

# **AT YOUR FINGERTIPS**

**Information  
and  
Resources  
for Seniors**

## **MANSFIELD TOWN GOVERNMENT AND SENIOR RESIDENTS**

The municipal government in Mansfield recognizes that older residents are important members of community.

The Town Council appoints members to the Commission on Aging to:

1. Study the conditions and needs of elderly persons in relation to housing, economics, employment, health and nutrition, recreation, transportation, and other matters.
2. Recommend and evaluate programs to meet the needs of the elderly and to suggest priorities for action.
3. Serve as a resource group to which Mansfield citizens could turn, either individually or as groups, when they have problems or questions about programs or needs of the elderly.
4. Furnish information outlining needs to agencies and groups who are interested in, or who provide services for the elderly.

The Commission meets monthly and the public is welcome to attend. Please call the Human Services Department for meeting times at 860-429-3314.

The Human Services Department serves as the state mandated Municipal Agent for the Elderly by providing assistance in applying for services and assuring information and advocacy needs are met. The Department staff also provides consultation and referral to counseling for older persons and family members about any troubling personal concerns.

A major part of the Department is the Senior Center which offers a broad range of programs, activities and services for, by, and with seniors.

The Town also grants funds to a number of non-profit regional organizations which provide specialized services to seniors.

This booklet is designed to give an idea of the range of services offered nearby. There are many other services that are not included, so you are invited to contact INFOLINE 2-1-1, or the Human Services Department at 860-429-3315 for more information. Please notify the Human Services Department if you have any comments or suggestions.

The Municipal Agent for the Town of Mansfield is Kevin Grunwald, Director of Human Services, 860-429-3315.

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## **TOWN OF MANSFIELD MUNICIPAL NUMBERS**

Information Line: Town administrative departments: 860-429-3300

Animal Control: 860-487-0137

Assessor: 860-429-3311

Community Center: 860-429-3015

Fire Marshal: 860-429-3328

Health Officer: 860-429-3325

Housing Authority: 860-487-0693

Human Services Department: 860-429-3315

Landfill: Rte 89, Mansfield Center 860-429-7189

Library: 54 Warrenville Rd., Mansfield 860-423-2501

Municipal Agent for the Aging: Director of Human Services 860-429-3315

Parks and Recreation Department: 860-429-3015

Probate Court Judge: 860-871-3640 (located in Tolland)

Public Works Department: 860-429-3331

Recycling Agent: 860-429-3333

Refuse Collection: 860-429-3331

Registrars of Voters: 860-429-3368

Senior Center: 303 Maple Rd. Mansfield 860-429-0262

Storrs Post Office: 860-429-9681

Tax/Revenue Collector: 860-429-3307

Town Clerk: 860-429-3302

Town Manager: 860-429-3336

## **EMERGENCY NUMBERS**

Ambulance-Fire-Police: Do not hesitate to call 911

Non-Emergency Police: 860-429-6024

Troop C State Police: Help is available 24 hours a day 860-896-3200 or 800-318-7633

Mansfield Resident Trooper: 860-429-6024 (If not answered, automatically goes to Troop C.)

Non-Emergency Fire Department: 860-429-5290

Poison Control: UConn Health Center 800-222-1222

Community and other Disasters: Mansfield Fire Marshal: 860-429-3328

Emotional Crisis: 24 hour help for personal emergencies call United Services at 860-456-2261 or call info line at 211 (answers 24 hours a day)

Food, Heat or Shelter Emergencies: Call Mansfield Human Services at 860-429-3315 or info line at 211 (answers 24 hours a day)

Domestic Violence Hotline: 860-456-9476

## **AMERICAN ASSOCIATION OF RETIRED PERSONS (A.A.R.P.)**

A.A.R.P. Connecticut Office: 21 Oak St., Hartford, CT 06106 866-295-7279

Older Driving Program- 55 Alive: Helps mature drivers continue to drive safely, low cost. Classes held at different sites throughout the year. For more information call the Mansfield Senior Center at 860-429-0262.

Senior Citizens Driver Insurance Program: A 5% discount on insurance is obtainable once an accident prevention course has been taken. Call the Department of Motor Vehicles for more information 1-800-842-8222.

## **ADULT DAY CARE**

Pierce Baptist Adult Daycare: “Caregiver Day Off” Program located in Brooklyn, CT. Monday and Wednesday only. From 10:00 AM to 4:00 PM - \$50, half day - \$28. Includes lunch and snack, no transportation. For more information call Alice at 860-774-9050.

Ross Adult Day Health Center: 165 McKinley Ave, in Norwich 860-889-1252

Senior Moments Adult Daycare: 31 Kingsbury Ave., Tolland, Ct. 860-643-9500 \$86.00 a day

## **AGENCY ON AGING**

Eastern Area Agency on Aging/Senior Resources: Planning for, funding of, and information about services to seniors. 19 Ohio Ave., Norwich CT 06360 call 1-800-994-9422 or 860-887-3561.

## **ASSISTED LIVING**

Arbors of Hop Brook: 403 W. Center St. Manchester, CT 860-647-9343

Atria Greenridge Place: 1 Elizabeth Court, Rocky Hill, Ct. 06067 860-257-0000

Atrium at Rocky Hill: 1160 Elm St. Extension, Rocky Hill, Ct. 06067 860-563-5588

Avery Heights: 705 New Britain Ave., Hartford, Ct. 06106 860-1201

Bacon Congregate Housing: 43 Morris St., Hartford, Ct. 06114 860-724-4212 (subsidized assisted living)

Buckingham Estates Memory Care Community: 1824 Manchester Rd. Glastonbury, Ct. 860-647-1695

F.J. Pitkat Congregate Living Center: 80 Franklin St., Vernon, Ct. 06066 (Subsidized assisted living)

Glastonbury Housing Authority – Herbert T. Clark House: 43 Canione Rd., Glastonbury, Ct. 06033 860-652-7623 (subsidized assisted living)

Immanuel House: 15 Woodland St., Hartford, Ct, 06105 (low income assistance)

Juniper Hill Village: 1 Silo Circle Rd., Storrs, Ct. 06268 860-429-9933 (subsidized assisted living)

Luther Ridge at Middletown: 628 Congdon St. West, Middletown, Ct. 860-347-7144

Masonicare at Ashlar Village: Cheshire Rd., Wallingford, Ct. 06492 860-383-2244

Mountain Laurel Senior Living Community: 1177 Hebron Ave., Glastonbury, Ct. 06033 860-652-3444

Mystic River Homes: 205 Elm St., Noank, Ct. 06340 860-572-6020 (subsidized assisted living)

St. Jude Commons: 3 Myrtle Dr., Norwich, Ct. 06360 860-889-2139 (subsidized assisted living)

The McAuley: 275 Steele Rd., West Hartford, CT 860-920-6300

The Retreat: 90 Retreat Ave., Hartford, Ct. 06106 860-560-2273 (subsidized assisted living)

The Village at Buckland Court: 432 Buckland Rd., South Windsor, CT 860-644-7366

Virginia Connolly Residence: 1600 Hopmeadow St., Simsbury, Ct. 06070 860-658-1147  
(subsidized assisted living)

Wells Country Village: 46 Welles Rd., Vernon, Ct. 06066 860-646-8782 (subsidized assisted living)

Social Services, State of Ct. Dept of Social Services: 25 Sigourney St., Hartford, Ct. 860-424-5274 or 800-443-9946. Elderly Information and Referral lines

Please note that the above assisted living facilities are only a partial listing of senior complexes in Connecticut. Please Google “Assisted Living Facilities” or “Assisted Living Facilities for people with Dementia” for more options.

\*Note\* For non-assisted living retirement communities please refer to the Housing section.

## **DISABILITY RESOURCES**

Disabilities Network of Eastern Connecticut: 860-823-1898

State Department for Persons with Disabilities: 1-800-842-7303

Quiet Corner SHHH Inc: Self Help for the Hard of Hearing 860-923-0171

Commission of the Deaf and Hearing Impaired: 860-231-8756  
Interpreting Services: 860-231-7623

Connecticut Board of Education and Services for the Blind: Offers counseling, referrals, educational services, legal advice, and visual aides available. 1-800-842-4510

Connecticut Radio Information System (CRIS): Broadcasts readings from local and national newspapers, current magazines and books 24 hours a day. Listeners may be visually, physically or learning disabled so that they cannot read conventional printed information. CRIS radios are provided at no charge, to be kept as long as needed. Listeners can also receive CRIS over a special TV hook-up. 1-800-708-0004.

Connecticut Disability Advocacy Collaborative: [www.Ct-dac.org](http://www.Ct-dac.org) or 860-614-8351

Lions Low Vision Center: 1-800-676-5715

Hear Now: Hearing tests and aids. Processing fee of \$125 for aid and evaluation cost may be covered. 1-800-328-8602.

TDD: Telecommunication device. It is used to send and receive typed messages. Hearing impaired and speech impaired Connecticut residents may be eligible for the free loan of a TDD. 1-800-743-1219.

Library for the Blind and Physically Handicapped:

198 West Street. Rocky Hill, CT 06067

860-721-2020/ 1-800-842-4516

-Free mail loan of recorded Braille books and magazines and playback equipment to handicapped residents.

University of Connecticut Homer Babbidge Library, Storrs: Call the Coordinator for the services of the disabled, David Avery: 860-486-1582. Assistance is available for finding books, ordering special format materials, volunteer readers, use of Kurzweil reading machine, and many other services for the blind or otherwise physically impaired. Call for information about services and parking.

**DURABLE MEDICAL EQUIPMENT**

Shoe Smith: 860-423-8873 503 Main St. Willimantic: Provides orthotics and diabetic insoles. Will travel to home to do fittings.

Vision Dynamics: A superstore that sells all types of living aids for blind and visually handicapped. 40 West Main Street, Cheshire, CT 06410. 1-203-271-1944

New England Assistive Technology Disability Equipment Center (NEAT): Offers a large variety of gently used medical equipment such as walkers, canes, shower benches, wheelchairs, scooters and more at 50-80% discount from regular price. For more information call 866-526-4492 or browse the online catalogue at <http://www.neatmarketplace.org/store/index.asp>.

Medical Pharmacy: Offers a wide variety of durable medical equipment and home healthcare needs. 1213 Main St., Willimantic, CT 06226 860-423-1661.

## **EDUCATION**

Colleges and Universities: Courses may be audited or taken for credit if there is room. Generally tuition is waived for those aged 62 or over but there is a small registration fee that ranges from \$15 to \$17 dollars. Fees may be charged for those in degree programs. Contract Continuing Education at 860-486-4631.

Eastern Connecticut State University: Call ECSU Department of Continuing Education for information. 860-465-5125.

Elderhostel: National and international programs of educational experience for seniors 55 plus. For information, brochure, and catalog visit [www.elderhostel.org](http://www.elderhostel.org).

University of Connecticut: Call Center for Continuing Education at 860-486-6354 ask about the; “Center for Learning in Retirement” program. Special topics and subject taught by retired professors’. Classes help at UCONN Depot for very reasonable rates. Ask about attending a class free of cost if you are new to program.

Mansfield Senior Center: Various educational programs available. Call 860-429-0262.

Windham Adult Education Center: (Willimantic) The center offers a variety of adult education services, including ESL, GED, and computer literacy classes. Call 860-423-2591 for more information or to register.

Mansfield Adult Education: Courses in exercise, arts and crafts, and educational topics. Catalogue available for winter and spring classes. For more information call 860-429-3321.

Quinnebaug Valley Community College: Learning in retirement program offers a variety of classes to stimulate learning and socializing. Special field trips are also offered. A small registration fee is required. For more information call 860-412-7300.

## **EMPLOYMENT**

Willimantic CT Works: Offers free workshops and services, including employment counseling, financial awareness, computer basics, interviewing techniques, resume writing and critique as well as educational refreshers. For more information about services and registration call 860-465-2120.

Easter Seals Connecticut Senior Community Services Employment Program: Matches individuals age 55 and older with host agencies based on their skills and interests. Host agencies will provide paid training and the employment program will provide an individual employment plan at which time you will be assisted with finding steady employment. For more information please call 860-859-4148.

Temporaries of New England (Willimantic): This company tries to match applicants with available job openings. No fees required. For more information call 860-423-5627.

Association of Retired Teachers of Connecticut: Provides employment and volunteer opportunities for retired teachers in Connecticut. To speak with the board of directors call 860-643-6223. To see a list of current job openings please visit <http://artct.org/VolunteerEmployment.html>. To apply for membership please visit <http://artct.org/Join.html>.

Foster Grandparent Program: A program that enables income eligible seniors (age 55 and over) to participate in community services. Service members work a minimum of 15 hours in locations such as public schools or daycares and receive a stipend for their work. For more information call 860-774-9286.

## **ENERGY ASSISTANCE**

Access Agency Weatherization Program: For persons who are income eligible for energy assistance. 860-450-7400.

Citizens Oil Co-op, Inc. Members can expect to pay a discounted price for full quality heating oil. There is a \$10 application fee to join. The annual membership fee for seniors is \$15. Call 860-561-6011 for more information.

Connecticut Light and Power Matching Payment Program: Forgiveness of back balances to low-income electric heating customers. Call 800-286-2828 or 860-947-2828. Nustart is C.L.&P.'s program designed to give a fresh start to low income customers whose income is below 200% of the federal poverty level 800-286-2828.

Conservation Loans: Connecticut Housing and Investment Fund. Loans for automatic set back thermostats, siding, caulking and weather stripping, insulation, heat pumps, replacement heating systems, replacement roofs, replacement windows, and solar systems to reduce heating bills. Applications only accepted if there is evidence of health or safety issues. For more information please call 1-800-992-3665.

Energy Assistance Program: Applications are taken from November 15 to April 15 each year for qualifying homeowners and renters. Income and asset limits apply. Call Access Agency, located in Willimantic at 860-450-7400.

Energy Conservation Loan Program: Offers low interest loans for energy-saving home improvements. Interest rates are based on income. 1-800-992-3665, ext 3.

Operation Fuel: A private nonprofit energy assistance program for people who need emergency help with energy bills and who are not eligible for state or federal assistance. Payments are made directly to the supplier. Income limits apply; call 2-1-1 for the number of your local fuel bank.

Soldiers, Sailors and Marines Fund: Veterans who qualify are eligible for up to \$600 for assistance with their fuel bill. 860-296-0719.

Weatherization Assistance: Homeowners and renters who are elderly or disabled may qualify for weatherization funds. Income limits apply. 1-800-842-1132.

Windham Area Interfaith Ministry (WAIM): Energy assistance program for low-income persons who have exhausted benefits from the Access energy assistance program. Qualified individuals and families are eligible to receive up to \$350 for assistance in paying their energy bills. Call 860-456-7270.

Winter Protection Plan: Protects qualified customers from service shutoffs between November 1 and April 15. Customers having problems paying their electric bill may call 1-800-286-2828.

## **FINANCIAL ASSISTANCE**

Annual Tax Exemptions for seniors in Mansfield: By income, changes annually on individual basis. Homeowner exemptions: 860-429-3316 (Human Services Dept.).

Charter Oak Pass: A pass available to seniors that are 65 years and older that allows free admittance to state parks and forests. Send a legible photocopy of your current CT drivers' license or other legal proof of age and residency to: DEP Charter Oak Pass, State Parks Division, 79 Elm Street, Harford, Ct. 06106-5127 (Phone 860-424-3200).

Disabled Persons: Persons certified as totally disabled by the Federal Social Security Administration can file for property or vehicle valuation reduction at the tax assessors office (860-429-3311). Proof of disability is available from the Social Security office. The Willimantic office may be reached at 860-423-6386.

Home Ownership: If eldest partner has reached the age of 65 prior to December 31 of any year, application for a property valuation reduction may be made at the Tax Assessors office in the Town Hall the following February 1 through May 15. The Mansfield Tax Assessor can be reached at 860-429-3316.

Military Veterans or Survivors Benefit: Application for Veteran's benefit on homeownership or motor vehicle after reaching age 65 must be filed every two years. Contact the Mansfield Tax Assessor for more information at 860-429-3311. Call Bill Woodbury for more information on programs that assist Veterans: 860-423-4534.

Mansfield Human Services: 860-429-3315

Repairs: AmeriCares Home Repair Program. Helps homeowners who are physically or financially unable to maintain their homes (at no cost). Services include: carpentry, plumbing, electric work, drywall, weatherproofing, roof repairs, lock repair, window replacement, installation of smoke detectors and fire extinguishers, painting, cleaning and yard work. 1-800-877- 4673 for more information.

Renter's Rebate for the Elderly/ Disabled: Renter's tax relief program. A reimbursement program for Connecticut renters who are elderly or totally disabled and whose incomes do not exceed certain limits. Persons renting an apartment, room, or living in cooperative housing or a mobile home may be eligible for this program. Applications are processed between May 15 and September 15th. Contact: Kathy Ann Easley (Mansfield Human Services Dept.) at 860-429-3316 for application and assistance.

Reverse Annuity Mortgage: At age 62 and over, an elderly person may qualify to apply for an equity loan against their home to obtain money to live on. Call 860-887-3561 for a list of RAM lenders, their phone numbers, and information about type of loan and repayment arrangements.

State Supplement: Program for the aged, blind and disabled can provide monthly benefits to low-income individuals for basic living needs. For more information call the State Department of Social Services, Willimantic office 860-465-3500

## **FINANCIAL FORMS**

Income Tax Preparation: AARP volunteers offer free help at the Senior Center during tax preparation time. Call 860-429-0626 for more information.

Volunteer Income Tax Assistance (VITA): Call the Access Agency in Willimantic for assistance at 860-450-7400.

NOTE: For help filling out other kinds of financial forms call Mansfield Human Services at 860-429-3315 or the Senior Center at 860-429-0262, ext. 1.

## **FOOD AND NUTRITION**

Covenant Soup Kitchen: Located inside St. Paul's Episcopal Church in Willimantic. Provides free breakfast and noontime meals Monday through Saturday 860-423-1643.

Meals on Wheels and Elderly Nutrition: For those who are unable to prepare their own meals, one to two meals brought to the home midday, Monday through Friday. Cold meals provided for weekends. A donation is requested but not required. Call 1-800-953-1365.

VNA East "Meals to Go": VNA East contracts with Windham Memorial Hospital to deliver meals to seniors who are unable to prepare meals for themselves. Meals are brought to the home. 860-456-7288.

McSweeney Regional Senior Center: 860-423-4524 provides noon meals 4 days a week. A small donation is requested.

Willington Senior Center: 860-429-8321 provides noon meals 5 days a week. A small donation is requested.

Mansfield Senior Center: 860-429-0262x serves 5 noon meals per week plus special programs. Schedule varies during summer. Call 72 hours in advance for Monday through Friday meals. Donations are encouraged.

Juniper Hill Village Meal Program: 860-423-8455 provides 2 meals a day. Lunch is served in dining room at noon. Supper meal is take-out. All Mansfield residents and groups are welcome. 24-hour notice required. Cost covers price of meal.

Food Stamps (SNAP): Call State Department of Social Services 860-456-3500 or call the Mansfield Senior Center at 860-429-0262.

Willimantic Food Co Op: Provides reduced food costs for senior citizens 65 and over (Let them know you are a senior). Inquire about free delivery. 27 Meadow St., Willimantic, CT 860-456-3611.

Stop and Shop Peapod: Grocery delivery service. Free delivery for first 60 days. Info: 1-800-573-2763 or visit [www.peapod.com](http://www.peapod.com).

Mansfield Human Services Food Pantry: Provides canned goods, hygiene products, and vouchers in some cases as available. 860-429-3315.

Farmer's Market Coupons: Available in the summer to income eligible seniors. Check with the Mansfield Senior Center for summer coupons at 860-429-0262.

\* Also check at your local grocery store for information about senior citizen discounts.

## **HEALTH SERVICES**

CT Association for Home Care and Hospice: 203-265-9931 (this association can make referrals).

Alzheimer's Association: 800-356-5502 Call for support, referrals, and program information.

CT Parkinson's Working Group: 860-572-9965

CT Breast and Cervical Cancer Early Detection:

Referral: 860-509-7382

Vernon: 860-872-5368

Willimantic: 860-456-6896

Respite Care Financial Assistance: contact Joan Marshall at 1-800-994-9422.

American Cancer Society, New England: 800-227-2345 or visit [www.cancer.org](http://www.cancer.org)  
Provides services such as transportation.

A.A.R.P.: 1-866-295-7279  
Driver safety: 888-227-7669  
Benefits Outreach: 866-295-7669  
Money Management: 203-743-9760 x 111

Senior Eye Care Program: 800-222-3937 or visit [www.eyecareamerica.org](http://www.eyecareamerica.org)

Center for Medicare Advocacy: Legal assistance with Medicare questions and concerns  
860-456-7790.

Angels Depot Resource Center: A nonprofit organization providing holistic counseling  
for individuals, couples or families 860-742-5279.

Wireless Phones for people using hearing aides:  
AT&T: (206)-828-1354  
Motorola: 1-800-331-6456  
Audex assistive listening system: 1-800-237-0716

Converse Communications Corp.: Non-profit serves telecommunication needs of people  
in CT who are profoundly deaf. Call 860-242-4974.

Uconn Speech and Hearing Clinic: Provides services such as audiology, speech-language  
pathology, a hearing aide dispensing program and specialty ear molds. 860-486-2629.

Independent Living Aids: For blind and visually handicapped. 1-800-537-2118.

Safelink Wireless: A government supported program that provides free cell phones and  
minutes to income eligible customers. For more information or to apply call 1-800-977-  
3768.

Assurance Wireless: Provides free cell phone and wireless services to those who qualify.  
Call to apply at 800-395-2171.

## **MENTAL HEALTH SERVICES**

Backus Hospital Mental Health Center: Individual and group psychotherapy for seniors 860-823-6321.

Lawrence and Memorial Hospitals: Psychiatric Services 860-439-6480.

Mental Health Association of Connecticut: 1-800-842-1501

Natchaug Hospital: Inpatient psychiatric and chemical dependency treatment programs 860-456-1311 or 1-800-426-7792.

Institute of Living: A program at Hartford Hospital offering a geriatric program for seniors. Call the assessment center 860-545-7200.

United Services: A private non-profit center providing psychosocial, mental health, chemical abuse, education and prevention services to the community. Contact the Willimantic office at 860-456-2261.

Day Kimball Health Care: Offers a geriatric care management program including services such as the Quiet Corner Elder Screening Tool, support groups and the Fall Prevention Initiative. For more information call 860-779-9270.

### Health Care Service Complaints:

Complaint against the health care institution: 860-509-7400

Complaint against the health care professional: 1-800-842-0038

Complain Ct against the health care agency: 1-800-828-9769

Complaint against the hospital: 1-800-797-9688

Note: Any person can file a complaint in writing to the Connecticut Department of Public Health, Divisions of Health Systems Regulation, 410 Capitol Avenue, PO Box 340308, Hartford, CT 06134-0308.

**HEALTH PROFESSIONALS:**

Dentists:

McSweeney Elderly Dental Clinic All persons 60 years of age and older are eligible for services. 860-423-4524

Dr. Maya Paulose  
72 Flaherty Rd.  
Storrs, CT 06269  
860-429-0230

Dr. Marc J. Czarnowski  
10 Higgins Highway, Suite 1  
Mansfield Center, 06250  
860-456-2906

Dr. James Gilligan  
18c Ledgebrook Dr.  
Mansfield Center, 06250  
860-423-0045

Dr. G. Cano  
1022 Storrs Rd.  
Storrs Mansfield, 06268  
860-429-6406

Dr. Ralph L. Kroopnik  
Mansfield Shopping Plaza  
Mansfield 06268  
860-429-0079

Dr. Deborah M. Liang  
203 Storrs Rd.  
Mansfield Center, 06250  
860-423-9717

Dr. Matthew Raynor  
1022 Storrs Rd.  
Storrs Mansfield, 06268  
860-429-6406

Dr. Donna Davis Rosen  
203 Storrs Rd.  
Storrs, 06269  
860-423-9717

Dr. Robert I. Rosner  
10 Higgins Highway  
Mansfield Center, 06250  
860-456-2906

Dr. Rostyslav Stepanenko  
203 Storrs Rd.  
Mansfield Center, 06250  
860-429-8282

Dr. Steven J. Abbott  
1733 Storrs Rd.  
Mansfield, 06268  
860-429-2051

Doctors:

Ledgebrook Family Practice  
6A Ledgebrook Dr.  
Mansfield Center, 06250  
860-456-1485

Dr. Richard Dibala (Storrs Family Medicine)  
1022 Storrs Rd.  
Storrs Mansfield, 06268  
860-429-9321

Mansfield Family Practice  
34 Professional Park Rd.  
Storrs, 06269  
860-487-0002

Dr. Ralph J. LaGuardia  
10 Higgins Highway  
Mansfield Center, 06250  
860-456-7101

## **HELP IN THE HOME**

Youth Job Bank: Will provide names of youth who will work in or around the home. Call Pat: 860-429-3319.

University of Connecticut Student Employment: 860-486-3474

Hearing Ear Dogs of New England: Groton, CT 860-446-1576

Moving Solutions: Provides assistance with packing and moving 860-437-8652.

## **HOME CARE**

A Caring Hand: Offers services such as companions, homemakers, specialty companions (Alzheimer's care for example), personal care assistants and live care assistants. Located in Vernon, CT 860-643-1623.

A&D Home Health Solutions: Offers services from home health aides, certified nursing assistants, homemakers and companions. Located in Hamden, CT 203-287-2200.

Community Companions and Homemaking Services: Offers homemaking service and companion service as well as transportation, personal care assistance, Alzheimer's care, respite care, and overnight care. Locally located in Willimantic. Call 860-456-3626.

Companions and Homemakers: Offers services such as companions, homemakers, personal care assistants, live-in companions and Alzheimer's companions. Located in Norwich, CT 860-859-1141.

Companions and Homemaking Services: Offers services such as companions, homemakers, personal care attendants and 24 hour live-in services. Located in Manchester, CT. contact Jane Asumadu 860-402-4857.

Connecticut Community Care Inc.: 860-885-2960 Offers private case management and contracts with the State of Connecticut; "Connecticut Home Care Program". Provides assessment, coordination and management of services needed at home. Call Mansfield Social Services for private agencies: 860-429-3315.

Family Care Plus: Specializing in 24 hour live-in care. 1-877-887-2273.

Helping Hands: Offers a variety of personalized services in your home. Located in Bolton, CT 860-645-7667.

Home Instead: Offers caregiver, companionship and home helper services. Located in Tolland, CT 860-896-5295.

Visiting Angels: Offers living assistance services. Located in Tolland, CT 860-872-6084.

VNA East: Mansfield nursing/ home health aides 860-456-7288.

Interim: Home health care 860-456-3500

## **HOUSING**

Wrights Village: State funded, 40 units for active adults 62 and older; including 26 single units, 14 couple units, and 4 handicapped units. Designed to promote independent living. Rent adjusted to income. Check for eligibility. 860-487-0693.

Juniper Hill Village: Located in Storrs, CT. One hundred federally subsidized apartments for persons 62 and over, some cottages and some in a more supportive environment. Dinner and supper serves every day for those who wish. Rent based on adjusted gross income. Check for income eligibility 860-429-9933.

Glen Ridge Cooperative Community: Homes for purchase for persons age 55 and over. For information call 860-429-2202.

Jensen Community: A mobile home retirement community for people ages 55 and over. Call 860-429-0312 for more information.

Note: Check yellow pages for names of mobile parks for seniors. Information listing of all licensed facilities in Connecticut available at Mansfield Dept. of Human Services 860-429-3315.

## **INFORMATION SOURCES**

CT Department of Social Services Information Line: Handles questions concerning programs and services for persons age 60 and older. Trained staff available to answer questions about housing, Medicare benefits and other programs for senior citizens. 1-800-443-9946.

Info line 2-1-1: A 24 hour services with information about, and referrals to, any available service in the Northeast Connecticut area.

Mansfield Human Services: Confidential discussions about your concerns to help you understand a problem, seek solutions and make use of appropriate programs or agencies Call 860-429-3315 or 860-429-3000. Phone Book: Blue pages for government services, yellow pages for private businesses.

Eldercare Locator Service: Information about organizations serving older people throughout the U.S. Caller should have name, address and zip code of person who needs assistance, and a brief description of the problem and type of assistance sought. 1-800-677-1116 or visit [www.eldercare.gov](http://www.eldercare.gov).

Eastern Area Agency on Aging/Senior Resources: Planning for, funding of and information about services to seniors. 4 Broadway- 3rd floor, Norwich CT 06360. Call 1-800-994-9422 or 860-887-3561.

CT Social Services, Eviction Prevention Program: 860-424-5427

Library for the Blind and Physically Handicapped: 198 West Street. Rocky Hill, CT 06067 860-721-2020/ 1-800-842-4516. Free mail loan of recorded Braille books and magazines and playback equipment to handicapped residents.

## **LEGAL ASSISTANCE**

Connecticut Legal Service (CLS): Willimantic. Help with Medicaid problems and Title XIX problems. 860-456-1761 or 1-800-413-7796.

Consumer Law Project For Elders: Free legal assistance to seniors aged 60 and over who need help with all types of consumer problems including credit card debt, medical debt, abusive or harassing debt collection practices, credit repair, credit discrimination or identity theft. Monday, Wednesday and Friday 1 PM to 4 PM 1-800-296-1467.

Statewide Legal Service: A statewide organization designed to help those with low-income civil problems. 1-800-453-3320.

Dept. of Social Services Elderly Ombudsman: Investigates complaints of physical or mental abuse, exploitation, neglect or abandonment of elderly persons and takes action, legal if necessary, to correct the situation. 1-866-388-1888 or 860-424-5200.

Center for Medicare Advocacy: Help with Medicare or Medicaid denials 860-456-7790.

Lawyer Referral Service: Call to request legal consultation. An appointment will be set for you with a local attorney who handles your kind of problem. Reasonable cost. No age or income limits. Fee of \$25.00 covers referral and ½ hour appointment with lawyer in your area. 860-525-6052.

Qualid GM: For answers to questions about Medicare program or to request a case review. 1-800-553-7590.

Living Wills: Mansfield Senior Center provides legal help in preparing a living will 860-429-0262.

Legal Assistance to Medicare Patients: Counseling and representation at no cost to income-eligible beneficiaries on all aspects of Medicare and related law 860-456-1761.

Note: See yellow pages for private practice attorneys.

## **NURSING HOMES**

Mansfield Nursing and Rehabilitation Center: 100 Warren Circle, Storrs CT 06269 860-487-2300

Douglas Manor: 105 North Rd., Windham CT 06280 860-423-4636

Saint Joseph Living Center: 14 Club Rd., Windham CT 06280 860-456-1107

Regency Heights: 595 Valley St., Windham CT 06280 860-450-7060

## **PROTECTIVE SERVICES FOR SENIORS**

Connecticut Department of Social Services, Elderly Services: If you suspect or know of elderly abuse, exploitation, inadequate care and or neglect call 1-800-443-9946.

Connecticut Elderly Protective Service: Willimantic Office 860-465-3550

Connecticut Department of Social Services Alzheimer's Respite Program and Elder Locater Services: Monday through Friday 1-800-677-1116

Connecticut Alzheimer's Helpline: For immediate assistance or advice 24 hours a day 7 days a week 1-800-356-5502.

CT Department of Social Services-Elder Abuse: To investigate and resolve complaints of neglect, abuse, or exploitation of elderly in the community call 860-886-0521. For Long Term Care Ombudsman Program advocacy for the elderly in nursing homes, please call 860-823-3366.

Domestic Violence Hotline: 860-456-9476

Safe Return: A program that assists with the identification and safe return of people with Alzheimer's disease. The program includes identification products, a photo/information database, an emergency crisis line, Alzheimer's Association local chapter support. To enroll call 1-888-572-8566.

Sexual Assault Crisis Center of Eastern Connecticut: Counseling, support, and help for sexual assault victims and their families 860-456-3595.

## **RECREATION**

Mansfield Senior Center: Call for a listing of exercise classes and interest/hobby groups 860-429-0262.

Fishing and Hunting Passes: Free lifetime passes for people aged 65 and over. Applications are available at Mansfield Town Clerks office 860-429-3311.

Mansfield Community Center: Call for programs 860-429-3015.

## **SAFETY**

Personal Emergency Response Buttons: Button worn around the neck of a frail elderly or handicapped person and/ or placed in the bathroom or other room activates an emergency notification system when pushed:

Windham Hospital: Ask for lifeline service: 860-456-9116

Absolute Alarm Co. Windham: Bodyguard system 860-456-4015

Lifeline Systems, Inc. of Massachusetts: 1-800-380-3111

VNA East, Mansfield: 860-456-7288

\*Call Mansfield Senior Center 860-429-0262 for listing of other companies\*

\*Please note: All companies have installation fees but a reputable response button service will rent its equipment on a monthly basis, not sell it to the user\*

\*Suggestion: Have the numbers of your physician, family and emergency services posted on your refrigerator and inside the front cover of your phone book\*

Emergency Medical Information Magnet: Red magnet envelope to put on refrigerator. Form inside contains your medical information. Ambulance attendant takes magnet to emergency room with patient. Available at Senior Center or by mail 860-429-0262 x 1.

Southern New England Telephone Company: Has services to aid the sight and hearing impaired, including exemption from charging for directory assistance and telecommunication devices for the deaf (TDD). Call 1-800-922-4605 for more information.

Mansfield Committee on the Needs of Persons with Disabilities: Reviews planning advocacy, information and consultation. Usually meets once per month. For more information call 860-429-3115.

TRIAD: Call the Mansfield Senior Center 860-429-0262 for information about the "Yellow Dot Program". A yellow dot sticker is placed on your windshield of your car. This dot tells emergency personnel that you have health information or instructions in your glove compartment.

## **STATE SERVICES**

Blindness Prevention: 1-800-850-2020

ConnPace: State subsidized pharmacy program for seniors and disabled individuals that do not have Medicare 1-800-423-5026

Consumer Protection: 1-800-842-2649

Disabled Adults: 1-800-842-7303

Elder Abuse/ Neglect: 860-886-0521

Energy Services: 860-889-1365

Fraud Reporting: 860-808-5318

Housing Court: 860-887-3731

Husky Health Care: 1-877-284-8759

Insurance Commissioner: 860-297-3800

Legal Assistance for Medicare: 1-800-413-7796

Poison Control Center (24 Hours): 1-800-222-1222

Senior Advocate Hotline: 860-947-1827

Social Services: 1-800-842-1508

State Police: 860-685-8190

State Police (Missing Persons): 860-685-8230

Veterans Affairs: 860-887-9162

## **OTHER IMPORTANT NUMBERS:**

Alcoholics Anonymous: 203-227-2496

Child Abuse Hotline: 1-800-422-4453

Consumer Credit Counseling: 1-800-208-2227

Consumer Law Project for Elders: 1-800-296-1467

Gambler's Anonymous: 888-424-3577

Hospice: 860-848-5699

Red Cross: 860-447-3248

Social Security: 1-800-772-1213

Federal Do Not Call List: 1-888-382-1222

Connecticut Do Not Call List: 1-800-842-2649

## **TRANSPORTATION**

American Cancer Society: Rides for cancer treatment 1-800-492-7161.

Connecticut Transit Bus Service: Discounts on bus tickets and bus passes for seniors. Available at the Mansfield Senior Center 860-429-0262.

Dial-A-Ride: To schedule a ride, call the Dial-A-Ride dispatcher at 860-456-1462 by 4:00 p.m. a minimum of two business days before you'd like a ride. Persons 60 years of age and older and persons with disabilities have priority scheduling.

Norwich Taxi (Willimantic): 860-456-2227

Seat Bus Service: Available to persons who have physical or mental disabilities and cannot use the regular bus service. For more information call 860-886-2631.

Mansfield Senior Center: Volunteer Driver Program. Contact Gianna Stebbins at 860-429-0262 to arrange for transportation provided by volunteers. Please note that a 72 hour request for transportation is preferred.

Windham Region Transit (WRTD)—Fixed Route Bus Services:

Storrs-Willimantic Bus serves Mansfield, Storrs and Willimantic Monday through Saturday. This service does not operate on Sunday. The Storrs-Willimantic bus provides service between the Holiday mall in Storrs and Gateway Commons (Shaw's) in Willimantic. This route serves UCONN, East Brook Mall and ECSU's Noble Hall using Route 195, Main Street inbound and Valley Street outbound.

Route 195 Express Service offers an evening run Monday through Saturday during fall and Spring UConn semester, from the UConn campus, through Foster Drive, past ECSU, and into downtown Willimantic.

Willimantic-Danielson Bus service is provided between Willimantic, Chaplin, the Route 97 Commuter lot in Hampton, and Ocean State Plaza in Brooklyn, where it connects with the Northeast Connecticut Transit District (NECTD).

All WRTD services are open to the general public. Residents of Mansfield may obtain a "free fare" card that allows them to use the fixed route bus service at no charge within the Town of Mansfield. Cards may be obtained by showing proof of residence at the Mansfield Senior Center, the Town Clerk's Office, or the Department of Human Services.

All WRTD vehicles are wheelchair-accessible.  
Some vehicles are equipped with a bicycle rack.

Other WRTD Services:

WRTD offers Dial-A-Ride and ADA paratransit demand-response services in addition to their fixed route services. Dial-A-Ride may be used for rides to anywhere within the ten-town Windham Region (Ashford, Chaplin, Columbia, Coventry, Hampton, Lebanon, Mansfield, Scotland, Willington and Windham).

Including:

- \*medical appointments (first priority)
- \*shopping (preferably in groups)
- \*personal business
- \*nutrition sites
- \*Senior Center activities
- \*work

All WRTD services are open to the public. To schedule a ride, call the Dial-A-Ride dispatcher at 860-456-1462 by 4:00 p.m. a minimum of two business days before you'd like a ride. Persons 60 years of age and older and persons with disabilities have priority scheduling. General Public rides are scheduled on an as-available basis. Call Dial-A-Ride at 860-456-1462 for additional information or to schedule a ride.

Operation of Dial-A-Ride requires the grouping of rides, whenever possible, according to destination. Dial-A-Ride is not a taxi service. If you find that you do not need a ride you have scheduled, call the dispatcher immediately and cancel the ride.

Americans with Disabilities Act (ADA) Paratransit Services: Passengers who are certified ADA eligible and who are traveling within a three quarter mile radius of a WRTD fixed-route bus (the Willimantic City Bus or Storrs-Willimantic Bus), may use Dial-A-Ride as paratransit during the days and hours of fixed-route operation. Call WRTD at 860-456-2223 for more information about ADA eligibility.

Fares: Dial-A-Ride gratefully accepts donations from its users or any other interested parties. Local contributions are matched with State and Federal funds. Please send to: Dial-A-Ride Office, 968 Main Street, Willimantic, Ct. 06226.

Passenger:

General Public.....	\$3.00
*Person with Qualifying Disability.....	\$1.50
*Person 60 Years of Age & Older.....	Free
**ADA Certified Passenger.....	\$1.40-\$2.60

- Proper I.D. required for reduced fare. To receive the reduced fare privileges, display your Medicare Card, or your Transit/reduced Fare Photo I.D. Card to the driver. If you do not have a Medicare Card, a Transit/Reduced Fare Photo I.D. Card is available by calling the CT Transit Senior/disabled representative at 860-522-8101.

\*\*Call WRTD at 456-1462 for specific fare information.

Hours of Operation:

Dial-A-Ride: Monday – Friday, 8:00 AM to 4:00 PM

ADA Paratransit: Monday – Friday, 6:20 AM to 7:31 PM. Saturday, 6:20 AM to 6:44 PM

Transportation to Medical Appointment: Transportation may be available for medical appointments outside of the Dial-A-Ride region for seniors and people with disabilities. Riders are primarily provided by homemakers who use their own vehicles. This service is funded by a municipal grant from the State Department of Transportation, and there is no fare for these rides. The Town of Mansfield gratefully accepts donations from its users or any other interested parties to support this service. Please send to: Town of Mansfield, Department of Human Services, 4 South Eagleville Road, Storrs, Ct. 06268. Contact Dial-A-Ride at 860-456-1462 to schedule transportation.

Other Transportation Services: The Town of Mansfield currently provides van service weekly from Glen Ridge Retirement Community, Juniper Hill and the Mansfield Senior Center/Wrights way to the Mansfield Public Library, Big Y, the East Brook Mall, the Willimantic Food Co-op and Wal-Mart. The trip currently starts at Glen Ridge at 1:00 PM on Mondays, and leaves Wal-Mart for the return trip at approximately 2:45 PM. This service is funded by a municipal grant from the State Department of Transportation, and there is no fare for the rides. The Town of Mansfield gratefully accepts donations from its users or any other interested parties to support this service. To obtain up to date schedule information please contact Dial-A-Ride at 860-456-1462 or the Mansfield Department of Human Services at 860-429-3315.

## **VETERANS AFFAIRS**

Veterans Affairs Agency Main: 860-616-3600

Office of Volunteers: 860-616-3605

Veterans Advocacy and Assistance: 860-616-3682/3684

Burial and Cemetery Services: 860-616-3688

Veterans Home Food Services: 860-616-3861

Veterans Home Safety and Security: 860-616-3610

Veterans Advocate: Contact Bill Woodbury at 860-423-4534 or 860-423-8507

Veterans Affairs Office: West Haven, CT 203-931-0460

Disabled American Veterans: Bristol, CT 860-589-4710

Veterans of Vietnam in America: Hartford, CT 860-568-9212

Norwich Vet Center: 860-887-1755

## **VOLUNTEERING**

Connecticut Retired and Senior Volunteer Program: 860-889-1365

Mansfield Senior and Wellness Center: A good way to make friends, use your skills and keep busy giving much needed help. 860-429-0262.

Windham Hospital Volunteer Department: many volunteers are needed to assist in varied facets of hospital operation. Your interests and talents will be matched with volunteer positions. 860-456-6792.

Mansfield Town Hall: Call for listing of volunteer opportunities at 860-429-3336.

A very special thank you goes out to Sara Wells. Sara Wells, intern and graduate of the University of Connecticut (May 2011), compiled the information in this booklet for the seniors of Storrs/Mansfield as part of her fieldwork at the Mansfield Senior Center. Thank you, Sara.