

Redding Directory of Services for Seniors and Their Families



1st Edition

2010

In Case of Any Emergency Call 911

Non-Emergency Numbers

Police Department	203-938-3400
Redding Ridge Fire Department	203-938-2520
West Redding Fire Department	203-938-2518
Georgetown Fire Department	203-544-8800
Crisis Intervention Services	211
Intervention/Social Services	203-938-3580
Lights Out /Downed Wires CL&P	800-286-2000
Poison Control	800-222-1222



Town of Redding

MESSAGE FROM THE FIRST SELECTMAN

Redding is a wonderful place to live, and we have long encouraged our senior citizens to remain here to continue to enjoy all the benefits of our community. The quality of life for all residents is enhanced by an age diverse population, and our elder citizens are very important to us. We recognize that it is in everyone's best interest to make it as easy as possible to "age in place", and this booklet is very much a part of that endeavor. I hope it is helpful and it achieves the purpose of keeping you happily in your home here.

Natalie Ketcham
First Selectman

MESSAGE FROM THE COMMISSION ON AGING

The Commission on Aging is proud to provide the community with this Directory of Services. Many people helped to organize and publish this listing of essential services for Reddingites and their families. This booklet was developed by the Ridgefield Visiting Nurse's Association (RVNA) in conjunction with its Quality Living at Home Program (QLAH), and Redding's Department of Human Services. The Town also helped with the publishing of our first edition. We hope this directory will prove helpful to you.

Rosalind Kopfstein, Chair
Redding Commission on Aging

TABLE OF CONTENTS

Benefit Programs & General Information

211 Information Line	1
Fuel Assistance.....	1
Medicare and Medicaid Information	1
Prescription Benefits	2
Redding Commission on Aging	2
Redding Social Services	2
State and Federal Programs (other).....	2
Utility Assistance Programs.....	3
Veterans Benefits	4

Caregiver Support

Adult Day Care.....	5
RESPITE.....	5
Support Groups.....	5

Education and Leisure

Arts and Entertainment	6
Clubs and Organizations	7
Educational Opportunities	8
Exercise and Fitness.....	8
Heritage Center.....	9
Parks.....	9

Housing Alternatives

Affordable Housing.....	10
Assisted Living	10
Continuing Care Retirement Communities	11
Emergency Shelter.....	12
Independent Living Communities	12
Long term care and Rehabilitation	12

In Home Care and Services	13
Aging in Place Programs.....	14
Communication Programs.....	14
Financial Assistance to Remain Home.....	14
Home Maintenance Information	15
Meal Services.....	15
Personal Care Agencies Medicare Certified Non-Profit	16
Pet Care.....	16
Senior Care Managers and Assessments	17
 Intervention Services	
Elder Abuse and Neglect.....	17
INFO LINE.....	17
Social Services.....	18
Substance Abuse	18
 Legal and Elder Law Resources	18
 Medical and Health Services	
Dental Services	19
Hospice	20
Hospitals	20
Medical Equipment.....	20
Nursing and Home Care	21
Pharmacies	22
Rehabilitation Centers.....	22
 Religious Organizations	22
 Transportation and Safe Driving Programs	23
 Volunteer and Employment Opportunities	24
 Websites	25

REDDING TOWN OFFICES

Animal Control Office	203-938-2525
Assessor's Office	203-938-2626
Building Inspector.....	203-938-2558
Comptroller's Office.....	203-938-3616
Conservation.....	203-938-2185
Controller	203-938-8481
Deer Warden.....	203-938-2844
Enforcement Officer	203-938-8517
Health Department.....	203-938-2559
Highway Department.....	203-938-2801
Land Use.....	203-938-2185
Mark Twain Library.....	203-938-2545
Old Town House	203-938-2185
Planning Staff.....	203-938-3721
Probate Court.....	203-938-2326
Railroad Parking.....	203-938-3026
Recreation Department	203-938-2551
Extended Day Program	203-938-3944
Registrar of Voters	203-938-5012
Selectman's Office	203-938-2002
If busy	203-938-2116
Senior Heritage Center.....	203-938-9725
Senior Center Coordinator.....	203-938-9725
Social Services Director	203-938-3580
Tax Collector	203-938-2706
Town Clerk.....	203-938-2377
Town Garage	203-938-2801
Transfer Station/Recycling	203-938-3026
Zoning.....	203-938-8517

BENEFITS PROGRAMS AND GENERAL INFORMATION



211 INFOLINE211

www.infoline.org

2-1-1 is an integrated system of help via the telephone. It is a single source for information about community services, referrals to human services, and crisis intervention. Access this toll-free program by simply dialing 2-1-1. It operates 24 hours a day.



FUEL ASSISTANCE

Connecticut Energy Assistance Program 203-748-5422 Ext 100

Assistance is available to renters & homeowners to help cover partial payment for winter heating bills. Eligibility is based on household income.

Redding Operation Fuel Bank.....203-938-3580

Redding Shares the Warmth

Assistance is available to qualifying Redding residents. For more information call Redding Social Services.



MEDICARE and MEDICAID BENEFITS

Center for Medicare Advocacy800-262-4414

www.medicareadvocacy.org

www.fairmedicare.org

CHOICES

Western CT area Agency on Aging 800-994-9422

www.wcaaa.org

Hotline 800-262-4414

CHOICES offers specific assistance with individual insurance claims and forms.

Medicare Information.....800-633-4227

www.medicare.gov.....**Hotline 800-262-4414**

General information source..... **Local 800-994-9422**

Qualified Medicare Beneficiary Program203-207-8900

Part B enrollees: The QMB program provides financial help to pay for Medicare monthly deductibles and co-insurance. Asset and income restricted.



PRESCRIPTION BENEFITS

connPACE **800-423-5026**

www.connpace.com **Local 203-938-3580**

Prescription assistance available for as little as \$16.25. Income limits.
Applications available at Redding Social Services.

Needy Meds **800-654-0845**

<http://www.needymeds.com>. Community Health Charities

Ask for the free discount drug card to save up to 80% on prescription medicines,
prescribed over the counter products and even some pet medicine savings.
See eligibility requirements.



REDDING COMMISSION ON AGING

Redding Commission on Aging **203-983-9725**

37 Lonetown Road, Redding, CT 06896

The Commission is a town appointed agency created to identify needs and
advocate for seniors in Redding. Meetings are open to the public and are held
the first Wednesday of the month at 9am.



REDDING SOCIAL SERVICES

Town of Redding Social Services **203-938-3580**

37 Lonetown Road, Redding, CT 06896

Crisis intervention; financial assistance; benefit information; short term
counseling; referrals. Social Services also administers the fuel assistance
programs, runs the food pantry, the Heritage Van, and will assist with State and
Federal programs such as Medicare.



STATE and FEDERAL PROGRAMS (others)

Community Action Committee of Danbury **203-744-4700**
and Northwestern, CT

66 North Street, Danbury, CT 06810

www.cacd-cao.org

Services low income families and individuals.

Connecticut Community Care, Inc. (CCCI)203-596-4800

www.ctcommunitycare.org

This agency provides resources to remain at home as directed by the Connecticut Home Care Program for Elders (CHCPE). See (CHCPE) for more information.

Connecticut Dept. of Social Services.....800-443-9946

www.ct.gov/dss.org

Danbury Office203-207-8900

Assists with caregiver issues; cash assistance; employment services; food, Housing and medical assistance; protective services; energy assistance.

NOTE: Direct contact information may be found under each department.

Connecticut Home Care Program for Elders (CHCPE)800-445-5394

Helps eligible residents 65 and older, at risk for nursing home placement continue to live at home by providing homemaker, home health aides, nursing and other care. CCCI is the local, hands on agency. Choose option 4 to start the screening process to learn if you are eligible. 6% co-pay.

Connecticut Partnership for Long Term Care860-418-6318

www.ctpartnership.org

Created to provide unbiased information about long term care insurance.

Long Term Care Ombudsman Program.....866-388-1888

Created to protect the health, safety, welfare and rights of residents in long term care.

Social Security Administration.....800-772-1213

131 West Street, Danbury, CT 06810 **Local 203-748-3569**

www.socialsecurity.gov

Local office hours are Mon-Fri 9am to 4:30pm. Access information about Social Security retirement and disability benefits.

Western CT Area Agency on Aging.....800-994-9422

www.wcaaa.org.....**Hotline 800-262-4414**

The Western CT Area Agency on Aging, Inc. develops, manages and provides comprehensive services for seniors, care givers and individuals with disabilities in order to maintain their independence and quality of life.



UTILITY ASSISTANCE PROGRAMS

CEAP Energy Assistance Program203-748-5422

www.CACD.org

Offers home heating assistance for eligible residents.

CL&P Home Energy Audit800-286-2828

www.cl-p.com

Connecticut Light & Power offers home energy audits to help reduce monthly electric bills. No income limitations or qualifications. \$75 fee is offset by free energy saving light bulbs, onsite weatherization and discount coupons.

CL&P Nu-Start800-286-2828

www.nustart.asp

Customer can reduce or eliminate past due balances if they pay an agreed upon amount, on time, each month.

Energy Mediation Program203-744-4700

Telephone Assistance AT&T.....800-922-4605

Eligible residents can receive a \$9.27 credit per month with approved application.



VETERANS BENEFITS

Aid and Attendance Program

www.va.gov.

Provides financial support for qualified veterans and/or their spouses to live independently while receiving quality care. Forms can be found on the website. The program is based on specific requirements, need and requires substantial paperwork. Website www.veteranaid.org has easy to read information.

Connecticut Dept of Veteran Affairs800-550-0000

Veteran's Home and Hospital

U.S. Dept of Veterans Affairs800-827-1000

www.va.gov (TDD) 800-829-4833

Veteran Affairs203-797-4620

198 Main Street, Danbury, CT

Veterans Health Care Benefits 887-222-VETS

www.va.gov/1010EZ.htm

You can apply online for VA health care, Community Nursing Home, Domiciliary, or Dental Benefits by completing [VA Form 10-10EZ](#).

VA Primary Care- Outpatient Clinic.....203-798-8422

7 Germantown Rd, Danbury CT 06810

VA Medical Center and Hospital203-932-5711

950 Campbell Ave West Haven, CT 06516

CAREGIVER SUPPORT



ADULT DAY CARE

Provides supervision, transportation, activities and meals during the day for a set fee.

Almost Home Adult Day Care LLC203-743-6456

52 Federal Road, Danbury, CT 06810

www.almosthomeadc.org

Waveny Care Center203-594-5200

3 Farm Road, New Canaan, CT 06840

CT Association of Adult Day Care Centers860-828-8653

www.canpfa.org



RESPIRE

Respite care refers to a short rest or a temporary period of relief. When a caregiver needs a break, care recipients can stay overnight, for several days or for several weeks at a residential community. Home care agencies will also send a companion, caregiver, homemaker or skilled health care provider to stay overnight in your home for as long as you need.

Connecticut Statewide Respite Care Program800-994-9422

www.wcaaa.org

Provides up to \$3500 of respite services to caregivers who need relief from physical and emotional demands of care giving. Eligibility based on income, assets and other requirements. Application on website.



SUPPORT GROUPS

Ability Beyond Disability203-775-4700

4 Berkshire Boulevard, Bethel, CT 06801

www.abilitybeyonddisability.org

Alzheimer's Association CT Chapter800-356-5502

The Greens in Wilton 1st Tuesday203-761-1191

The Crossings in Ridgefield 3rd Thursday203-431-2255

American Cancer Society Local203-563-0740
372 Danbury Road, Wilton, Ct 06897

Ann’s Place The Home of I Can203-790-6568
39 Old Ridgebury Road Danbury, CT 06810
Ann’s Place provides support groups, individual counseling, wellness programs.

Cancer Cares.....800-227-2345
www.cancer.org **Local 203-854-9911**
24-hour informational line and website. Volunteer-based transportation.

Caregiver’s “Choices at Home”..... No telephone number
Ct.gov/agingservices/lib/agingservices/caregivers/player.html
Self directed web based caregiver video

Diabetes Club of Danbury203-438-7339
Meetings on 3rd Monday’s. Location and time TBD.

Lyme Disease Support Group Local203-431-0462
blastlyme@ridgefieldct.org
Meets 2nd Thurs 12 to 1pm at RVNA, 90 East Ridge.

National Family Caregivers880-994-9422

Parkinson Disease Support Group.....877-282-7328
Carm815@comcast.net **203-438-2355**
Meetings are 10am 2nd Wed every month at the Ridgefield Crossings.

EDUCATION AND LEISURE



ARTS and ENTERTAINMENT

Aldrich Museum203-438-4519
www.aldrichart.org
258 Main Street, Ridgefield, CT 06877
Contemporary art museum. Seniors admission \$4. Brown Bag Lunch with the artist occurs about every 2 months at 11AM. Cost is \$5.

Bethel Cinema.....203-778-2100
www.bethelcinema.com
269 Greenwood Ave, Bethel, CT 06801
General Admission is \$9.50. Over 62 years admission is \$7.50

Redding Concerts on the Green 203-938-5036 Ext 3
Enjoy the outdoors and great entertainment. Performances on selected Sundays from 6pm to 8pm during the summer. Free.

Ridgefield Playhouse.....203-438-5795
80 East Ridge, Ridgefield, CT
www.ridgefieldplayhouse.com
Themed film series to supplement the regular first run movie schedule, internationally acclaimed musicians, comedians and other performers.

Ridgefield Symphony203-438-3889
www.ridgefieldsymphony.org



CLUBS and ORGANIZATIONS

AARP.....888-687-2277
www.aarp.org
Local Ridgefield Chapter: 2nd Tues 10am203-438-9886

Bethel American Legion Post 100203-748-9400
7 Elizabeth Street, Bethel, CT
Welcomes Redding Veterans.

Georgetown Area Veterans of Foreign Wars Post 10190
Meets 2nd Wednesday of the month.

League of Women Voters203-938-2650

Mark Twain Library203-938-2545
askSam@marktwainlibrary.org
439 Redding Road, Redding, CT 06896
Mon, Tues, Wed, Fri, Sat: 10am- 5pm. Thurs: 10am- 8pm. Sun: varies

Redding Country Club.....203-938-2567
2 Long Ridge Road, Redding, CT 06896 Private membership.

Redding Garden Club203-417-7354

Redding Grange Local.....203-938-0463

Redding Historical Society203-938-9095
43 Lonetown Road

Redding Neighbors.....203-938-4175
www.reddingneighborsandnewcomers.org

Redding Preservation Society203-938-0240



EDUCATIONAL OPPORTUNITIES

Norwalk Community College203-857-7000

188 Richards Ave, Norwalk, CT 06865

www.nctc.commnet.edu

Free classes for seniors over 62 years, if space allows.

Western Connecticut State University203-837-8200

www.wcsu.edu



EXERCISE AND FITNESS

Redding Park and Recreation203-938-2551

P.O. Box 37 Lonetown Road, Redding, CT 06875

www.townofreddingct.org

Mon–Wed 8:30am to 5:30pm. Thurs 8:30am to 6:00pm.

Programs include open gym, fitness programs, tennis, concerts, extensive park system, swimming at Topstone. Those over 60 years receive a 50% discount on most programs; trips as specified.

Ridgefield Park & Recreation.....203-431-2755

194 Danbury Rd, Ridgefield, CT 06877

www.ridgefieldct.org

Wellness and aquatic centers, open gym, outdoor parks and programs, exercise classes, education and wellness programs. Senior, non-resident fees are \$224 per person. Add on for lap swim or wellness facility. 10 class fitness card \$52. Guest fee \$12.

Ridgefield Public Golf Course203-748-7008

545 Ridgebury Road, Ridgefield, CT

www.ridgefieldgpc.com

Non-resident senior over 62 years, weekday fee \$30. Weekend fee \$50.

Richter Public Golf Club.....866-856-9219

100 Aunt Hack Road, Danbury, CT 06811

www.richterpark.exlinks.com

Non-resident over 62 years, Mon-Thurs \$65 with cart. Other times \$95 with cart.

Wilton YMCA “Silver Sneaker Program” 203-762-8384 Ext 222
404 Danbury Road, Wilton, CT 06897
www.wiltonymca.org

Wellness and aquatic classes for seniors 65 and older. Mon-Thurs, Strength classes; Wed and Fri, Silver Splash; Tues and Thurs, Arthritis Aquatic Class. Senior, non-resident fees are: Initial membership fee includes 1st 2 months at \$175 for a single membership; \$248 senior family membership. Monthly fee thereafter is \$50 for a single and \$74 for a senior family. Guest fee is \$5.



HERITAGE CENTER

37 Lonetown Road, Redding CT 06896203-938-9725
www.townofreddingct.org

The center is open to all Connecticut residents to enjoy a wide variety of programs which include: bridge, art and drawing, quilting, Mah Jongg, scrapbooking, Zumba, aerobics and toning exercise classes and current event discussion groups. A hot lunch is served weekly on Tuesdays and Wednesdays at noon. Call for reservations and cost. The Heritage Highlights newsletter has a complete listing with times, trips and dates of activities. The newsletter is available online and around town.



PARKS

Parks in Redding, CTwww.historyofredding.com/HRhiking

America the Beautiful-National Parks & Federal Recreation Lands Pass
www.Store.usgs.gov/pass 888-275-8747 Press 1

Senior Pass: \$10.00, available locally at Weir Farm National Park. This is a lifetime pass for U.S citizens or permanent residents age 62 or over. It provides free entrance to most federal recreation areas and provides a 50% discount on use fees, such as camping. Must apply in person at a federal park.

Dayton Road to Devil’s Den Entrance: Dayton Road
3.2 miles of trail connects to Weston’s 1600 acres Devil’s Den.

Huntington State Park203-938-2285

Entrance: Sunset Hill Road, off Route 58
900 acres with 7.5 miles of trail for hiking, biking and riding. Ponds and lake, fishing with permit.

Lucius Pond Ordway PreserveEntrance: Pent Road
20+ miles of trial. Register at map hut.

New Pond Farm.....203-938-2117

101 Marchant Road, West Redding, CT 06896
A 102 acre environmental education center with a small working farm.

Putnam State Park.....203-938-2285

Route 107 and 58 Historic Park with trails, programs and museum.

Topstone Park.....203-938-2551

Beach, swimming, fishing, boating, 3.69 miles of trail. Season passes.

Weir Farm National Park203-834-1896

735 Nod Hill Road, Wilton, CT 06897
Grounds open year round dawn to dusk. Call for Visitor Center hours and tour and program information.

HOUSING ALTERNATIVES



AFFORDABLE HOUSING

Ballard Green203-438-9845

25 Gilbert Street, Ridgefield, CT 06877
Independent living for elderly and disabled. Must be a Connecticut resident. Income and asset restrictions.

Congregate Housing.....203-431-9943

51 Prospect Street, Ridgefield, CT 06877
Persons with some difficulty in daily living may apply. One meal a day and weekly housekeeping provided. 24-hour emergency contact on site. Must meet income and other eligibility requirements.



ASSISTED LIVING COMMUNITIES

Assisted living communities offer different levels of help based upon the individual's need. This could include assistance with bathing, dressing, meals and housekeeping. Social activities, transportation and care for mild dementia may be offered. Usually a month to month rental plus additional monthly fees are charged based upon services rendered.

Cascades203-830-7390

13 Park Lawn Drive, Bethel, CT
A part of Bethel Health for continuing care. This 42 apartment managed residential care setting includes a state of the art gym with full workout facilities and on site staff, restaurant style dining, and holistic programs and activities.

The Greens at Cannondale888-256-1707

435 Danbury Road, Wilton, CT 06897

www.thegreensatcannondale.com

The Greens offer a full continuum of care, including an on-site rehabilitation and health care center with 24-hour access to staff. Amenities include chef prepared meals, housekeeping, transportation, a variety of programs, and fitness center membership. Evergreen is an innovative memory impairment support program. Residence at Cannondale was created with couple living in mind.

Ridgefield Crossings203-431-2255

640 Danbury Road, Ridgefield, CT 06877

www.benchmarkquality.com

Apartment living with restaurant style dining, community rooms, an outdoor patio, garden and an ever-changing program of social and fitness activities. 24-hour assistance is personally tailored to each resident’s changing needs.



CONTINUING CARE RETIREMENT COMMUNITIES (CCRC)

CCRC’s offer independent living, assisted living and nursing home care in a continuum of care on the same campus. Normally, a substantial upfront entry fee is required plus monthly fees. Services may include meals, transportation, social activities and programs. Nursing and other skilled care available.

Meadow Ridge Retirement Community203-544-1000

100 Redding Road, Redding, CT

Located on 136 acres of rolling hills and meadows, provides independent, assisted living and skilled nursing in one setting. Amenities include: garden atrium, auditorium, fitness center and pool, beauty parlor & barbershop, billiards, computers, full service restaurant style dining. Extensive programs and activities. Outside: tennis and bocce courts, putting green, trails and gardens. Short Term Rehabilitation is open to the general public.



EMERGENCY SHELTER

Renewal House203-791-8050

18 Dr. Aaron B. Samuels Blvd, Danbury, Ct 06810

www.renewal-house.org

Shelter for those 58 and older in a home like environment with shared responsibilities. Three meals a day plus support and counseling are offered. The goal is to move to independent housing in less than 2 years.

City of Danbury Emergency Shelter203-796-1661

41 New Street, Danbury, CT

Adults only. 9pm to 9am. 30 days maximum stay. Admission requirements.



INDEPENDENT LIVING COMMUNITIES

Age restricted housing for people who are functionally and socially independent. Amenities vary, but may include some transportation, social activities and programs and may have a monthly fee.

Glen Crest.....203-790-9161

3 Glen Hill Road, Danbury, CT 06810

www.sunbridgehealthcare.com

Spacious 1 and 2 bedroom apartments, with full kitchens including washers & dryers. Amenities include restaurant style evening meals, weekly maid service, scheduled car service, security system, and beauty / barber salon. No Condo or Association Fees.

Toll Brothers Regency.....203-431-1818

638 Danbury Road, Ridgefield, CT 06877

Spacious town houses in age restricted community with clubhouse.

Toll Brothers Summit at Bethel203-792-3500

60 Apollo Road, Bethel, CT 06801

Town houses in age restricted community with clubhouse.



LONG TERM CARE and REHABILITATION

Rehabilitation and Skilled Nursing Facilities provide services for those requiring 24-hour nursing supervision and assistance with daily living. Short term rehabilitation is also available. For a complete listing of nursing home facilities, contact the Connecticut Department of Public Health 860-509-8000.

www.dph.state.ct.us

Bethel Health Care.....203-830-4180

13 Park Lawn Drive, Bethel, CT 06801

www.bethelhealthcare.com

Offers a continuum of care designed to accommodate an individual’s changing needs and preferences. A comprehensive rehabilitation program; transitional and respite care that provides short term medical management and care when caregivers are away; outpatient therapy for physical, occupational and speech therapy as well as urinary incontinence. Cascades Assisted Living, shares the campus, for a continuum of care.

Filosa & Hancock Hall203-744-3366

13 Hakim Street, Danbury, CT 06811

www.filosa.com

Filosa and Hancock Hall are privately owned and operated skilled nursing and rehabilitation centers. Each facility offers long and short term residence, a complete range of nursing, social and rehabilitative services. Highest 5 star rating by Healthgrades®, an independent health care rating service.

Laurel Ridge Health Care Center203-438-8226

642 Danbury Road, Ridgefield, CT 06877

www.laurelridgehcc.com

Laurel Ridge is a skilled nursing and rehabilitation facility committed to providing residents and patients with the highest quality of care, while promoting health and wellness. Long-term care, short-term rehab and dementia care available.

Wilton Meadows.....203-834-0199

439 Danbury Road, Wilton, CT 06897

www.wiltonmeadowshealthcare.com

Wilton Meadows provides short term rehabilitation and long term skilled nursing. This is a 148 bed facility that specializes in dementia care, skilled nursing and rehabilitation.

IN-HOME CARE AND SERVICES

Companions/homemakers will do light house work, prepare meals, shop and run errands. Some will drive the client around town or to appointments. They do not provide personal care or assist in getting in and out of the car.

Home Health Aides provide personal assistance with bathing, dressing, toileting, as well as meal preparation, shopping and errands. They can assist a person to and from the car and to appointments. They are licensed to provide personal care. This service can be by the hour or extend to a 24-hour 7 day a week live in aide.

Therapists will work with clients at home to help restore, strengthen and maintain their motor, speech and cognitive skills. Physical therapists will also offer home safety assessments.

Registered Nurses provide skilled medical care in your home, under a physician’s order. Services may include, but are not limited to, medication management, monitoring vital signs, dressing wounds, and education on patient care.

Senior Care Managers provide a central source of information and coordination of services for older adults and their families. They assess personal and medical needs of the clients, communicate with families, serve as an advocate to ensure the family member is cared for responsibly and respectfully. They also assist with securing entitlements, filing insurance claims and offer caregiver support.



AGING IN PLACE

Quality Living at Home**203-938-3300 ext. 1005**

90 East Ridge, Ridgefield, CT 06877

www.ridgefieldvna.org

This aging in place program was created to empower seniors to remain in their home in a safe, healthy and socially connected environment. A 24/7 call center is available to access information on area services, programs and assistance. This is a free community service program from Ridgefield Visiting Nurse Association.



COMMUNICATION PROGRAMS

“ARE YOU OKAY?”**203-438-6777**

A free, computer generated, daily call program to check on the well being of any resident in Ridgefield or Redding who is over the age of 60 or the disabled.

Life Line Alert Device **See Medical Equipment (page 20).**



FINANCIAL ASSISTANCE TO REMAIN HOME

Connecticut Home Program for Elders (CHCPE)**800-445-5394**

Applicants must be 65 or older, a resident, at risk for nursing home placement and be eligible financially. Helps eligible clients to continue to live at home.

Connecticut Housing Finance Authority (CHFA)**860-721-9501**

www.chfa.org

Assistance for lower income residents, over 70 years of age.

Consumer Credit Counseling800-450-2808
www.moneymanagement.org

Eviction and Foreclosure Prevention Program 203-744-4700 Ext 107

State Rental Assistance Program (RAP).....860-424-5860
For low income elderly and disabled, RAP pays the difference between gross rent and 30% of adjusted gross monthly income.

Tax Abatement203-938-2626
Contact the Redding Tax Assessor's office for information. Mon- Thurs.



HOME MAINTENANCE INFORMATION

Quality Living at Home 203-938-3300 Ext 1005
Call for a list of reference checked service vendors. This service is free to Redding residents, a service from the Ridgefield Visiting Nurse Association.



MEAL SERVICES

Angel Food Ministries203-438-8791
www.angelfoodministries.com

This is a non-profit, non-denominational food cooperative. Volunteers at Jesse Lee Church redistribute the food between 10am and 11am on the last Saturday of the month. Prepared and fresh foods are available at greatly reduced prices.

Food Stamp Program800-842-1508
CT Dept. of Social Services203-207-8900

342 Main Street, Danbury, CT 06810

<http://www.fns.usda.gov/fns/>

Or contact Redding Social Services to determine eligibility.

Meals on Wheels203-743-5418

Call to make arrangements to have a hot and a cold meal delivered to home bound Redding residents. Sliding fee scale.

Redding Food Pantry.....203-938-3580
Contact Redding Social Services for eligibility.



**PERSONAL CARE AGENCIES
MEDICARE CERTIFIED NON-PROFIT**

Bethel Visiting Nurse Association.....203-792-0864

70 Stony Hill Road, Bethel, CT 06801

Bethel VNA provides home health care services, registered nurse, physical therapy, occupational therapy, speech therapy, medical alert service, social worker, home health aide, homemakers. Insurance and private pay. Highly regulated for quality care.

Ridgefield Visiting Nurses Association (RVNA).....203-938-3300

90 East Ridge, Ridgefield, CT 06877

www.ridgefieldvna.org

Home health care, skilled nursing, physical therapy, occupational therapy, speech therapy, senior care management, wound care, palliative care, telemonitoring, medical alert service, home health aides, homemakers, live-ins, I.V. therapy and respite care. Community wellness: health fair, flu and pneumonia clinics, travel consultation and immunizations, well child clinic, blood pressure clinics, Quality Living at Home, and wellness seminars. Accredited and certified home care agency for quality care.



PET CARE

Animal Friends of Connecticut.....860-232-1393

Guide Dog Foundation for the Blind800-548-4337

DAWS Danbury Animal Welfare Society.....203-744-3297

147 Grassy Plain Street, Bethel, CT 06801

www.daws.org

Pet Sitters 203-938-3300 Ext 1005

Contact RVNA's Quality Living at Home Director for more information.

ROAR Ridgefield Operation Animal Rescue.....203-438-0158

45 South Street, Ridgefield, CT 06877

www.shelter@roar-ridgefield.org

Veterinarians

Bethel Veterinary Hospital203-794-0247

25A Turkey Plain Road Rt 53 Bethel, CT 06801

Georgetown Veterinary Hospital203-544-9098

53 Redding Road, Redding, CT 06829

Quarry Ridge Animal Hospital203-438-8878
30 Old Quarry Road, Ridgefield, CT 06877



SENIOR CARE MANAGERS and GERIATRIC ASSESSMENT

Laura Switzer, LCSW, ACSW 203-938-3300 Ext. 1205
lswitzer@ridgefieldvna.org
Contact Ridgefield Visiting Nurse Association for more information.

Redding Social Services203-938-3580
Contact for more information and referrals.

Yale Geriatric Assessment Center203-688-6361
www.ynhh.org

INTERVENTION AND REFERRAL SERVICES



ELDER ABUSE AND NEGLECT

Connecticut Dept of Social Services.....888-385-4225
Local203-207-8900
After hours hotline.....211

Protective Services for the elderly; evaluates complaints of abuse, neglect, exploitation or abandonment of persons age 60 or older in the community. If you suspect that an elderly person is a victim of abuse, neglect (including self-neglect) or exploitation, contact the Protective Services line above.

Danbury Hospital Crisis Hotline800-447-3339
www.danburyhospital.org



INFOLINE211

www.infoline.org
2-1-1 is an integrated system of help via the telephone. It is a single source for information about community services, referrals to human services, and crisis intervention. Access this toll-free program by simply dialing 2-1-1. It operates 24 hours a day.



SOCIAL SERVICES

Redding Social Services203-938-3580

37 Lonetown Road, Redding, CT 06896

Social Services provides crisis intervention services; financial assistance; benefit information; short term counseling; referrals; administers the fuel assistance programs; runs the food pantry and the Heritage Van; assists with state and federal programs such as Meals on Wheels and Medicare.



SUBSTANCE ABUSE

Alcoholics Anonymous866-783-7712

www.ct-aa.org

AA offers a fellowship of men and women who share their experience, and hope with each other. District #9 holds regular meetings in Danbury, Ridgefield, Bethel and Georgetown.

AL-ANON800-344-2666

This program supports people affected by other people's drinking.

Recovery Now800 281-4731

Call this number to access immediate assistance at this 24/7 helpline.

LEGAL AND ELDERLAW RESOURCE

AARP888-687-2277

www.aarp.org

Local Tax-Aid203-438-2755

Local Membership.....203-438-9886

AARP is a nonprofit, nonpartisan membership organization for people 50 and over. Local chapter assists with completing federal tax returns for eligible members.

American Disabilities Act Homepage.....800-514-0301

www.ada.gov800-514-0383(TTY)

An extensive collection of publications, legal briefs, settlement agreements, training videos, and an interactive online course on the ADA along with information about ADA enforcement, mediation, technical assistance, and certification activities, proposed changes in ADA requirements.

Better Business Bureau203-269-2700
www.connecticutbbb.org

Connecticut Attorney General860-808-5318

Connecticut Consumer Protection Department.....800-842-2649
www.ct.gov/dcp

Connecticut Legal Assistance for Medicare Patients.....800-413-7796
LAMP provides information to seniors and their families about Medicare benefits and rights of appeal. (Also see CHOICES page 5).

Connecticut Legal Services Elder Law800-296-1467
<http://www.ctelderlaw.org/> Mon-Fri 9 -5pm.
Provides basic information on several issues important to seniors, including health care, government benefits, living wills, power of attorney, and nursing home rights.

Connecticut Network of Legal Aid.....800-453-3320
www.ctnla.org
This website provides online legal guidance and forms for low income residents.

FirstGov for Seniors.....800-333-4636
<http://www.firstgov.gov/Topics/Seniors.shtml>
Access the U.S. Government's official web portal for Senior Citizens to find extensive links to online information, services and resources.

Legal Aid Hot Line800-453-3320
www.slscct.org
Free legal services are offered for eligible residents without the funds to hire an attorney. 9am to 5pm. Criminal cases are excluded from assistance.

MEDICAL AND HEALTH SERVICES



DENTAL SERVICES

American Dental Association312-440-2500
www.ada.org

Danbury Dental Clinic.....203-791-5014

70 Main Street, Danbury, CT

Free dental clinic for those eligible. Service is based on income.



HOSPICE

Regional Hospice of Western Connecticut.....203-797-1685

www.regionalhospicect.org

Hospice gives care, comfort and compassion to those touched by life limiting illness and loss.



HOSPITALS

Danbury Hospital203-739-7000

24 Hospital Avenue, Danbury, CT 06810

The hospital offers cardiovascular services, cancer care, weight loss surgery, care for digestive disorders and radiology services. The medical staff members are board certified in their specialties. Danbury Hospital is the only hospital in Connecticut ranked by Healthgrades® in the top 5% of the nation for five years in a row for overall quality of care.

Norwalk Hospital.....203-852-2000

34 Maple Street, Norwalk, CT 06856

Norwalk Hospital is a 328 bed, non-profit community- based teaching hospital serving Fairfield County. The hospital provides comprehensive range of specialties from cardiac, cancer and breast health services, women and children services, gastroenterology, orthopedics and neurology, and many other specialties.



MEDICAL EQUIPMENT

Proper licensing and insurance coverage should be evaluated before selecting medical equipment.

Alert Device: LIFELINE203-938-3300

Ridgefield Visiting Nurses Association (RVNA), 90 East Ridge, Ridgefield, CT

www.ridgefieldvna.org

Lifeline is a two way personal response system that provides safety 24 hours a day in your home. Press the lifeline button when you need help. Within seconds a personal response associate reviews your profile and quickly assesses the situation. The associate then contacts a neighbor, loved one or emergency services based on your specific needs. A new feature includes automatically contacting emergency services by detecting falls.

Candlewood Drugs203-312-9999

11 Route 37, New Fairfield, Ct 06812
Mon-Fri 9am–7pm; Sat 9am-4pm. Delivers medical equipment during weekdays.
Examples for rent or sale are wheelchairs, walkers, grab bars.

Clik Safe.....888-330-6949

www.clikSAFE.com
Modular, portable custom ramps for sale and rent; indoor and outdoor stair lifts.

Costco.....203-740-7965

200 Federal Road, Danbury, CT 06811
www.costco.com
Limited discounted medical items. Membership required.

International Hearing Society 800-521-5247 Ext 2

Hearing Aid Help Line

Medical Home Care.....203-792-6872

32 Stony Hill Road, Bethel, CT 06801
www.medicalhomecarect.com
For rent or sale: wheelchairs, beds, stair glides, walkers. Mon- Fri 9am-5pm;
Sat 9am-2pm.



NURSING AND HOME CARE

Bethel Visiting Nurse Association.....203-792-0864

70 Stony Hill Road, Bethel, CT 06801
Bethel VNA provides home health care service registered nurse, physical therapy, occupational therapy, speech therapy, medical alert service, social worker, home health aide, homemakers. Insurance and private pay. Highly regulated for quality care.

Ridgefield Visiting Nurses Association (RVNA).....203-938-3300

90 East Ridge, Ridgefield, CT 06877
www.ridgefieldvna.org
Home health care, skilled nursing, physical therapy, occupational therapy, speech therapy, senior care management, wound care, palliative care, telemonitoring, medical alert service, home health aides, homemakers, live-ins, I.V. therapy and respite care. Community wellness: health fair, flu & pneumonia clinics, travel consultation and immunizations, well child clinic, blood pressure clinics, Quality Living at Home, and wellness seminars. Accredited and certified home care agency for quality care.



PHARMACIES

Bissell Pharmacy203- 438-6433

23 Governor Street , Ridgefield, CT 06877
Mon- Fri 9am- 6pm; Sat 9am- 5pm; Sun 9am- 1pm.

CVS Pharmacy203-797-8919

146 South Street, Danbury, CT 06810

CVS Pharmacy203-794-9500

7Durant Ave, Bethel, CT 06801
Drive through window.

Redding Pharmacy203-544-8306

Georgetown Business and Professional Center, Georgetown, CT 06829
Mon-Fri 9am-6pm; Sat 9am-1pm. Ask about home delivery service for homebound seniors.

Rite Aid203-438-7378

125 Danbury Road, Ridgefield, Ct 06877
Drive through window.

Rite Aid

289 Greenwood Avenue, Bethel, CT 06801203-792-6190

Walgreen Drug Store203-791-0405

75 Main Street, Danbury, CT 06810



REHABILITATION CENTERS

(See HOUSING ALTERNATIVES: Long Term Care and Continuing Care Retirement Communities pages 11 and 12).

RELIGIOUS ORGANIZATIONS

Benedictine Grange203-938-3689

45 Dorethy Rd, West Redding, CT 06896
www.ct-muse.org/grange.htm

Bethlehem Lutheran Church- ELCA.....203- 544-8858

44 Portland Avenue, Georgetown, CT 06829

Calvary Independent Baptist Church	203-938-1317
3 Sidecut Road, West Redding, CT 06896	
www.cibcRedding.org	
Christ Church- Episcopal	203-938-2872
184 Cross Highway, Redding, CT 06896	
www.christchurchredding.org	
First Church of Christ- Congregational	203-938-2004
25 Cross Highway, Redding, CT 06896	
www.firstchurchredding.org	
Georgetown Bible Church	203-544-8673
5 North Main Street, Georgetown, CT 06829	
www.georgetownbible.org	
Georgetown United Methodist Church	203-544-8394
33 Church Street, Georgetown, CT 06829	
Long Ridge United Methodist Church	203-743-6095
210 Long Ridge Road, West Redding, CT 06896	
www.longridgeumc.org	
Sacred Heart Church	203-544-8345
30 Church Street, Georgetown CT 06829	
www.sacredheartgeorgetownCT.org	
St. Patrick's Church	203-938-2253
169 Black Rock Turnpike, Redding, CT 06876	
Temple B’Nai Chaim	203-544-8695
82 Portland Avenue, Georgetown, CT	
www.tb-cct.org	

TRANSPORTATION AND SAFE DRIVING
--

AARP Driver Safety Program	888-687-2277
Eight hours of classroom instruction. May qualify for reduction in auto insurance.	
Local Contact Steve Pearlman	203-744-9457
American Cancer Society	203-563-0740
Volunteers offer some free rides to medical appointments.	
AMTRAK reduced fare program	800-872-7245
15% discount for seniors 62 and older/disabled persons.	

Department of Motor Vehicle800-842-8222
Renew licenses, apply for handicapped parking permits. Applicants must provide proof of disability with Form B-225.

Driving Assessment Services..... 203-748-2551 Ext 368
www.associatedneurologists.com
A driving assessment is offered by Associated Neurologists. There is a fee.

Heritage Center Van Service203-938-9725
37 Lonetown Road P.O. Box 1118, Redding, Ct 06875
Ages 55+ or disabled free of charge. Medical visits take priority. Rides are provided to Redding, Ridgefield, Bethel, Newtown, Danbury. Mon–Wed 8am–5pm; Thurs 8am–4:30pm. Call for reservations.

Metro-North Discount Programs800-638-7646
Seniors 65+ and disabled persons travel on metro-north for 50 percent discount for off-peak travel.

Ridgefield Visiting Nurse Association203-938-3300
RVNA’s Friendly Driver Program offers some volunteer transportation to medical appointments for eligible patients. Private pay options are also available.

VOLUNTEER AND EMPLOYMENT OPPORTUNITIES

American Cancer Society.....203-563-0740
372 Danbury Road, Wilton, CT 06897

Community Action Committee of Danbury.....203-744-4700
Services low income families and individuals.

Connecticut Department of Labor203-797-4150
www.ctdol.state.ct.us
Job bank, job centers and other resources. Hours are 8:30am- 4:30pm.

Connecticut Works203-455-2700
2 Lafayette Square, Bridgeport, CT 06604
State employment service includes job bank, job fairs, bureau of rehabilitation services. Mon-Fri 8:30am -4:30pm..

Danbury Hospital800-516-3658
24 Hospital Avenue, Danbury CT 06810

New Pond Farm.....203-938-2117
PO Box 116, West Redding, CT 06896

Norwalk Hospital.....203-852-2000
34 Maple Street, Norwalk, Ct 06856

RSVP of Southwestern Connecticut 203-663-7333
www.rsvpswct.org

Volunteers over 55 are placed in programs to benefit the community and themselves by matching interests, skills and experience.

Ridgefield Visiting Nurse Association203-938-3300
www.ridgefieldvna.org

Volunteers are needed and welcome. Volunteer drivers, assistance at flu clinics and health fair. People with editing, writing and photography skills are also needed, as well as skilled volunteer nurses to assist with our free blood pressure clinics.

SCORE Counselors to Small Business.....203-794-1404
www.westernctscore.com

Volunteer Danbury.....203-797-1154
58 Division Street, Danbury, CT 06810

Volunteermatch.com No telephone number

Wildlife in Crisis203- 544-9913
44 Indian Valley Road, Weston, CT 06883
www.Wildlifeincrisis.org

WEBSITES

HEALTH AGENCIES
www.aagponline.org.....301-654-7850
American Association for Geriatric Psychiatry

www.ada.org.....312-440-2500
American Dental Society

www.alact.org.....860-289-5401
American Lung Association of Connecticut

www.als.org.....800-272-3900
Alzheimer Association

www.americanheart.org203-294-0088
American Heart Association

www.apdaparkinson.org800-223-2732
American Parkinson Disease Association Local Chapter203-438-2355

www.arthritis-advisor.com Free Newsletter

www.arthritis.org800-283-7800
Arthritis Association Local Chapter860-563-1177

www.cancer.gov 800-4CANCER
National Cancer Institute

www.cancer.org800-227-2345
American Cancer Society

www.diabetes.org203-639-0385

American Diabetes Association
www.kidney.org800-622-9010
National Kidney Foundation

www.lighthouse.org800-829-0500
Sight Impaired

www.lungusa.org202-785-3355
American Lung Association

www.nationalmssociety.org800-344-4867
Multiple Sclerosis Society

www.NFB.org860-289-1971
National Federation for the Blind

www.nia.nih.gov301-496-1752
National Institute on Aging

FINANCIAL/LEGAL

www.benefitscheckup.org No telephone number
A service of the National Institute on Aging.

www.connecticutbbb.org203-269-2700
Better Business Bureau

www.irs.gov	800-829-1040
Internal Revenue Service	
Tax Counseling for the Elderly (TCE)	860-756-4658
www.slsct.org	800-453-3320
Legal Aid Hotline	
www.va.gov/healtheligibility	877-222-8387
Department of Veterans Affairs	
INFORMATION GENERAL	
www.aarp.org	866-295-7279
American Association for Retired People	
www.ct.gov/dcp	800-842-2649
Dept of Consumer Protection	
www.eldercare.gov	800-677-1116
Department of Human Health and Services for eldercare locator services.	
www.mysafehome.org	202-330-4900
Home Safety Council	
www.NAHB.org/aqinginplace	800-368-5242
National Association of Home Builders.	
www.dph.state.ct.us	860-509-8000
CT Department of Public Health	
www.second50years.com	For Profit eNewsletter

Frequently Called Numbers

Redding, Connecticut

Founded in 1767

