

ADULT DAY CARE

GREENWICH ADULT DAY CARE (GADC)

70 Parsonage Road, Greenwich, CT 06830

203-622-0079 Mon.-Sat., 8:00 a.m. to 4:30 p.m.

Website: www.gadc.org or email for information: lburgweger@gadc.org

For 30 years GADC has created activity-rich days along with health, therapeutic and personal care for seniors with cognitive and/or physical impairments. Their caregivers benefit from precious daytime hours to maintain their own lives and health, which often makes the difference in allowing their loved ones to remain living at home.

Up to six days a week, seniors participate in individualized programs with fully escorted door-to-door wheelchair-accessible transportation in Greenwich and Stamford. Programs include art therapy, music, gardening, word games, current events, book club, and field trips to museums or beaches, plus nutritious meals with fresh fruits and vegetables. Professional staff delivers exercise and maintenance rehabilitative therapies, and coordinates other medical services with the participant's physicians. A licensed professional social worker offers individual counseling, home visits, and caregiver programs, including *Care Plan for Caregivers*, caregiver support and early stage Alzheimer's groups.

A separate program offers special needs attention in a safe, therapeutic environment with compassionate staff professionally trained in Alzheimer's/Dementia care, health care, physical and recreational therapies.

GADC is planning a space dedicated to caregivers in its new location on the Mianus River in Cos Cob. Easily accessible by public and private transportation, caregivers will navigate resources to find solutions through the internet, books and periodicals. Professional staff and trained volunteers will offer personal assistance, referrals and support. GADC is a 501 (c)(3) nonprofit organization and expects to move into its new home at 125 River Road Extension in Cos Cob (corner of Post Road) in 2007.

FEE: Call the number above for information about fees (subsidies and grants are available).

ADULT DAY PROGRAM AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Social and therapeutic program with flexible hours Monday through Saturday.

CAREGIVER RESPITE AND COUNSELING

Alternative care for patients who are in need of temporary substitute care to relieve family members from caregiving duties. Respite allows family members to go away for a short period of time.

VIRGINIA M. SCHROEDER FUND FOR RESPITE CARE

Provides grant funding for respite care for residents of Greenwich, Stamford, Darien, New Canaan and Norwalk. To request an application contact the Interfaith Council at:

Website: www.interfaithcouncil.org,

Phone 203-329-3288

THE CONNECTICUT STATEWIDE RESPITE CARE PROGRAM

Southwestern Conn. Agency on Aging (SWCAA)

10 Middle Street, Bridgeport CT 06604

203-333-9288

This program enables caregivers to receive respite care services by establishing a care plan of services for their loved ones with Alzheimer's disease or related disorders. An application must be completed including documentation of Alzheimer's disease or a related disorder. Contact SWCAA for information.

FEE: A co-payment of 20% of total cost of the service is contributed by the family but may be waived in situations of financial need.

GREENWICH ADULT DAY CARE (GADC)

70 Parsonage Road, Greenwich, CT 06830

203-622-0079 Mon.-Sat., 8:00 a.m. to 4:30 p.m.

www.gadc.org or email for information: lburgweger@gadc.org

GADC is planning a space dedicated to caregivers in its new location on the Mianus River in Cos Cob. Easily accessible by public and private transportation, caregivers will navigate resources to find solutions through the internet, books and periodicals. Professional staff and trained volunteers will offer personal assistance, referrals and support.

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Waveny Care Center hosts a biweekly public support group for caregivers coping with the impact of Alzheimer's Disease. This group is sponsored by the Alzheimer's Association of Connecticut and focuses on the enormous responsibility of caring for a loved one with memory loss. Waveny welcomes caregivers from all areas to attend. Meetings are held on the second and fourth Tuesdays of every month at 1:45 PM and last for approximately one hour.

CENTER FOR HOPE, FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822 Mon.- Wed., 9:00 a.m. to 8:00 p.m.; Fri., 9:00 a.m. to 5:00 p.m.;
Sat., 9:00 a.m. to 12 noon for appointments.

Website: www.familycenters.org

Information and referral services are available as well as ongoing counseling for seniors and their family members. Services are provided both at Family Centers and through home visits.

FEE: Call the number above for information.

FAMILY & CHILDREN'S AGENCY, INC. / HOME CARE PLUS

137 East Avenue, Norwalk, CT 203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health agency providing live-in, hourly or respite care supervised by a registered nurse.

Fee: Fee for service. Fee assistance may be available for seniors over 60.

Stipend available to individuals with spinal cord injuries.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Southwestern Connecticut Agency on Aging

10 Middle Street, Bridgeport, CT 06604 203-333-9288, Fax: 203-696-3866

e-mail: NLombard@SWCAA.org

Provides information and assistance on caregiver issues over the phone. Provides funding for Respite and Supplemental Services based on eligibility criteria.

THE FOLLOWING FACILITIES OFFER RESPITE CARE IF SPACE PERMITS:

Brighton Gardens (Stamford) 203-322-2100

Greenwich Adult Day Center - 203-622-0079

Greenwich Hospital – 203-863-3200

Greenwich Laurelton Wellness Center - 203-531-8300

Greenwich Woods Health Care Center – 203-531-1335

Nathaniel Witherell – 203-618-4200

Tandet Center for Continuing Care (Stamford) – 203-964-8500

Village at Waveny Care Center (New Canaan) 203-594-5200

(Assisted Living)

Waveny Care Center (New Canaan) 203-594-5200 (Skilled Nursing)

CHORE SERVICES, HOUSEHOLD HELP & ERRANDS

JEWISH FAMILY SERVICES

1 Holly Hill Lane, Greenwich, CT 06830
203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 p.m.

Website: www.jfsgreenwich.org

Small household repairs will be performed by a person trained in carpentry. Other chores will be performed by volunteers or skilled persons as required.

FEE: None. Donations accepted.

Snow Angels At Your Service

203-622-1881 Mon.-Fri., 9:30 a.m. to 5:030 p.m.

Volunteers are available to shovel snow from your walkways.

FEE: Donations accepted.

Supermarketing for Seniors

203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 p.m.

A trained shopper will come to your home every week to pick up your shopping list and do your grocery shopping for you. If you are able, you may go with your shopper. This service is available to any Greenwich resident 60 years or older.

FEE: None. Donations accepted.

COMFORT KEEPERS

17 Heronvue Road, Greenwich, CT 06831
203-629-5029

Website: www.comfortkeepers.com

Non-medical services hourly and live-in to assist seniors with such daily tasks as meals, shopping, housekeeping, transportation, laundry and companionship, needed to assure their ability to stay in their homes.

All staff is background-checked, trained, bonded and insured.

FEE: Fee for service.

COMPANIONS AND HOMEMAKERS

363 Rees Road, Fairfield, CT 06824
203-259-8375

Live-In or hourly in-home care. Services include companionship, homemaking, transportations and assistance with personal care. Employees also trained for Alzheimer's care. **FEE: Rates available upon request.**

**GREENWICH DEPARTMENT OF SOCIAL SERVICES
HOMEMAKER DEPARTMENT**

Town Hall, Greenwich, CT 06830

203-622-3801 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

Trained and professionally supervised homemaker-home health aides assist families and individuals in their own homes in times of illness or emotional stress. Aides perform light housekeeping chores, laundry, shopping and meal preparation. They also give personal care such as bathing and grooming and help with activities of daily living.

FEE: Sliding scale.

FAMILY & CHILDREN'S AGENCY, INC. / HOME CARE PLUS

137 East Avenue, Norwalk, CT 203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health agency providing live-in, hourly or respite care supervised by a registered nurse. Homemaking, transportation via car or wheelchair-accessible van, chore, licensed carpenter, social services and Lifeline emergency response system. All staff thoroughly referenced, extensive background screening and trained. Agency responsible for employee taxes and benefits. Licensed and bonded. In operation since 1942.

Fee: Fee for service. Fee assistance may be available for seniors over 60.

Stipend available to individuals with spinal cord injuries.

HOME INSTEAD SENIOR CARE

128 East Avenue, Norwalk, CT 06851 203-853-0370

Website: www.homeinstead.com

Home Instead Senior Care is a non-medical service with a staff of screened, trained, bonded and insured CAREgivers who provide companionship, meal preparation, light housekeeping, medication reminders, errands and incidental transportation.

FEE: Fee for service.

HOME CHOICE SENIOR CARE

21 Charles St., Suite 212, Westport, CT 06880

203-227-5040

Qualified and trained caregivers assist with companionship, meal planning and preparation, incidental transportation, errands, light housekeeping, medication reminders, monitoring safety while bathing, organizing bill paying. **FEE: Fee for service.**

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

ALZHEIMER'S DISEASE/DEMENTIA

ALZHEIMER'S ASSOCIATION

Website: www.alzct.org

Fairfield County Chapter
10 Wall St., Norwalk, CT 06850

Connecticut Chapter
279 New Britain Road, Kensington,
CT 06037

1-866-3MEMORY – Toll-Free Phone

ALZHEIMER'S RESOURCE CENTER

1261 South Main Street, Plantsville CT 06479

860-628-9000, 7 days, 24 hours

Provides state-wide services including treatment for all aspects of Alzheimer's disease and related dementia, educational services, support groups and family counseling, 120 Beds.

ALZHEIMER'S DISEASE & RELATED DISORDERS ASSOCIATION

1-800-621-0379 (National Office)

ALZHEIMER'S INFOLINE

1-866-3 MEMORY, 7 days, 24 hours

DRS. CHARLOTTE & DAVID BROWN GERIATRIC EVALUATION CLINIC AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5300

Website: www.waveny.org

Comprehensive medical geriatric assessments and ongoing management.

THE GREENS AT GREENWICH

1155 King Street, Greenwich, CT 06831

203-531-5500 Daily

The Greens at Greenwich is an assisted living residence, with 28 apartments and assistance available 24 hours a day. Assistance with daily living is provided. The Greens is also affiliated with Greenwich Woods Health Care Center, which will provide priority admission to Greenwich Woods and its specialized Alzheimer's Unit.

Please call the above number for additional information.

HEARTHSTONE ALZHEIMER CARE

95 South Broadway, White Plains, NY 10601
(914) 684-1980

Website: www.thehearth.org

The Hearthstone Mission: Creating residential treatment environments where people with Alzheimer's and related disorders can flourish.

Hearthstone Alzheimer Care was founded in 1992 to provide innovative treatment for people with dementia in assisted living settings. Hearthstone has been a recognized leader in its field for nearly a decade.

ANXIETY, DEPRESSION, FAMILY AND GRIEF COUNSELING

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833 Day, evening and weekend appointments are available

care4you@optonline.net

Website: www.CaregiverResourceCenter.com

The Caregiver Resource Center provides counseling services for seniors and family members related to mental health and grief issues. Services include: information and referral, assessment, individual, couple and family counseling, literature and educational programs. Appointments may be scheduled in our office or as a home visit.

FEE: Call the number above for information.

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822 Mon.- Wed., 9:00 a.m. to 8:00 p.m.; Fri., 9:00 a.m. to 5:00 p.m.;

Sat., 9:00 a.m. to 12 noon for appointments.

Information and referral services are available as well as ongoing counseling for seniors and their family members. Services are provided both at Family Centers and through home visits.

FEE: Call the number above for information.

F.S. DUBOIS CENTER (Dept. of Mental Health & Addiction Services)

780 Summer Street, Stamford, CT 06901

203-358-8500

F. S. Dubois Center provides a range of out patient psychiatric, substance abuse, crisis, support and rehabilitation services. These services are targeted to publicly insured or uninsured adults with behavioral health disorders and their families.

Bilingual staff available.

FEE: Call 203-388-1600 for more information.

GREENWICH CHAPLAINCY SERVICES

Website: www.greenwichchaplaincy.org

70 Parsonage Road, Greenwich, CT 06830

203-618-4200, ext. 236, 9:00 a.m. to 5:00 p.m.

On call 24 hours. A ministry of worship, counsel and support is available to the residents of Greenwich area nursing homes and their families. Contacts with local faith communities are maintained. A ministry of in-service training and education is provided for staff and family members. Individual consultations are welcomed on request.

FEE: None. Contributions welcomed.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800 Mon.-Fri., 8:30 a.m. to 5:00 p.m.

After-hours emergency services through Infoline. Call 211

The Department administers financial, supportive and protective services for families, children, and the elderly, ill and handicapped. Services for adults include: Financial Aid, Information and Referral, Counseling, Protective Services for Elderly - people 65 and over in danger of abuse, exploitation, or neglect (including dangerous self-neglect), Homemaker-Home Health Aide Service, Social Services at the Senior Center, Municipal Agent for Elderly, Community-Based Residential Care Program and assistance in housing search.

FEE: None

JEWISH FAMILY SERVICES

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 p.m.

Website: www.jfsgreenwich.org

Assistance to older adults and their families is provided by professional social workers. Also available is an elder support network that links families of different localities with resources. The agency has small discussion groups for seniors, home visits, telephone reassurance, friendly visitors and guidance to adult children. Counseling is available to assist with widowhood, coping with illness, loneliness and planning for the future. Participates in Elder Support Network.

FEE: Sliding scale.

MEAD COUNSELING CENTER

139 East Putnam Avenue, Greenwich, CT 06830

203-869-5063 By appointment only

The Mead Counseling Center offers psychotherapy and spiritual guidance for individuals and their families.

FEE: Determined according to income.

DOMESTIC ABUSE

DOMESTIC ABUSE SERVICE

YWCA

259 East Putnam Avenue, Greenwich, CT 06830

Emergency Phone: 203-622-0003, 24 hours, 7 days a week. Information and non-emergency: 203-869-6501 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Offers professional and confidential counseling to persons experiencing violence in his/her life. Provides support groups, legal information and emergency shelter.

HEARING IMPAIRED

COMMISSION ON DEAF & HEARING IMPAIRED

1-860-566-7414

Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.

SUICIDE PREVENTION

INFOLINE: CALL 211

United Way of Connecticut

1344 Silas Deane Hwy. Rocky Hill, CT 06067

Immediate telephone counseling and suicide intervention provided 24 hours per day consultation on warning signs. Community education services are also available. INFOLINE holds certification from the American Association of Suicidology.

FEE: None

**F.S. DUBOIS CENTER- (Dept. of Mental Health & Addiction Services)
Mobile Crisis Services**

780 Summer Street, Stamford, CT 06901

203-358-8500 Immediate telephone counseling and suicide intervention provided from 8AM- 8PM.

F. S. Dubois Center provides a range of outpatient psychiatric, substance abuse, crisis, support and rehabilitation services including a mobile crisis service. Mobile crisis services are available for immediate evaluations. Bilingual staff available.

FEE: NONE Call CRISIS # 203-358-8500 for more information.

SUBSTANCE ABUSE

ALCOHOLICS ANONYMOUS (Answering Service)

First Presbyterian Church

18 Lafayette Place, Greenwich, CT 06830

203-869-5221 Daily except Sun., 9:30 a.m. to 9:30 p.m.

Alcoholics Anonymous offers help to any person who has a problem with alcohol. When the answering service is closed, paid answering service will contact a member of AA to provide assistance.

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833 Day, evening and weekend appointments are available

e-mail: care4you@optonline.net

Website: www.CaregiverResourceCenter.com

The Caregiver Resource Center provides substance abuse services for seniors and their family members. Services include: assessment, individual, couple and family counseling, educational programs and interventions. Appointments may be scheduled in our office or as a home visit.

FEE: Call the number above for information.

THE RECOVERY PROGRAM

Greenwich Hospital

203-863-4673 24 hours

The 16-bed center treats people with chemical addictions through medical management, individual and group counseling, AA participation, physical therapy and family support. Admissions are twenty-four hours a day, seven days a week. Several outpatient programs are available for both the addicted and their families.

FEE: Sliding scale. Medicare and insurance coverage, if approved.

LIBERATION PROGRAMS, INC.

Older Adults Recovery Services

DuBois Center, 3rd Floor

780 Summer Street

Stamford, CT 06901

203-388-1565 Mon.-Fri., 8:30 a.m. to 5:00 p.m.

Website: www.liberationprograms.org

LIBERATION/OLDER ADULTS is the only substance abuse prevention and treatment program in Fairfield County exclusively assisting older adults. Older adults abusing alcohol and/or prescription drugs enter recovery through individual, group and family counseling that targets their unique needs. Services include assessment, intervention, individual counseling, group counseling, family/significant other counseling, outreach clinical services, outreach education and prevention services.

FEE: All services are FREE to adults 55 years and older and to family members of those in treatment.

EMPLOYMENT ASSISTANCE

USE (Utilize Senior Energy)

Senior Center

299 Greenwich Avenue, Greenwich, CT 06830

203-629-8031 Mon.-Fri., 9:30 a.m. to 12:30 p.m.

USE is a non-profit employment service for Greenwich residents over 50 years of age seeking employment (part-time and full-time or a specific job assignment) and for residents and businesses interested in employing older persons on a short/long term basis.

FEE: None

VOLUNTEER OPPORTUNITIES

INTERNATIONAL EXECUTIVE SERVICE CORPS

P.O. Box 10005, Stamford, CT 06904-2005

203-967-6000 Mon.-Thurs., 8 a.m. to 4:15 p.m., Fri. 8 a.m. to 3 p.m.

Recently retired managers are assigned as consultants to projects in developing countries throughout the world. Volunteer and spouse will have their expenses paid while on assignment.

NATIONAL EXECUTIVE SERVICE CORPS

622 Third Avenue, New York, NY 20027-6753

212-867-5010 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

A non-profit organization providing management consultants who are retired executives to other non-profits in the fields of education, health care, social services, cultural and religious organizations.

THE RETIRED SENIOR VOLUNTEER PROGRAM OF S.W.CT

98 South Main Street, Norwalk, CT 06854

203-899-2442 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

A non-profit program that recruits people 55 and older to place them in meaningful and challenging volunteer positions in the community.

SCORE (Service Corps of Retired Executives)

24 Belden Avenue, Norwalk, CT 06850

203-847-7348 Mon.-Fri., 9:30 a.m. to 12:30 p.m.

SCORE provides professional, confidential, management counseling to individuals who are in business or who wish to start a business.

THE VOLUNTEER CENTER OF SOUTHWESTERN FAIRFIELD COUNTY

62 Palmer's Hill Road, Stamford, CT 06902

203-348-7714 Mon.-Fri., 9:00 a.m. to 4:00 p.m.

The Volunteer Center recruits and matches volunteer's skills to specific agency requests, conducts training programs designed to make volunteer service more effective and promotes the concept that citizen participation is the strength of a health community.

**VOLUNTEER PROGRAM
FAMILY CENTERS, INC.**

40 Arch Street, Greenwich, Ct 06830

203-869-4848

Website: www.familycenters.org

Family Centers offers a variety of enriching volunteer opportunities for people of all ages and commitment levels. Whether it's working with children, seniors or families, Family Centers' volunteers play an integral role in strengthening the community. Programs welcoming volunteers include Friendly Connections, The Den for Grieving Kids, Early Childhood Education, the Center for Hope and many more. All volunteers must participate in a registration/orientation process. Training is also provided, where applicable.

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD CO.

Senior Services of Stamford

945 Summer Street, Stamford, CT 06905

203-324-6611 Mon.-Fri. 9:00 a.m. to 5:00 p.m.

A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

FINANCIAL ASSISTANCE

CASH AND OTHER ASSISTANCE

FINANCIAL ASSISTANCE

Greenwich Department of Social Services
Town Hall, Greenwich, CT 06830

203-622-3800, Mon.-Fri., 8:30 a.m. to 4:30 p.m.

The department provides financial aid to residents of Greenwich who are in need. It also provides referrals to Federal and State assistance programs and to private sources of aid. Call for an appointment.

NEIGHBOR TO NEIGHBOR

Christ Church - West Annex

248 East Putnam Avenue, Greenwich, CT 06830

203-622-9208 Mon.-Fri., 9:00 a.m. to 12:30 p.m. – for clients; 8:00 a.m. to 12:30 p.m. – for donations

Neighbor-to-Neighbor is a non-denominational organization that provides supplementary food and clothing for families and individuals. Eligibility is determined through referral or documentation of income.

CONNECTICUT MONEY MANAGEMENT PROGRAM BILL PAYER PROGRAM

Southwestern CT Agency on Aging

10 Middle Street, Bridgeport, CT 06604

Toll Free: 1-800-811-9808, 203-333-9288

Trained volunteers provide assistance to low-income older and disabled individuals who are at risk because they cannot manage their financial affairs. The volunteers provide help with monthly bill paying, budgeting and record keeping.

This program is co-sponsored with AARP.

FEE: None

ON-LINE BENEFITS CHECK-UP

Southwestern Connecticut Agency on Aging

Website: www.SWCAA.org Click on the \$ **Benefits Check Up** icon.

CREDIT COUNSELING

CONSUMER CREDIT COUNSELING

1-800-450-2808

Non-profit statewide community service offers financial counseling, dept management.

ENERGY AND UTILITIES ASSISTANCE

ENERGY ASSISTANCE (CEAP)

Greenwich Department of Social Services

Town Hall, Greenwich, CT 06830

203-622-3800 Mon.-Fri., 8:30 a.m. to 5:00 p.m.

This program is designed to help low-income individuals and families pay their winter heating bills. Cash payments are available for households where heat is included in the rent. Seniors may apply at the Department of Social Services for Federal, State and privately funded energy assistance programs. Applications may also be made at the Senior Center. Hours may vary. Please call for appointment between 9:00 a.m. and 12:00 noon. Income limits vary depending on family size.

TAX RELIEF AND ASSISTANCE

ELDERLY HOMEOWNERS' TAX RELIEF ACT (State Program)

Town Hall, Tax Assessor's Office, Greenwich, CT 06830

203-622-7885 Mon.-Fri., 9:00 a.m. to 3:00 p.m.

Website: www.opm.state.ct.us

This program arranges tax abatement for a Greenwich taxpayer 65 or over who is a property owner and who has lived in his house for at least one year. There is an income limitation: check the above Website and click on GRANTS/SERVICES. Applicants must file between February 1st and May 15th for previous year.

ELDERLY PROPERTY TAX RELIEF (Town Program)

Town Hall, Tax Assessor's Office, Greenwich, CT 06830

203-622-7885- Mon.-Fri., 9:00 a.m. to 3:00 p.m.

This program arranges tax abatement for a Greenwich taxpayer 65 or over who is a property owner or co-op owner and who has lived in his house for a least one year as their primary residence. Must apply first for tax relief under other programs available (see State program). There is an income limitation (changes periodically) of adjusted gross income plus tax exempt interest not to exceed \$39,000 (including Social Security). Applicants must file between February 1st and May 15th.

ELDERLY RENTERS' TAX RELIEF ACT

Renter's Rebate Program

Greenwich Department of Social Services

Town Hall, Greenwich, CT 06830

203-622-6458 Mon.-Fri., 8:30 a.m. to 5:00 p.m.

This is a program for rent refund for elderly 65 and over or disabled who have resided in Connecticut for at least one year. There is an income limitation for unmarried persons and for married couples that includes Social Security.

Applicants must file between May 15th and September 15th and must provide income information, rent and utility receipts.

Call the number above for income information and an appointment.

VETERAN'S TAX EXEMPTION

Veterans who file their DD-214 papers with the Town Clerk prior to October 1st will receive a property tax exemption off their assessment of real estate or automobile (if disabled or over 65 years of age and meet an income requirement the exemption will be increased). Contact the Assessor's office for further information at 203-622-7885.

TAX PREPARATION

AARP - INCOME TAX ASSISTANCE PROGRAM

Income tax assistance for elderly and low-income taxpayers is given by persons qualified and trained in income tax preparation. Active service is available from early February until April 15th. Site locations are announced in January.

Counseling service is part of AARP Tax Aide/TCE Program. Call the Commission on Aging, 203-622-3992, or the Senior Center, 203-622-3990, for further information.

FEE: None

INSURANCE COUNSELING

HEALTH INSURANCE COUNSELING PROGRAM

Commission on Aging/Family Centers, Inc.
299 Greenwich Avenue, Greenwich, CT 06830
203 622-3992 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare supplementary health insurance options and/or Medicare Prescription Drug options.

FEE: None

If you are not a Greenwich resident and would like free, non-biased information on Medicare and Medicare Supplement options, contact: SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES 1-800-994-9422

GERIATRIC CARE MANAGERS

A **geriatric care manager** is a health and human services professional, such as a gerontologist, nurse, social worker, or psychologist with a specialized focus on issues related to aging and elder care. **Geriatric care managers** work privately with older adults and their families to create a plan of care that meets the needs of the older adult. They will meet with you to help you understand your loved one's needs and to learn what resources and options are available to meet those needs.

NATIONAL ASSOCIATION OF GERIATRIC CARE MANAGERS, INC.

1604 N. Country Club Road, Tucson, AZ 85716
(520) 881-8008, (520) 325-7925 Fax

Open 8:00 a.m. to 4:30 p.m. MST, Monday thru Friday, except for holidays.

Contact the agency for referral to a professional geriatric care manager.

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122
203-861-9833 Day, evening and weekend appointments are available

Website: www.CaregiverResourceCenter.com

The Caregiver Resource Center provides a spectrum of services including: facilitating family meetings, assessment, development of an individualized care plan, research on available resources, coordination of services, monitoring the senior's evolving needs, serving as a liaison between the senior, family members and care providers, crisis intervention, advocacy and support. Services are provided at the senior's place of residence.

FEE: Call the number above for information.

CARE MANAGING, L.L.C.

Lois Cea, RN, President
PO Box 39, Rowayton, CT 06853
(203) 831-8500

Assessment and Implementation of care needs with live-in caregiver services. Individualized care planning and coordination of in-home or alternate living arrangements. Helping family members cope with elder care concerns and providing a link to community services. Offering expertise on medical, social, financial and legal issues. Healthcare advocacy.

PERSONAL FINANCIAL ORGANIZER

Judith Heft and Associates, LLC
2289 Bedford St. Unit A11, Stamford CT 06905
(917) 494-3986, (203) 978-1857 (Fax)

Website: www.judithheft.com

Assists seniors with handling routine financial transactions, maintaining and reconciling bank accounts, resolve billing discrepancies, submitting and reviewing routine medical claims, organizing home files, compiling year-end tax information for client's CPA. Bonded and Notary Public.

WAVENY CARE CENTER

Joan Merrill
3 Farm Road, New Canaan, CT 06840
203-966-8725

RETIREMENT AND PENSION ASSISTANCE

THE NEW ENGLAND PENSION ASSISTANCE PROJECT

Toll Free: 1-888-425-6067, 617-287-7307, npln@umb.edu

The Project offers counseling and recovery assistance regarding pension benefits to which you are entitled. It can help you understand pension plan provisions, address eligibility problems and locate pension benefits. Services are provided to residents of Connecticut at no charge.

SOCIAL SECURITY ADMINISTRATION

2 Landmark Square, Suite 105, Stamford, CT 06901
203-359-0030 or 1-800-772-1213 Mon.-Fri., 7:00 a.m. to 7:00 p.m.

The Social Security Administration processes applications for Social Security account numbers, takes applications for retirement, survivors and disability benefits. It also takes applications for and administers the Medicare program and the SSI (Supplemental Security Income) program.

FOOD ASSISTANCE & NUTRITION SERVICES

HOME DELIVERED MEALS

MEALS-ON-WHEELS

89 Maple Avenue, Greenwich, CT 06830

203-869-1312 Mon.-Fri., 8:00 a.m. to 1:00 p.m.

This service provides home delivered, nourishing meals on a regular basis to the ill, disabled, elderly and others unable to prepare adequate meals for themselves.

Anyone can apply.

FEE: Call the number above for information.

LUNCHEON PROGRAM

GREENWICH SENIOR CENTER

299 Greenwich Avenue, Greenwich, CT 06830

203-622-3990 Mon.-Fri., 9:00 a.m. to 4:00 p.m.

Luncheon is served at noon to senior residents of Greenwich over the age of 55.

Now available are "Lunches to Go". Reservations must be made the day before by calling or coming into the Senior Center.

FEE: Call the number above for information.

SUPPLEMENTARY FOOD

NEIGHBOR TO NEIGHBOR

Christ Church – West Annex

248 East Putnam Avenue, Greenwich, CT 06830

622-9208 Mon – Fri 9:00 a.m. to 12:30 p.m. – clients: 8:00 a.m. to 12:30 p.m. – donations.

Neighbor-to-Neighbor is a non-denominational organization that provides supplementary food and clothing to families and individuals. Eligibility is determined through referral or documentation of income.

WEEKEND MEALS

WEEKEND LUNCH BUNCH

Greenwich Hospital

Perryridge Road, Greenwich, CT 06830

203-863-3690 Anytime

Weekend meals are offered to seniors Saturday and Sunday, 12-2 p.m., in the Greenwich Hospital Cafeteria.

FEE: Call the number above for information.

GROCERY SHOPPING SERVICE

JEWISH FAMILY SERVICES

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 p.m.

Website: www.jfsgreenwich.org

Supermarketing for Seniors: A trained shopper will come to your home every week to pick up your shopping list and do your grocery shopping for you. If you are able, you may go with your shopper. This service is available to any Greenwich resident 60 years or older.

FEE: None. Donations accepted.

HEALTH CARE & LONG TERM CARE

ALZHEIMER'S DISEASE/DEMENTIA (See Also – Long Term Care)

ALZHEIMER'S ASSOCIATION

Website: www.alzct.org

Fairfield County Chapter

10 Wall St.,

Norwalk, CT 06850

1-866-3MEMORY Toll-Free Phone

Connecticut Chapter

279 New Britain Road, Kensington

CT, 06037

ALZHEIMER'S RESOURCE CENTER

1261 South Main Street, Plantsville CT 06479

860-628-9000, 7 days, 24 hours

Provides state-wide services including treatment for all aspects of Alzheimer's disease and related dementia, educational services, support groups and family counseling, 120 Beds.

ALZHEIMER'S DISEASE & RELATED DISORDERS ASSOC.

1-800-621-0379 (National Office)

ALZHEIMER'S INFOLINE

1-866-3 MEMORY, 7 days, 24 hours

GREENWICH ADULT DAY CARE (GADC)

70 Parsonage Road, Greenwich, CT 06830

203-622-0079 Mon.-Sat., 8:00 a.m. to 4:30 p.m.

Website: www.gadc.org or email for information: lburgweger@gadc.org

GADC offers special needs attention in a safe, therapeutic environment with compassionate staff professionally trained in Alzheimer's/Dementia care, health care, physical and recreational therapies.

THE VILLAGE AT WAVENY CARE CENTER

3 Farm Road, New Caanan, CT 06840

203-594-5200

Website: www.waveny.org

GREENWICH HOSPITAL ACUTE CARE **OUTPATIENT AND COMMUNITY SUPPORT SERVICES**

CANCER HELPLINK

1-800-862-3755 Mon.-Fri., 8:00 a.m. to 7:00 p.m.

Cancer HelpLink offers information on cancer screenings, seminars and services.

Questions are answered by a registered oncology nurse.

FEE: None

CARDIAC CONDITIONING AT THE HEALTHY LIVING CENTER

Greenwich Hospital Center for Wellness and Preventive Medicine

203-863-4278 Mon.-Fri. (call for hours)

The cardiac conditioning program is designed for individuals diagnosed with coronary artery disease and those who are at high risk for heart disease. A true wellness program focusing on exercise, diet modification, and stress management.

FEE: None

THE CENTER FOR HEALTHY AGING

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4373 (Mon.– Fri.: 8:45 a.m.– 4:45 p.m.)

Greenwich Hospital's Center for Healthy Aging offers a wide range of programs designed to enhance the quality of life for older adults and their families. Professional clinical services and consultations are offered in several areas, including a memory evaluation, caregiving consultations, geriatric assessments, medication interactions and geriatric psychiatry. The Center works closely with the hospital's new **ACE** (Acute care for the Elderly) Unit for older patients who need specialized attention during their inpatient visits. Individuals may be referred to the center by their family physician, family members, a concerned friend, social service agencies or other health care providers. The Center also offers a resource library and its popular **GENERATIONS** program, which provides a variety of educational seminars to members age 50 and older. Learn more about the center by calling (203) 863-4373.

FEE: Call for specific information. Some portion may be covered by Medicare.

OUTPATIENT CENTER - DENTAL CLINIC

203-863-3413 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

The Greenwich Hospital Outpatient Center, a hospital-based facility, is Greenwich's primary health care resource for those who have no medical insurance or are under-insured. Eligible members of the Outpatient Center may access a comprehensive range of medical, pediatric, behavioral health, and dental services at reduced fees. Our team of dentists and hygienists is committed to providing the utmost in quality care in a courteous and efficient setting. A variety of routine dental services including cleaning and fluoride treatments, plus minor procedures and oral surgery are available from a rotation of volunteer dentists from the community, aided by our full-time dental support staff. Pediatric Dentists are also available to care for children age 12 and under.

FEE: Sliding Scale Medicare/Medicaid Accepted

HEARING, SPEECH AND LANGUAGE CENTER

203-863-3240 Call for appointment

The Hearing, Speech and Language Center offers hearing, speech, language, voice evaluations and therapy, hearing aid dispensing, speaking instructions and ear molds. Hearing aids are available for loan.

FEE: Sliding scale. Medicare/Medicaid coverage, if approved.

GREENWICH HOSPITAL HOME HOSPICE PROGRAM

203-863-3883

See Page 43 for a complete description of services.

LIONS LOW VISION CENTER

Sherman & Gloria H. Cohen Pavilion,

77 Lafayette Place, 3rd Floor, Greenwich CT 06830

203-863-3295, by appointment

The Lions Low Vision Center, a low-cost service, offers practical solutions and makes life easier for people learning to live with vision loss. The Center is open to residents throughout the region, by physician referral. The Center is a joint project of Greenwich Health at Greenwich Hospital, the Lions Low Vision Centers of Fairfield County and the Lions Club of Greenwich.

FEE: Medicare accepted

OUTPATIENT CENTER - MEDICAL CLINIC

203-863-3408 Mon.-Fri., 8:00 a.m. to 4:00 p.m., Wed. open until 6:00 p.m.

The Greenwich Hospital Outpatient Center, a hospital-based facility, is Greenwich's primary health care resource for those who have no medical insurance or are under-insured. Eligible members of the Outpatient Center may access a comprehensive range of medical, pediatric, behavioral health, and dental services at reduced fees. Our team of physicians and other medical professionals is committed to providing the utmost in quality care in a courteous and efficient setting. Treatment for common medical needs is provided by a rotating team of physicians, medical residents, nurse practitioners and other healthcare professionals. Their services range from prenatal care and child immunizations to remedies for sore throats, stomach ailments and other minor illnesses.

FEE: Sliding Scale Medicare/Medicaid Accepted

MEDICAL/SURGICAL OUTPATIENT PROGRAM

203-863-4357

This "All-in-a-Day" program allows patients, judged medically appropriate candidates by their physicians, to be admitted in the morning, undergo required treatment or surgery and return home the same day.

FEE: At hospital rates. Medicare and insurance coverage, if approved.

OUTPATIENT CENTER – BEHAVIORAL HEALTH CLINIC

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-3316 Mon-Fri (8:00 a.m. – 4:00 p.m.)

The Greenwich Hospital Outpatient Center, a hospital-based facility, is Greenwich's primary health care resource for those who have no medical insurance or are under-insured. Eligible members of the Outpatient Center may access a comprehensive range of medical, pediatric, behavioral health, and dental services at reduced fees. Our Behavioral Health Clinic provides diagnostic services, crisis management, emergency intervention and ongoing treatment. These services are provided by our staff of psychiatrists, social workers, a psychologist and a clinical psychiatric nurse specialist.

Fee: Sliding Scale Medicare, Medicaid, and/or insurance coverage, if approved.

OUTPATIENT PHARMACY

203-863-3112 Mon.-Fri., 9:00 a.m. to 4:00 p.m.

Outpatient pharmacy fills prescriptions for clinic, psychiatric clinic, emergency room, and ambulatory care patients as well as those who are being discharged from the hospital.

PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH

108 Sound Beach Ave., Old Greenwich, CT 06870
203-637-1791, ext. 21

The Parish Nurse program strives to preserve God's gift of health and recognizes the interconnection between body, mind and spirit. Services available to the community include: blood pressure screening, consultation and information on a variety of health topics, support for healthy lifestyle changes, health education programs, support groups and referral to community resources. The Parish Nurse is available on Tuesdays and Thursdays and on many Sunday mornings.

PHYSICIAN REFERRAL SERVICE

203-863-DOCS Weekdays 8:30 a.m. to 4:30 p.m.

This service can match you with a local doctor to suit your specific needs.

RESPIRATORY CARE

203-863-3170 Mon.-Fri., 9:00 a.m. to 3:00 p.m.

A recognized pulmonary physiology section offers diagnostic studies and treatment for inpatients and outpatients.

FEE: Sliding scale. Medicare and insurance coverage, if approved.

STROKE TEAM

203-863-3290 Call for time

The team coordinates rehabilitative services (medical, nursing, physical/occupational therapy, language/speech pathology, and social services) for stroke patients. **FEE: None**

THE RECOVERY PROGRAM

203-863-4673 24 hours

The 16-bed center treats people with chemical addictions through medical management, individual and group counseling, AA participation, physical therapy and family support. Admissions are twenty-four hours a day, seven days a week. Several outpatient programs are available for both the addicted and their families. **FEE: Sliding scale. Medicare and insurance coverage, if approved.**

GERIATRIC ASSESSMENT

THE CENTER FOR HEALTHY AGING

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4373 (Mon.-Fri.: 8:45 a.m –4:45 p.m.)

The Geriatric Assessment is an in-depth evaluation for individuals with medical, psychological, cognitive or social problems that interfere with daily living. It is a consultation service that provides detailed information about current health status and recommendations to help prepare for the future. People with memory problems and functional decline are ideal candidates for this assessment, which is conducted by an interdisciplinary team which includes a board-certified Geriatrician, a Nurse Practitioner who specializes in Geriatrics, a PharmD, and a Licensed Clinical Social Worker. The team evaluates functional, social, psychological and medical needs. They also review medications, and assess mobility and the ability to perform routine tasks. Referrals may be made to other clinical services such as physical medicine or psychiatry.

FEE: Call for specific information. Some portion may be covered by Medicare or other insurances.

THE CHARLOTTE & DAVID BROWN GERIATRIC CLINIC

Waveny Care Center

3 Farm Road, New Canaan, CT 06840

203-966-8725

HEALTH CLINICS

GREENWICH DEPARTMENT OF HEALTH

Town Hall, 101 Field Point Road, Greenwich, CT 06836

203-622-7854 (for information and schedule of clinics)

Website: www.greenwichct.org/HealthDept

Senior health services are provided currently at six clinic sites: The Senior Center, Agnes Morley Heights, McKinney Terrace, Quarry Knoll, Parsonage Cottage and St Paul's Lutheran Church in Byram. Clinics are designed to help seniors maintain wellness through review of health history and counseling. Information about medications, safety measures, high blood pressure, diet, exercise and chronic illnesses is provided. Hypertension screening and immunization clinics are conducted at the Town Hall office of the Department of Health on Monday, Wednesday and Friday from 2:30 to 3:30. Referrals to health care providers or support agencies may be provided as needed.

FEE: No fee for screenings. Call for fee schedule on vaccines.

DRS. CHARLOTTE & DAVID BROWN GERIATRIC EVALUATION CLINIC

3 Farm Road, New Canaan, CT 06840

203-594-5300

Website: www.waveny.org

Comprehensive medical geriatric assessments and ongoing management.

NATIONAL EYE CARE PROJECT

655 Beach Street, San Francisco, CA 94109-1336

1-800-222-EYES (3937)

The National Eye Care Project is a nationwide outreach program designed to provide medical eye care to elderly persons. Through a toll-free help line, the program provides eligible seniors (65 years of age and older) referrals to qualified ophthalmologists who provide eye care. **The following services are not covered: eyeglasses, contact lenses, prescription drugs, hospital services (charged by the hospital) and associated services of other medical professionals, such as an anesthesiologist.** Those callers who want information only are sent an easy to read brochure discussing common eye diseases of aging, such as cataract, glaucoma, diabetic retinopathy and macular degeneration.

FEE: Medicare and private insurance will be billed, with co-payments waived. For those with no insurance, there is no charge.

GERIATRIC PSYCHIATRY

The Center for Healthy Aging

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT

203-863-4373, (Mon. – Fri., 8:45 a.m. to 4:45 p.m.)

Depression and behavioral issues accompanying dementia are common in later life. A geriatric psychiatrist, a physician highly trained in the management of emotional and behavioral problems related to aging, provides an individual assessment. Psychotherapy with either a licensed clinical social worker or a therapeutic group may be recommended, as may medication, depending on individual factors.

Fee: Call for specific information. Some portion may be covered by Medicare or other insurances.

MEDICATION REVIEW

The Center for Healthy Aging

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4373 (M-F: 8:45am – 4:45pm)

Learn more about the medications and supplements you take and receive a personalized medication profile. Bring in a list (or the medications themselves) of your prescription drugs, over-the-counter remedies, herbals and other vitamin/mineral supplements. Our clinical pharmacologist will give you a comprehensive explanation of how these substances work and any side effects you should watch for, including allergic responses, and alcohol or drug-herbal interactions.

Fee: Call for specific information.

VETERAN'S HEALTH SCREENING AND PRIMARY MEDICAL CARE CLINIC

Stamford Hospital, 191 Broad Street, Stamford, CT 06902

1-888-844-4441 Appointments Wed. 9:30 a.m. to 1:30 p.m. Clinic hours: Mon.-Fri. 8:00 a.m. to 5:00 p.m.

General health screenings for veterans of all ages who have not seen a physician in a year or more. Primary medical care services are provided on Mondays and Fridays by a VA primary care physician.

FEE: Screenings free

WALK-IN CENTER FOR CONVENIENT MEDICAL CARE

1200 East Putnam Avenue, Riverside, CT 06878

203-698-1419 Mon.-Sat., 10:00 a.m. to 6:00 p.m.,

Sun. 10:00 a.m. to 4:00p.m.

If you need a doctor and cannot wait for an appointment, you may stop in at the Convenient Medical Care Center in Riverside.

FEE: Examination fee plus x-ray/lab fees. Medicare accepted.

HEALTH TRANSPORTATION SERVICES

ACCESS AMBULANCE COMPANY, INC.

1111 East Putnam Avenue, Riverside, CT 06878

203-637-2351 for scheduling and information

Access is a cooperative effort between Greenwich EMS and Stamford Emergency Medical Services to provide professional non-emergency medical transportation. Services include ambulance and Invalid Coach. Access operates 7 days a week, 24 hours a day by appointment.

FEE: State assigns rate. Check with dispatcher for Medicare, Medicaid and insurance billing coverage.

GREENWICH EMERGENCY MEDICAL SERVICE (GEMS)

1111 East Putnam Avenue, Riverside, CT 06878

Emergency - call 911

Administrative business: 203-637-7505 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

GEMS is the town's 24-hour emergency ambulance service. Equipped with advanced life-saving equipment and staffed by trained EMTs and paramedics, each ambulance is an "emergency room" on wheels.

FEE: State assigns rate. Covered by insurance, Medicare and Medicaid.

MEDICAL FINANCIAL ASSISTANCE

CONNMAP (Medical Assignment)

25 Sigourney Street, Hartford, CT 06106

1-800-443-9946, 860-424-4925 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

ConnMAP is the Connecticut Medicare Assignment Program available to Connecticut residents enrolled in Medicare Part B administered by the State of Connecticut Department on Aging. ConnMAP provides eligibility cards to qualified Medicare Part B enrollees whom physicians are required to charge no more than Medicare approved rates for services provided. **ConnPACE cardholders need not apply for a Medicare Assignment Card. Valid ConnPACE cards can be presented to physicians in lieu of a Medicare Assignment (ConnMAP) card.** An applicant must meet income guidelines. (These figures change periodically).

CONNPACE

P.O. Box 5011, Hartford, CT 06102

1-800-423-5026; 860-832-9265 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

ConnPACE is the Connecticut Pharmaceutical Assistance Contract to the Elderly and the Disabled Program administered by the State of Connecticut Department on Aging. It helps eligible senior or disabled citizens by paying part of the cost of prescription drugs, insulin, insulin syringes, and insulin needles. Each eligible applicant receives a ConnPACE ID card that is good for one year. This card is presented to participating pharmacies where the participant pays a co-payment for each prescription, and the program pays the rest. An applicant must have a yearly adjusted gross income of \$23,100.00 or less if single, or \$31,100.00 or less if married. (These figures change periodically). Social Security is considered income.

FEE: \$30.00 annual registration.

MEDICAID/TITLE 19

1-866-663-9300 or 203-251-9300

MEDICARE PART D COUNSELING AND ASSISTANCE

Commission on Aging/Family Centers, Inc.

299 Greenwich Avenue, Greenwich, CT 06830

203 622-3992 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare Part D Prescription Drug options.

FEE: None

MEDICARE/MEDICAID

MEDICARE

Social Security Administration

2 Landmark Square, Suite 105

Stamford, CT 06901

203-359-0030 or 1-800-772-1213 Mon.-Fri., 9:00 a.m. to 4:30 p.m.

A Federal Medical Insurance Program for those 65 years or older, or disabled, regardless of income. To apply for benefits, call the Social Security Office.

If you are not a Greenwich resident and would like free, non-biased information on Medicare and Medicare Supplement options, contact: SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES 1-800-994-9422

MEDICARE ASSISTANCE PROGRAM

Greenwich Hospital

203-863-3334 Volunteer Office Wed. & Fri., 12 noon – 2:30 p.m.

A free service of the Greenwich Hospital Auxiliary to answer questions about Medicare coverage and to assist with the completion of Medicare forms. No appointment needed.

MEDICARE CLAIMS

United Health Care

538 Preston Avenue, P.O. Box 9000

Meriden, CT 06454-9000

1-800-982-6819

All part B claims are filed for you by your doctor. The above address and telephone number are to be used to question a payment by Medicare. In Connecticut United Health Care is the intermediary that processes the payment of Medicare claims.

CENTER FOR MEDICARE ADVOCACY, INC.

P.O. Box 350, Willimantic, CT 06226

1-800-262-4414

The Center for Medicare Advocacy provides free legal advice, self-help materials, and representation to elderly and disabled Connecticut residents who are unfairly denied Medicare coverage.

STATE OF CONNECTICUT - DEPT. OF SOCIAL SERVICES – REGIONAL OMBUDSMAN

1057 Broad Street, Bridgeport, CT 06106

203-551-5530

Mon. – Fri., 8:30 a.m. – 4:30 p.m.

Advocacy for health, safety, welfare and rights of people living in nursing homes.

STATE OF CONNECTICUT - DEPT. OF SOCIAL SERVICES - STATE OMBUDSMAN

25 Sigourney Street, Hartford CT 06106

860-424-5200

Mon. - Fri. 8:30 a.m. - 4:30 p.m.

Advocacy for health, safety, welfare and rights of people living in nursing homes.

MEDICAID TITLE 19

1-866-663-9300 or 203-251-9300

MEDICARE SUPPLEMENTAL INSURANCE/LONG TERM CARE INSURANCE

HEALTH INSURANCE COUNSELING PROGRAM

Commission on Aging/Family Centers Inc.

299 Greenwich Avenue, Greenwich, CT 06830

203-622-3992 Mon.-Fri., 9:00 a.m. to 4:00 p.m.

Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare supplementary health insurance options and/or long-term care insurance.

FEE: None

MEDICAID TITLE 19

1-866-663-9300 or 203-251-9300

If you are not a Greenwich resident and would like free, non-biased information on Medicare and Medicare Supplement options, contact: SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES 1-800-994-9422

LONG TERM CARE

CONNECTICUT HEALTH OF GREENWICH

1188 King Street, Greenwich, CT 06831

203-531-8300

Connecticut Health of Greenwich is a privately owned Skilled Nursing Facility (SNF) that provides physical, occupational and speech therapies for short-term rehabilitation patients. Residential and respite care also available with related therapies for residents. Connecticut Health of Greenwich has 75 skilled nursing beds both private and semi-private. Individual attention provided through a formal Hospitality program in a small, homelike setting with enclosed courtyard and garden. Extensive recreation program. Pre and post-home visits to tailor therapy at home. Outpatient rehabilitation.

Medicaid/Medicare approved

FEE: Rates available upon request.

GREENWICH WOODS HEALTH CARE CENTER

1165 King Street, Greenwich, CT 06831
203-531-1335

Website: www.greenwichwoods.com e-mail: Grenwoods@aol.com

Greenwich Woods is a privately owned skilled nursing facility (SNF) with 217 beds including a 33-bed special care unit dedicated to the treatment of those who have Alzheimer's disease and memory impairments. In addition, a 32-bed rehabilitation/sub-acute care unit provides inpatient speech, occupational and physical therapies. Both private and semi-private accommodations are available. Medicaid/Medicare if approved. Out patient rehabilitation program.

FEE: Rates available upon request.

THE NATHANIEL WITHERELL

70 Parsonage Road, Greenwich, CT 06830
203-618-4232

<http://www.greenwichct.org/NathanielWitherell/NathanielWitherell.asp>

Contact: Swelsh@Witherell.org

The Nathaniel Witherell offers inpatient short-term rehab/sub-acute care. In FY 2005-06, 85% of admissions were for short-term rehab affording admission 7 days a week with the availability of physical, occupational and speech therapies and professional discharge planning. In addition, long-term care is available including a specialized unit for dementia.

FEE: Rates available upon request. Medicare/Medicaid certified.

NURSING HOMES IN NEIGHBORING COMMUNITIES

KING STREET NURSING HOME

787 King Street, Rye Brook, NY 10573
914-937-5800

A family owned and operated skilled nursing facility (SNF) with 120 beds on 10 acres on the Greenwich, Connecticut/New York state line. Provides respite care and rehabilitation services, various therapies and recreational and social services.

FEE: Please call the above number for additional information

DARIEN HEALTH CARE CENTER

599 Boston Post Road, Darien, CT 06820
203-655-7727

Darien Health Care Center is a privately owned 120 bed skilled nursing facility. The facility offers 24-hour skilled nursing care, medical services, rehabilitative treatment and activity programs to maximize functional ability and independence for its residents.

FEE: Please call the above number for additional information

LONG RIDGE OF STAMFORD

710 Long Ridge Road, Stamford, CT 06902
203-329-4026

Long Ridge is a privately owned 120 bed skilled nursing facility, and offers 24-hour skilled nursing care, medical services, rehabilitative treatment and activity programs to maximize functional ability and independence for its residents.

FEE: Please call the above number for additional information

ST. CAMILLUS HEALTH CARE CENTER

494 Elm Street, Stamford, CT 06902
203-325-0200

St. Camillus is a 124 bed non-denominational skilled nursing facility (SNF) operated by the Diocese of Bridgeport. Physical, occupational and speech therapies are provided. The home also offers an Alzheimer's Day Care Program.

FEE: Please call the above number for additional information

SMITH HOUSE HEALTH CENTER

88 Rockrimmon Road, Stamford, CT 06902
203-322-3428 or 977-4709

Smith House Health Center is a 128 bed skilled nursing (SNF) facility owned by the City of Stamford. It provides residential care with recreational, physical and occupational therapy on a 13-acre facility in North Stamford. Medicaid/Medicare certified. Admission requirement of current or past Stamford residency that may be met by the applicant or a relative.

FEE: Please call the above number for additional information

TANDET CENTER FOR CONTINUING CARE

146 West Broad Street, Stamford, CT 06902

203-964-8500

The Center provides skilled nursing care, as well as addressing special needs in Alzheimer's/Dementia care. The facility has 130 beds providing short or long-term rehabilitation as well as physical speech and occupational therapy and social and recreational programs.

FEE: Please call the above number for additional information

WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Waveny Care Network's high-quality continuum of healthcare services, programs and facilities are offered to older adults from any location.

REHABILITATION SERVICES

GREENWICH WOODS HEALTH CARE CENTER

1165 King Street, Greenwich, CT 06831

203-531-1335

Website: www.greenwichwoods.com e-mail: Grenwoods@aol.com

Greenwich Woods is a privately owned skilled nursing facility (SNF) with 217 beds including a 33-bed special care unit dedicated to the treatment of those who have Alzheimer's disease and memory impairments. In addition, a 32-bed rehabilitation/sub-acute care unit provides inpatient speech, occupational and physical therapies. Both private and semi-private accommodations are available. Medicaid/Medicare if approved. Out patient rehabilitation program.

FEE: Rates available upon request.

THE NATHANIEL WITHERELL

70 Parsonage Road, Greenwich, CT 06830

203-618-4232

<http://www.greenwichct.org/NathanielWitherell/NathanielWitherell.asp>

Contact: Swelsh@Witherell.org

The Nathaniel Witherell offers inpatient short-term rehab/sub-acute care. In FY 2005-06, 85% of admissions were for short-term rehab affording admission 7 days a week with the availability of physical, occupational and speech therapies and professional discharge planning. In addition, long-term care is available including a specialized unit for dementia.

FEE: Rates available upon request. Medicare/Medicaid certified.

BURKE REHABILITATION CENTER

785 Mamaroneck Avenue, White Plains, NY 10605

914-948-0050 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Burke offers inpatient services for persons with amputations, burn injuries, cardiac disorder, stroke, spinal cord injury, head trauma, pulmonary disease, arthritis, orthopedic disabilities and neurological disorders including Parkinson's disease, Multiple Sclerosis and Guillain-Barre syndrome. Burke provides outpatient services for these same disorders (excluding burns) as well as for dementia, speech and hearing problems.

FEE: Upon request.

REHABILITATION CENTER OF SOUTHWESTERN CT

26 Palmer's Hill Road, Stamford, CT 06902

203-325-1544 Tues., Wed., Thurs., 10:00 a.m. to 2:00 p.m.

An adult day care program that helps participants to achieve and/or maintain independence. Professional staffing provide a full recreational environment including horticulture therapy in the center's greenhouse. The program offers interaction with other therapeutic disciplines including physical therapy, occupational therapy, cognitive rehabilitation, speech, vocational services and psychological counseling.

FEE: Upon request.

REHABILITATION SERVICES AT WAVENY CARE CENTER

3 Farm Road, Cew Canaan, CT 06840

203-594-5340

Website: www.waveny.org

Physical, speech, occupational and cognitive therapies on an inpatient and outpatient basis.

LONG RIDGE OF STAMFORD

710 Long Ridge Road, Stamford, CT 06902

203-329-4026

Long Ridge offers skilled nursing and rehabilitation therapy services to individuals needing long and short-term care. Professional services include hospice services, physical therapy, speech therapy, occupational and respiratory therapy, wound management, and a specialized rehabilitation program for stroke, orthopedics or amputation.

FEE: Upon request.

STAMFORD - REHABILITATION HOSPITAL

128 Strawberry Hill Avenue, Stamford, CT 06904

203-353-2233 –Mon.-Sun. 24 HRS

Stamford Rehabilitation Hospital offers a wide range of in-patient services, including physical and occupational therapy, speech therapy and provides social

and psychological counseling.

FEE: Upon request.

WAVENY CARE NETWORK

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Waveny Care Network provides a comprehensive continuum of care to serve the growing needs of older adults from all areas. Waveny is a not-for-profit organization that offers independent living at New Canaan Inn, assisted living for people with Alzheimer's and memory loss at The Village, and skilled nursing at Waveny Care Center. It also includes the Brown Geriatric Evaluation Clinic, a Geriatric Care Management team that provides 24-hour coverage, an Adult Day Program available six days a week with flexible hours and transportation from New Canaan, Stamford, Norwalk, Darien and Wilton, inpatient and outpatient Rehabilitation Services, and respite and hospice care programs at The Village and Care Center.

FEE: Information upon request.

AMERICAN CANCER SOCIETY

372 Danbury Rd., Wilton, CT 06987

1-800-227-2345 (toll free), 203-563-0740

Website: www.cancer.org

Reach to Recovery: A one-to-one support program that matches newly-diagnosed breast cancer patients with a trained volunteer survivor.

Look Good ... Feel Better: A free program that teaches beauty, skin and nail care techniques to women cancer patients in active treatment. Women learn how to cope with the appearance-related side effects of chemotherapy and radiation treatments. The program helps to restore their appearance and self-esteem.

The programs are conducted by licensed cosmetologists at Greenwich Hospital on a regularly scheduled basis.

MEDICAL EQUIPMENT

AMERICAN CANCER SOCIETY

372 Danbury Rd., Wilton, CT 06987

1-800-227-2345 (toll free), 203-563-0740

Website: www.cancer.org

Wig Bank: The American Cancer Society maintains a wig bank in our Wilton Connecticut office. Cancer patients who are actively in treatment can receive up to two brand new wigs for free. **Call for an appointment.**

LOAN CLOSET – AMERICAN RED CROSS

99 Indian Field Road, Greenwich, CT 06830

203-869-8444 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

The Red Cross Loan Closet will loan small medical equipment such as wheelchairs, crutches, canes and commodes.

FEE: None

VETERAN'S SERVICES

STATE DEPARTMENT OF VETERANS' AFFAIRS HOME AND HOSPITAL

287 West Street, Rocky Hill, CT 06067

860-529-2571 24 hours

The hospital is a 350 bed facility, which provides specialized programs for in-patient service for chronic and long-term illness, including medical and rehabilitative care and transitional living, hospice and respite care. Must be a wartime veteran with an honorable discharge.

HOME CARE

PROGRAMS

CONNECTICUT HOME CARE PROGRAM FOR ELDERS

Administered in the Southwest Region by Southwestern CT Agency on Aging
10 Middle Street, Bridgeport, CT 06604
203-333-9288, Fax: 203-696-3866

Website: www.SWCAA.org

The Connecticut Home Care Program for Elders provides supportive home health and non-medical services to persons 65 years and older and at risk of institutionalization. Services are delivered to clients in their own home by local providers and cases are managed by a regional entity.

FEE: Sliding scale if eligible.

AGENCIES SERVING GREENWICH

BAYADA NURSES

200 Connecticut Avenue, Norwalk, CT 06851
203-854-5100 24 hours a day, 7 days a week

Website: www.bayada.com

Bayada Nurses is a full-service home care agency – Skilled Nurses, PT, OT and Speech Therapists, CNAs and Home Health Aides. Medicare, Medicaid, Managed Care and Private Patients.

CARE ON CALL, INC.

251 East Putnam Ave., Suite 14
Cos Cob, CT 06807
203-637-2337

Home care services provided by Registered Nurses, Licensed Practical Nurses, Home Health Aides, Personal Care Assistants, Homemakers and Companions around the clock, by shift, or hourly.

FEE: Rates available upon request.

COMFORT KEEPERS

17 Heronvue Road, Greenwich, CT 06831
203-629-5029

Website: www.comfortkeepers.com

Non-medical services hourly and live-in to assist seniors with such daily tasks as meals, shopping, housekeeping, transportation, laundry and companionship, needed to assure their ability to stay in their homes. All staff is background-checked, trained, bonded and insured. **FEE: Fee for service.**

CONNECTICUT VNA

535 Connecticut Ave., Norwalk, CT 06854

1-888-482-8862 (toll-free), 203-831-8882

Greenwich satellite office 203-537-1393

Website: www.connecticutvna.org

Connecticut VNA is a full service home care agency specializing in telemonitoring for cardiac and COPD patients and advanced wound care techniques.

FAMILY & CHILDREN'S AGENCY, INC. / HOMECARE PLUS

137 East Avenue, Norwalk, CT 06851

203-831-2900 Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health aide agency providing live-in, hourly or respite care supervised by a registered nurse. Homemaking, transportation via car or wheelchair accessible van, chore, licensed carpenter, social services, and Lifeline emergency response system. All staff thoroughly referenced, extensive background screening and trained. Agency responsible for employee taxes and benefits. Licensed and bonded. In operation since 1942.

FEE: Fee for service. Fee assistance may be available seniors (over 60) and a sliding scale is available for Lifeline services. Stipend available to individuals with spinal cord injuries.

GREENWICH DEPARTMENT OF HEALTH DIVISION OF FAMILY HEALTH HOME HEALTH MAINTENANCE PROGRAM

Town Hall, Greenwich, CT 06830

203-622-7859 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

Website: www.greenwichct.org/HealthDept

Periodic nursing assessments and monitoring of individuals with chronic health problems are provided in clients' homes. Medications are prepared for self-administration. Care is coordinated with the clients, family, physician and other social service agencies. In addition, public health nurses give advice on self-care, provide supportive services for departmental and community, preventive health programs, and set up special immunization services.

FEE: Sliding scale.

GREENWICH DEPARTMENT OF SOCIAL SERVICES HOMEMAKER DEPARTMENT

Town Hall, Greenwich, CT 06830

203-622-3801 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

Trained and professionally supervised homemaker-home health aides assist families and individuals in their own homes in times of illness or emotional stress.

Aides perform light housekeeping chores, laundry, shopping and meal preparation. They also give personal care such as bathing and grooming and help with activities of daily living.

FEE: Sliding scale.

HOME INSTEAD SENIOR CARE

128 East Avenue, Norwalk, CT 06851 203-853-0370

Website: www.homeinstead.com

Home Instead Senior Care is a non-medical service with a staff of screened, trained, bonded and insured CAREgivers who provide companionship, meal preparation, light housekeeping, medication reminders, errands and incidental transportation.

FEE: Fee for service.

VISITING NURSE AND HOSPICE CARE OF SOUTHWEST CONNECTICUT

1029 East Main Street, Stamford, CT 06911

203-276-3000

Website: www.vnhcsw.org

Visiting Nurse & Hospice Care of Southwestern CT is a leader in Home Health and Hospice services with a long proud history of care to the communities it serves. We are a not-for-profit agency offering Skilled Nursing Services, Home Health Aide Assistance, Rehabilitative Therapies and Medical Social Workers.

GREENWICH NURSING AND HEALTH CARE REGISTRY

360 West Putnam Avenue, Greenwich, CT 06830

203-869-4050 24 hours a day, 7 days a week

Greenwich Nursing & Health Care Registry is a temporary help service that specializes in private nursing referrals. The agency will arrange and provide registered nurses, licensed practical nurses and personal care attendants. Clients interested may directly engage assistance in any setting -home, hospital or nursing home.

FEE: Rates available upon request.

PREMIER HOME HEALTH SERVICES, INC.

73 Arch Street, Greenwich, CT 06830

203-629-4792 Mon.-Fri, 8:30am-5pm. Agency personnel can be reached

24hours, 7 days per week.

Premier Home Health Care Services of Connecticut provides Home Health Aide, Companion, and Home Maker services on an hourly or live-in basis. Clients receive monthly case management services by a Registered Professional Nurse and Premier works with several certified home care agencies in the region providing seamless supplemental home care services. Premier provides disease

specific training to home health aides as well as White Glove training to customers. Premier provides escort services and supports for activities of daily living to allow seniors to remain active and safe at home.

FEE: Rates available upon request.

ELDERCARE LOCATOR

1-800-677-1116

The Eldercare Locator helps families and friends find information about community services for older people anywhere in the United States and its territories.

A PLACE FOR MOM

866-333-1352 (toll free), 914-238-3344

A free referral service helping families find nursing homes, assisted living, Alzheimer's care, retirement communities, and home care.

CARETENDERS, 29 Forest Street, Stamford, CT 06901 203-969-0101

CONNECTICUT VNA, 535 Connecticut Ave., Norwalk, CT 06854

1-888-482-8862 (toll-free), 203-831-8882,

Greenwich satellite office 203-537-1393

Website: www.connecticutvna.org

INTERIM HEALTH CARE, INC. 800 Summer Street, Stamford, CT 06902

203-977-1553

STAMFORD JEWISH FAMILY SERVICES, 111 Prospect Ave., Stamford,

CT 06901 203-921-4161 ext. 113

PERSONALIZED HOME CARE, LTD. 5 Hillandale Avenue, Stamford, CT

06902 203-348-4292

QUALITY CARE SERVICES, LLC, 599 Riverside Ave., Westport, CT 06880

203-227-2305

STAFF BUILDERS HOME HEALTH CARE, 1010 Summer Street, 1st Floor,

Stamford, CT 06905 203-327-2680

VISITING ANGELS, P.O. Box 736, Norwalk, CT 06852-0736, 203-323-9898

or toll free 877-323-9898

PROFESSIONAL GERIATRIC CARE MANAGERS

NATIONAL ASSOCIATION OF GERIATRIC CARE MANAGERS

(520) 881-8008 fax (520) 325-7925, 8:00 a.m. to 4:30 p.m. MST
Call for a referral to a professional Geriatric Care Manager.

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833 Day, evening and weekend appointments are available

e-mail: care4you@optonline.net

Website: www.CaregiverResourceCenter.com

The Caregiver Resource Center provides a spectrum of services including: facilitating family meetings, assessment, development of an individualized care plan, research on available resources, coordination of services, monitoring the senior's evolving needs, serving as a liaison between the senior, family members and care providers, crisis intervention, advocacy and support. Services are provided at the senior's place of residence.

FEE: Call the number above for information.

CARE MANAGING, L.L.C.

Lois Cea, RN, President

PO Box 39, Rowayton, CT 06853

(203) 831-8500

Assessment and Implementation of care needs with live-in caregiver services. Individualized care planning and coordination of in-home or alternate living arrangements. Helping family members cope with elder care concerns and providing a link to community services. Offering expertise on medical, social, financial and legal issues. Healthcare advocacy.

PERSONAL FINANCIAL ORGANIZER

Judith Heft and Associates, LLC

2289 Bedford St., Unit A11

Stamford CT 06905

(917) 494-3986, (203) 978-1857 (Fax)

Assists seniors with handling routine financial transactions, maintaining and reconciling bank accounts, resolve billing discrepancies, submitting and reviewing routine medical claims, organizing home files, compiling year-end tax information for client's CPA. Bonded and Notary Public.

WAVENY CARE CENTER

Joan Merrill

3 Farm Road, New Canaan, CT 06840

203-594-5200

HOSPICE CARE

GREENWICH HOSPITAL HOME HOSPICE PROGRAM

203-863-3883

Hospice is a program and philosophy of care dedicated to improving the quality of life for both patients with advanced illness as well as their families. Home hospice services support a patient's choice to remain at home and include: skilled nursing, physical and occupational therapies, home health aides, nutritional counseling, psychological and spiritual support and the companionship of dedicated volunteers. Registered nurse phone consultation is available 24 hours a day.

FEE: Medicare and commercial insurance accepted. Sliding scale available.

VISITING NURSE AND HOSPICE CARE OF SOUTHWEST

CONNECTICUT, 1029 East Main Street, Stamford, CT 06911

203-276-3000

Website: www.vnhcsw.org

Visiting Nurse & Hospice Care of Southwestern CT is a leader in Home Health and Hospice services with a long proud history of care to the communities it serves. We are a not-for-profit agency offering Skilled Nursing Services, Home Health Aide Assistance, Rehabilitative Therapies and Medical Social Workers.

CONNECTICUT VNA

535 Connecticut Ave., Norwalk, CT 06854

1-888-482-8862 (toll-free), 203-831-8882

Greenwich satellite office 203-537-1393

Website: www.connecticutvna.org

Hospice is a concept of caring for people with a life limiting diagnosis. It involves a multidisciplinary team of healthcare professionals who provide physical, social, emotional and spiritual support to our patients and their loved ones. Our philosophy of caring includes nursing, counseling and complementary therapies such as massage and expressive arts therapy.

HOUSING

ACCESSORY APARTMENTS

PLANNING & ZONING COMMISSION

Town Hall

101 Field Point Road, Greenwich, CT 06830

203-622-7894 Mon.-Fri. 8:30 a.m. - 4:30 p.m.

A resident homeowner may convert part of his/her home into a small apartment with kitchen. Either the apartment or main part of the house must be occupied by someone 62 years or older. Applications and further information regarding accessory apartment conversion can be obtained by visiting or calling the Planning & Zoning Commission.

ROOMS FOR RENT

ROOM BOARD AT COMMUNITY ANSWERS

Greenwich Library

101 West Putnam Avenue, Greenwich, CT 06830

203-622-7979 Mon.-Fri., 9:00 a.m. to 9:00 p.m.; Sat. 9:00 a.m. to 5:00 p.m.

Listings of rooms in private homes in all sections of Greenwich are posted. You may find the listings at Community Answers on the mezzanine in the Greenwich Library.

PUBLIC SENIOR HOUSING

BISHOP CURTIS HOMES OF GREENWICH (31 units)

1040 East Putnam Avenue, Riverside, CT 06878

203-366-4333 (Management Office) Mon.-Fri., 8:30 a.m. to 5:30 p.m.

203-637-8065 (Local)

Bishop Curtis Homes is a federally subsidized housing facility that provides 31 units of low income housing for qualified persons 62 years and over and for persons permanently disabled. One-bedroom apartments and efficiencies, including kitchen and bathroom, are offered. A community room and enclosed patio are available for the residents' recreation and enjoyment. **Call the above number for additional information.**

GREENWICH HOUSING AUTHORITY

249 Milbank Avenue (Agnes Morley Heights), Greenwich, CT 06830

203-869-1138 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

The Greenwich Housing Authority maintains 331 low income rentals housing units for persons 62 years or over and for the handicapped and disabled at any age. Applications may be obtained from the Housing Authority office. The senior public housing facilities in Greenwich are:

Agnes Morley Heights - 249 Milbank Avenue (1973 - 150 units)

Quarry Knoll I - Quarry Knoll Drive (1962 - 50 units)

Quarry Knoll II - Quarry Knoll Drive (1980 - 40 units)

McKinney Terrace - Vinci Drive (1988 - 51 units)

Parsonage Cottage - Parsonage Road (1997-40 rooms)

Please call the above number for additional information, and ask for an application for senior housing.

PAVILION HOUSE

70 Parsonage Road, Greenwich CT. 06831

(203) 618-4200

Five units of affordable rental housing.

Please call 618-4200 for additional information, and ask for an application for senior housing.

ASSISTED LIVING

THE GREENS AT GREENWICH

1155 King Street, Greenwich, CT 06831

203-531-5500 Daily

Website: www.thegreensatgreenwich.com

The Greens at Greenwich is an assisted living residence, with 28 apartments and assistance available 24 hours a day. Assistance with daily living is provided for residents with memory impairment. The Greens is also affiliated with Greenwich Woods Health Care Center, which will provide priority admission to Greenwich Woods and its specialized Alzheimer's Unit.

Please call the above number for additional information.

THE VILLAGE AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Assisted living for people with memory loss.

CONGREGATE HOUSING/INDEPENDENT LIVING

HILL HOUSE

10 Riverside Avenue, Riverside, CT 06878

203-637-3177 Daily 8:00 a.m. to 3:00 p.m.

Hill House is a non-profit congregate housing facility for people 62 years and over offering individual apartments with kitchen and private baths. Three meals a day are served in congregate dining areas. Services provided are 24-hour security, housekeeping, recreation and transportation. Exercise class, bridge, and outings are available for all.

Call the number above for additional information.

INDEPENDENT LIVING

MERRY-GO ROUND MEWS

½ Bolling Place

Greenwich, CT 06830

203-869-9448 Daily 9:00 a.m. to 5:00 p.m.

The Merry-Go-Round, Mews is a Senior Residence for people 65 years and over who are ambulatory. The Mews provides Apartments and single rooms, with weekly housekeeping services and serves three meals a day. For residents who require assistance with activities of daily living, the Mews operates its own assisted living agency.

Call the number above for rental information.

RESIDENTIAL CARE HOMES

PARSONAGE COTTAGE SENIOR RESIDENCE

88 Parsonage Road

Greenwich, CT 06830

203-869-6226

A licensed residential care home for seniors, offering 32 private rooms with bath and 4 semi-private rooms. Staff is available 24 hours a day for assistance with the activities of daily living. Three meals a day and snacks are provided, along with laundry and housekeeping services and supervision with the self-administration of medication. Each room is equipped with emergency call bells and individual temperature control. An activity program and transportation are available.

Call the number above for additional information.

CONGREGATE OR ASSISTED HOUSING IN NEIGHBORING COMMUNITIES

The Osborn, Rye, NY 914-967-4100

Scofield Manor, Stamford, CT 203-325-0200

Sterling Glen of Rye Brook, NY 914-939-2900 (Independent and Assisted)

Sterling Glen of Stamford, CT 203-327-4551 (Independent and Assisted)

Sterling Glen of Darien, CT 888-640-1090 (Independent and Assisted)

Ridgefield Crossings, Ridgefield, CT 203-431-2255 (Independent and Assisted)

Edgehill Lifecare Community, Stamford, CT 203-323-2323 (Independent)

New Canaan Inn, New Canaan, CT 203-966-1272 (Independent)

Brighton Gardens, Stamford, CT 203-322-2100 (Assisted)

Sunrise Assisted Living, Stamford, CT 203-968-8393 (Assisted)

INFORMATION AND REFERRAL

GREENWICH SENIOR SERVICES

(Toll Free) **1-866-309-1966** (or local) **625-6577**

GREENWICH COMMISSION ON AGING

299 Greenwich Avenue, Greenwich, CT 06830

203-622-3992 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

The Commission on Aging is a Town department dedicated to the needs of the elderly. It is a community resource to older adults and their families that responds to questions on aging issues and services. The Commission office can locate resources in Greenwich and surrounding areas as well as provide information on state and national resources. Printed materials are available free of charge on various aging issues including housing, health care, finance, insurance counseling, transportation, social services and recreation.

COMMUNITY ANSWERS AT GREENWICH LIBRARY

101 West Putnam Avenue, Greenwich, CT 06830

Website: www.communityanswers.org

203-622-7979 Mon.-Fri. 9:00 a.m. to 5:00 p.m.; Sat. 9:00 a.m. to 5:00 p.m.

Trained volunteers give answers to a wide range of questions and provide information and referral to people with questions. Community Answers also maintains a “Community Calendar of Greenwich Events.”

AMERICAN CANCER SOCIETY

1-800-227-2345 (toll free)

Website: www.cancer.org

The American Cancer Society's National Cancer Information Center has trained cancer information counselors available 24-hours a day, 7-days a week. This is a free information service that is available to all cancer patients and their care givers.

Local office: 372 Danbury Rd.

Wilton, CT 06987

800-227-2345 (toll free), 203-563-0740

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833 Day, evening and weekend appointments are available

care4you@optonline.net

Website: www.CaregiverResourceCenter.com

The Caregiver Resource Center provides nationwide information and referral services via the telephone and our website. We offer access to a variety of aging, health, mental health, senior and caregiving resources. Literature is also available on a variety of topics.

FEE: Call the number above for information.

DISABILITY RESOURCE CENTER OF FAIRFIELD COUNTY, INC.

26 Palmer's Hill Road, Stamford, CT 06497

203-353-8550 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Provides local access to peer support, information and referral for people with disabilities.

GREENWICH HEALTH AT GREENWICH HOSPITAL

203-863-4444 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Responds to calls for information and referral on health services. Printed materials are available.

THE HEALTHY AGING SHOW

Broadcast Sundays on **WSTC AM 1400** and **WNLK AM 1350**.

Website: www.thehealthyagingshow.com

A weekly broadcast dealing with new issues and new ideas in the art of getting older. Topics aired on radio are archived for "on demand" retrieval and listening on the website. The website has articles, a forum and resource locator, hosted and sponsored by Comfort Keepers 203-629-5029.

INFOLINE

211, or 1-800-203-1234, 24 hours/day, 7 days/week,

Trained staff members are available 24 hours a day to provide human service information, help in locating services, and crisis intervention.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Municipal Agent for the Elderly
Town Hall, Greenwich, CT 06830
203-622-3800 Mon.-Fri., 8:30 a.m. to 4:30 p.m.
Provides information about benefits and services and assistance in applying for them.

STATE OF CONNECTICUT: ATTORNEY GENERAL'S OFFICE

Attorney General Richard Blumenthal
1-800-660-7787; Help Line- Leave Name and Phone Number-person will call back.

SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES

10 Middle Street, Bridgeport, CT 06604
1-800-994-9422

Website: www.SWCAA.org

If you are not a Greenwich resident and would like information, referral and assistance regarding aging issues and services in Southwestern Connecticut, contact the CHOICES Program at the above number.

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD COUNTY

Senior Services of Stamford
945 Summer Street, Stamford, CT 06905
203-324-6611 Mon.-Fri. 9:00 a.m. to 5:00 p.m.
A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

9 South First Avenue, 10th floor, Mt. Vernon, NY 10550-3414
914-813-6400
Mae Carpenter, Commissioner
Information about senior programs and services in Westchester County and New York State.

LEGAL SERVICES

ASSISTANCE

CENTER FOR MEDICARE ADVOCACY

1-800-4-262-4414

Legal advice and representation on Medicare issues.

CT LAWYERS LEGAL AID TO THE ELDERLY

151 Farmington Avenue, Hartford, CT

1-860-273-8164

Free legal services to those who fall within guide lines.

CONNECTICUT LEGAL SERVICES

20 Summer Street

Stamford, CT 06901

203-348-9216 Mon. – Fri., 9:00 a.m. to 5:00 p.m.

Free legal assistance in civil matters to those who qualify, with special attention to government benefits.

Represents senior citizens who are living on limited incomes, such as social security and/or pensions, in matters such as Title XIX, medical benefit hearings before the Department of Income Maintenance, Social Security Disability, eviction where they are the tenant and other miscellaneous concerns. Wills are not prepared. Homebound clients can be visited under appropriate circumstances.

FEE: Free to those who cannot afford private counsel.

211 State Street

Bridgeport, CT 06604

203-336-3851

CONSUMER LAW PROJECT FOR ELDERS HOTLINE

1-800-296-1467 Mon., Wed., and Fri., from 1 p.m. to 4 p.m.

Advice, representation and referral to seniors 60 and older with such consumer problems as: credit card debt, medical debt, abusive and harassing debt collection practices and identity theft.

FEE: Free to seniors 60 and over.

LAWYER REFERRAL SERVICE

1-203-335-4116

Bar Association service. Referral locally. Nominal fee for first half hour.

THE NEW ENGLAND PENSION ASSISTANCE PROJECT

(888) 425-6067 (Toll-Free), (617) 287-7307

e-mail: npln@umb.edu

The Project offers counseling and recovery assistance regarding pension benefits to which you are entitled. It can help you understand pension plan provisions, address eligibility problems and locate pension benefits. Services are provided to residents of Connecticut at no charge.

LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS

Naval Legal Service Office

North Central Groton Dept.
Box 10 Naval Submarine Base,
Naval Submarine Base, New London
860-694-3741

Academy Legal Office

U.S. Coast Guard Academy
15 Mohegan Avenue
New London, CT 06333
860-701-6792

Coast Guard and Navy attorneys provide general legal assistance for a variety of concerns, including wills and probate, powers of attorney, health care directives, landlord/tenant disputes, consumer issues, domestic relations, and small claims procedures. Assistance does not, however, extend to court representation. Services are provided free of charge to active duty and retired military personnel and their dependents who possess valid Department of Defense or Coast Guard I.D. cards.

STATEWIDE LEGAL SERVICES OF CT-ELDERLY LAW

1-800-453-3320

Offices open 9-3p.m. Thursdays 5:30 p.m.-7:30p.m.

Service for legal assistance and elder law coverage.

COURTS

HOUSING COURT

203-846-4332

Help with landlord-tenant matters, evictions.

PROBATE COURT

Greenwich Town Hall, 1st Floor
101 Field Point Rd., Greenwich, CT 06830
203-622-7880

Probates wills, administers estates and trusts, appoints conservators of persons and estates of incapable persons, appoints guardians.

REFERRAL

LAWYER REFERRAL SERVICE

1-203-335-4116

The Bar Association will refer locally with a nominal fee for the first half hour.

SOCIAL SERVICES

FRIENDSHIP AND SOCIAL GROUPS

DENOMINATIONAL VISITS

Most local churches and synagogues offer friendly visiting to the homebound upon request. For a listing of Religious Communities,

<http://www.greenwichchamber.com/worship.asp>

GREENWICH HOSPITAL PASTORAL HOME CARE PROGRAM

5 Perryridge Road, Greenwich, CT 06830

203-863-3000

Greenwich Hospital Pastoral Home Care Program is a community outreach program that responds to the needs of people who are homebound. The pastoral coordinator and Chaplain work closely with representatives of local churches and synagogues to deliver a program of pastoral care to Greenwich residents. The program is interfaith in nature and reaches people in the community who might otherwise be isolated.

FEE: None

JEWISH FAMILY SERVICES

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 p.m.

Website: www.jfsgreenwich.org

Friendly visitors program. Home visits by a social worker. Individual counseling for the elderly and their adult children. Information and referral. Participates in Elder Support Network.

FEE: Sliding scale for some services.

PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH

108 Sound Beach Ave., Old Greenwich, CT 06870

203-637-1791, ext. 21

Services available to the community include: blood pressure screening, consultation and information on a variety of health topics, support for healthy lifestyle changes, health education programs, support groups and referral to community resources. The Parish Nurse is available on Tuesdays and Thursdays and on many Sunday mornings.

SIENA COMMISSION ON AGING

St. Catherine of Siena Parish Center
13 Riverside Avenue, Riverside, CT 06878
203-637-2710 (24 hour response)

This ministry at St. Catherine's Parish reaches all homebound who desire to be visited and who would like to receive the Eucharist. Birthday and Christmas cards are also sent. Volunteers visit the homebound as well as those in local nursing homes and Greenwich Hospital.

FRIENDLY CONNECTIONS FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830
203-661-8841

Telephone Groups: This program links people together via telephone conference call groups. The groups include recreational, discussion, support and educational topics. No special equipment is necessary, only a telephone. Call for complete schedule of groups. **FEE: None**

Special Groups: Recovery, Low Vision and Caregivers.

Friendly Callers: Friendly Callers volunteers call for a social conversation. Call for more information.

Friendly Visitor Program: Trained and supervised volunteers provide weekly home visits (of 1-2 hours) for homebound elderly persons who are lonely and isolated due to frail health. Volunteers provide friendship and a link to the outside world. Volunteers help with correspondence, play cards, or simply provide conversation.

INFORMATION AND REFERRAL

GREENWICH SENIOR SERVICES

(Toll Free) **1-866-309-1966** (or local) **625-6577**

GREENWICH COMMISSION ON AGING

299 Greenwich Avenue, Greenwich, CT 06830

203-622-3992 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

The Commission on Aging is the Town department dedicated to the needs of the elderly. It is a community resource to older adults and their families that responds to questions on aging issues and services. The Commission office can locate resources in Greenwich and surrounding areas as well as provide information on state and national resources. Printed materials are available free of charge on various aging issues including housing, health care, finance, insurance counseling, transportation, social services and recreation.

COMMUNITY ANSWERS AT GREENWICH LIBRARY

101 West Putnam Avenue, Greenwich, CT 06830

203-622-7979 Mon.-Fri. 9:00 a.m. to 9:00 p.m.; Sat. 9:00 a.m. to 5:00 p.m.

Trained volunteers give answers to a wide range of questions and provide information and referral to people with problems. Community Answers also maintains a Community Calendar of Greenwich events.

DISABILITY RESOURCE CENTER OF FAIRFIELD COUNTY, INC.

26 Palmer's Hill Road, Stamford, CT 06497

203-353-8550 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Provides local access to peer support, information and referral for people with disabilities.

GREENWICH HEALTH AT GREENWICH HOSPITAL

203-863-4444 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Responds to calls for information and referral on health services. Printed materials are available.

INFOLINE

211, or 1-800-203-1234, 24 hours/day, 7 days/week,

Trained staff members are available 24 hours a day to provide human service information, help in locating services, and crisis intervention.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Municipal Agent for the Elderly

Town Hall, Third Floor

101 Field Point Road, Greenwich, CT 06830

203-622-3800 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

Provides information about benefits and services and assistance in applying for them.

STATE OF CONNECTICUT: ATTORNEY GENERAL'S OFFICE

Attorney General Richard Blumenthal

1-800-660-7787: Help Line- Leave Name and Phone Number-person will call back

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD COUNTY

Senior Services of Stamford

945 Summer Street, Stamford, CT 06905

203-324-6611 Mon.-Fri. 9:00 a.m. to 5:00 p.m.

A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

SAFETY IN THE HOME

AARP 55 ALIVE DRIVING COURSE

American Red Cross

99 Indian Field Road, Greenwich, CT 06830

203-869-8444

Call to pre-register.

LIFELINE CONNECTICUT at FCA

137 East Avenue, 2nd Floor, Norwalk, CT 06851

203-831-2900, 1-800-330-9747, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

Lifeline is a personal emergency alarm and response system that links seniors or disabled individuals to 24-hour emergency assistance at the push of a button enabling them to live independently in their own homes. Licensed and bonded.

FEE: Fee for service. Sliding scale fee with income verification.

VETERINARIAN HOUSE CALLS

Town Hall, Greenwich, CT 06830

622-7852 Mon.-Fri., 8:30 a.m. to 4:30 p.m.

Service is available for pets of homebound persons.

FEE: Minimal charge.

FILE OF LIFE

Greenwich Emergency Medical Service (GEMS)

1111 East Putnam Avenue, Riverside, CT 06878

203-637-7505 Mon.-Fri. 8:30 a.m. to 4:30 p.m.

Medical information is stored in a file on the refrigerator door. Rescue workers will check the File of Life for pertinent health data. Free kits may be obtained by calling Greenwich Emergency Medical Service.

FEE: None

PROTECTIVE SERVICES FOR THE ELDERLY

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, Third Floor

101 Field Point Road

Greenwich, CT 06830

203-622-3800 Mon.-Fri., 8:30 a.m. to 5:00 p.m.

The department intervenes in suspected cases of abuse, neglect (including self-neglect) or exploitation. Intervention may involve only an initial contact or may consist of arranging for needed services, ongoing monitoring of the situation or arranging for appointment of a conservator.

FEE: None

STATE OF CONNECTICUT

DEPARTMENT OF SOCIAL SERVICES

1-888-385-4225

Protective Services for the Elderly (PSE)

This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elders' safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services.

The Social Work service plan may include crisis intervention, arranging for and coordinating any of the following services: adult day-care, companionship,

counseling, homemaker, home health care, home-delivered meals, long-term care or, if necessary, emergency convalescent placement.

In extreme cases, DSS can seek court authorization to provide services to a person who appears to “lack the capacity” to give consent to reasonable and necessary services to assure personal safety. Under certain circumstances, the Department may apply to the Probate Court for the appointment of a Conservator whose role is to make decisions on behalf of an incompetent person.

RELIGIOUS COMMUNITIES

<http://www.greenwichchamber.com/worship.asp> for a listing of Religious Communities in Greenwich

SOCIALIZATION, RECREATION & EDUCATION

SOCIALIZATION AND RECREATION

COMMUNITY CENTERS, INC. (CCI)

61 East Putnam Avenue, Greenwich, CT 06830

203-869-1276 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

CCI, a community not-for-profit agency, provides educational and recreational services and individual counseling to residents at senior public housing complexes in Greenwich. **FEE: None**

DEPARTMENT OF PARKS AND RECREATION

Town Hall, Second Floor

101 Field Point Road, Greenwich, CT 06830

203-622-7814 Mon.-Fri., 8:00 a.m. to 4:00 p.m.

The Department of Parks and Recreation encourages the constructive use of leisure for all Greenwich residents at its parks, beaches, golf course, skating rink, and Town facilities. Call the department for information on recreation programs, special events, and program fees. Greenwich has four beaches: Greenwich Point, Byram Beach, Island Beach and Captain's Island. Summer ferry service is available to Island Beach and Captain's Island. Beach cards are available for Greenwich seniors 65 years or older, free of charge. **Call 622-7817.**

FRIENDLY CONNECTIONS

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-661-8841

Telephone Groups: This program links people together via telephone conference call groups. The groups include recreational, discussion, support and educational topics. No special equipment is necessary, only a telephone. Call for complete schedule of groups. **FEE: None**

Special Groups: Recovery, Low Vision and Caregivers.

Friendly Callers: Friendly Callers volunteers call for a social conversation. Call for more information.

Friendly Visitor Program: Trained and supervised volunteers provide weekly home visits (of 1-2 hours) for homebound elderly persons who are lonely and isolated due to frail health. Volunteers provide friendship and a link to the outside world. Volunteers help with correspondence, play cards, or simply provide conversation.

GREENWICH ADULT DAY CARE (GADC)

70 Parsonage Road, Greenwich, CT 06830
203-622-0079 Mon.-Sat. 8:00 a.m. to 4:30 p.m.

Website: www.gadc.org or email for information: lburgweger@gadc.org

Greenwich Adult day Care enables seniors who are not fully independent to remain living at home by going out to join others in days of supervised activities, nutritious meals and health and personal care. It provides a full range of health, recreational and social activities geared to the needs of frail elderly; restorative services necessary to help frail elderly to walk and maintain an optimal level of functioning; rehabilitative therapies, podiatry and respite for families burdened with 24-hour care.

ADULT DAY PROGRAM AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840
203-594-5200

Website: www.waveny.org

Social and therapeutic program with flexible hours Monday through Saturday.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

21 Oak Street, Suite 104, Hartford, CT 06106
860-240-7544

AARP offers informative programs and organizes trips and social events of interest to senior citizens. It also provides information and help regarding income taxes, health and retirement planning. There are three local chapters within the town: Chapter #1210 (Central Greenwich), Chapter #2549 (Eastern Greenwich), Chapter #3020 (Western Greenwich).

FISHING AND HUNTING LICENSES

Town Clerk Office, First Floor
101 Field Point Road, Greenwich, CT 06830
203-622-7897

Free licenses for 65 and over, must fill out application once.

Fee: Shellfish License \$10 fee, renewable yearly.

GREENWICH MULTI-PURPOSE SENIOR CENTER

299 Greenwich Avenue, Greenwich, CT 06830
203-622-3990 Mon.-Fri., 9:00 a.m. to 4:00 p.m.

The Senior Center offers a wide range of recreational, intellectual, cultural and physically stimulating activities. Classes in a variety of subjects are offered as well as programs that change daily. Monthly calendars, brochures and informational flyers which list trips, special events and all other activities may be obtained at the center. Also available on the premises is a Social Worker, Public Health Nurse Practitioner, the offices of The Commission on Aging, Utilize Senior

Energy(USE) and the Senior Net Computer Center which offers classes ranging from beginner to advanced. A hot lunch for a nominal fee is served Monday through Friday, and free transportation for Greenwich residents to the Senior Center is available upon request.

FEE: Membership is free for Greenwich residents age 55 and over who are independent, mentally alert and able to function without assistance. Separate fees do apply for computer classes and selected trips.

OLD GREENWICH RIVERSIDE COMMUNITY CENTER

Civic Center, Second Floor

Harding Road, Old Greenwich, CT 06870

203-637-3659 Mon.-Fri., 9:00 a.m. to 4:30 p.m., Sat. 9:00 a.m. to 3:00 p.m.

The center provides recreational, athletic, educational and social programs for the residents of Old Greenwich and Riverside. Call for brochure.

YMCA

50 East Putnam Avenue, Greenwich, CT 06830

203-869-1630 Mon.-Thurs., 5:30 a.m. to 9:30 p.m., Fri. 5:30 a.m. to 8:30 p.m.,

Sat. 7:00 a.m. to 7:00 p.m., Sun. 11:00 a.m. to 6:00 p.m.

The full spectrum of YMCA programs and memberships is offered to all people regardless of age. Activities that may be of particular interest to senior citizens: volleyball, water fitness swimming, healthy back, P.E.P. and morning stretch.

FEE: Varies. Reduced rates for seniors.

YWCA

259 East Putnam Avenue, Greenwich, CT 06830

203-869-6501 Mon.-Fri., 7:30 a.m. to 10:00 p.m., Sat. 7:30 a.m. to 5:00 p.m.

Closed Sunday.

The YWCA offers various programs for seniors to encourage active lives, emotionally and physically. Activities that may particularly interest older adults: senior aqua toning, Encore, which is a post mastectomy program, recreational swimming and adapted aquatics for handicapped persons. Ongoing health and fitness programs include sports and exercise.

FEE: Varies. Reduced rates for seniors.

SENIOR CLUBS

Byram Senior Citizens
Glenville Senior Citizens
Greenwich Seniors Club
Retired Men's Association
St. Roch's Senior Group
Jewish Family Services Senior Group
(Call the Commission on Aging, 203-622-3992, for further information on the above clubs).

EDUCATION

CAMP CONRI LODGE

Ashford, CT
860-429-6840

Operated by the Salvation Army, Camp Conri is a summer camp designed especially for men and women 50 years and up. A weeklong session includes all traditional summer activities as well as special entertainment programs. The camp is wheelchair accessible but no special diets can be accommodated. Reservations should be made as far ahead as possible.

FEE: Upon request. (Scholarships and transportation are available through Greenwich Dept. of Social Services 203-622-3715.)

CHARTER OAK PASS

State of Connecticut
Dept. of Environmental Protection, State Parks Division
79 Elm Street, Hartford CT 06106-5127
860-424-3200

The Charter Oak Pass enables Connecticut residents, age 65 or older to enter Connecticut State Park and Forest Recreation day use areas, or State Boat Launches, free of charge. The pass is issued to one person and can only be used by that person. It is not valid for camping or special events having separate admission charges. To apply for a pass, an individual would send a photocopy of their driver's license to the CT Dept. of Environmental Protection.

ELDERHOSTEL

80 Boylston Street, Suite 400, Boston, MA 02116
1-800-443-9946 or 1-877-426-8056, 617-426-7788 Mon.-Fri., 9:00 a.m. to 5:00 p.m.

Elderhostel is a low-cost academic program in the liberal arts and sciences offering unique and challenging study opportunities for persons 55 years of age or older. Programs take place at over 800 colleges and universities in the U.S., Canada and overseas. Small groups of 30-40 persons provide an informal learning atmosphere and opportunities to develop friendships. For free catalog, send postcard to above address. Catalog includes description of courses, campuses and necessary registration instructions and forms.

FEE: Programs varies in cost, cost given upon request. For information on “Hostelships” to assist seniors on limited income please call 203-341-1067

GOLDEN AGE PASSPORTS

National Park Service, Room 10-13
U.S. Department of the Interior
18th and C. Street NW, Washington, DC 20240
202-208-4747

Golden Age Passports admits persons free of charge to National Parks, monuments, historic sites and recreation areas in the National Parks System that charge entrance fees. Golden Age passports, for persons 62 and older who are residents of the U.S., can be obtained for a small fee. The pass is good for life. Golden Age Passports must be obtained in person and proof of age is required at the time of application. Camping, boating and parking charges are discounted 50%. The passport also admits anyone accompanying the passport holder.

AARP 55 ALIVE DRIVING COURSE

American Red Cross
99 Indian Field Road, Greenwich, CT 06830
203-869-8444
Call to pre-register.

EDUCATION AND EMPLOYMENT INFORMATION CENTER

61 Woodland Street, Hartford, CT 06105
1-800-842-0229

Seniors aged 62 and older are eligible for tuition waivers at any public college or university in the state - the University of Connecticut, Connecticut State University and the 12 community technical colleges. Fees and costs for books and supplies are not waived.

FEE: For specific details, contact the college or university.

GREENWICH CONTINUING EDUCATION

Havemeyer Building

290 Greenwich Avenue, Greenwich, CT 06830

203-625-7474, 7475, 7476 Mon.-Thurs., 9:00 a.m. to 3:00 p.m.

Greenwich Continuing Education offers two semesters of evening courses per year including such categories as business and careers, computers, investments, languages, arts, consumer concerns, fitness and recreation, and "do-it-yourself". Programs begin in September and again in January and run from one to ten weeks.

FEE: Varies according to courses. Seniors are extended a discount.

INSTITUTE FOR RETIRED PROFESSIONALS

School of Continuing Education, Fairfield University

200 Barlow Road, Fairfield, CT 06430

Toll Free 1-888-254-1566 or 203-254-2220 8:30 a.m. - 4:30 p.m.

An association of retired professionals who participate in broadly based monthly symposia, audit a wide range of university courses of their choice, and attend special interest programs. The Institute is open to all retired and semi-retired people over age 55. Members have the privilege of auditing one undergraduate or non-credit course each semester. Members may also enroll in special mini-courses or activities with a single focus.

FEE: Call the number above for information about fees.

LIFETIME LEARNERS INSTITUTE

Norwalk Community Technical College

188 Richard Avenue, Norwalk, CT 06854

203-857-7316

A non-profit educational institute for seniors 50 years and older offering courses in art, history, math, music, opera, computers, law, finance and more. All courses are devised by volunteer teachers with the aid of volunteer program committees. The institute is affiliated with State of Connecticut Community College system and the Elderhostel network.

FEE: Call the number above for information about fees.

UCONN/Stamford

1 University Place, Stamford, CT 06901
203-251-8400

Seniors 62 years of age or older may audit undergraduate courses on a space available basis and must obtain the instructor's written consent prior to enrollment. Seniors are not permitted to audit laboratory courses. Regular fees and registration procedures for graduate level credit courses apply should a senior wish to switch from audit to credit earning status.

FEE: Call the number above for information about fees.

GREENWICH HEALTH AT GREENWICH HOSPITAL

203-863-4444 Mon.-Fri., 8:00 a.m. to 4:00 p.m.; 203-863-3799 (Tel-Med) 9:00 a.m. to 5:00 p.m.

Greenwich Health at Greenwich Hospital provides over 50 health education and disease prevention services to persons who live or work in Greenwich. Services of interest to the elderly include: health screenings for high blood pressure, colorectal cancer and support groups for persons with cancer, and medical information system and general information and referral to health services.

FEE: Upon request.

GREENWICH LIBRARY Website: www.greenwich.lib.ct.us

Branches: Byram Shubert Library, 21 Mead Ave., Byram 203-531-0426
Cos Cob Library, 5 Sinawoy Rd., Cos Cob 203-622-6883
Greenwich Library, 101 West Putnam Avenue 203-622-7900

Please call for hours.

The Library provides bookmobile service to the Mews, Agnes Morley Heights, Nathaniel Witherell, Quarry Knoll, and the Senior Center. Books on cassette and CD, large print books, videocassettes, and DVDs are available at the Library and the branches. The main Library will shortly offer adaptive technology workstations containing numerous features to aid the visually impaired in accessing information on the Internet. Information on the Library of Congress Books for the Blind and Physically Handicapped is available. Books and audio books will be mailed to homebound persons on request. Free Friends film, art and music programs are free and open to all. Phone the Library's Welcome Desk at 203-622-7920 for information about upcoming programs.

PERROT MEMORIAL LIBRARY

90 Sound Beach Avenue, Old Greenwich, CT 06870 203-637-1066 Please
call for hours.

Large print books, telephone reference service, videos and other special programs
during the year.

SUPPORT GROUPS

BEREAVEMENT GROUPS

FAMILY CENTERS/CENTER FOR HOPE

590 Post Road, Darien, CT 06820

203-655-4693 Mon.-Thurs., 9:00 a.m. to 6:00 p.m., Fri. 9:00 a.m. to 5:00 p.m.

The Center provides support groups for adults and children with life-threatening illness and their families, or bereavement counseling for families and friends of those who have experienced the loss of a loved one.

FEE: Sliding scale after free initial consultation.

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich CT 06830

203-629-2822

Family Center provides a support group for widows and widowers to build connections with others while developing strategies to cope with the loss of a loved one.

FEE: Sliding scale: call for dates and times.

BEREAVEMENT SUPPORT GROUP

Greenwich Hospital Home Hospice

863-3883

A support group to help those grieving the loss of a friend or relative. Programs meet at the Second Congregational Church, 139 East Putnam Ave., Greenwich.

FEE: Free. Call for dates and times.

BEREAVEMENT SUPPORT GROUP

First Congregational Church of Greenwich

108 Sound Beach Ave., Old Greenwich, CT 06870

203-637-1791

A program to foster healing for those who grieve the loss of a loved one.

Programs run periodically throughout the year. Call to register.

FEE: None. Call for dates and times.

CHRIST CHURCH

254 East Putnam Ave., Greenwich, CT 06830

203-862-9161

Support Groups to help those grieving the loss of a friend or relative. Call to register. Non-denominational. Open to the community.

FEE: Free. Call for dates and times.

JEWISH FAMILY SERVICES

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881 Call Lisa Smith, LCSW, to register.

While looking through the lens of Jewish wisdom and tradition, adults who have lost a family member, spouse or companion any time within the last five years can gain support, strength and friendship from this six-week support group. The group meets on Thursdays from 10:15 a.m. to 11:15 a.m. **FEE: NO CHARGE.**

COMMUNITY SUPPORT SERVICES

AMERICAN CANCER SOCIETY

372 Danbury Rd., Wilton, CT 06987

1-800-227-2345 (toll free), 203-563-0740

Website: www.cancer.org

Reach to Recovery: A one-to-one support program that matches newly-diagnosed breast cancer patients with a trained volunteer survivor.

Look Good ... Feel Better: A free program that teaches beauty, skin and nail care techniques to women cancer patients in active treatment. Women learn how to cope with the appearance-related side effects of chemotherapy and radiation treatments. The program helps to restore their appearance and self-esteem.

The programs are conducted by licensed cosmetologists at Greenwich Hospital on a regularly scheduled basis.

APHASIA SUPPORT GROUP

203-863-3240

Aphasia Support Group is for persons having difficulty speaking and understanding language as a result of stroke, head trauma or other causes. Meets every other Thursday, 11:00 a.m. - 12:00 p.m.

FEE: None

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Waveny Care Center hosts a biweekly public support group for caregivers coping with the impact of Alzheimer's Disease. This group is [sponsored by the Alzheimer's Association of Connecticut and focuses on the enormous responsibility of caring for a loved one with memory loss. Waveny welcomes caregivers from all areas to attend. Meetings are held on the second and fourth Tuesdays of every month at 1:45 PM and last for approximately one hour.

PARKINSON'S DISEASE SUPPORT GROUP

203-863-3881

Weekly education, support therapy, exercise, social activities and rap sessions for patients with Parkinson's disease, their family and friends. Group meets on most Tuesdays, 1:30 p.m. - 2:30 p.m., at the Old Greenwich Civic Center.

FEE: None

PROSTATE CANCER SUPPORT GROUP

203-863-4444

A program of support and education for men with prostate cancer, their wives and family members to better live with the diagnosis and treatment. Meets Wednesdays 5:00 p.m. - 6:30 p.m. at the Bendheim Cancer Center, 2nd floor Community Room.

FEE: None

TRANSPORTATION

ACCESS AMBULANCE COMPANY, INC.

1111 East Putnam Avenue, Riverside, CT 06878

203-637-2351 for scheduling or information

Access is a cooperative effort between Greenwich EMS and Stamford Emergency Medical Services to provide professional non-emergency medical transportation. Services include ambulance and Invalid Coach. Access operates 7 days a week, 24 hours a day by appointment.

FEE: Check with dispatcher for Medicare, Medicaid and insurance billing coverage.

AIRPORT TRANSPORTATION

Connecticut Limousine Service

1-800- 472-5466

Serves all New York airports. Senior roundtrip discount tickets can be purchased in advance through a travel agency or at the office in the Marriott Hotel in Stamford.

FEE: Call for rate and reservations.

CALL-A-RIDE

37 Lafayette Place, Greenwich, CT 06830

203-661-6633 Mon.-Fri., 9:00 a.m. to 3:00 p.m.

This service offers free door-to-door transportation for ambulatory elderly (over 60) of Greenwich to any destination within the Town of Greenwich. Call above number for an appointment; preferably 48 hours in advance.

FEE: None. Contributions accepted.

CONNECTICUT TRANSIT BUS SERVICE

203-327-7433

Public transportation users who are disabled with mobility impairment or are at least 65 years of age may take advantage of the CT Department of Transportation's reduced senior/disabled fare policy. A CT Transit Disabled identification card or your **Medicare ID Card** may be presented for the discount on all publicly sponsored buses. Bus service runs from Stamford RR Station (North State Street) to Liberty Square, Port Chester, with stops in between. It runs weekdays 5:50 a.m. - 10:30 p.m.; Saturday 5:50 a.m. - 9:00 p.m.; Sunday 6:00 a.m. - 9:00 p.m. Have exact fare and ID when boarding. Call CT Transit for bus schedule.

FEE: According to zones. Senior citizens entitled to discount with Medicare card.

EZ ACCESS

Transportation Association of Greenwich (TAG)
13 Riverside Avenue, Riverside, CT 06878
203-637-4345 Mon.-Sat., 6:30 a.m. to 8:00 p.m.

EZ ACCESS is a door-to-door transportation service available to anyone who is disabled and unable to use the public bus service. All users must be certified eligible to use the service.

FEE: Tickets must be purchased in person or by mail from the TAG office. Call for more information.

RAILROAD

Amtrak - New Haven Line

General information & reservations: 1-800-872-7245

For information on rail service schedules and discounts, call above number.

FEE: Discounts for senior citizens over 65. Medicare card required.

RED CROSS MOTOR SERVICE

203-637-4345 Mon.-Thurs., 7:30 a.m. to 4:00 p.m.; Fri. 7:30 a.m. to 12 noon

This service provides transportation to medically related appointments within Greenwich, to Stamford for dialysis and for ambulatory clients who have no other means of transportation.

FEE: None

SHARE-THE-FARE TAXI PROGRAM

Commission on Aging

299 Greenwich Avenue, Greenwich, CT 06830

203-622-3992 Mon.-Fri., 9:00 a.m. to 3:00 p.m.

Reduced fare for seniors 62 years and over seven days a week. Taxi books are available at the Senior Center Monday through Friday, 9 a.m. to 2 p.m. For taxi service, call 203-869-6000 daily between 5:30 a.m. and 1:30 a.m.

FEE: \$10.00 coupon book may be purchased for \$6.50

TAG (Transportation Association of Greenwich)

13 Riverside Avenue, Riverside, CT 06878

203-637-4345 Mon.-Fri., 6:30 a.m. to 8:00 p.m. Sat., 8:30 a.m. – 6:00 p.m.

TAG provides transportation for elderly, handicapped, wheelchair bound and mentally retarded individuals to programs, hospital, medical appointments and recreational activities. TAG also serves clients of Red Cross, PATH, Greenwich Adult Day Care, Greenwich Association of Retarded Citizens and the Senior Center.

FEE: Charged to referring agency and/or individual.

VETERAN'S SERVICES

FINANCIAL ASSISTANCE

AMERICAN RED CROSS

99 Indian Field Road, Greenwich, CT 06830

203-869-8444 Mon.-Fri. 24 HRS. availability

Emergency and disaster Social Services available for Vets and Elderly.

CT STATE SOLDIERS', SAILORS', MARINES FUND

101 South Street, 2nd Floor, West Hartford, CT 06110-1962

860-953-4345 8:30 a.m. - 5:00 p.m., Mon.-Fri.

Provides temporary financial assistance to veterans and dependents who are unemployed or for sickness. Applicants must be a resident of the State of Connecticut at the time of application for benefits.

FEE: Based on income guidelines.

CT DEPARTMENT OF VETERANS AFFAIRS - OFFICE OF ADVOCACY & ASSISTANCE

287 West Street, Rocky Hill, CT 06067

860-721-5891, 1-203-366-7175

8:00 a.m. - 4:00 p.m. Mon.-Fri.

Provides assistance to any veteran as well as their eligible spouse and dependents in obtaining benefits as provided for under federal, state and local laws. Eligibility requirements may vary according to the benefit program.

LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS

Naval Legal Service Office

North Central Groton Dept.

Box 10 Naval Submarine Base,

Naval Submarine Base, New London

860-694-3741

Academy Legal Office

U.S. Coast Guard Academy

15 Mohegan Avenue

New London, CT 06333

860-701-6792

Coast Guard and Navy attorneys provide general legal assistance for a variety of concerns, including wills and probate, powers of attorney, health care directives, landlord/tenant disputes, consumer issues, domestic relations, and small claims procedures. Assistance does not, however, extend to court representation.

Services are provided free of charge to active duty and retired military personnel and their dependents who possess valid Department of Defense or Coast Guard I.D. cards.

VETERAN'S TAX EXEMPTION

Veterans who file their DD-214 papers with the Town Clerk prior to October 1st of each year will receive a property tax exemption of \$6,000 off their assessment of real estate or automobile (if disabled or over 65 years of age and meet an income requirement the exemption will be increased). Contact the Assessor's office for further information 203-622-6885 in book

HEALTH CARE AND MENTAL HEALTH

STATE DEPARTMENT OF VETERANS' AFFAIRS HOME AND HOSPITAL

287 West Street
Rocky Hill, CT 06067
860-529-2571 24 hours

The hospital is a 350 bed facility, which provides specialized programs for in-patient service for chronic and long-term illness, including medical and rehabilitative care and transitional living, hospice and respite care. Must be a wartime veteran with an honorable discharge.

SUPPORT SERVICES

THE LOWER FAIRFIELD COUNTY VETERANS COALITION

137 Henry Street (CTE), Stamford, CT 06902
203-357-1199

Referral source to medical centers and other agencies; housing assistance and job services.

U.S. DEPARTMENT OF VETERANS AFFAIRS

450 Main Street, Hartford, CT 06103
1-800-827-1000
1-800-829-4833 TDD

8:00 a.m. to 4:30 p.m. Mon.-Fri.

Service and non-service related disability, widow's pension, (non-service related death), widow's DIC, burial allowance, medical benefits, GI insurance.

U.S. DEPARTMENT OF VETERANS AFFAIRS MEDICAL CENTER

950 Campbell Avenue, West Haven, CT 06516

203-932-5711

8:30 a.m. to 4:30 p.m. Mon.-Fri.

Provides hospital services to all veterans; may refer patients to other VA hospitals as needed. Prescription co-pay plan available. Eligibility is determined by income. Also, in order to access the prescription co-pay plan, a veteran must be have a medical care screening by a VA primary care physician.

VETERANS HEALTH SCREENING AND PRIMARY MEDICAL CARE CLINIC

Stamford Hospital

191 Broad Street, Stamford, CT 06902

1-888-844-4441 Appointments Wed. 9:30 a.m. to 2:10 p.m.

General health screenings for veterans of all ages who have not seen a physician in a year or more. Primary medical care services will be provided on Mondays and Fridays by a VA primary care physician.

FEE: Screenings free.

11-22-06