

SERVICES

FOR

WOODBURY, CT

SENIORS

(AGES 60+)

JUNE 2014

COMPILED BY

**THE WOODBURY COMMISSION FOR THE AGING AND
FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER**

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SERVICES FOR SENIORS (AGES 60+)

WOODBURY, CONNECTICUT 06798

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A GUIDE TO SERVICES FOR SENIORS IN WOODBURY, CT

ADVOCACY

Woodbury Municipal Agent

Assists seniors by providing information and referrals to various services and benefits programs, such as the Food Bank, Operation Fuel and Medicare programs. The Municipal Agent is a certified Choices Counselor, Medigap and Supplemental Insurance Specialist.

Location: Woodbury Senior Community Center

Contact: Woodbury Municipal Agent (203) 263-4117

*Available: Mon., Tues., & Fri., 8:30 a.m. – 3:30 p.m. and
Thurs., 8:30 a.m. – 2:30 p.m.*

ASSISTED LIVING TECHNOLOGY/DEVICES

For a listing of assistive technology devices, contact any of the following:

Woodbury Senior Community Center (203) 263-2828

Western CT Area Agency on Aging (203) 757-5449

CT State Library for the Blind &

Physically Handicapped (800) 721-2020

COUNSELING/SELF HELP GROUPS

Alcoholics Anonymous

Locations: First Congregational Church, 214 Main St. S.

Mondays, 12 noon, BYO Lunch

North Congregational Church, 11 Main St. N.

Fridays, 8 p.m.

St. Paul's Episcopal Church, 294 Main St. S.

Mondays, 8 p.m.

*Contact: For other meeting sites, call (800) 252-6465 or
visit www.ct-aa.org*

Alzheimer's Support Group

Meets the 2nd Thursday of each month at the NW Jewish Federation of Western CT. Participants have an opportunity to learn and discuss how to care for family and friends with Alzheimer's.

Location: 444 Main St. N., Southbury

Contact: (203) 267-3177

Bereavement Groups

St. Teresa's Avila Catholic Church Bereavement Group

Location: St. Teresa Avila Catholic Church, 146 Main St. S., Woodbury

Contact: (203) 263-2008

Northwest Jewish Federation of Western Connecticut

A free 6-week bereavement group for adults is offered 4-6 times a year.

Location: 444 Main St. N., Southbury

Contact: (203) 267-3177

Senior Empowerment Group

Participants meet monthly to focus on issues related to aging.

Location: Woodbury Senior Community Center

Contact: For information and meeting dates, call (203) 263-2828

EMPLOYMENT NETWORKING

Career Transition Group

Information and knowledge is shared by group participants to cope with unemployment and network to seek new employment. Meetings held on the 3rd Wednesday of the month at 6:30 pm.

Location: Sacred Heart Catholic Church, Southbury

Contact: Paul Butler, (203) 264-7981

EMERGENCY FINANCIAL AID

Woodbury Municipal Agent

Assists residents in financial need by providing information and referrals to various financial aid services.

Location: Woodbury Senior Community Center

Contact: Woodbury Municipal Agent (203) 263-4117

Available: Mon., Tues., & Fri., 8:30 a.m. – 3:30 p.m. and Thurs., 8:30 a.m. – 2:30 p.m.

Community Services Council

A local emergency service organization that provides needy Woodbury households access to crisis financial assistance.

Contact: Woodbury Municipal Agent (203) 263-4117 or Woodbury Community Services Council (203) 263-3869

FOOD BANK

Woodbury Municipal Agent & Woodbury Community Services Council

Households in Woodbury living at or below the federal poverty level are eligible for groceries from the Food Bank once a week. To use the Food Bank, register with the Woodbury Municipal Agent.

*Contact: Woodbury Municipal Agent (203) 263-4117 or
Woodbury Community Services Council (203) 263-3869*

FOOD DELIVERIES

Labonne's "Market to Go"

A grocery delivery service provided on Tues. or Thurs. Order days are Mon. or Wed. Call before 2:30 pm for next day delivery. Call for delivery charges and senior discounts.

Contact: LaBonne's Market, Gretchen Troland (203) 263-7311

Stop 'n Shop "PeaPod" Food Deliveries

Seven (7) days a week delivery.

*Location: Stop 'n Shop, Southbury
Contact: (203) 262-4555 (www.peapod.com)*

Meals on Wheels (see page 7)

FOSTER GRANDPARENT PROGRAM

Volunteer opportunity for individuals, ages 55+ and 200% of the poverty level. Volunteers work with special needs children. A paid stipend is available.

Contact: Woodbury Municipal Agent (203) 263-4117

FRAUD ALERTS/SCAMS, FRAUDS & IDENTITY THEFT

Contact the following if you think you are the victim of a fraud, scam or identity theft:

*Contact: Woodbury Senior Community Center (203) 263-2828
Woodbury Police Non-Emergency (203) 263-2345
Connecticut Attorney General (860) 808-5318
Western CT Area Agency on Aging (203) 757-5449*

FRIENDLY VISITING/COMPANIONS

Senior Companion Program

Volunteer opportunities for individuals, ages 55+ and 200% of the poverty level. Volunteers work with frail elders. A paid stipend is available.

Contact: Woodbury Municipal Agent (203) 263-4117

FUEL ASSISTANCE PROGRAMS

Energy Assistance and Operation Fuel

Residents can apply for available Fuel Assistance Programs. Income restrictions apply.

*Contact: Woodbury Municipal Agent/Social Services Director
(203) 263-4117*

GRANDPARENTING CONCERNS

Contact: Region 14 School Counseling Department (203) 263-4339

HEALTH INSURANCE/MEDICARE COUNSELING

Affordable HealthCare Act

Assistance is available to determine eligibility for a subsidy, as well as processing applications for those under age 65 or who are not Medicare eligible.

*Contact: Woodbury Municipal Agent/Social Services Director
(203) 263-4117*

Medicare Choices Counseling

Assistance is provided in selecting your Medicare supplemental insurance coverage, as well as selecting the right Medicare prescription coverage.

Contact: Woodbury Municipal Agent (203) 263-4117

Medicare Savings Program

A state program that pays the premium for Medicare Part B and entitles eligible seniors to participate in Medicare's Extra Help Program for prescription medications.

Contact: Woodbury Municipal Agent (203) 263-4117

HEALTH & WELLNESS OPPORTUNITIES

All health and wellness clinics and activities take place at the Woodbury Senior Community Center.

Blood Pressure (Drop-In) Clinic

Pomperaug Health District conducts free blood pressure screenings on Tuesdays. Call for times.

Contact: (203) 263-2828

Dental Cleaning Clinic

Provides low cost or subsidized dental cleanings quarterly. Advance registration required.

Contact: (203) 263-2828

Exercise Programs

A variety of exercise programs are available, such as a low aerobic “Stretch and Bend,” Pilates, Indoor Walking Class, Strength Training, Tai Chi, and seated Workout. Classes are either free or charge a slight fee.

Contact: (203) 263-2828

Fitness Center

An exercise room is outfitted with commercial grade exercise equipment (treadmills, recumbent cross trainers, wall weights, and bicycles). Low annual membership fee is charged. Hours of operation: Mon. – Fri., 8:30 am – 3:30 pm. Registration packet available.

Contact: (203) 263-2828

Flu Shot Clinics

The Pomperaug Health District provides annual flu immunizations for Woodbury residents.

Contact: (203) 263-2828

Foot Care Clinic

For those who qualify, subsidized podiatry care is available every other month on Monday, 8 am – 4 pm. Advance registration required.

Contact: (203) 263-2828

HOME CARE SERVICES

CHORE Program

Housekeeping/cleaning services are available through New Opportunities, Inc. to frail seniors, ages 60+. Suggested donation based on income.

Contact: Woodbury Municipal Agent (203) 263-4117

Home Care Agencies

For a complete list of Medicare certified home care, personal care and companion services serving the Woodbury area, contact any of the following:

*Contact: Woodbury Municipal Agent (203) 263-4117
Western CT Area Agency on Aging (203) 757-5449
Connecticut Community Care, Inc. (203) 596-4800*

Home Care Rehabilitation Services

For a complete listing of services available in a residential or home setting, contact your physician or preferred hospital. Additional referral sources include:

*Contact: Woodbury Municipal Agent (203) 263-4117
Western CT Area Agency on Aging (203) 757-5449
Connecticut Community Care, Inc. (203) 596-4800*

HOUSING

Rentals

Sources to locate rental apartments and homes can be obtained by visiting the following websites: www.zillow.com or www.rent.com.

Apartments, condominiums, etc., include:

Church St. Apartments, 36 Church St., Woodbury (203) 924-7925

Holly House Apartments, 69 Main St. No., Woodbury 1 (203) 543-3434

Judson Avenue Apartments, 19 Judson Ave., Woodbury (203) 924-7925

Terrace Apt. & Terrace West, 1038-1056-1058 Main St. So., Woodbury (203) 263-5117

Woodbury Gardens, 74 North Main St. No., Woodbury 1 (203) 543-3434

Town in Country Condominium, Woodbury (203) 266-4768

Woodlake Condominium, Woodbury (203) 263-4014 or
www.woodlakect.com

Woodbury Knoll, 302 Tuttle Rd. (Rt. 64), Woodbury (203) 755-0000 x 101

Other Woodbury apartment rentals may be found through local realtors.

Retirement and Life Care Communities

Retirement communities and life care retirement communities in the area provide residents with a lifestyle that includes on campus conveniences, services and amenities. Some of the retirement communities and life care retirement communities include:

- The Hearth at Southbury, Southbury 1 (866) 265-0130
- Pomperaug Woods, Southbury (203) 262-6555
- The Watermark at East Hill, Southbury 1 (888) 895-9516 or (203) 267-3359

Spruce Bank Farm (Subsidized Housing)

This subsidized elderly and disabled housing facility consists of 60 ground-level apartment units in a landscaped hilltop setting. Rent includes refuse collection, snow removal, building and grounds maintenance, water and heat. Income eligibility requirements apply.

- Location: Spruce Bank Farm, 823 & 825 Main St. S., Woodbury*
- Contact: Spruce Bank Farm Manager (203) 266-4628*

MEALS ON WHEELS

Subsidized nutritious meals are delivered by volunteers to homebound seniors. Meals are provided Monday through Friday by New Opportunities, Inc.

- Contact: Woodbury Municipal Agent (203) 263-4117*

MEDICAID TITLE 19

Woodbury Municipal Agent

Assists income-eligible individuals accessing information and applying for program coverage for medical expenses.

- Location: Woodbury Senior Community Center*
- Contact: Woodbury Municipal Agent (203) 263-4117*

MEDICAL EQUIPMENT/SUPPLIES

Free Glasses

Available through the Lions Club, eligible Woodbury residents can receive a free eye exam and free glasses.

- Contact: Woodbury Municipal Agent (203) 263-4117*

Medical Closet

Used medical equipment, including wheel chairs, walkers, crutches, etc. are available for loan.

- Contact: Woodbury Senior Community Center (203) 263-2828*

MUNICIPAL AGENT (WOODBURY)

Woodbury Municipal Agent

Assists Woodbury residents in need, including seniors, by providing information and referrals to various services and benefits programs, such as the Food Bank, Operation Fuel and Medicare programs.

Location: Woodbury Senior Community Center

Contact: (203) 263-4117

*Available: Mon., Tues., & Fri., 8:30 am – 3:30 pm and Thurs.,
8:30 am – 2:30 pm*

NUTRITION PROGRAMS

Meals on Wheels

Nutritious meals are delivered by volunteers to homebound seniors. Meals are provided by New Opportunities, Inc. A voluntary contribution is suggested.

Contact: Woodbury Municipal Agent (203) 263-4117

Senior Center Congregate Meals / Chef-to-Site

Innovative meals are prepared by trained chefs, featuring home-baked breads and “farm-to-table” produce. Available to seniors, ages 60+ and the disabled. Served Tuesdays and Thursdays, 12 noon, at the Woodbury Senior Community Center. Reservations are required four (4) days in advance.

Location: Woodbury Senior Community Center

Contact: (203) 263-2828

Senior Dine Program

Senior Dine is a popular meals program available in participating area restaurants. The program is for seniors, ages 60+ and the disabled, and is sponsored by New Opportunities, Inc. Applications can be obtained at the Woodbury Senior Community Center.

Contact: (203) 263-2828

RESPIRE SERVICES

CT Statewide Respite Program

Caregivers of individuals with Alzheimer’s disease or related dementia can purchase respite services.

Applicants cannot be covered by Medicaid (Title 19) or the Connecticut Home Care Program for Elders.

Contact: Western CT Area Agency on Aging (203) 757-5449

SENIOR CENTER

The Woodbury Senior Community Center is open to all Woodbury seniors, ages 60+, and the disabled. A wide variety of programs and services available include: transportation, nutrition, computer assistance and health related events. Also, many opportunities exist for social enrichment, fitness and travel.

Location: Woodbury Senior Community Center

Contact: (203) 263-2828, Mon. – Fri.

TAX RELIEF/RENTAL REBATE

Woodbury Tax Assessor

To access federal and state tax relief and rental rebate for seniors, ages 65+, and the disabled.

Contact: For elderly and disabled tax relief, contact the Woodbury Tax Assessor, Boyd Building, Main St., (203) 263-2435; for senior and disabled rental rebate, contact the Woodbury Municipal Agent (203) 263-4117.

TRANSPORTATION (MEDICAL AND NON-MEDICAL)

Medical Transportation

American Cancer Society

Volunteer transport services are available for ambulatory patients receiving cancer treatments. Available Monday through Friday, 9 am to 5 pm. No charge. Reservations are required at least 3 days in advance.

Contact: American Cancer Society (203) 756-8888

American Medical Response

For a fee, medical transportation services are available through a 24- hour phone line. Fees may vary, dependent on private and third party payments. Wheelchair Van fee is charged each way plus mileage. Reservations required for all medical transportation services. Reservations for the Wheelchair Van must be made 2 days in advance.

Contact: (203) 573-7700 for details, fees and payments

American Veteran Transportation/Disabled American Veterans Van Service

Transportation is available for medical appointments to and from the VA Hospital for ambulatory, disabled American veterans.

Call Monday – Friday, 8 am to 2 pm at least 2 weeks prior to appointment. No cost for disabled American Veterans.

Contact: (203) 932-5711 x 3575

Campion Ambulance Service

Medical transportation services (coach and livery) are available for pre-scheduled and non-emergency needs. Reservations and advanced notice are required. Ambulance services available 24 hours a day. Fees may vary, dependent on private and third party payments.

Contact: 1 (800) 382-3222 (Mon. – Sat., 5 am to 9 pm)

FISH

Volunteers provide car transportation for medically related appointments. Limited to Woodbury, adjoining towns and Waterbury. Reservations should be made no less than 2 days and no more than 7 days in advance.

Contact: (203) 263-4888 (automated voice system 24/7)

LogistiCare Solutions

Door to door transport services are available. Up to 15 miles covered by the State of Connecticut Medicaid or Connect Card. If a trip is over 15 miles, a form will be required from your physician. Reservations required. Call between the hours of 7 am to 6 pm at least 2 days prior to appointment.

Contact: 1 (888) 248-9895

Opti-Care, Eye Care Transportation

Pick-up and drop-off transportation services are available for the day of eye surgery, as well as the day after surgery for follow-up appointments. No charge for surgery day or follow-up appointment transport. Available Tuesday and Thursday, subject to time of appointment.

Contact: (203) 574-2020 for more details.

Veterans Administration Van Service

Elderly residents with incomes lower than \$12,256 for a single person or \$16,051 for a couple, or if you have a 30% or more disability due to military services. Travel consultation request needed from your physician to determine eligibility. Transportation services available 24 hrs. a day, 7 days a week. Wheelchair accessible vehicles available. Call 3 days prior to appointment for a reservation.

Contact: 1 (877) 222-8387

Waterbury Hospital Be Well Bus

Transportation (no charge) is available to and from medical appointments at Waterbury Hospital, as well as offices of participating physicians in the immediate vicinity of the hospital. Available Mon. – Fri., 6:30 am to 6:30 pm. Reserve one day prior to appointment.

Contact: (203) 573-7711

Waterbury Yellow Cab Taxi Service

Metered service available 24 hours a day. No notice required for a standard taxi. Fares for service will be charged. For medical livery service, call at least 24 hours in advance.

*Contact: (203) 754-5151 for complete details
(203) 753-4191 for medical livery service*

Non-Medical Transportation

Mini Bus (Woodbury Senior Community Center)

Mon.-Fri. shopping trips are available for Woodbury and some surrounding towns. Specific mini bus schedules are advertised in the monthly Woodbury Senior Community Center newsletter and local newspapers. Advance reservations required. Donations accepted.

Contact: (203) 263-2828

VOLUNTEER OPPORTUNITIES

Woodbury Senior Community Center – Volunteer opportunities include: Meals on Wheels, Congregate Meals, Fitness Center, Computer Lab, Community Mass Mailings and Gardening. Individuals with special talents and skills are encouraged to offer their services for classes and programs.

Contact: (203) 263-2828

WESTERN CONNECTICUT AREA AGENCY ON AGING

Information available regarding resources, programs and services for persons 60 and older in the 41 towns of western Connecticut.

Contact: (203) 757-5449

