

Mental health services offered include psychiatric evaluation, treatment and therapy for adults and children. Highly qualified clinicians offer individual and family counseling, group therapy and anger management. A wide array of social services, including patient advocacy, entitlement program enrollment and case management are offered. <http://www.swchc.org/>

St. Vincent's Behavioral Health Services: Main (203) 576-6000

Emergency (203) 576-5877 2800 Main Street, Bridgeport, 06606

Offers counseling and supportive services in both an inpatient and outpatient setting.

Their team includes psychiatrists, nurses, social workers, therapists, and other medical and behavioral specialists. Working in consultation with the patient, they develop individual treatment plans in a supportive, caring environment.

www.stvincents.org/medical-services/behavioral-health

Optimus Healthcare: 203-696-3260 471 Barnum Avenue, Bridgeport, 06608

Counseling for mental health, substance abuse relapse & prevention services offered as well as a mix of mental health/substance abuse counseling.

www.actonaddiction.org/facility/4177_optimus-health-care-inc

LifeBridge/Fairfield Counseling Services: 203-368-4291

475 Clinton Avenue, Bridgeport Ct, 06605

LifeBridge helps adults, youths, and families by providing the tools that strengthen their ability to cope, adapt, and overcome challenges. Their services support people struggling with personal issues, family challenges, domestic violence, trauma, loss, and unemployment. We operate the only walk-in behavioral health clinic in the Greater Bridgeport area. <http://www.lifebridgect.org/>

Trumbull's Special Needs Awareness Program (TSNAP): 203-261-3665

The T-SNAP program's goal is to enable Trumbull's Emergency Services personnel to better respond to emergencies involving individuals with special needs.

To enroll, complete a T-SNAP application form: http://www.trumbull-ct.gov/filestorage/10623/10655/10926/T-SNAP_Application_Form.pdf

State/ Nationwide:

AbleTo: 1-866-287-1802 AbleTo is the pioneering provider of high-quality behavioral health care—delivered virtually from the comfort, privacy, and convenience of your home. Developed by the top minds in mental health, our evidence-based behavioral change programs empower people to feel more confident and optimistic so they can get back to living life as fully as possible, as quickly as possible. (Completely covered by Medicare)

The Hub:203-840-1187 Designated Behavioral Health Action Organization (RBHAO) for Southwestern Connecticut. Support & coordinate behavioral health initiatives (mental health, suicide, substance misuse, and problem gambling)
<https://www.thehubct.org/>

Connecticut Department of Mental Health & Addiction Services: 860-418-7000
The Connecticut Department of Mental Health and Addiction Services is a health care agency whose mission is to promote the overall health and wellness of persons with behavioral health needs through an integrated network of holistic, comprehensive, effective, and efficient services and supports that foster dignity and respect.
<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=335208&dmhasNav=|>

Mental Health Waiver: 1-860-418-7000

This waiver program for individuals with serious mental illness encompasses the recovery orientation adopted by the Department of Mental Health and Addiction Services (DMHAS), but also signals new directions in the community treatment of people with serious psychiatric disabilities because of its emphasis on intensive psychiatric rehabilitation, attention to psychiatric and medical needs, emphasis on wellness and recovery, individualized recovery plans and peer support.
<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=423430>

Domestic Violence Services:

The Center For Family Justice: (Bridgeport) 203-334-6154
<https://centerforfamilyjustice.org/get-help/>

Connecticut Coalition Against Domestic Violence: 24 Hour Hotline: 888-774-2900
Information about domestic violence.
<http://www.ctcadv.org/information-about-domestic-violence/what-domestic-violence/>

Food Needs:

Trumbull area:

Trumbull Food Pantry: 203-452-5136

Available to all Trumbull residents who meet income guidelines or are facing food insecurity. We do not turn anyone away. We encourage residents who may be facing an unexpected circumstance such as a layoff, illness or have concerns going to the store to reach out to us. During difficult times, we want to reduce the stress our families face by meeting a basic need. This service is confidential. Shopping is by appointment only to ensure the confidentiality of the shopper

For Donations to the Pantry: Donations are gratefully accepted Monday-Friday. Please call ahead before you drop off in order to ensure staff are available to assist and accept. 203-452-5136 or 203-452-5198.

Nutrition Program at Trumbull Senior Center: Daily lunch is served during the week at 11:45 in the dining room. Lunch reservations must be made two days in advance by calling 203-378-3086, 10am-12:00pm. There is a suggested donation of \$3.25 and menus are posted at the Senior Center.

Meals on Wheels Program-CW Resources: 860.229.7700

Prepared meals home delivered for seniors who are unable to prepare or obtain nourishing meals on their own. They provide one or two meals a day and can be obtained anywhere from one to seven days per week depending on the program. These programs can be private or federally funded and costs vary from program to program. Please call the program directly for costs and specific dietary meals offered.

https://connecticut.networkofcare.org/mh/services/agency.aspx?pid=CWRESOURCESBRIDGEPORTNUTRITIONPROGRAMMealsonWheelsProgram_2_556_1

ShopRite Delivery and Pick Up: 203-225-9224

875 Bridgeport Avenue, Shelton CT 06484

There is a \$13.98 fee for delivery and \$4.99 fee for store pick-up.

<https://shop.shoprite.com/store/647F3989>

Stop & Shop Peapod: 800-573-2763 100 Quality Street, Trumbull

Order minimum to use Peapod is \$60. For a \$60-\$100 order there is a \$9.95 fee for delivery; \$2.95 fee for store pick-up. www.peapod.com

State:

Supplemental Nutrition Assistance Program: 211

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets. Income and Asset Limits Apply.

<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=411676>

Prescription Drug Coverage:

Free of Discounted Drugs:

There are numerous prescription drug assistance programs available to low income as well as uninsured families. Vouchers as well as free or low cost medications may be provided to those in need of help. Additional support may also be given to families or individuals that do not have health insurance. The assistance programs that help pay for medications, or that give free prescription drugs, including pharmaceutical companies or charities, are listed on the link. The government also has a number of benefit programs that can help pay for some or all of a prescription drug.

https://www.needhelppayingbills.com/html/get_free_prescription_drugs.html

National Association of Counties (NACo) Prescription Drug Discount Card program.

This free program will help uninsured and underinsured people save an average of 30% on prescription drug bills with no cost to the client. Through a partnership with medical provider CVS Caremark as well as tens of thousands of other pharmacies. Regardless of your income or insurance status, the discount card is free to sign up for and use. Caremark as well as other partners will negotiate the prescription bill discounts directly with participating pharmacies and drug companies. The card can be downloaded from the NACo website. www.nacorx.org/

CULTURAL ARTS & ACTIVITIES IN CONNECTICUT

Connecticut has a vast array of cultural arts and activities to discover and explore: museums, amusement parks, historical sites, opera, ballet, theatre, art galleries, music, sports, nature, and more. Click on the links below:

<https://www.seniorcitizensguide.com/connecticut/listings/cultural.htm>

<https://fairfieldcounty.beyondthenest.com/>

<http://fairfieldcountyhappenings.com/>

<http://www.tripbuzz.com/free-things-to-do/fairfield-county-ct>

DISABILITY/INDEPENDENCE RESOURCES

Access Independence: 203-378-6977 80 Ferry Boulevard, Stratford CT 06615

Access Independence is a non-profit organization whose mission is to promote independence and opportunities for persons with disabilities through advocacy, empowerment and education. They offer disability assistance programs such as their Safe Harbor Program and Assistive Technology Program. <http://accessinct.org/>

Bureau of Rehabilitation Services: 203-683-0500 1057 Broad Street, Bridgeport, CT 06604 The Bureau of Rehabilitative Services consists of The Vocational Rehabilitative Program which provides vocational rehabilitation services to assist residents with significant disabilities to find and keep employment.

<http://www.ct.gov/connect-ability/lib/connect-ability/serviceresources/faq.pdf>

CT Tech Act Program: 860-424-4881

55 Farmington Avenue (12th Floor), Hartford, CT 06105

The Connecticut Tech Act Project's mission is to increase independence and improve the lives of individuals with disabilities through increased access to Assistive Technology for work, school and community living.

<http://cttechact.com/about/#sthash.DQmSu6zu.dpbs>

Disability Resource Network: 203-212-3330 340 Capitol Avenue, Bridgeport CT 06604

Day programs work on the acquisition, improvement, and retention of skills and abilities to prepare an individual for work and/or community participation, as well as supporting "meaningful socialization, leisure, and retirement activities.

DRN offers Individualized Home Support where DRN staff will work with clients based out of the client's home. <http://www.disability-resource.org>

The Kennedy Center: 203-365-8522 2440 Reservoir Avenue, Trumbull CT 06611

The Kennedy Center provides a variety of services and programs to individuals with disabilities. They provide a wide range of services and supports: developmental, independent living assessments,

Alzheimer's/dementia with intellectual disabilities, therapeutic services, competitive integrated and supported employment. www.thekennedycenterinc.org

Each of the DDS Regions have established a Help Line to assist families who do not have a case manager to help access services. Help Line staff will assist you to apply for DDS Family Support Services or refer you to appropriate community resources and services. <https://portal.ct.gov/dds>

DISPOSAL OF MEDICATIONS

Trumbull Police Department Drop Box: 203-261-3665 158 Edison Road

Trumbull Partnership Against Underage Drinking (TPAUD) and the Trumbull Police Department have worked together to establish a permanent drug collection box as a way to reduce the supply of drugs that can be potentially harmful to kids, the water supply, and the landfill. This is a safe, secure, and environmentally friendly way to collect unwanted or expired pharmaceuticals. The Drop box is located in the Police Department's lobby and is accessible 365 days of the year, 24/7. Keep medicine in its original container.

Accepted: prescription, over-the-counter, pet medication, vitamins/supplements, patches, ointments, and medication samples.

Not Accepted: inhalers, needles, hydrogen peroxide, aerosol cans, and hazardous waste.

EMPLOYMENT

American Job Centers/Career Resources: 203-333-5129

2 Lafayette Square, Bridgeport CT 06604

Provides services to unemployed and underemployed individuals seeking jobs and job search assistance, such as resources and workshops, at no cost.

<http://www.ajcswct.com/>

Bureau of Rehabilitation Services: 203-551-5500

1057 Broad Street, Bridgeport, CT 06604

The Bureau of Rehabilitative Services provides vocational rehabilitation services to residents with significant disabilities to find and keep employment.

<http://www.ct.gov/brs/cwp/view.asp?a=3890&q=456864>

Dress for Success Mid-Fairfield County: 203-333-6505

240 Fairfield Avenue, 2nd Floor, Bridgeport CT 06604

The Dress for Success Program provides clients with professional attire to secure employment. In addition, their Professional Women's Group (PWG) meets monthly and includes networking and career development workshops.

<https://midfairfieldcounty.dressforsuccess.org/>

Goodwill Career Center: 203-567-7975

397 Bridgeport Avenue, Shelton CT 06484

Goodwill provides free career counseling and workshops, operates career centers, and holds job fairs and GED classes. <http://gwct.org/career-centers>

The Senior Community Service Employment Program (SCSEP):

SCSEP provides seniors with an opportunity to learn skills that will assist them in finding permanent employment. Eligibility is income based.

Seniors (age 55 or older) may train an average of 18-20 hours per week in a community service agency (host agency) to develop and enhance skills while receiving "on the job" training. The goal is permanent, unsubsidized employment for the trainee at either the host agency or another employer. Host agencies are non-profit or government agencies that can provide on the job training. During SCSEP enrollment, participants are paid through the Title V Program; the host agency is not responsible to pay any wages to the participant. www.doleta.gov/Seniors

Trumbull Public Library: 33 Quality Street. 203-452-5197; Fairchild Nichols Memorial Branch, 1718 Huntington Turnpike 203-452-5196

The Trumbull Library offers several online resources that patrons can use either from home or in-house to seek employment: help with writing a resume, job postings, exploring careers, preparing for an interview and more. They also offer a service

called Librarian by Appointment, where patrons can make an appointment with a reference librarian to go over any of these resources, as well as computer instruction. The library from time to time offers job/career workshops.

<http://www.trumbullct-library.org/>

GERIATRIC ASSESSMENT

A Geriatric Assessment is a comprehensive evaluation of an older adult's physical, mental and emotional state, designed to improve the quality of life, reduce the need for hospitalization or premature institutionalization and empower them to live independently for as long as possible.

Bridgeport Hospital Center for Geriatrics: 203-384-3388

95 Armory Road, Stratford, CT 06614

The geriatric experts at Bridgeport Hospital provide individualized care recommendations to ensure that older patients receive the special care they require and work to meet the needs of the patient's family as well. Services include assessment, home visits, emergency medicine services, psychiatric services and in and outpatient psychiatric services.

<http://www.bridgeporthospital.org/geriatrics/default.aspx>

Griffin Hospital Geriatric Assessment Center: 203-732-7328

67 Maple Avenue, #1 Derby, CT 06418

The Griffin Center offers a "welcome to Medicare" physical exam available during the first 6 months of obtaining Medicare Part B coverage; medical, depression and functional screenings; gait and balance assessment; memory impairment assessment; mild cognitive impairment and dementia evaluations, psychosocial evaluation, medication assessment; osteoporosis screening and treatment and will develop a treatment plan with recommendations.

<http://www.griffinfacultyphysicians.org/Specialty-Care/Geriatric-Medicine>

Jewish Senior Services: 203-396-1240

4200 Park Avenue, Bridgeport, CT 06604

Services include geriatric care consultation, memory and cognitive disorders evaluation and management, medication management, caregiver education and support, and social service coordination.

<https://jseniors.org/services/advocacy-education/care-management-2/>

Waveny Brown Geriatric Evaluation Clinic: 203-594-5200

3 Farm Road, New Canaan, CT 06840

Professional recommendations by their team of experts can assist in maximizing safety, functions of daily living, and quality of life. Ultimately, these recommendations

may enable individuals to remain safely at home for as long as possible. Services include comprehensive medical geriatric evaluation, development of personalized care recommendations, liaison with family, caregivers and physicians and act as an information and referral source. Optional home care services, care management, and follow-up monitoring are available.

<https://www.waveny.org/day-and-outpatient-programs/brown-geriatric-evaluation-clinic.html>

Yale-Dorothy Adler Geriatric Assessment Center: 203-688-6361

The Adler Center: 874 Howard Ave, New Haven, CT 06519

Services include an assessment for problems related to changes in cognitive function, falls, mobility and musculoskeletal complaints, caregiver counseling and assessment for nursing home and assisted living placement. Evaluation of decision-making capacity and driving ability are also incorporated into the assessment when pertinent.

Specialized assessments are provided to individuals with developmental disabilities and recurrent falls. <https://www.ynhh.org/services/aging/geriatric-assessment.aspx>

INSURANCE

Access Health CT: 1-855-805-4325

Access Health CT is Connecticut's official health insurance marketplace. It offers Connecticut residents and small employers a range of qualified health coverage options. Individuals, families and small businesses can get financial help with their health care coverage costs if they qualify. There is an open enrollment period each year. Call center to see if you are eligible for either a Qualified Health Plan or Husky.

www.accesshealthct.com

Husky Health Program: 1-877-284-8759 HUSKY Health offers coverage to eligible elders, relative caregivers, elders, individuals with disabilities, adults without dependent children, among others. HUSKY Health provides a comprehensive health care benefit package, including preventive care, primary care and specialist visits, hospital care, behavioral health services, dental services, and prescription medications. Income and asset limits apply. <https://ct.gov/hh/site/default.asp>

Insurance companies with participating dental and vision policies:

<https://portal.ct.gov/CID/Life-And-Health/Companies-with-Approved-Individual-Health-Insurance-Policies>

Medicaid: 877-267-2323 Medicaid is a federal and state program that helps with medical costs for some people with limited income and resources. Medicaid also offers benefits not normally covered by [Medicare](#), including nursing home care and personal care services. <https://www.medicaid.gov/>

Medicare Savings Program: 1-800-994-9422

The Medicare Savings Program (MSP) is federally funded and designed to help eligible individuals with limited income and resources pay for their Medicare premiums, deductibles, copayments and coinsurance. There are three Programs, depending upon income. These programs may help pay Medicare Part B premiums, deductibles and co-insurance. www.ctgov/medicaresavings

LEGAL SERVICES

AARP Legal Services Network: 888-687-2277 AARP Legal Services Network offers AARP members a free initial consultation of up to 30 minutes with an attorney specializing in areas important to older adults. Fees for additional legal services are offered at discounted rates, such as simple wills for \$50 and power of attorney/living wills for \$35. Participating attorneys are listed on the AARP website: <https://www.aarp.org/>

Connecticut Bar Association: 203-335-4116 The CBA is a nonprofit organization dedicated to promoting public service and advancing the principles of law and justice and can assist in finding an attorney by area and specialty. <https://www.ctbar.org/public>

Connecticut Legal Services: 203-336-3851
1000 Lafayette Blvd, Suite 950; Bridgeport, CT 06604
Connecticut Legal Services (CLS) is a non-profit law firm dedicated to improving the lives of low-income people by providing access to justice. They do not handle criminal cases. If you need an attorney and don't think you will qualify for free legal aid, you should contact the Fairfield County Bar Association Lawyer Referral Service: 203-335-4116. <https://ctlegal.org/>

Consumer Law Project for Elders: 1-800-296-1467
Persons age 60 and older of any income and asset level can call the CLPE Hotline with a consumer problem. CLPE's staff of attorneys and paralegals help older adults with questions and issues surrounding bankruptcy, identity theft, dispute of goods and other services. https://www.aoascc.org/Customer-Content/www/CMS/files/info_library/CLPE_Brochure_English.pdf

CT Law Help: 1-800-453-3320

If you want to talk with someone about a legal problem or think you may need the services of an attorney. <https://ctlawhelp.org/en/contact>

Fairfield County Lawyer Referral Service: 203-335-4116

Lawyer referral service for Fairfield County matches callers with attorneys who are qualified to handle the callers' legal questions. Clients receive a 30-minute

consultation for a fee of \$40. Consultations are conducted in the attorney's office unless alternative arrangements can be set up with the attorney. Pro bono (free) services are not available through the lawyer referral service.

<http://www.bridgeportbar.org/fairfield-county-lawyer-referral-service/>

Modest Means Reduced Fee Referral Program: 203-562-5750

The New Haven County Bar Association sponsors a referral program for certain types of family law, landlord/tenant, unemployment compensation and minor criminal cases. There is a \$25 referral fee to use this service. If the individual qualifies under our Financial Guidelines, they would be referred to an attorney who has agreed to consult with clients and possibly take the case for a \$60 an hour fee, which is lower than the usual hourly rate in this area. That fee includes a \$500 retainer, which the client would need to provide up front, and which would pay for the first 8 hours or so of legal assistance. <https://www.newhavenbar.org/page/MMP>

National Academy of Elder Law Attorneys, Inc:

Elder law and special needs attorneys can address: general estate planning; planning for incapacity with alternative decision-making documents and planning for possible long-term care needs, including nursing home care; locating the right care and coordinating the financial resources for the cost of care; ensuring the client's rights to quality care. <https://www.naela.org/>

Need Help Paying the Bills:

Law programs for senior citizens to advise on wills, powers of attorney, guardianships, advice and support in dealing with nursing home issues and other health care issues that only the elderly may be faced with.

https://www.needhelppayingbills.com/html/get_free_legal_advice_and_assi.html

MEDICAL EQUIPMENT AND SUPPLIES

Call the Trumbull Senior center 203-452-5198 to inquire about borrowing a wheelchair, shower chair, walker or cane.

Access Independence: 203-378-6977 80 Ferry Boulevard, Stratford, 06615
Access Independence is a disability service who provides core independent living services to individuals with any type of disability. They help by offering gently used, durable medical equipment such as wheelchairs, walkers, scooters, low vision aids and communication devices for people with physical or developmental disabilities. Please make an appointment to receive help or to donate your used medical equipment. http://connecticut.networkofcare.org/mh/services/agency.aspx?pid=ACCCESSINDEPENDENCEDonorServices_2_556_1

Durable Equipment Assistance programs:

Find free assistive technology and durable equipment assistance programs. Assistance is available for either paying for all or a portion of the cost to obtain durable equipment. Depending on the applicant's situation, many government agencies and non-profits listed on the link below can offer help.

Durable equipment can include a number of different items. It will always be for home use and the goal is to help the patient improve their quality of life, such as wheelchairs, scooters, hospital beds, Nebulizers, oxygen machines and many others.

https://www.needhelppayingbills.com/html/durable_equipment_assistance.html

England Equipment Center (NEAT): 860-243-2869

The Equipment Restoration Center (ERC) has a large inventory of gently used durable medical equipment such as 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 - free pick up and tax deductible.

They also offer assistance with technology services. www.neatmarketplace.org

PHARMACIES THAT OFFER FREE DELIVERY

Medical Arts Trumbull Pharmacy: 203-590-3737 15 Corporate Drive Ste 1-2

Monday-Friday 8:00am-9:00pm Saturday-Sunday 9:00am-7:00pm

<https://stores.healthmart.com/medicalartstrumbullct/stores.aspx>

Trumbull Pharmacy: 203-590-7555 10 Broadway Road

Monday-Friday 8:00am-9:00pm Saturday-Sunday 9:00am-7:00pm

Drive-up service available as well <http://www.trumbullpharmacy.com/>

PROTECTIVE SERVICES

Protective Services for the Elderly (PSE) is designed to safeguard people 60 years+ from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. If you suspect an older adult is being abused or is in critical need, please contact 211 and request to make a report to protective services. If it is an emergency, be sure to call 911.

Protective Services for the Elderly (PSE) State of CT Department of Social Services direct number: 888-385-4225; Bridgeport Office: 203-551-2700; Emergency 2-1-1 or 911 <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Social-Work-Services/psebrochure.pdf?la=en>

Jewish Senior Services - The Center for Elder Abuse Prevention & Emergency sheltering: 203-396-1097

The Center for Elder Abuse Prevention Center's mission is to empower victims through safe haven and services, and champion safer communities for older adults through intervention, prevention and collaboration. The Emergency Shelter at The Center for Elder Abuse Prevention offers a wide range of services on elder abuse and elder abuse prevention with prompt access to their crisis "Shelter Without Walls" providing confidential, emergency, short-term housing and support services for victims. Working collaboratively with partners, The Center for Elder Abuse Prevention can provide access to non-medical home care, adult day services, geriatric assessments and care management services to those individuals who qualify. www.jseniors.org

RECREATION/LEISURE

America the Beautiful: A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees, standard amenity fees and day at national parks and national wildlife refuges as well as standard amenity fees (day use fees) at national forests and grasslands, and at lands managed by the Bureau of Land Management, Bureau of Reclamation and U.S. Army Corps of Engineers. A pass covers entrance, standard amenity fees and day use fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). <https://www.nps.gov/planyourvisit/passes.htm>

Charter Oak Pass: 860-424-3200 79 Elm Street, Hartford, CT 06106

This is a lifetime pass which provides free access to CT residents 65+, to Gillette Castle, Dinosaur Park and Fort Trumbull State Park. CT residents who are 65 years or age or older. To obtain a pass send a photocopy of your current CT driver's license or other legal proof of age and residency to DEEP Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106 or you may click on the link below to find a location to pick up in person.

<http://www.ct.gov/deep/cwp/view.asp?a=2716&q=325090>

InSports: 203-368-1214 29 Trefoil Drive, Trumbull

Insports' mission is to promote health, wellness and safety through sports, non-sport related recreational activities, and active entertainment in their state-of-the-art facility. Along with adult leagues such as corn hole, basketball and pickleball, Insports has a full restaurant and bar serving beer and wine.

Insports offers 3-month memberships of pickleball, M/W/F 9:30am-12:30pm, for \$50 or a drop in fee of \$5.00. Call for timing details. <http://insportscenters.com/>

LA Fitness: 203- 683-1321 5065 Main Street, Trumbull

LA Fitness offers 20+ group classes such as yoga, zumba, pilates, cycling as well as basketball, racquetball, a heated pool and personal training. They also offer a

SilverSneakers® class for seniors wanting to focus on overall total-body conditioning. Your instructor will guide you through a series of exercises using resistance tools to help build muscle and tone allowing you to go at your own pace.

Their Senior Fit program is an easy-to-follow workout designed to increase energy and stamina. The included use of lightweight dumbbells helps to improve muscle strength and bone density.

Lakewood-Trumbull YMCA: 203-445-9633 20 Trefoil Drive

The YMCA offers a variety of fitness programs with their focus on health and fitness. Membership fees are based on income level and they are also Silver Sneakers participants. Check the website for classes as well as drop in programs such as \$5.00 pickleball sessions. There is also an outdoor facility located in Monroe.

<https://cccymca.org/locations/lakewood-trumbull/>

Mall Walking Club - Trumbull Wellness Nurse: 203-452-5134

The Trumbull Senior Center Walking Group meets on Thursday's at 1:00pm in the Mall in front of Target on the second floor. The mall is climate controlled and offers a great way to stay fit in all types of weather. Please call the Center prior to joining the group to ensure they will be meeting.

Trumbull Continuing Education: 203.452.4554 72 Strobel Road

The Trumbull Continuing Education program offers not only academic programs for both youth and adults but also offers various recreational programs, conveniently held at Trumbull High School. Please check their website for the schedule.

<https://www.trumbullconted.org/CourseCatalog/catalogView.asp?id=58>

Trumbull Parks and Recreation: 203-452-5064 Recreational opportunities include more than 20 parks; a 9 and 18-hole course at Tashua Knolls; more than 20 tennis courts, some lined for pickleball and many lit for night play; basketball and volleyball courts; one indoor and two outdoor swimming pools; two sprinkler park areas; hiking trails and numerous fields. Year round vehicle parking stickers are required, free-of-charge, and can be picked up at the Trumbull Recreation Department, 5892 Main Street, Monday-Friday 9:00-5:00. Most recreational programming through the Town of Trumbull offers seniors 62+ receive a 20% discount on classes.

Concerts in the Park is a series of outdoor concerts throughout the summer months at the Town Hall Green, 7:00-8:30pm Tuesday evenings. Bring a lawn chair and enjoy the music. Rain dates are the following Thursday. Please check the website for start/end dates. <http://www.trumbull-ct.gov/content/10633/default.aspx>

“Trumbull Treks”: The Town of Trumbull has created a set of route maps of the trails in our beautiful parks as well as residential walking areas located near municipal

buildings. Most routes have accessible parking. Rails to Trails is a 5 mile paved, level trail which does not require a parking sticker as it is a State park. Entrances/parking are on Tait Road and Whitney Avenue. The Trails continue into Monroe as well.

<http://www.trumbull-ct.gov/content/10633/43026/default.aspx>

RESPITE SERVICES

Respite provides "short breaks" to family caregivers so they have time for themselves including activities outside the home such as running errands, grocery shopping, keeping doctor appointments, getting away on vacation, nights out with friends, etc.

Caregiver Support Group at Waveny Care Center: 203-594-5200

3 Farm Road, New Canaan, CT 06840

The Waveny provides a full day of social interaction and meaningful therapeutic recreation activities in a nurturing, secure environment to seniors suffering with Alzheimer's disease, memory loss or some other form of dementia. Their Program is designed to enhance the quality of life for older adults in the community who may require personal care and assistance, medical monitoring, medication administration, a secure setting, or simply more social interaction throughout their day. They also offer short-term overnight visits. www.waveny.org

Connecticut Alzheimer's Respite Program: (SW Region) 203-333-9288

Respite care services include, but are not limited to: adult day care, home health aide, homemaker, companion, skilled nursing care or short-term nursing care.

portal.ct.gov/DORS/Content-Pages/Programs/Connecticut-Statewide-Respite-Care-Program

Griswold Home Care: 203-502-7900

1122 Broadbridge Ave, Stratford, CT 06615

Respite care can include things like light housekeeping, personal care such as bathing or dressing, travel accompaniment to appointments, grocery shopping, errands, and more.

<https://www.griswoldhomecare.com/services/respite-care-for-family-caregiver/>

National Family Caregivers Program: 203-333-9288

10 Middle Street, Bridgeport, CT 06604

NFCSP is a federally-funded Program under the Older Americans Act. The program offers a variety of support services to family caregivers, and/or older individuals who are relative caregivers to anyone over the age of 60.

<https://www.myplacect.org/family-caregivers/national-family-caregiver-support-program/>

SKILLED NURSING FACILITIES

A skilled nursing facility (SNF) is a place of residence for people who require constant nursing care and have significant deficiencies with activities of daily living. Residents include the elderly and younger adults with physical disabilities. Adults 18 or older can stay in a skilled nursing facility to receive physical, occupational, and other rehabilitative therapies following an accident or illness or for long term care.

Use this link to find updated skilled nursing facilities in the Connecticut area as well as their ratings. www.medicare.gov

Cambridge Health & Rehabilitation Center: 203-372-0313

2428 Easton Turnpike, Fairfield CT 06825

Cambridge meets the needs of individuals who require short-term rehabilitative care following hospitalization or are in need of long-term skilled nursing care. They provide physical therapy, occupational therapy and speech therapy as well as medical services including pulmonary rehabilitation, heart failure services for CHF, cardiac recovery, amputee rehabilitation, stroke rehabilitation, and wound care management. They are an affiliate of [National Health Care Associates](#), a leader in short-term rehabilitation and skilled nursing care services throughout the Northeast. National Health Care's signature "[Passport Rehabilitation](#)" program was specifically designed to meet the needs of individuals requiring a short-term rehabilitative stay following a surgical procedure or an acute medical episode.

<https://cambridgem.com/>

Carolton Chronic & Convalescent Home: 203-255-3573

400 Mill Plain Road Fairfield CT 06824

Carolton offers short and long-term care including physical, occupational and speech therapies; cardiac rehabilitation; joint replacement and orthopedic rehabilitation; wound care; hospice care; post-op recovery; respite care; and long-term care

<http://carolton.com/>

Connecticut Long Term Care Ombudsman: CT 860-424-5200. Southwestern CT 203-597-4181

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

<https://www.ct.gov/ltcop/site/default.asp>

Southwestern CT: <https://www.ct.gov/ltcop/cwp/view.asp?a=2868&q=333104>

Lord Chamberlain Manor/Nursing & Rehab Center: 203-375-5894

7003 Main Street, Stratford CT 06614

Lord Chamberlain offers long-term care and end-of-life services. Care is provided for long-term residents with chronic illness, dementia and other conditions. Lord Chamberlain specializes in caring for patients with cardiovascular disease, neurological conditions, such as stroke, and post-surgical needs.

<https://www.lordchamberlain.net/>

Ludlowe Health Care: 203-372-4501

118 Jefferson Street Fairfield CT 06825

Ludlowe provides both short and long-term care including physical therapy, occupational therapy and speech therapy. Their services include pulmonary rehabilitation, heart failure services for CHF, cardiac recovery, amputee rehabilitation, stroke rehabilitation, and wound care management among others. They are an affiliate of [National Health Care Associates](#), a leader in short-term rehabilitation and skilled nursing care services throughout the Northeast. National Health Care's signature "[Passport Rehabilitation](#)" program was specifically designed to meet the needs of individuals requiring a short-term rehabilitative stay following a surgical procedure or an acute medical episode.

<https://ludlowecenterhealth.com/>

Northbridge Health Care Center: 203-336-0232 2875 Main Street, Bridgeport, Ct 06606

Northbridge offers both short and long-term care, respite, hospice and dementia care, short-term rehabilitation and post-hospital rehabilitative care. They also offer therapeutic recreation programs and activities and family counseling and support groups. <https://northbridgehealthcare.com/>

Waveny Care Center: 203-594-5200 3 Farm Road New Canaan, CT 06840

Waveny offers short and long term care offering core physical, occupational and speech therapy programs as well as therapeutic massage, nutritional counseling and health promotion programs. Waveny has an award winning wound care program, wound VACs, IV therapies and rounding physician specialists in neurology, psychiatry, cardiology, wounds and pain management as well as a therapeutic outdoor patio and a holistic healing touch program to complement clinical care.

www.waveny.org

Support Groups

For all SWCCA support groups: https://www.swcaa.org/wp-content/uploads/2019/02/HomeCare_Caregiver-Support-Groups020719.pdf

For SWCCA Caregiver support groups: https://www.swcaa.org/wp-content/uploads/2019/02/HomeCare_Caregiver-Support-Groups020719.pdf

Trumbull Senior Center:

Caregiver Support Group and Family Conflict group: call 203-452-5198

Alzheimer's Association-CT Chapter: 1-800-272-3900

Follow link or call help line to get information on local support groups.

http://www.alz.org/ct/in_my_community_support.asp

Connecticut Problem Gambling Helpline: 1-888-789-7777

Grief Share at First Presbyterian Church Fairfield: 203-374-6176

2475 Easton Turnpike, Fairfield CT 06825

Nondenominational support group that uses biblical concepts for healing from your grief. Call for schedule. www.griefshare.org

The Compassionate Friends: 475-882-9695 2283 Main Street, Stratford CT 06615

The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

<http://www.tcfbridgeport.org>

The Norma Pfriem Breast Care Center's Breast Cancer Support Group: 203-255-5300

111 Beach Road, Fairfield CT 0682

Regularly offer support groups for the following: Women in treatment for breast cancer, Women in post-treatment for breast cancer, BRCA+, living with metastatic disease.

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

761 Main Avenue, Norwalk, CT 06851

Offers grief and bereavement support groups at no charge. Please call for a schedule of workshops and support groups.

Substance Abuse Support Groups:

For more support group information please dial 211

Alcoholics Anonymous: 212-870-3400

Alcoholics Anonymous is a worldwide fellowship of men and women who help each other to stay sober. They offer the same help to anyone who has a drinking problem and wants to do something about it. Since they are all alcoholics themselves, they have a special understanding of each other. They know what the illness feels like - and they have learned how to recover from it in AA. Call or see the link below to find a local meeting. www.ct-aa.org/find-a-meeting

Al-Anon Family Groups: 1-888-825-2666

AL-ANON offers a program of help and mutual support for families and friends of someone with a drinking problem whether or not the person with a drinking problem seeks help or even recognizes the existence of a drinking problem. Participants give and receive comfort and understanding through a mutual exchange of experience, strength and hope, and learn how the principles of the AL-ANON program can be applied to their own lives. This process of sharing amongst people with similar problems and applying AL-ANON principles binds individuals and groups together in a bond that is protected by a policy of anonymity and confidentiality.
www.ctalanon.org for information and meeting places.

C.A.R.E.S: 1-855-406-0246

Provides education, support resources and hope for communities, families and individuals struggling with substance abuse and addiction. Call to inquire about local support groups. www.thecaresgroup.org

Mandy's Line: 800-943-0540

This new service is for people to call when they're struggling with a substance use disorder, and just need someone to talk to that has been there, and understands. All operators have lived experience with SUD, and can relate to what you're going through.

Narcotics Anonymous: 1-800-627-3543

A support group for those recovering from drug addiction. This is a program of complete abstinence from all drugs. Call or visit link to find local support groups.
<https://na.org/>

Optimus Healthcare: 203-696-3260

471 Barnum Avenue, Bridgeport, 06608

Counseling & Substance Abuse Relapse & Prevention services offered as well as mental health, and a mix of mental health/substance abuse counseling.

www.actonaddiction.org/facility/4177_optimus-health-care-inc

VETERANS

Behavioral Health:

American Veterans Assistance League: 203-586-8978 P.O Box 1231 Southbury, CT 06488 Mental Health Programs for veterans with mental health and substance abuse problems.

Coaching into Care: 888-823-7458.

Helps Veterans having difficulty transitioning from combat to home life. Returning home can be a tough adjustment, and loved ones can help. Coaching into Care offers free coaching to help you help your Veteran. Hours: Monday - Friday 8 a.m. - 8 p.m.

Home Base Program: 617-724-5202

Provides clinical care and support services to service members, veterans and family members throughout New England. www.homebaseprogram.org

Veterans in Crisis 1-800-2:73-TALK, (1-800-273-8255) press option #1

The hot line is based at the Canandaigua VA Medical Center in New York State and is staffed by mental health professionals. Hotline staff provides immediate help and will link callers to mental health services, including suicide prevention coordinators located at every VA medical center,

Veterans Online Chat:, 7 days a week.

Benefits:

VA Pension: 203-336-2570-Veterans Service Officer, Ramon Agosto.

VA pension is a needs-based benefit for wartime Veterans with limited or no income who are age 65 or older. Those who have a permanent and total non-service-connected disability may also qualify. In addition, Veterans who are housebound or require an aid to perform daily activities may qualify for pension at an increased rate.

Veterans Choice Program: 1-866-606-9198 Veterans have the option to participate in the VCP as an alternative to treatment at the VA Hospital. Local veterans can participate if they have a service connected disability, or a related illness after discharge, and meet other criteria for eligibility. They must live outside 40 miles of a VAH or are unable to get to a medical appointment within 30 days. The VCP provides quality healthcare to veterans regardless of ability to pay-income is not relative. Veterans participating will not be billed for services and will not lose benefits. Must register with the VA. <http://www.va.gov/opa/choiceact>

VA's Caregiver Support Line: 1-855-260-3274 Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the support line can: Tell you about the assistance available from VA., Help you access services., Connect you with the Caregiver Support Coordinator at a VA Medical Center near you., Just listen, if that's what you need right now.

The Workplace: Supportive Services for Veteran Families (SSVF): 203-610-8538

Assists veteran families at risk of becoming homeless to maintain their housing and to rapidly re-house veteran families who have recently become homeless in Southwest

and South Central Connecticut. Supportive Services for Veteran Families is funded by the U.S. Department of Veterans Affairs. Supportive Services for Veteran Families (SSVF) was founded upon the principle that every veteran has a right to housing. Email: agopian@workplace.org;

Legal:

Connecticut Veterans Legal Center: 203-794-4291

114 Boston Post Road, West Haven, CT 06516

The mission of Connecticut Veterans Legal Center is to help veterans recovering from homelessness and mental illness overcome legal barriers to housing, healthcare and income.

Recreation:

U.S. Veterans Rowing & Kayaking: 1-844-838-7697

The overall goal of U.S. Veterans' Rowing and Kayaking program is to improve the quality of life for disabled Veterans by engaging them in a physical wellness and fitness activity while creating a sense of unity and network using teamwork to reach a desired goal. <http://www.veteransrowing.com/>

Iraq & Afghanistan Veterans of America: Vet Together: 1-855-917-2743

VetTogether ensure that connections are forged whether you're a veteran transitioning home, a retiree looking for a way to give back or a student hoping to engage with your peers. See link for events/meetups in your area or use link to post one.

<https://iava.org/vettogether/>

Temporary Financial Assistance:

Soldiers Sailors and Marines Fund. Through American Legion. Bridgeport office:
203-332-5648 www.alctssmf.org

American Veterans Assistance League: 203-586-8978 Veteran assistance program works in coordination with veterans organizations to provide support for veteran and their families through gift cards, food, and clothes. Program also provides resources and referrals. Does not provide mortgage, rent, utility or other type of financial assistance

The Connecticut National Guard Foundation -Temporary Financial Assistance Program: 860-241-1550

A private nonprofit corporation organized for the purpose of providing temporary, need based, financial assistance for the Connecticut National Guard and Organized Militia. The fund provides benefits such as clothing, food, medical and surgical aid, and general care and relief.

American Legion Auxiliary: 317- 569-4500

National Headquarters, 3450 Founders Road, Indianapolis, IN 46268

The Auxiliary Emergency Fund is a national grant assistance program that provides temporary emergency help to eligible members of the American Legion Auxiliary who have suffered a significant financial setback as the result of an act of nature or other personal crisis. AEF funds may not be used for medical expenses or debt such as that on credit cards. Members request an application by contacting their unit or department headquarters.

WALK IN MEDICAL CLINICS

OSM Stat Orthopedic Urgent Care: 203-489-6086 888 White Plains Road, Trumbull

The OSM team includes physiatrist, chiropractic, physical trainers or other highly qualified professionals. They have recently expanded their care to include expanded hours for acute injuries where you can be treated without having to go to the Emergency Room. Mon-Fri 1:00 PM - 7:00 PM; Saturday and Sunday 8:00 AM - 12:00 PM
<http://www.osmcenter.com/walk-in-clinic/>

Urgent Care Walk-In Center: 203-696-3500 900 White Plains Road, Trumbull

The Center handles non-life threatening illnesses or injuries. They combine the quality and medical services of a traditional doctor's office with the convenience of extended hours, an on-site lab, x-ray and no appointment is needed

Hours: Monday - Friday: 8:00am-8:00pm; Saturday and Sunday: 9:00-5:00pm

<https://urgentcarelocations.org/ct/trumbull/2981--St.-Vincent's-Urgent-Care-Walk--In-Center-Trumbull-Center>

VOLUNTEER OPPORTUNITIES

Volunteer at the Trumbull Food Pantry: 203-452-5136

Trumbull Leaf Raking program: 203-452-5198

For other opportunities please call the Senior Center mainline: 203-452-5199