

City of Middletown Senior Resources Guide

A publication updated annually by the Middletown Senior Services Division

Disclaimer: The Senior Resource Guide is maintained to enhance public access to information about senior programs, services, and resources available to Middletown residents. While every effort is made to ensure the accuracy of the information, we make no guarantees. The inclusion of an organization or service does not imply an endorsement of the organization or service, nor does exclusion imply disapproval.

TABLE OF CONTENTS

ADULT DAY CARE	1
ARTS	1
ASSISTED LIVING FACILITIES	1
CIVITAN BINGO	1
CLASSES	1
CONSUMER PROTECTION	2
CONVALESCENT CENTERS	2
EMPLOYMENT	2
FISHING LICENSES	2
HANDYMAN SERVICES	2
HOME HEALTH SERVICES	3
INDEPENDENT LIVING	4
INFORMATION/SENIOR RELATED QUESTIONS	4
LEGAL/FINANCIAL SERVICES	4
LIBRARY	5
MEDICAL SERVICES	5
COMMISSION ON THE DEAF & HEARING IMPAIRED (CDHI)	5
MEDICARE	5
MENTAL HEALTH	6
MIDDLETOWN AARP	6
MIDDLETOWN SENIOR & COMMUNITY SERVICE CENTER	6
MUNICIPAL AGENT FOR THE ELDERLY	6
CITY OF MIDDLETOWN DEPARTMENTS	6
NUTRITION	7
PROBATE COURT	8
SENIOR HOUSING/HOUSING AUTHORITY – 860-346-8671	8
SOCIAL SECURITY	9
TAX ASSISTANCE, FED & STATE (AARP TAX-AIDE & VITA)	9
TRANSPORTATION	9
VETERANS’ AFFAIRS	9
VOLUNTEER OPPORTUNITIES	9
WEBSITES	10

Adult Day Care

Daytymers Club

www.heritagecommons.com/daytymers

860-344-1221

38 Boston Road

The Day Club

www.thedayclubadc.com

860-632-1119

32 Miner Street

Arts

Altrusa International Inc.

312-427-4410

Annual Senior Poetry Contest

Art Guild of Middletown

860-508-4852

CT Heritage Productions (Theater)

860-347-7771

CT Poetry Society

860-563-5761

Greater Middletown Chorale

860-316-4854

Middletown Arts & Culture Department

860-638-4510

Middletown Senior Chorus, Barbara Arafeh

860-347-4887

Middletown Symphonic Band

860-347-5787

Russell Writers

860-344-8136

Valley Shore Sweet Adelines Chorus

860-767-8540

Assisted Living Facilities

Heritage Commons

www.heritagecommons.com

860-344-1221

38 Boston Road

Luther Ridge

www.lutherridge.org

860-347-7144

628 Congdon St. W.

One MacDonough Place

www.onemacdonoughplace.org

860-358-5800

One MacDonough Pl

Village at South Farms

<http://www.benchmarkseniorliving.com/senior-living/ct/middletown/the-village-at-south-farms/>

860-344-8788

645 Saybrook Road

Civitan Bingo

860-638-4540

Middletown Senior Center

61 Durant Terrace

Evening Bingo (6:30 PM) once a month

Classes

Seniors can take classes tuition free (on a space available basis) at CT public colleges & Universities

Art Guild of Middletown

860-508-4852

Mattabassett Grange, 42 West St.

Middlesex Community College

860-343-5800

860-343-5863

100 Training Hill Road

50+ - wide range of classes, trips

62+ - discounted classes

**Middlesex Institute for Lifelong Education
(MILE)**
860-343-5863

Middletown Senior Services
860-638-4540
61 Durant Terrace

Middletown Adult Education
860-343-6044
398 Main St.
Wide range of classes & trips

Middletown Recreation Services
860-638-4500

Russell Library
860-347-2528

YMCA – Northern Middlesex
860-347-6907
99 Union St.
Seniors get discounted rates

Consumer Protection

**State of Connecticut Department of
Consumer Protection**
860-713-6100

Convalescent Centers

Apple Rehab
860-347-3315
600 Highland Ave.

Autumn Lake Healthcare at Cromwell
860-635-5613
385 Main St Cromwell

Middlesex Health Care Center
860-344-0353
100 Randolph Road

One MacDonough Place
860-358-5800
One MacDonough Pl

Wadsworth Glen Health Care Ctr.
860-343-5024
30 Boston Road

Water's Edge Health Care Center
860-347-7286
111 Church St.

Employment

Connecticut Department of Labor
860-754-5000
<http://www.ctdol.state.ct.us/>
645 South Main Street

United Labor Agency
860-347-8060
100 Riverview Center

Fishing Licenses

The Fishing Factory
860-344-9139
238 East Main Street

**Department of Energy and Environmental
Protection**
860-424-3000
*State Park Passes, Charter Oak Pass (Life
Use) Free to Connecticut residents 65+ -
proof of age and residency required – 860-
295-9523*

Handyman Services

Adapt Your Home
203-214-4170

Connecticut Remodeling
860-346-6011
387 Ballfall Road

Gullitti Builders
860-344-9360
73 Wildwood Lane

HomeCare Connection LLC
860-635-5009
32 Miner Street

Middlesex Habitat for Humanity of CT Inc.
860-343-9179
34 Shunpike Road Unit 24-26

Home Health Services

A&D Home Health Solutions
1-860-667-2275

**Advance Care LLC, Elder Care Management
& Homecare**
860-740-6885

**Caregiver Resource Guide (Caring Families
Coalition)**
860-297-5197

Comfort Keepers
203-697-1030

Community Renewal Team
860-347-4465
44 Hamlin St.
*Some emergency services, fuel assistance,
homebound meals, winterization assistance,
elderly nutrition program*

Companions & Homemakers Inc.
860-348-4663
855 Berlin Turnpike

Compassion & Choices (FREE)
1-800-247-7421
*1 to 1 w/terminal patient & family to ensure
final wishes are honored*

CT Dept. of Social Services
860-704-3100
2081 South Main Street (Route 17)
Title 19, Food Stamps (SNAP)

CT Respite Care Program
1-800-994-9422

**Dept. of Social Services Energy Assistance
Hotline**
1-800-842-1132

Estate Treasures & Services
860-344-0005
80 East Main St.

Euro-American Connections and Home Care
www.homecare4u.com
860-829-0208
1200 Farmington Ave. Berlin
*24 hour live-in caregivers, companions,
homemakers, respite care, etc.*

Family Care Visiting Nurse LLC
1-800-946-6331

HomeCare Connection, LLC
860-635-5009
32 Miner Street
Personal care, homemakers, companionship

Homecare Program for Elders
Dial 211
Phone based info & Referrals

Home Instead Senior Care
www.homeinstead.com
860-316-2531
79 Mill St. #102

Lend a Hand
1-800-960-1004

Middlesex Hospital Homecare
860-358-5600
770 Saybrook Road

National Family Caregiver Support Program
1-800-994-9422

New England Home Care
1-800-950-1004

Primary Prevention Homecare
860-244-9119

Seniors Helping Seniors
860-447-1316

Senior Resources Agency on Aging
860-887-3561
19 Ohio Ave. Norwich

St. Luke's Eldercare Solutions
860-347-5661
GateKeeper: Kizzy Hernandez-Bigos
163 College Street
Companionship, shopping, minor home repair, case management

Unison Health Services Inc.
860-347-4446
921 Saybrook Road

Visiting Angels Living Assistance Services
www.visitingangels.com/middlefield
860-349-7016
Personal care, homemakers, companionship

Independent Living

Heritage Commons Retirement Community
860-347-1221
38 Boston Road
Assisted Living Options Available

Luther Ridge
860-347-7144
628 Congdon St. W.

Information/Senior Related Questions

CHOICES
CT Area Agency on Aging
1-800-994-9422
Info on ANY senior question

INFOLINE
Dial 211
Referrals, crisis intervention, suicide prevention 211

Legal/Financial Services

Connecticut Legal Services
860-344-0447
62 Washington Street

Consumer Law Project for Elders
1-800-296-1467
Free, 60+, all incomes

Community Renewal Team (CRT)
860-347-4465
44 Hamlin St.
Heating Bill Assistance

Dzialo, Pickett & Allen, P.C.
www.dpapc.com
860-398-9386
148 Broad Street

Farrell & Grochowski, P.C.
www.wallingfordlawyers.com
203-269-7756

Fournier Legal
www.legalserviceseasthaven.com
860-670-3535

Judy's Checks & Balances, LLC
860-349-1555
Help with money management

Lawyer Referral Service of CT Bar Association
860-525-6052
Case assessments, provide free est. of charges

Office of the Victim Advocate
860-550-6632

Ombudsman & Resident Advocate Program
860-723-1394

Protective Services for the Elderly (DSS)
1-888-385-4225
After Hour Emergencies - 211

Statewide Legal Services of CT
860-344-0380 (toll-free 800-453-3320)
424 Main St.

Library

Godfrey Memorial Library
860-346-4375
134 Newfield St.

Russell Library
860-347-2528
123 Broad St.
Equipment for sight impaired, reading aids, audio books, computer training & usage, Lunch & Learn Series, borrow books, tapes, CD's, DVD's, New Parents Kits, Museum Passes free @ circulation desk
Homebound Service Program
860-347-2528 Ext. 165

CT State Library for the Blind & Physically Handicapped
1-800-842-4516
198 West St., Rocky Hill

Medical Services

Commission on the Deaf & Hearing Impaired (CDHI)
1-800-708-6796
Interpreting, counseling, support services

CT Radio Information System (CRIS)
1-800-708-0004
Free radio if you can't read or hold printed information

Community Health Center (sliding scale)
860-347-6971
635 Main St.

Lions Low Vision Center
1-800-676-5715

Middlesex Hospital
860-344-6000

Lifeline service, device calls medical help 24/7
860-344-6000
Middlesex Inpatient Hospice Care, 28 Crescent St.
860-344-6000

Middletown Health Dept., City Hall
860-638-4960
245 DeKoven Dr.

Senior INFO/EXPO, Health Fair, Flu Shot Clinic
860-638-4540
Middletown Senior Center will have information each year regarding the scope, date, and location of the Fair. This annual event features a consortium of service providers and senior related information.

Medicare

Center for Medicare Advocacy
1-800-262-4414
Free legal assistance to CT citizens denied Medicare coverage

CHOICES Counselor
860-638-4542
61 Durant Terrace

Medicare
1-800-633-4227
Medicare Hotline
1-800-828-9769
Medicare Questions

Middlesex Community Access Program
860-358-4867
60 Crescent St.
Pharmacy assistance for uninsured / underinsured

Senior Resources Agency on Aging
860-887-3561
19 Ohio Ave. Norwich

Mental Health

Alcoholics Anonymous
860-267-5857

Alzheimer's Association CT Chapter
860-828-2828

Community Health Center, (Sliding Scale)
860-347-6971
635 Main St

Crisis Hotline for acute psychiatric emergencies
1-800-567-0902

CT Respite Care Program
1-800-994-9422

Grandparents Raising Grandchildren
860-638-4500
This group meets periodically. Sponsored by Middletown Recreation and Community Services Dept.

Middlesex Hospital Mental Health Ctr.
860-358-8760
103 So. Main

Middlesex Hospital Support Groups
860-358-6000
Bariatric, Bereavement, Cancer, Breast Cancer, Prostate Cancer, Caregiver, Diabetes, Pulmonary, Smoking

Rushford Ctr. Alcohol / Drug Treatment
860-346-0300
1250 Silver St.

St. Luke's Eldercare Solutions
860-347-5661
100 Riverview Ctr., #202

Middletown AARP

AARP Membership
1-800-424-3410
AARP CT

1-866-295-7279
Middletown Chapter #3310
Middletown Chapter #3394

Middletown Senior & Community Service Center

860-638-4540
61 Durant Terrace

Municipal Agent for the Elderly

Middletown Senior Center
61 Durant Terrace
Laura Runte - 860-638-4542

City of Middletown Departments

ADA Text Telephone (TTY)
860-638-4812

Arts and Culture
860-638-4510

Board of Education
860-638-1401

Building Division – Public Works
860-638-4870

Central Communications
860-347-2541

City Hall Municipal Building
860-638-4800

City Yard – Public Works
860-638-4560

Common Council
860-638-4980

Credit Union
860-638-5360

Emergency Management
860-638-3270

Energy Management
860-638-4854

Engineering Division – Public Works
860-638-4850

Finance Department
860-638-4880

Finance – Payroll
860-638-4890

Finance – Purchasing
860-638-4895

Fire Department
860-638-3200

Health Department
860-638-4960

Human Relations
860-638-4830

Human Resources
860-638-4940

Mailroom
860-638-4865

Maintenance
860-638-4865

Mayor’s Office
860-638-4801

Office of the General Counselor
860-638-4820

Parking Department
860-638-4920

Parks Division – Public Works
860-638-4520

Planning, Conservation & Development
860-638-4840

Police Department
860-638-4000

Public Works
860-638-4850

Recreation & Community Services
860-638-4500

Registrar of Voters
860-638-4950

Risk Management
860-638-4825

Sanitation Division – Public Works
860-638-4851

Senior Services
860-638-4540

Tax Assessor
860-638-4930

Tax Collector
860-638-4900

Technology Services
860-638-4990

Town Clerk
860-638-4910

Water & Sewer Department
860-638-3500

Nutrition

Amazing Grace Food Pantry
860-347-3222
139 Main Street Ext.

CT Dept. of Social Services (SNAP)
860-626-6632
2081 South Main Street (Route 17)

CRT – Community Renewal Team

860-560-5828

Meals on Wheels, Congregate Meals, Elderly Nutrition Program

End Hunger CT!

860-560-2100

Homebound Meals/ Congregate Meal Service

860-560-5828

Meal Sites (Senior Center & Stoneycrest Towers)

St. Vincent DePaul Soup Kitchen

860-344-0097

615 Main St.

Probate Court

860-347-7424

94 Court Street

Senior Housing/Housing Authority –

860-346-8671

Applications required for all sites. Contact management to set up a visit and have your questions answered.

Marino Manor, Randolph Road

860-346-8671

40 Homes. Small, 3 room homes, laundry facility located in a community room.

Located at the intersection of South Main & Randolph Rd. On city bus line.

Utilities NOT included.

Cost: 1/3 annual income

Luther Ridge, 624 Congdon St. W.

860-347-7144

45 each of independent, assisted living, congregate apartments for moderate to lower incomes in wooded, residential area. Active social calendar, many amenities. Income and asset requirements.

Newfield Towers, 220 Newfield Street

860-344-0659

99 Apartments. High-rise building. Good size Apartments. Located on city bus line.

Includes: heat, hot water, and electricity

Cost: 1/3 of income

Pond View Apartments, 335 Butternut Street

860-344-8157

52 Apartments. Good size. Country living, all have small porches. Beautiful eastern

exposure, near small pond, playground, and

Shiloh Manor. Located on city bus line.

Includes: heat and hot water.

Cost: 1/3 income.

Old Middletown High, 251 Court Street

860-638-3602

65 Apartments. Good size. All Different.

Wonderful location near Wesleyan and Main St, library, churches. Near city bus line.

Includes: Heat, hot water, and electricity

Cost: 1/3 income

Salvatore L. Monarca Place, 1325 Randolph Road

860-346-8671

16 Apartments. Twelve 1 bedroom & four 2 bedroom apts. Developed with special design

features for the sensory impaired and elderly disabled. Located at the corner of Randolph

Rd and So. Main St. Includes: heat, hot water, and electricity.

Cost: 1/3 of income

Sbona Towers, 40 Broad Street

860-346-8671

126 Apartments. High-rise building, 12

stories, downtown location, next to Senior

Center churches, hospital, Main St. Located on city bus line. Includes: heat, hot water, and

electricity.

Cost: 1/3 of income

Shiloh Manor, 330 Butternut Street

860-344-1349

41 Apartments. Built in 1999. Good size

Apartments, independent living, country

setting. Near Pond View, Wesleyan University

Located on the city bus line. Includes: heat, hot water and electricity.
Cost: 1/3 income.

South Green Apts., 65 Church Street

860-344-1361

125 Apartments. Independent living, spacious one or two bedroom apts. Community room with kitchen, 24 HR maintenance, two laundry rooms, apartments w/ emergency pull cords. Conveniently located near hospital, churches, Senior Center, Main St. and city bus line. Includes: heat, hot water, and electricity
Cost: 1/3 of income.

St. Luke's Apts., 352 Newfield Street

860-343-8482

25 Spacious Apartments. Across from Russell Library, close to Main St. Located on city bus line. Includes: heat, hot water and electricity
Cost: 1/3 income.

Stoneycrest Apt., 352 Newfield Street

860-343-8482

99 Apts. In high-rise building. Located on city bus line. Includes: heat, hot water and electricity.
Cost: 1/3 of income.

Social Security

1-800-772-1213

425 Main Street

Tax Assistance, Fed & State (AARP Tax-Aide & VITA)

211

Locations vary - please call for more information

Transportation

9 Town Transit

860-510-0429

Public transportation for Seniors

American Cancer Society

203-265-6721

Cancer patients' medical appointments

Amtrak

1-800-872-7245

Senior discount, special assistance

Dial-A-Ride & Enhanced Dial-A-Ride

860-347-3313

Transportation for Seniors/Disabled

Executive Taxi

860-635-8222

Sedans – limos – suburbans - wheelchair vans

Hunters (ambulance, wheel chair, limo)

860-346-9627

Logisticare (w/Title 19)

1-888-866-3287

Middletown Area Transit (bus)

860-346-0212

340 Main Street

St. Luke's Eldercare Solutions

860-347-5661

2 week notice

Veterans' Affairs

Department of Veteran's Affairs

860-616-3600

287 West Street, Rocky Hill

Council on Veterans, Middletown

Ron Organek - 860-346-5100

American Legion Post #75

860-347-9575

58 Bernie O'Rourke Drive

Volunteer Opportunities

American Red Cross

860-347-2577

Literacy Volunteers

860-347-0337

Reading Buddies, Spencer School (RSVP Program)

860-344-0711

St. Luke's Eldercare Solutions

860-347-5661

United Way

860-346-8695

www.aarp.org/quicklink

Locates Federal & State benefits eligibility

www.middletonct.gov/seviors

Senior services programs, services, newsletter, etc.

Websites

www.eldercare.gov

Locates area services

1-800-677-1116

www.medicare.gov

1-800-633-4227

Click Home Health Compare under "Search Tools"

Website compares evaluations of nursing homes, home health agencies, dialysis facilities

www.seniorresourcesec.org

1-800-690-6998

CHOICES, CT Area Agency on Aging provides information & referrals to seniors, families and caregivers. Monthly newsletter, funding opportunities, public speakers

www.myziva.net

Compares the quality of care in local nursing homes

www.CTHelpNet.org

Easy to navigate website locating state, federal and private organizations servicing elders

www.benefitscheckup.org

Locates Federal & State benefits eligibility