The Northwest CARES Help Book

Community Resources in the Northwest Corner

2017

www.nwcares.org
# LOCAL TOWN TELEPHONE NUMBERS AND WEBSITES

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<th>1st Selectman</th>
<th>Town Clerk</th>
<th>Social Services</th>
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<td>Canaan</td>
<td>(860) 824-7313</td>
<td>(860) 824-3138</td>
<td>(860) 824-3133</td>
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<tr>
<td>Canaan</td>
<td><a href="#">northcanaan.org</a></td>
<td><a href="#">canaanfallsvillage.org</a></td>
<td>(860) 824-9855</td>
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<tr>
<td>Cornwall</td>
<td>(860) 672-4959</td>
<td>(860) 672-2709</td>
<td>(860) 672-2603</td>
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<td>Goshen</td>
<td>(860) 491-2308</td>
<td>(860) 491-3647</td>
<td>(860) 491-4673</td>
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<td>Kent</td>
<td>(860) 927-4627</td>
<td>(860) 927-3433</td>
<td>(860) 927-1586</td>
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<td>Norfolk</td>
<td>(860) 542-5829</td>
<td>(860) 542-5679</td>
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<td>(860) 435-5170</td>
<td>(860) 435-5182</td>
<td>(860) 435-5187</td>
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<td>Sharon</td>
<td>(860) 364-5789</td>
<td>(860) 364-5224</td>
<td>(860) 364-1003</td>
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<tr>
<td>Warren</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881 ext. 114</td>
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* Salisbury Senior Services:  (860) 435-5191

NY State: Dutchess County Community Action Agency  (845) 877-9272
GENERAL INFORMATION

IF AN EMERGENCY, dial 911

Many towns have their own offerings such as food pantries, communal meals, funds for arts, education and camperships, and, occasionally, community funds for those in need. Contact your Town Hall or go to your town website for information. Residents of Connecticut can also contact the Department of Social Services.

Real property tax relief may also be available for veterans, seniors and disabled individuals. See entries on Social Services and Support Groups, pages 74-78.

INFOLINE: 211 (Directory of Community Services) A free and confidential service that provides information on local services -- everything from housing resources if you are homeless or at imminent risk of homelessness, utility and food assistance, child and elder care, after school programs, crisis intervention, how to contact your local legislator, what emergency rooms are open in the middle of the night and much more. Specialists assist with complex issues like financial problems, substance abuse and suicide prevention and with simpler issues such as finding volunteer opportunities and donation options.

2-1-1 is available 24 hours a day, 365 days a year. Multilingual assistance and TDD access is also available. Call 211 or access the website: www.211ct.org.
Northwest CARES Resource Book Sponsors (May 1st, 2017)

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E. Rada, Attorney

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Habitat for Humanity of NW CT
Kent Community Fund
McCall Foundation
Noble Horizons

Salisbury Bank and Trust
Salisbury Family Services
Salvation Army
Sharon Community Foundation
Sharon Health Care Center
Salisbury Visiting Nurse Association
Town of Cornwall
Town of Falls Village
Town of Norfolk
Town of Sharon

Western CT Area Agency on Aging
Women’s Support Services

Bold = $250 or above
NW CARES is the Northwest Coalition of Agencies Related to Elder Services in Canaan, Falls Village, Lakeville/Salisbury, Norfolk, Sharon, Cornwall, Warren and Kent. Our mission is to identify, clarify and seek solutions to issues in service and activities that affect the elderly and their families. And since these possible solutions affect young as well as old, our scope extends to programs available to all ages.

We developed this resource guide to provide information that will help you choose more effectively from the array of services available in our area. We hope that “The Northwest CARES Help Book” will be useful. We invite readers to help us improve the publication and keep it up to date with corrections and additions.

Our special thanks go to the people who made the original 1999 booklet possible: to Dianne Heiny whose idea it was, to Debbie Pastore who was foremost among those who compiled and organized the data, and to Jane Elwood, who designed the fine logo. And to Moore & More Printing’s always generous and expert Stacey Moore, and Karen McGinnis who retyped the whole thing! We are now particularly grateful to volunteer Harding Bancroft who has been invaluable in organizing and formatting this edition. We also thank the members of NW CARES and all organizations that have contributed, for their hours of advice and support.

NW CARES has tried to provide accurate information, but is not responsible for any errors in this publication. We welcome your corrections and additions. Please e-mail them to ellaclark@sharon-ct.org.
This booklet is only a guide. There may be programs available to you that have not been included. Be sure to double check times listed. Please call your town social service agent or Infoline (211) for additional information.

This book is also available at www.nwcares.org.

Compiled by NW CARES
(Northwest Coalition of Agencies Related to Elder Services)

Northwest CARES serves to provide information, advocacy and education about services for residents of the Northwest Corner.
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14 Release 3.0
IF AN EMERGENCY, dial 911

Many towns have their own offerings such as food pantries, communal meals, funds for arts, education and camperships, and, occasionally, community funds for those in need. Contact your Town Hall or go to your town website for information. Residents of Connecticut can also contact the Department of Social Services.

Real property tax relief may also be available for veterans, seniors and disabled individuals. See entries on Social Services and Support Groups, pages 74-78.

INFOLINE: 211 (Directory of Community Services) A free and confidential service that provides information on local services --everything from housing resources if you are homeless or at imminent risk of homelessness, utility and food assistance, child and elder care, after school programs, crisis intervention, how to contact your local legislator, what emergency rooms are open in the middle of the night and much more. Specialists assist with complex issues like financial problems, substance abuse and suicide prevention and with simpler issues such as finding volunteer opportunities and donation options.

2-1-1 is available 24 hours a day, 365 days a year. Multilingual assistance and TDD access is also available. Call 211 or access the website: www.211ct.org.
State of CT DSS
- General Info................................................. (800) 842-1508
- Food Stamps................................................ 211
- W. CT. Area Agency on Aging.........................(800) 994-9422

Government Representatives
- U.S. Senator Richard Blumenthal ......................(800) 334-5341
- U.S. Senator Chris Murphy ...............................(800) 225-5605
- U.S. Congresswoman Elizabeth Esty ..................(860) 223-8412
- Connecticut Governor Dannel Malloy ...................(800) 406-1527
- Connecticut Senator Craig Miner .......................(800) 842-1421
- State Representative Brian Ohler ....................... (860) 240-8700

<table>
<thead>
<tr>
<th>Town</th>
<th>1st Selectman</th>
<th>Town Clerk</th>
<th>Social Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canaan</td>
<td>(860) 824-7313</td>
<td>(860) 824-3138</td>
<td>(860) 824-3133</td>
</tr>
<tr>
<td>Cornwall</td>
<td>(860) 672-4959</td>
<td>(860) 672-2709</td>
<td>(860) 672-2603</td>
</tr>
<tr>
<td>Falls Village</td>
<td>(860) 824-0707</td>
<td>(860) 824-0707</td>
<td>(860) 824-9855</td>
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<tr>
<td>Goshen</td>
<td>(860) 491-2308</td>
<td>(860) 491-3647</td>
<td>(860) 491-4673</td>
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<tr>
<td>Kent</td>
<td>(860) 927-4627</td>
<td>(860) 927-3433</td>
<td>(860) 927-1586</td>
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<tr>
<td>Norfolk</td>
<td>(860) 542-5829</td>
<td>(860) 542-5679</td>
<td>(860) 542-5829</td>
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<tr>
<td>Salisbury *</td>
<td>(860) 435-5170</td>
<td>(860) 435-5182</td>
<td>(860) 435-5187</td>
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<tr>
<td>Sharon</td>
<td>(860) 364-5789</td>
<td>(860) 364-5224</td>
<td>(860) 364-1003</td>
</tr>
<tr>
<td>Warren</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881 ext. 114</td>
</tr>
</tbody>
</table>

* Salisbury Senior Services:  (860) 435-5191

**New York State:** Community Action Agency, Dover Plains  
(845) 877-9272
See also Legal Services

■ AARP (American Association of Retired Persons):
(800) 687-2277  www.states.aarp.org/category/connecticut

An organization for people over 50, offering information on the following topics: Consumer Protection, Driving “55 Alive,” Health & Long-Term Care, State Legislative, and Tax preparation.

■ Center for Medicare Advocacy
(860) 456-7790  http://www.medicareadvocacy.org
A national nonprofit, nonpartisan organization that provides education, advocacy and legal assistance to help older people and people with disabilities obtain fair access to Medicare and necessary health care. They represent thousands of individuals in appeals of Medicare denials, pursue Medicare coverage for individuals and for dually eligible beneficiaries (individuals who are eligible for both Medicare and Medicaid), and provide legal training and support for Connecticut's state health insurance and assistance program (SHIP program), known in Connecticut as CHOICES.

■ Connecticut Women’s Education & Legal Fund
(800) 479-2949  www.cwealf.org

■ CT Association for Human Services (CAHS)
CAHS promotes family economic security strategies that empower low-income working families to achieve financial independence. They are particularly helpful in promoting the earned income tax credit (EITC) for low-income working families.
(860) 951-2212  www.cahs.org

■ Protective Services for the Elderly
(888) 385-4225
For protecting those 60+ from abuse, neglect, or exploitation.

■ State Long Term Care Ombudsman see Page 67

■ Susan B. Anthony Project
(860) 489-3798  www.sbaproject.org
Torrington .................................. Sexual Assault Hotline (888) 999-5545  
Domestic Violence Hotline (888) 774-2900  
Torrington 24 Hour Crisis Line (860) 482-7133

Monday through Friday, 8:30 A.M. to 4:30 P.M.

The Susan B. Anthony Project provides crisis counseling, advocacy and support for victims and survivors of sexual assault and domestic violence throughout Northwest Connecticut. Services include 24-hour crisis line, one-on-one counseling, support groups, advocacy with social service/police/medical/legal systems, emergency shelter, job search counseling, community education and professional in-service training. All services for clients are free and confidential. (For domestic violence services in Canaan, Cornwall, Falls Village, Kent, Salisbury and Sharon, contact Women’s Support Services in Sharon [see listing following].)

- **Veterans Affairs**  
  (See Veterans section on Page 80)

- **Western Connecticut Area Agency on Aging (WCAAA)**  
  [www.wcaaa.org]  
  Waterbury: (203) 757-5449  
  Or (800) 994-9422  
  Fax: (203) 757-4081

The Western CT Area Agency on Aging, Inc (WCAAA) is one of five AAAs in CT and serves seniors & Medicare/Medicaid eligible. The WCAAA conducts home based client assessments to determine need for long term care supports, funds senior centers, chore & transportation services, legal services, exercise and emergency fuel programs, depression counseling, adult day care, congregate & home delivered meals and can provide assistance with minor home modifications. Caregivers may also access respite care through the WCAAA and all age groups are invited to visit the Bureau of Rehab's Tech Center located at the WCAAA's office. The CHOICES unit, part of the WCAAA, responds to questions on Medicare, Medicaid and other benefits.

- **Women’s Support Services, Sharon**  
  (860) 364-1080
Hotline Number: (860) 364-1900 (24 hrs / 7 days)
Website:  www.wssdv.org
Office Location:  158 Gay Street, Sharon, CT  06069
Business Hours: 9:00 A.M. to 5:00 P.M., Monday through Friday.
Volunteer Program, Lending Library, Clothes, Assistance available for non-English speaking individuals.
WSS offers free and confidential services to all victims of domestic violence and abuse in the towns of Canaan, Cornwall, Kent, North Canaan, Salisbury, and Sharon. Domestic violence/abuse includes physical, emotional, psychological, verbal, financial and sexual abuse in the context of an intimate partner relationship. Services include: 24-hour hotline, short-term crisis counseling for adults and children, support groups for adults and children, legal/medical/social service advocacy, short-term emergency shelter, transportation, and community education and professional in-service training.

If the person seeking service is a victim of domestic violence and they are out of the area but living in CT they can call the CT Statewide Domestic Violence Hotline at 1-888-774-2900. This is a 24-hour toll-free hotline. The caller will be connected to the domestic violence program in their immediate area.

If the person seeking services is a victim of domestic violence and they are from out of state they can call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). This is a 24-hour toll-free hotline. The caller will be connected to the domestic violence program closest to them in their state.

If the person seeking services is a victim of sexual assault outside of the context of an intimate partner relationship (i.e. stranger rape) and they live in the local area, they can contact the Susan B. Anthony Project in Torrington, CT via their 24-hour hotline at (860) 482-7133

If the person seeking services is a victim of sexual assault and is out of the area but living in CT they can call the CT Statewide Sexual Assault Hotline at 1-888-999-5545. This is also a 24-hour toll-free hotline. The caller will be connected to the domestic violence program in their immediate area.
If the person seeking services is a victim of sexual assault and they are from out of state they can call the National Sexual Assault Hotline at 1-800-656-HOPE (4673). This is a 24-hour toll-free hotline. The caller will be connected to the sexual assault program closest to them in their state.

ADVOCACY IMMIGRANTS’ RIGHTS

See also Legal Services

- **Connecticut Immigrant Rights Alliance**
  CIRA exists to facilitate the efforts of organizations and individuals in Connecticut who are working to improve the lives of immigrants in our society.

- **American Civil Liberties Union (ACLU)**
  [https://www.aclu.org/affiliate/connecticut](https://www.aclu.org/affiliate/connecticut)

  Raids/What happens if law enforcement are at your door: [https://www.aclu.org/know-your-rights](https://www.aclu.org/know-your-rights)

  ACLU
  125 Broad Street, 18th Floor New York, NY 10004
  Tel: (212) 549-2500

- **National Immigration Legal Services Directory**
  [https://www.immigrationadvocates.org/nonprofit/faq/](https://www.immigrationadvocates.org/nonprofit/faq/)

- **Catholic Charities**
  [http://www.ccaoh.org](http://www.ccaoh.org)

  In CT: (860) 297-7800
  Hotline NY: (800) 566-7636
Other Resources for Immigrants

The New York Immigration Coalition:
http://www.thenyic.org/
(212) 627-2227

The New Sanctuary Coalition for New York (La Nueva Coalición Santuario para Nueva York):
(646) 395-2925
http://www.newsanctuarynyc.org

Local options to protect immigrants:
https://www.ilrc.org/sites/default/files/resources/local_options-20161215.pdf

Legal assistance/Information


Statewide Legal Services
www.slsct.org  (800) 453-3320

CT Legal Services
www.connlegalservices.org  (203) 721-8556

Civil Rights Hotline  (800) 798-0671

Berkshire Immigration Center
berkshireic.com  (413) 445-4881
AIDS/HIV

New Opportunities, Torrington.
(860) 482-9749 in Torrington  www.newoppinc.org
or email Info@NewOpportunitiesInc.org

AIDS Project Greater Danbury (203) 778-2437, (203) 797-1483

CONNECTICUT AIDS DRUG ASSISTANCE PROGRAM (CADAP)
WHAT IS CADAP? The Connecticut AIDS Drug Assistance Program (CADAP) helps eligible people living with AIDS/HIV, including immigrants without green cards, pay for federally approved HIV antiretroviral drugs and drugs which prevent opportunistic infections associated with AIDS/HIV. CADAP will now pay health insurance premiums for anyone who is already covered by a health plan and is eligible for the program.

COST: No fee

WHO IS ELIGIBLE?

- People with AIDS or HIV who have a net countable income at or below 400% of the Federal Poverty Level.
- People who have been diagnosed by a licensed physician as having AIDS, HIV+ symptomatic, and/or an HIV infection.
- Individuals applying for the program need not be a Medicaid recipient, but must apply for Medicaid within two weeks of approval for the program. There is no asset restriction for CADAP.

NOTE: A person receiving prescription drug assistance from CADAP does NOT need to be covered by a health plan.

HOW TO APPLY: Request application from CADAP office at Connecticut State Department of Social Services or download from DSS website: (www.ct.gov/dss/lib/dss/PDFs/CADAPapp03.pdf)

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:
Search by program name: CADAP - Ryan White Part B Connecticut AIDS Drug Assistance Program

ALZHEIMER’S

■ Alzheimer’s Association, CT Chapter
(860) 828-2828
24/7 Toll-free Helpline 1-800-272-3900 www.alz.org/ct
Offers services to help those impacted by Alzheimer's and related dementias.
Contact Tina Hogan, Northwestern Regional Coordinator
860.308.3458| thogan@alz.org

Care Consultations; Support Groups; MedicAlert + Alzheimer's Association Safe Return; Early Stage Programs; Community Education and Professional Training; Medical Trials available.

■ Alzheimer’s Caregiver’s Support Groups

Geer Adult Day Center, Canaan, CT
(860) 824-7067 www.geercares.org

Tina M Hogan
Northwestern Regional Coordinator / Longest Day Manager
Alzheimer’s Association, CT Chapter.
(860) 308-3458 thogan@alz.org www.alz.org/ct

Noble Horizons, Salisbury CT
(860) 435-9851 http://www.noblehorizons.org

■ Respite Care Program
Program offering daytime or overnight relief for caregivers or individuals with Alzheimer’s or related disorders. Maximum income requirements apply.
For Information contact the Alzheimer’s Association or Area Agency on Aging: (800) 994-9422
American Cancer Society  
(800) 227-2345 for information on local help. www.cancer.org
Always contact the social worker at your cancer center to ask for specific kinds of help. Their treatment center may also refer them to small funds they may have access to. Calling 211 is always a good idea.

CancerCare  
(800) 813-4673 www.cancercare.org for possible financial help and support for patients and caregivers. Town Social Service Agents might help with referrals to specific help offered to residents of that town.

Many drug companies provide assistance with cost of prescriptions as well as co-pays. Check with the company directly, or your doctor’s office. Local counseling is also available.

Berkshire Taconic Community Foundation  
Jane Lloyd Fund (www.berkshiretaconic.org) helps patients with non-medical expenses. A separate fund, the Women’s Cancer Wellness Fund, provides help for alternative therapies. Social workers at the treatment centers can apply for funds held by the Community Foundation of NW CT (see entries at www.charlottehungerford.org).

Cancer Survival Toolbox: The award-winning Cancer Survival Toolbox® is a free, self-learning audio program that has been developed by leading cancer organizations to help people develop important skills to better meet and understand the challenges of their illness. The program contains a set of basic skills to help navigate a diagnosis and special topics on key issues faced by people with cancer. It is given to newly diagnosed patients as well as those transitioning off treatment, used by patient navigators, offered in patient resource libraries, provided at survivorship programs and conferences, and listened to in a support group setting.

www.canceradvocacy.org

SUPPORT GROUPS:

Charlotte Hungerford Hospital (CHH): Breast and Prostate Cancer Support Groups
Support groups are an informal gathering of cancer patients and caregivers where participants can comfortably express their thoughts and feelings about cancer and its challenges. Breast Cancer and Prostate support groups are led by Janet Hooper, RN. Call (860) 496-6396 for schedule and further info.

**CHH: Case Management**

A licensed social worker is onsite three days a week to assist patients with financial needs, Title 19 medical insurance, disability applications, supportive counseling, and referrals to related human services in the community. Call Elizabeth Jucevics, Social Worker at (860) 489-6718 for info.

CHH: Free breast and cervical early detection program (mammograms and Pap tests) and the hospital’s Pink Rose Program. (860) 496-6513.
CAREGIVER SUPPORT

- **Health Resource Line**
  Sharon Hospital (800) 666-6885

- **Geer Adult Day Center**
  (860) 824-7067

- **Caregiver Support Group at Noble Horizons**
  The group is available for caregivers in the community as well as those with family members at Noble Horizons. Please call Judy at (860) 435-9851- ext. 141, prior to attending the group for more information and to verify meeting dates and times.

See also Support Groups, Page 77.

CHILDREN AND YOUTH

- **Charlotte Hungerford Center for Youth and Families**
  (860) 489-3391  [www.charlottehungerford.org](http://www.charlottehungerford.org)

- **Brooker Memorial Early Learning and Child Care Center**
  Torrington  (860) 489-5437

- **Child Care Centers**
  Canaan Child Care Center ………………… (860) 824-0597
  Cornwall Child Center ……………………. (860) 672-6989
  Falls Village Day Care …………………… (860) 824-0882
  Housatonic Child Care Center (Salisbury) …(860) 435-9694
  Kent Children’s Center ……………………..(860) 927-4168
  Sharon Day Care Center …………………..(860) 364-5182
  Warren Church Community Childcare ……..(860) 868-2236
■ CT Commission on Children
www.cga.ct.gov/coc

■ CT Early Childhood Alliance
(860) 819-3647  www.earlychildhoodalliance.com
Committed to improving development outcomes in learning, health, safety and economic security for children birth to 8.

■ CT Department of Children and Families (DCF)
62 Commercial Boulevard
Torrington (860) 496-5700 or (860) 842-2288

■ Care 4 Kids
(860) 214-5437
Help for low to moderate income families in CT to pay for child care costs (sponsored by CT DSS)

■ Family Strides
Referrals, home visits, parenting education
(860) 482-3236  WIC (860) 489-1138
http://www.familystrides.org  Hablamos Espanol

■ Housatonic Youth Service Bureau
(860) 824-4720
Falls Village
Business Hours: 9:00 A.M. to 4:00 P.M. or by appointment for evening hours.
Director: Nicholas Pohl, MSW
Email Address: npohl@hysb.org
Website: www.hysb.org
Physical/ Mailing Address: 236 Warren Turnpike Road, P.O. Box 356, Falls Village, CT, 06031.
The Youth Service Bureau offers resource and referral information, youth advocacy, short-term counseling for youth to age 21, parenting and grandparenting classes, crisis intervention, parent support and education groups, coordination of area service provider meetings and community education on youth and family issues. There is no charge for services. The programs are open to all residents in Kent, Cornwall, Sharon, Falls Village, Canaan, Lakeville, and Salisbury.
■ **Summer Camps and Programs**

**Audubon Sharon.**
325 Cornwall Bridge Rd, Sharon, CT 06069  
(860) 364-0520  [www.sharon.audubon.org](http://www.sharon.audubon.org)

**Camp Jewell YMCA**
6 Prock Hill Road, Colebrook, CT 06021  
(860) 379-2782  camp.jewell@ghymca.org

**Camp Sloane YMCA**
124 Indian Mountain Road, Lakeville, CT 06039  
(860) 435-2557  [www.campsloane.org](http://www.campsloane.org)

See also: [http://www.campiswithinreach.org](http://www.campiswithinreach.org)

Camperships or reduced rates often available. Berkshire Taconic Community Foundation can also help. See [www.berkshiretconic.org](http://www.berkshiretconic.org) and go to “SearchApplyforScholarships.” (Watch out for deadlines.) Many towns have their own summer programs, and some have summer jobs for teens as well. Call your social service agent or Parks and Recreation Committee.

The Housatonic Youth Service Bureau provides internships: [www.hysb.org](http://www.hysb.org).

■ **WIC (Women, Infants and Children)**

Torrington  (860) 489-1138  [www.benefitsapplication.com](http://www.benefitsapplication.com)

WIC (Women, Infants, and Children) program Connecticut provides special supplemental nutrition services to low income families living in Connecticut. Under the program, eligible families will receive food as well as nutrition related education and support. Eligible persons may be parents, stepparents, guardians as well as foster parents of infants or children under the age of five. The Program also provides nutritional food and services to pregnant and postpartum women. Breastfeeding mothers will continue to receive WIC benefits in Connecticut during the first year of breastfeeding.
Amenia
Temple Beth David (845) 373-8264
East Main Street, Amenia, NY 12501

Canaan
Canaan United Methodist Church (860) 824-5534
Main and Church Streets, Canaan, CT 06018

North Canaan Congregational Church (860) 824-7232
30 Granite Avenue, Canaan, CT 06018
Rev. Savage Frieze
http://www.northcanaancongregationalchurch.org

Promised Land Baptist Church (860) 824-5685
29 Granite Avenue, Canaan, CT 06018
Pastor Dave Warg www.promisedlandbaptist.org

St. Joseph’s R.C. Church (860) 824-7078
4 Main Street, Canaan, CT 06018
www.sacrament7.org

Cornwall
Chapel of All Saints Episcopal (860) 824-7410
North Cornwall Meeting House, West Cornwall, CT 06796
Rev. Mary Gates www.allsaintscornwall.org

St. Peter’s Evangelical Lutheran Church (860)-672-6897
7 Bolton Hill Road, Cornwall, CT 06753
Rev. Robert Pohl www.stpeterscornwall.org

St. Bridget’s R.C. Church (860) 364-5244
7 River Road, Cornwall Bridge, CT 06754
Rev. Francis Fador www.stbridgetschurch.org

United Church of Christ in Cornwall (860) 672-6840
8 Bolton Hill Road, Cornwall, CT 06753
Rev. Mikki Nunn-Miller www.uccincornwall.org
Falls Village
Falls Village Congregational Church (860) 824-0194
Beebe Hill Road, Falls Village, CT 06031
Rev. Peter Dakers, Sally Greco L.M.  www.thefv.cc

Kent
Faith Chapel Independent Baptist (860) 927-4931
Swift House, 10 Maple Street, Kent, CT 06757
Rev. Richard Totten

First Congregational Church of Kent (860) 927-3335
97 N. Main Street, PO Box 306, Kent, CT 06757
Pastor, The Rev. Abby Gackenheimer
fcckentminister@gmail.com
http://www.fccofkentct.org

Sacred Heart R.C. Church (860) 927-3003
13 Bridge Street, Kent, CT 06757
Rev. Thomas Berberich

St. Andrew’s Episcopal Church (860) 927-3486
1 North Main Street, Kent, CT 06757
Rev. Roger White

Norfolk
Church of Christ Congregational (860) 542-5721
12 Village Green, Norfolk, CT 06058
Rev. Erick Olsen  www.norfolkctucc.org

Church of the Transfiguration (860) 542-5668
21 Mills Way, Norfolk, CT 06058
Contact: Rowland Denny  http://www.churchofthetransfiguration.net

Immaculate Conception R.C. Church (860) 824-7078
4 North Street, Norfolk, CT 06058
Rev. Iaian Hightet  www.sacrament7.org
Salisbury/Lakeville

Saint Mary Roman Catholic Church (860) 435-2659
76 Sharon Road, Lakeville, CT 06068
Rev. Joseph Kurnath www.stmarylakeville.org

Lakeville United Methodist Church (860) 435-9496
319 Main Street, Lakeville, CT 06039
Pastor Margaret Laemmel

Trinity Episcopal Church (860) 435-2627
484 Lime Rock Road, Lakeville, CT 06039
Rev. Heidi Truax www.trinitylimerock.org

All Saints of America (Orthodox) (860) 824-1340
313 Twin Lakes Road, Salisbury, CT 06068
Archpriest John Kreta www.allsaintsofamerica.us

Salisbury Congregational Church (860) 435-2442
30 Main Street, Salisbury, CT 06068
Rev. Diane Monti-Catania www.salisburycongregational.org

St. John’s Episcopal Church (860) 435-9290
12 Main Street, Salisbury, CT 06068
Rev. David Sellery & Rev. Canon Lance Beizer
www.stjohnssalisbury.org

Unitarian-Universalist Fellowship of NW CT (860) 435-2319
Noble Horizons, 17 Cobble Road (Cobble Living Room),
Salisbury, CT 06068
Meets second Sunday of the month 10:30 am

Sharon

Christ Church Episcopal (860) 364-5260
9 South Main Street, Sharon, CT 06069
Rev. Jon Widing www.christchurchsharon.org

Sharon Congregational Church (860) 364-5002
25 Main Street, Sharon, CT 06069
Rev. Jody Guerrera
Sharon United Methodist Church (860) 364-5634  
112 Upper Main Street, Sharon, CT 06069  
Pastor Margaret Laemmel

St. Bernard’s R.C. Church (860) 364-5244  
52 New Street, Sharon, CT 06069  
Rev. Francis Fador  www.stbridgetschurch.org

South Amenia  
St. Thomas Episcopal Church (845) 373-9161  
revbetsyfisher@gmail.com

Warren  
Warren Congregational Church (860) 868-7106  
4 Sackett Hill Road, Warren, CT 06754  
www.warrencongregationalchurch.org
Money Management International
Counseling is offered via phone 24/7. Appointment: (888) 845-5669
Money Management International (www.moneymanagement.org) – is a one-time phone/office appointment (their closest office is in Milford) where the client’s monthly income and debt is analyzed and either Money Management or the client will then negotiate a consolidated debt payment. This is who Housing Development Fund works with.

The Consumer Law Project for Elders
(800) 296-1467 (for 60 and over), under Connecticut Legal Services. The number will record your request but they do get back to you.

For General Debts: Call 2-1-1.

CT Department of Banking
(CT DOB) has licensed Debt Adjusters: most common is Money Management International (see above, or (888) 845-5669).

If in foreclosure or delinquent, CT DOB has an assistance hotline: 1-877-472-8313.

Connecticut Department of Banking
Government Relations and Consumer Affairs, 260 Constitution Plaza, Hartford, CT 06103. Phone: (860) 240-8299 or Toll-free: 1-800-831-7225
Facsimile: (860) 240-8178 Or visit their website: www.ct.gov/dob
Staff is available to provide free presentations on a multitude of topics such as credit repair, debt management, banking scams, mortgage assistance, etc.

Helping Students with Credit Cards and Finances
a guide that will help students and their families gain in depth financial knowledge along with practical strategies to develop better money management that will help establish a solid financial foundation.
http://www.thesimpledollor.com/best-student-credit-cards/

Resolving Debt Distress – Website
A good website that details various debt-reduction strategies, including
- Credit Counseling
- Refinancing
- Debt Settlement
- Bankruptcy
- Do-it-yourself Debt Payoff Plan

■ Your Rights as a Credit Card Holder
https://www.moneygeek.com/credit-cards/credit-card-holders-rights/
A good website that helps you understand your rights as a consumer:
  - Credit Card Fees, Rates & Billing Problems
  - Sudden Changes to Card Terms and Fees
  - Transactions gone bad
  - Lost or stolen Credit Cards
  - Collections
  - Credit Applications

■ Other resources regarding credit counseling and repair

Neighborhood Housing Services of Waterbury
NHS does financial counseling  (203) 753-1896
www.nhswaterbury.org/financial-education-counseling

Money Smart, FDIC
www.fdic.gov/consumers/consumer/moneysmart/index.html
DAY CENTERS

Geer Adult Day Center
(860) 824-7067 www.geercares.org

The Geer Adult Day Center hours are 8:00 A.M. to 3:30 P.M.

Free Blood Pressure Screening 10:00 A.M to 2:00 P.M., Monday through Friday. A continental breakfast is served upon arrival.

An Adult day center offers a medical/social program for adults who need supervision and socialization during the day or some part of the week. Services provided include: bathing, recreation, a hot lunch, transportation, counseling, health education, physical and occupational therapy, hairdresser/barbershop, and podiatry. Open to any resident within a 20-mile radius of the center.

DISABILITY SERVICES

Department of Rehabilitation Services (DORS)
http://www.ct.gov/dors/
The Department of Rehabilitation Services (DORS) brings together the programs that were formerly known as the Department of Social Services’ Bureau of Rehabilitation Services, the Board of Education and Services for the Blind, the Commission on the Deaf and Hearing Impaired, the Workers’ Rehabilitation Program and the Driver Training Program for People with disabilities.

State Library For the Blind
(800) 842-4516

Board of Education and Services for the Blind
Counseling and referral, education, rehabilitation, mobility instruction, technology and adaptive equipment, employment options, support groups. Many Services are provided in the home and community.
(800) 842-4510 www.ct.gov/BESB
**Bureau of Rehabilitation Services (BRS)**
BRS helps consumers who have a disability and need help preparing for, finding, or keeping a job, and are available to be active and full partners in the vocational rehabilitation process. If you are eligible for services, you’ll work with a Vocational Rehabilitation Counselor to determine what services BRS may offer that will best fit your needs to help you find work.

Please go to **Applying for Services** on our website at [www.ct.gov/brs](http://www.ct.gov/brs) to learn what information you will need to complete an application and to find the office nearest to where you live.

**Services for the Deaf**
Commission on the Deaf and Hearing Impaired (CDHI)
Interpreting services, job consulting and placement, personal counseling, information, referral and advocacy.

(860) 231-1690 TTY/Voice
(860) 708-6796 Voice
(860) 231-8169 TTY

**Hearing Aids**
Beltone Hearing
(860) 485-1351

Wesconn Hearing Aid Service
(860) 489-0332
Home visits available for evaluation and service.

(See also Hearing Aids on Page 42)
Women’s Support Services, Sharon  
(860) 364-1080  
Hotline Number: (860) 364-1900 (24 hrs / 7 days)  
Website: www.wssdv.org  
Office Location: 158 Gay Street, Sharon, CT 06069  
Business Hours: 9:00 A.M. to 5:00 P.M., Monday through Friday.

Volunteer Program, Lending Library, Clothes, Assistance available for non-English speaking individuals. WSS offers free and confidential services to all victims of domestic violence and abuse in the towns of Canaan, Cornwall, Kent, North Canaan, Salisbury, and Sharon. Domestic violence/abuse includes physical, emotional, psychological, verbal, financial and sexual abuse in the context of an intimate partner relationship. Services include: 24-hour hotline, short-term crisis counseling for adults and children, support groups for adults and children, legal/medical/social service advocacy, short-term emergency shelter, transportation, and community education and professional in-service training.

If the person seeking service is a victim of domestic violence and they are out of the area but living in CT they can call the CT Statewide Domestic Violence Hotline at 1-888-774-2900. This is a 24-hour toll-free hotline. The caller will be connected to the domestic violence program in their immediate area.

If the person seeking services is a victim of domestic violence and they are from out of state they can call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). This is a 24-hour toll-free hotline. The caller will be connected to the domestic violence program closest to them in their state.

If the person seeking services is a victim of sexual assault outside of the context of an intimate partner relationship (i.e. stranger rape) and they live in the local area, they can contact the Susan B. Anthony Project in Torrington, CT via their 24-hour hotline at (860) 482-7133.

If the person seeking services is a victim of sexual assault and is out of the area but living in CT they can call the CT Statewide Sexual Assault
Hotline at 1-888-999-5545. This is also a 24-hour toll-free hotline. The caller will be connected to the domestic violence program in their immediate area.

If the person seeking services is a victim of sexual assault and they are from out of state they can call the National Sexual Assault Hotline at 1-800-656-HOPE (4673). This is a 24-hour toll-free hotline. The caller will be connected to the sexual assault program closest to them in their state.

Susan B. Anthony Project
(860) 489-3798  www.sbaproject.org
Torrington .............................Sexual Assault Hotline (888) 999-5545
Domestic Violence Hotline (888) 774-2900
Torrington 24 Hour Crisis Line (860) 482-7133

Monday through Friday, 8:30 A.M. to 4:30 P.M.

The Susan B. Anthony Project provides crisis counseling, advocacy and support for victims and survivors of sexual assault and domestic violence throughout Northwest Connecticut. Services include 24-hour crisis line, one-on-one counseling, support groups, advocacy with social service/police/medical/legal systems, emergency shelter, job search counseling, computer skills training, GED preparation, community education and professional in-service training. All services for clients are free and confidential.

(For domestic violence services in Canaan, Cornwall, Falls Village, Kent, Salisbury and Sharon, contact Women’s Support Services in Sharon [see listing following].)
EDUCATION

- **Connecticut Women’s Education and Legal Fund (CWEALF)**
  Hartford, CT General Information (860) 247-6090 [www.cwealf.org](http://www.cwealf.org)
  Since 1973 CWEALF has worked to advance women's rights and opportunities in Connecticut with:
  - Legal Education
  - Public Policy and Advocacy
  - Research and Evaluation

- **Free Application for Federal Student Aid (FAFSA)**
  Grants, Scholarships, Student Loans May Be Available if You Qualify.

--See also veterans’ programs as well as local Rotary Clubs, Chambers of Commerce, Exchange Club. Scholarship opportunities at Berkshire Taconic Community Foundation website: [www.berkshiretaconic.org/](http://www.berkshiretaconic.org/)

- **Road Scholar**
  (617) 426-7788 [www.roadscholar.org](http://www.roadscholar.org)
  Road Scholar educational adventures are created by Elderhostel, the not-for-profit world leader in lifelong learning since 1975

- **Literacy Volunteers**
  7 Whittlesey Avenue, PO Box 366, New Milford, CT (860) 355-0830 [http://www.lvg@ct.org](http://www.lvg@ct.org)
  Literacy Volunteers on the Green is a non-profit organization providing free English as a Second Language and literacy instruction to adults in Northern Fairfield and Litchfield counties in CT.

- **Northwest Literacy**
  Based in the Winsted YMCA. Provides language instruction to adults and children.
  Winsted, CT (860) 379-0708 (Winsted YMCA) ext. 102 [www.nwcty.org](http://www.nwcty.org)
Northwestern Connecticut Community College
Offers degree and certification programs as well as continuing education.
(860) 738-6300  www.nwcc.commnet.edu

Taconic Learning Center
An adult education program dedicated to encouraging life long learning. Each year TLC has attracted a growing number of members of all ages and educational backgrounds who wish to continue to learn in the stimulating company of congenial adults.  www.taconiclearningcenter.org

UCONN (University of Connecticut)
University of Connecticut (UCONN)  www.uconn.edu
Torrington (860) 626-6800
Storrs (860) 486-2000

Housatonic Valley Regional High School (HVRHS)
(860) 824-5123  www.hvrhs.org

EMPLOYMENT

Connecticut Department of Labor – Job Centers
Danbury, CT: (203) 730-0451
Torrington, CT: (860) 496-3300
The Centers have job listings and counselors to assist in finding a job in a specific town, across the state or the country.  www.ctdol.state.ct.us

EDUCATION CONNECTION – Title V
(860) 567-0863
Litchfield, CT
Title V is a senior community employment service program and work-based training program for eligible seniors, age 55 and older who have limited incomes.

Goodwill of Western & Northern Connecticut

At Goodwill's free Career Centers, you'll find workshops, computers and
trained Career Coaches. Career Coaches will assist you with preparing for, finding and landing the job you want! Goodwill Career Centers also offer a new language learning program, Living Language. Languages offered include English, English ESL, French, German, Mandarin and Spanish. In addition, Career Centers also offer a variety of programs to enhance your computer and typing skills including certificate programs in Microsoft Word, Excel and PowerPoint.

www.gwct.org<http://www.gwct.org>

Torrington Goodwill Career Center
1849 East Main Street
Torrington, CT 06790
(860) 489-8670
Hours of Operation: Monday-Friday-10am-2pm & 2:30pm-6pm

Brookfield Goodwill Career Center
165 Federal Road
Brookfield, CT 06804
(203) 775-6861
Hours of Operation: Monday-Friday-10am-2pm & 2:30pm-6pm
Communal Luncheons
A federally funded program of congregate meals for people 60 years of age or older. They are offered at noon on varying days throughout the state. Residents of all towns are welcome at all sites, not just the one in their town.
Reservations need to be made at least 24 hours in advance so the site can prepare enough meals. Call the site manager to make reservations. There is no fee, but a suggested donation is appreciated and is used to provide additional meals and services.

Cornwall Meals-on-Wheels only ………………….. (860) 482-4151

Falls Village Senior Center ………………………..(860) 824-5256 or (860) 824-9855 (Senior Center)

Kent Senior Center, Templeton Barn, Swift Lane .. (860) 927-3403

Lakeville Town Grove …………………………..(860) 435-5197 (site)
or 435-5181 (Senior Services)

Norfolk Meals-on-Wheels …………………….. (860) 542-5470

Town of Norfolk Meadowbrook Luncheons………..(860) 542-5470

Sharon now combined with Lakeville. Call Lakeville site for reservations. Transportation to site available – call Geer at (860) 824-7067

Warren Meals-On-Wheels only (860) 482-4151
Informal Senior Lunch Gathering

Communal Dinners
Bitterman Center, 2 Daisy Hill Rd, North Canaan CT
Occasional dinners. Call. Free (860) 824-7999
Community Soup Kitchen
220 Prospect Street
Torrington (860) 482-0130

Meals–On-Wheels Litchfield Hills
Torrington, CT: (800) 994-9422
This program offers home delivered meals in all the above listed towns to people who are 60 and over and are disabled or homebound in the 19 town region of Northwest Corner of Connecticut. The suggested donation is $5.00 per day for 2 meals, one hot and one cold. Must call Western Area Agency on Aging to sign up: (800) 994-9422.

Food Stamps CT DSS
211 or go to http://www.connect.CT.gov

Food Pantries
Food distribution centers
Canaan Fishes & Loaves (see separate listing) ……….. (860) 824-7256
Cornwall: ................................................................. (860) 672-2603
Kent Food Bank:……………………………………………..(860) 927-1586
Lakeville: The Corner Food Pantry .........................(860) 435-9886
Norfolk Church of Christ Congregational Food Pantry … (860) 542-5721
Sharon Food Closet …..............................................(860) 364-1003

CT Food Bank’s Mobile Pantry
http://www.ctfoodbank.org/get-help/programs

Food of Life Pantry at St. Thomas Episcopal Church, South Amenia, NY
(845) 373-9161 revbetsyfisher@gmail.com

The Salvation Army Winsted Regional Service Center Food Pantry is available to residents of Norfolk and Colebrook.
716 Main Street
Winsted, CT 06098 860-379-8444

Call local Social Services for other resources.

Farmers’ Markets
Seasonal; ask at your Town Hall

- **Community Garden in Lakeville/Salisbury**
  (860) 435-5187

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**FUEL ASSISTANCE SERVICES**

Call your Social Service Agent or Municipal Agent at the Town Hall (see Page 12) for information and applications.

State energy assistance information available at Department of Social Services Information Line: **(800) 842-1508**
or go to **www.ct.gov/staywarm**

In NY call **(845) 877-9272**

- **Choose Energy – Energy Assistance Programs**
  [https://www.chooseenergy.com/blog/bill-savings/energy-assistance-programs-low-income-customers/](https://www.chooseenergy.com/blog/bill-savings/energy-assistance-programs-low-income-customers/)

- **Community Action Agency of Western CT**
  (203) 748-5422  Fax (203) 790-9693

- **Operation Fuel**
  (800) 354-7199  (State-wide)  [www.operationfuel.org](http://www.operationfuel.org)
  Operation Fuel partners with communities, businesses, government and individuals to ensure people in need have access to year-round energy assistance.

- **Eversource**
  (800) 286-2000

  Presentations, workshops on energy conservation and money management, videos and brochures on hypothermia, home safety, home security and storm preparation. Free WRAP weatherization services for customers who meet income and electric guidelines; various forgiveness or budgeting programs for income-eligible customers.
HEALTH

AccessHealthCT
Affordable Healthcare Website
(860) 757-5300
www.accesshealthct.com

Health Insurance
If 65 or older, you will need information on Medicare Parts A, B and D; supplemental insurance, long term care, and or Medicare Part C – Advantage programs. Call WCAAA (800) 994-9422 about this.

HUSKY Infoline (877) 284-8759

MED-Connect (if employed with disabilities) (866) 844-1904 or www.ct.gov/med
For those under 65, the new health care exchanges that are being created will offer an important market for younger people. Since these have not been completely created yet there is little public information at this time. Brain Injury: Northwest Brain Injury Support Group
Litchfield, CT (860) 496-7809

Medical/Dental Assistance
Community Health and Wellness Center
The Community Health & Wellness Center offers comprehensive dental care services, as well as other healthcare related services. They accept all Medicaid/HUSKY plans, Medicare, Charter Oak Plans, and most commercial insurance for medical services. They also accept Guardian and Cigna for Dental services and are in the process of enrolling with other insurance carriers. Financial Assistance is available for those who qualify.
http://www.chwctorr.org

Torrington: 469 Migeon Avenue, Torrington, CT 06790 (860) 489-0931 (Hablamos Español)
Winsted: 115 Spencer St., Winsted, CT 06098 (860) 238-4211 (Hablamos Español)

Maria Seymour Brooker Memorial Children's Dental Center
157 Litchfield Street, Torrington, CT
(860) 489-1328
Children's Dental Center offers basic dental care for area children ages 1 through 21 who are insured through Title XIX (Medicaid) or HUSKY and children who have no dental health insurance. Services include preventive and restorative care, and oral hygiene education. The center is staffed by licensed dentists and dental hygienists who speak English and Spanish.

Fees: Reduced fees; Discounts available

Eligibility Requirements: Resident of Litchfield County; Ages 1 through 21

Aetna Value Pass: Aetna ValuePass is a prepaid card that helps you pay for dental care at affordable prices. You can save 15% - 50% off the average retail cost of dental services. www.aetnavaluepass.com

EMS Institute at Sharon Hospital Inc.
(860) 364-4665
email coordinator@emsinstitute.org
website www.emsinstitute.org

We are an American Heart Association Training Center supporting Volunteer EMS in the Sharon Hospital area and available to teach CPR.

Hearing Aids

National Eye Care Project (NECP)
(800) 222-3937
Free Medical eye care for people 65+ years of age
Planned Parenthood Torrington
249 Winsted Rd, Torrington CT 06790
(860) 489-5500
www.plannedparenthood.org
Comprehensive sexual and reproductive healthcare for women, men and teens.

Prescription Assistance

CONNMAP (Connecticut Medicare Assignment Program): (800) 443-9946

The Foundation for Community Health (860) 364-5157
www.fchealth.org offers a Prescription Assistance Program that can be applied for through each town’s Social Services Department:

- Cornwall: (860) 672-2603
- Falls Village: (860) 824-9855
- Goshen: (860) 491-2308 X228
- Kent: (860) 927-1586
- Lakeville/Salisbury: (860) 435-5187
- Norfolk: (860) 542-5829
- North Canaan: (860) 824-3133
- Sharon: (860) 364-1003
- Warren: (860) 868-7881

In New York, call (845) 877-9272

Needy Meds Program
(800) 503-6897 www.needymeds.org
Helps not only with prescription drug costs but provides references to diagnosis-based assistance programs as well as other resources, both private and governmental, for many medical needs. Its discount card can save up to 80% off cost of prescriptions, over-the-counter drugs and pet prescriptions.

Connecticut Conference of Municipalities
A municipality that is a member of the Connecticut Conference of Municipalities may offer prescription savings to residents who are without health insurance or a traditional pharmacy benefit plan, or who have
prescriptions not covered by insurance with the CCM Prescription Discount Card program. Please see your First Selectman to receive your discount card. More information at: programs.ccm-ct.org/Plugs/discount-prescription-cards.aspx

■ Winsted Health Center
(860) 738-6600  Winsted
This Center is a joint effort of the Winsted Health Center Foundation, Charlotte Hungerford Hospital and Saint Francis Hospital and Medical Center to provide emergency and advanced medical service to the residents of Winsted and surrounding communities.

■ YMCA’s
www.nwcty.org
Canaan  (860) 824-2790
Torrington  (860) 789-3133
Winsted  (860) 379-0708

■ Other Healthcare Help
Office of the Healthcare Advocate

The Mission of the Office of the Healthcare Advocate is to assist consumers with healthcare issues through the establishment of effective outreach programs and the development of communications related to consumer rights and responsibilities as members of health plans. The office focuses on: assisting consumers to make informed decisions when selecting a health plan; assisting consumers in resolving problems with their health plans, and identifying and advocating on issues, trends and problems that may require executive, regulatory or legislative intervention.

1-866-HMO-4446 (1-866-466-4446)
http://www.ct.gov/oha
HOME CARE

■ My PlaceCT
www.myplacect.org/ focuses on providing consumers with information about health and transportation services, long-term care programs, and in-home care, and also can help residents find the best options in health care as the state attempts to reduce costs. My Place CT helps nursing homes adapt to the changing needs of seniors and people with disabilities by increasing access to the care options that will meet their needs and improve their quality of life.

■ Home Care Program For Elders
(800) 445-5394
Program through the Connecticut Department of Social Services. Provides a wide range of home health and non-medical services to persons age 65+ who are institutionalized or at risk of institutionalization. Available services include: adult day health, homemaker, companion, chore, home delivered meals, emergency response systems, case management, home health services, mental health counseling and adult foster care.

■ Home Healthcare Hotline
(800) 828-9769 or (800) 982-6819
Handles Medicare questions and complaints and provides information on home health care.
■ **SVNA Home Assistance:**
Provides personal care aides, homemakers and companions to help with grooming & dressing, bathing, light housekeeping, laundry, meal prep, medication reminders, socialization, accompany clients to medical and non-medical appointments, transportation and errands including grocery shopping.
Phone: **(860) 435-0816** - 30A Salmon Kill Road, Salisbury CT 06068 – http://www.salisburyvna.org
Contact: Meghan Plouffe at email: [MPlouffe@salisburyvna.org](mailto:MPlouffe@salisburyvna.org)

■ **VNA Northwest Nursing Registry**
The private duty arm of VNA Northwest, Inc. provides RNs, LPNs, CNAs, personal care attendants, companions, domestic care and drivers. Caregivers are available for a few hours or around the clock.
Phone: **(860) 567-2476**  607 Bantam Road, Unit F, Bantam, CT 06750
www.vnanw.org  mailto:infonr@vnanw.org

■ **GeronNursing Registry NW**
Specializes in the care of the older person in the northwest hills of CT and neighboring Dutchess and Putnam counties in NY.
Provides all aspects of care in the home with RNs, LPNs, CNAs, personal care attendants, homemakers, companions and hospital sitters. Caregivers are available from two hours to 24 hour around the clock service.
The agency is registered with the State of CT Depts. CT of Consumer Protection & Labor, insured, bonded and employee based (W-2).
Phone: **(860) 364-5799**  81 Main Street, Sharon, CT 06069
Marie Fiddner, Operations Manager:  [Marie@geronnursing.com](mailto:Marie@geronnursing.com)
www.geronnursinginc.com

■ **Winsted Nursing Care Service**
A licensed private homecare nursing registry, can supply CNA’s and HHA’s as patient care assistants (with a two hour minimum), and live-in support. We work closely with local VNA’s.
winstednursingcareservice.com Contact Darlene Eid-Grant, RN, owner, for home evaluations: Phone: (860) 379-3259.

■ **Family Strides**
Programs include home visits for first-time parents, help in applying for State assistance, parenting courses for fathers, and income-based WIC nutritional Information.
350 Main Street, Suite D, Torrington CT 06790
Phone: (860) 482-3236
www.familystrides.org

■ **Connecticut Association for Healthcare at Home**
Providing leadership, education and advocacy information by fostering collaboration around issues addressing access, quality and the affordability of home care & hospice services in Connecticut.
Phone: 203-265-9931 Fax: 203-949-0031 110 Barnes Road – Wallingford, CT 06492
www.cthealthcareathome.org

■ **Connecticut Community Care, Inc.**
43 Enterprise Drive Bristol, Connecticut 06010-7472
Phone: (203) 596-4800 Toll-free: (800) 870-1852
TTY: (860) 274-1859, 866-999-9146 Fax: (860) 274-1860
www.ctcommunitycare.org
Toll-free: (800) 654-2183 Services offered: For individual age 65+, statewide, private, non-profit care management organization, dedicated to assisting older adults and disabled individuals to remain at home

■ **Goshen Community Care and Hospice**
(860) 491-4673 gohosp@sbcglobal.net
Offers a variety of services to the residents of Goshen: Outreach (visits, phone calls, transportation to medical), Home Again (for residents newly returned from hospital or nursing home), Senior Social (Tuesdays 1-3 p.m. at Church of Christ Congregational in Goshen – games and light refreshments), and Hospice.

■ **State of Connecticut Agency for Long Term Care Support & Services**
http://www.ct.gov/longtermcare
State Department on Aging – “Community Choices”
Community Choices is an information hub linking older adults, persons living with disabilities, and caregivers in Connecticut to the services and supports they seek. Our dedicated staff can connect you to everything from a name and phone number to more detailed information regarding community services through activities such as benefit screening, options counseling, and care transitions.  

http://www.ct.gov/aging

- **Western CT Area Agency on Aging**  
  84 Progress Lane, Waterbury  
  **(800) 994-9942**  
  [www.wcaaa.org](http://www.wcaaa.org)  
  The Western CT Community Choices serves the following towns: Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winsted, Wolcott and Woodbury

- **Respite Care Program**  
  Program offering daytime or overnight relief for caregivers or individuals with Alzheimer’s or related disorders. Maximum income requirements apply.  
  For information contact the Alzheimer’s Association or Area Agency on Aging **(800) 994-9422**

- **Personal Response System:**  
  Personal emergency response system for those living alone who may be at risk due to a health condition or age. Help may be summoned at the touch of the personal help button worn on a neck chain or wrist-strap.  
  RescueLink **(860) 482-9914**  
  LIFELINE services and devices **(860) 496-6648**

- **Chore Services**  
  Chore workers come into the home to provide the following non-medical help as needed: housekeeping, shopping, laundry, cooking, yard maintenance and minor home repair – and a break for family caregivers. Chore programs target those who are 60 and over. There is no charge for services although donations based upon the family’s income level are encouraged. Local workers with appropriate skills should apply.
Chore Service (860) 435-9177  
PO Box 522, Lakeville, CT 06039  
chore@choreservice.org  www.choreservice.org  
Covers Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury/Lakeville and Sharon. Anyone may use the service, though it targets those with low income.

Helping Hands Chore Service (860) 379-4900  
115 Spencer Street, P.O. Box 888, Winsted, CT 06098  
Covers Barkhamsted, Colebrook, New Hartford, Norfolk, Winsted/Winchester.  
iconnole@winstedhealthcenter.org  www.winstedhealthcenter.org

Litchfield Hills Chore Service (860) 567-6121  
74 West Street, P. O. Box 294, Litchfield, CT 06759  
coordinatorlhcs@yahoo.com  http://www.choreservicelh.org/  

Friendly Visitors  
(860) 435-9177  
Sponsored by the Chore Service (Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury/Lakeville and Sharon). Volunteer Visitors provide companionship for older or disabled persons, with regular visits and occasional phone calls. Clients and volunteers may share interests and hobbies, attend a local event, play a game of chess or just have a cup of tea and chat (and listen).
VISITING NURSE ASSOCIATIONS

VNA’s are home health agencies. They offer skilled nursing, physical, occupational and speech therapy, home health aide services, Well Child Clinics, health screening and testing, Hospice services, flu and pneumonia immunizations and medical social services.

Salisbury Visiting Nurse Association:

(860) 435-0816
30A Salmon Kill Road, Salisbury, CT 06068
www.salisburyvna.org

Foothills VNA:

(860) 379-8561
32 Union Street Winsted, CT 06098
www.foothillsvna.org

New Milford Visiting Nurse Association:

(860) 354-2216
www.newmilfordvna.org

VNA Northwest, Inc.:

(860) 567-6000 or TDD (800) 842-9710 (CT Relay)
607 Bantam Road, Unit F, Bantam, CT 06750
www.vnanw.org

VNS of Connecticut:

(800) 551-8671
www.vnsct.org
HOSPICE
Hospice is a program with an extra layer of support for patients and families with life-limiting illness. A team of specially trained health care providers works hand-in-hand with patients, their families, and their own personal doctors to provide individual tailored physical care, emotional support, expert pain and symptom management and spiritual support. In addition to the patient’s own doctor a physician with expertise and certification in hospice and palliative care is available to the patient. The goal is to live each day to the fullest in the environment the patient chooses. Bereavement support is provided for 13 months after the death of a loved one for family and friends. In addition community education programs are available. Hospice is provided through Home Care agencies.

■ Foothills VNA (Winsted)
(860) 379-8561  www.foothillsvna.org

■ Goshen Community Care & Hospice
(860) 491-4673 (volunteer)

■ Salisbury Visiting Nurse Association Hospice
(860) 435-0816  www.salisburyvna.org

■ VNA Northwest, Inc.
(860) 567-6000 or TDD (800) 842-9710 (CT Relay)
Email: info@vnanw.org  www.vnanw.org

■ New Milford VNA
(860) 354-2216  www.newmilfordvna.org

■ VNS of CT
(800) 551-8671  www.vnsct.org
HOSPITALS

■ Charlotte Hungerford Hospital
   (860) 496-6666 or (800) 525-3144
   540 Litchfield St., Torrington, CT
   www.charlottehungerford.org/

■ Fairview Hospital
   (413) 528-8600
   29 Lewis Avenue, Great Barrington, MA
   www.berkshirehealthsystems.org

■ New Milford Hospital
   (860) 210-5000
   21 Elm St., New Milford, CT
   www.newmilfordhospital.org

■ Sharon Hospital
   (860) 364-4000
   50 Hospital Road, Sharon, CT
   www.sharonhospital.com

HOUSING & SHELTERS

■ Shelters

Individuals in need of shelter should call the 211 Hotline.

Fish Emergency Shelter
332 South Main St., Torrington CT 06790
(860) 496-1648

Winchester Emergency Shelter
480 Main St., Winchester, CT 06098
(860) 379-0708

■ Affordable Rental Housing (Families, Singles, Seniors)
See Affordable Housing Survey
■ Homeownership Programs
The organizations below provide opportunities for affordable
homeownership for moderate income families and can be contacted directly
for more information.
Cornwall Housing Corporation
Contact: Maggie Cooley (860) 672-6251
http://www.cornwallhousingcorporation.com
Foundation for Norfolk Living
Contact: Lou Barbagallo (860) 542-5395
Goshen Housing Trust, Inc.
Contact: Chris Sanders (860) 307-1122
mailto:GoshenHousing@optonline.net
Habitat for Humanity (NW CT chapter)
(860) 435-4747
www.habitatnwct.org
Kent Affordable Housing
Contact: Bill Bachrach (860) 927-3321
Salisbury Housing Trust
Contact: Leo Gafney (860) 435-2173
www.salisburyhousingtrust.org
Sharon Housing Trust, Inc.
Contact: Melinda Sweet (860) 364-0028
www.sharonhousingtrust.org

■ Homeownership Counseling, Education & Foreclosure
Prevention
Housing Development Fund- (203) 969-1830 or www.hdf-ct.org
Eviction and Foreclosure Prevention Program: Community Action Agency-
(860) 832-9438

Down payment Assistance Programs
Housing Development Fund- (203) 969-1830 or www.hdf-ct.org
HDF is a HUD-Certified counseling and lending agency, particularly for
first time home-buyer.

USDA Rural Housing Programs (860) 688-7725

Foreclosure Prevention Assistance
Neighborhood Housing Services of Waterbury **(203) 753-1896**
or  [www.nhswaterbury.org](http://www.nhswaterbury.org)
They have good counselors.

**Legal Help**
*Statewide Legal Services *(800) 453-3320* [www.ctlawhelp.org](http://www.ctlawhelp.org)

**Emergency One Time Assistance**
Neighbor–to–Neighbor Fund: provides emergency one time assistance for local residents who are in economic distress. Neighbor-to-Neighbor makes small grants (generally around $500) to help those with overdue utilities, medical bills, short-term housing costs, and transportation problems. Interested individuals should contact their town’s social service provider.

**Accessory Apartment Program**
The HousingUs Accessory Apartment Program- assists homeowners through the process of creating an apartment in their homes or on their property-from design to permitting and tenant selection. For more information visit [www.housingus.org](http://www.housingus.org).

- **Guide to Home Loans for People with Disabilities**
  This guide offers a comprehensive overview of resources and opportunities that can help you overcome the financial challenges that stand between you and homeownership. Whether you’re in the market for a new home or you’re a first-time buyer this guide has information you need to get past those obstacles.

- **Path To Homeownership Guide Website**
  [https://www.moneygeek.com/mortgage/resources/homeownership-assistance/](https://www.moneygeek.com/mortgage/resources/homeownership-assistance/)
  This website is a guide to homeownership including low down payment mortgages and mortgage assistance programs backed by state and federal agencies. This guide is a starting point for buyers who want to own a home but lack the cash to do so in the conventional way.
**Independent Living: Making Homes Accessible**

https://www.moneygeek.com/mortgage/resources/home-modification-for-disability/

This website gives an overview of how much some types of renovations cost, tips on where to find help to pay for remodeling projects and expert advice about what types of projects make sense. Those who don’t want to deal with renovations or find the task is beyond their economic means can still find help to live independently through other resources such as rental assistance in homes designed for people with disabilities.

**Retirement/Residential/Long Term Care Homes**

Canaan .............................. Geer Village (860) 824-8133;
Geer Nursing and Rehabilitation (860) 824-3800
www.geercares.org

Salisbury ............................. Noble Horizons (860) 435-9851
Provides rental housing, Residential Care Home, Rest Homes with Nursing Supervision and Chronic and Convalescent Nursing Home.
www.noblehorizons.org

Sharon ............................... Sharon Healthcare (860) 364-1002
www.Athenahealthcare.com

**Elderly – Senior Subsidized Housing**

Housing for seniors, age 62 and older. Must be able to live alone and meet income requirements.

Canaan ............................... Wangum Village (860) 824-0521
Beckley House (860) 824-7884
mailto:beckleyhouse@emchm.org

Kent ................................. Templeton Farm (860) 927-4000

Cornwall ........................... Bonney Brook (860) 619-8194

Norfolk .............................. Meadowbrook (860) 542-5470

**Affordable Home Repairs**

Habitat for Humanity of NW CT (860) 435-4747
www.habitatnwct.org
Chore Service [minor home repairs] (860) 435-9177

Rebuilding Together: Ceia Webb
(860) 350-2290 : ceiawebb@rebuildinglitchfieldcounty.org
Website: www.rebuildinglitchfieldcounty.org
A national non-profit organization that can provide necessary repairs, improvements and modifications to existing homes, free of charge, to low-income home-owners who are unable to do the work themselves. Towns covered: Goshen, Litchfield, Warren and Kent.

Mortgage Assistance Hotline
If homeowner has a mortgage delinquency, CT has a mortgage assistance hotline: (877) 472-8313.
## Affordable Housing Survey

<table>
<thead>
<tr>
<th>Project Address</th>
<th>Owner</th>
<th>Rental</th>
<th>Income Restrictions</th>
<th>Year Completed</th>
<th># of Units Accessible</th>
<th># of Units Affordable</th>
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<td>Income Restrictions</td>
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<td>Waugan Village 132 Quinn St</td>
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<td>North Canaan Housing Authority</td>
<td>40</td>
<td>1975</td>
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<td>Low Income - 2013 limits</td>
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<td>Beckley House 85 South Canaan Rd</td>
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<td>North Canaan Housing Authority</td>
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<td>Saun Village 34 Cobble Road</td>
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<td>16</td>
<td>1987</td>
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<td>no household income below 80% of median</td>
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<td>Saun Village II 30 Power St</td>
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<td>Salisbury Housing Committee</td>
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<td>Requirements</td>
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<td>Saun Village Lakeview Apartments</td>
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<td>Women's Institute for Housing</td>
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<td>1992</td>
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<td>Town of Salisbury</td>
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<td>25 Academy St</td>
<td>Sharon</td>
<td>Sharon Housing Authority</td>
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<td>1995</td>
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<td>Sharon Ridge Rd</td>
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<td>16 Brintnall Rd</td>
<td>Washington</td>
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<td>1995</td>
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<td>Washington</td>
<td>16 Church St. Apts</td>
<td>Washington Community Housing Trust</td>
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<td>Riverwoods Apts</td>
<td>Washington Community Housing Trust</td>
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<td>Chestnut Grove</td>
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<td>Greenwoods Garden</td>
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<td>Carriage Maker Place</td>
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May 2018
## SINGLE FAMILY UNITS
(Limited equity homeownership)

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<tr>
<th>Town</th>
<th>Project</th>
<th>Land Owner</th>
<th># of Units</th>
<th>Income Restrictions?</th>
<th>Restriction on Sale of House</th>
<th>For Additional Information, contact:</th>
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<td>Cornwall</td>
<td>Parcel Program</td>
<td>Cornwall Housing Corp.</td>
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<td>100% of County Median</td>
<td>Ground lease limits resale</td>
<td>Ginni 203-305-2645</td>
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<td>Parcel Program</td>
<td>Kent Affordable Housing</td>
<td>1</td>
<td>100% of County Median</td>
<td>Buyer must be income eligible</td>
<td>Bill Bachrach 860-927-3321</td>
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<td>Litchfield</td>
<td>Tannery Brook</td>
<td>Litchfield Housing Trust</td>
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<td>Salisbury</td>
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LEGAL SERVICES

CT Legal Services

Statewide Legal Services: Statewide Legal Services (SLS) is available by phone to clients throughout Connecticut. Generally SLS is the entry point for accessing legal assistance. SLS may provide advice over the phone, mail information, or refer clients to legal services offices or private attorney at no cost to the client.

(800) 453-3320 (toll free) (860) 344-0380 (central CT)
www.slsct.org

Connecticut Legal Services

Connecticut Legal Services (CLS) provides legal representation to low-income persons throughout the state, except those living in the greater Hartford or New Haven areas. www.connlegalservices.org

CLS has service offices in the following cities:
Bridgeport 211 State Street ................ (203) 336-3851
New Britain 16 Main Street ............. (860) 225-8678
New London 153 Williams Street .......... (860) 447-0323
Stamford 20 Summer Street .............. (203) 348-9216
Waterbury 85 Central Avenue ............ (203) 756-8074 CALL Office directly if 60 yrs & older
Willimantic 872 Main Street ............. (860) 456-1761

Consumer Law Project for Elders (CLPE)
Are you 60 or over? The Consumer Law Project for Elders (CLPE) provides free legal assistance to people age 60 or over. If you have a debt collection or other consumer problem, please call Consumer Law Project for Elders.
(800) 296-1467
www.ctlawhelp.org

Connecticut Fair Housing Center
Connecticut Fair Housing Center provides legal representation for people claiming discrimination in housing matters and foreclosures.
(860) 247-4400
221 Main Street, Hartford, CT 06106
www.ctfairhousing.org
Connecticut Network for Legal Aid
A website for low-income people: [www.ctlawhelp.org](http://www.ctlawhelp.org)

Center for Medicare Advocacy
P.O. Box 350
Willimantic, CT 06226
Phone: (800) 262-4414; (860) 456-7790
Fax: (860) 456-2614
[www.medicareadvocacy.org/](http://www.medicareadvocacy.org/)

■ Connecticut Women’s Education and Legal Fund (CWEALF)
Hartford, CT  www.cwealf.org
General information (800) 479-2949
Legal questions (860) 524-0601
Hours: Monday to Friday 9:00 A.M. to 1:00 P.M.
Covers issues of divorce and child support, pension and social security, and sexual harassment and other forms of workplace discrimination.

■ Home Healthcare Hotline
(800) 828-9769
Payments: (800) 321-5267
Part B: (800) 982-6819
Assists Medicare beneficiaries get info on home healthcare services and register complaints.

■ Notary Public
At banks, or call your Town Hall (see Page 12)

■ Tax Assistance
Property Tax Relief: Renters & Owners: Contact your town Tax Assessor or Town Social Service Agent.
For free tax preparation assistance during tax season (February-April), enter your zip code into the AARP tax-aide web site to find the Tax Aide site closest to you. Many are located at area senior centers.
Hartford Gay & Lesbian Health Collective

For sexual health/LGBT friendly referrals (doctors, therapists, lawyers) database: http://www.hglhc.org/

1841 Broad Street (Main Office)
Hartford  CT 06114
(860)278-4163

64 Church Street (Hartford East office)  Manchester  CT 06040

Triangle Community Center

For Support and Advocacy/Programs and Groups/Upcoming events:

http://www.ctpridecenter.org/

Triangle Community Center
618 West Avenue, Suite 205
Norwalk,  CT 06850
(203) 853-0600

Berkshire Stonewall Community Coalition

Crisis and Helpline numbers/Support Groups:
http://berkshirestonewall.org/

Berkshire Stonewall Community Coalition
P.O. Box 4921
Pittsfield,  MA 01202
Email - info@berkshirestonewall.org
If materials are not available locally, your hometown library can locate and check them out for you.

### Town Libraries

Canaan: Douglas Library *(860) 824-7863*
[www.douglaslibrarycanaan.org](http://www.douglaslibrarycanaan.org)

Cornwall: Cornwall Library *(860) 672-6874*
[www.cornwalllibrary.org](http://www.cornwalllibrary.org)

Hughes Memorial Library *(860) 672-6374*

Falls Village: Hunt Memorial Library *(860) 824-7424*
[www.huntlibrary.org](http://www.huntlibrary.org)

Kent: Kent Memorial Library *(860) 927-3761*
[www.kentmemoriallibrary.org](http://www.kentmemoriallibrary.org)

Lakeville/Salisbury: Hotchkiss School Library *(860) 435-3247*
[www.hotchkiss.org/library](http://www.hotchkiss.org/library)

Norfolk: Norfolk Library *(860) 542-5075*
[www.norfolklibrary.org](http://www.norfolklibrary.org)

Salisbury: Scoville Memorial Library *(860) 435-2838*
[www.scovillelibrary.org](http://www.scovillelibrary.org)

Sharon: Hotchkiss Library *(860) 364-5041*
[www.hotchkisslibrary.org](http://www.hotchkisslibrary.org)

Warren Public Library: *(860) 868-2195*
[www.warrenctlibrary.org](http://www.warrenctlibrary.org)
Blind & Physically Handicapped
(800) 842-4516
Provides talking books, playback equipment, and Braille editions free of charge. www.cslib.org

Raymond E. Baldwin Museum
(860) 757-6535
The Connecticut History and Heritage Museum has genealogical materials as well as the Royal Charter of 1661, a Colt arms collection and portraits of Connecticut’s governors. www.cslib.org

State Library
(860) 757-6580
Extensive collection of historical and genealogical materials including town & church records, cemetery inscriptions, family bible records as well as government documents, law & legislative materials, and newspapers. www.cslib.org
LONG TERM CARE

Long Term Care Facility (LTC)
Generally defined as a facility providing skilled nursing services and chronic care for the elderly. There may be several levels of care within a Long Term Care Facility: short-term rehabilitation, long-term care for the geriatric population, and dementia care.

Skilled Nursing Facility (SNF) or Chronic Care Nursing Homes (CCNH)

Intermediate Care Facility (ICF) or Rest Home with Nursing Supervision (RHNS) – facilities that provide nursing supervision and services but not usually to the degree that is necessary in an SNF.

Residential Care Homes and Rest Homes refer to community style residences. Within LTC a Residential Care Home will follow licensure regulations.

Assisted living refers to independent living, which provides care for a fee, when needed. A certain distinct amount of independence is expected from the resident.

Life Care Community
A facility offering independent living and often assisted living with SNF on premises. Generally a “buy-in” required.

Continuing Care Community
A retirement community that provides all levels of care including independent living and nursing care levels. Generally no “buy-in” and each level of care has its own price structure.

Long Term Care Facilities within the Northwest Corner of CT:

Geer Nursing and Rehabilitation Center, Canaan, CT (860) 824-5137
www.geercares.org

Noble Horizons (Whitridge Wing/Riga Residence/Wagner Terrace)
Independent and residential living in cottages or apartments; Intermediate Nursing Care and Short Term Rehabilitation; Skilled Nursing Care and
Memory Impaired Care; Outpatient rehabilitation (physical, occupational and speech)
Salisbury, CT (860) 435-9851
www.noblehorizons.org

Sharon Health Care Center, Sharon, CT (860) 364-1002
Website: www.athenahealthcare.com

Residential Care Home:

Morning Star Retirement Home, Kent, CT (860) 927-3272
The Cobble at Noble Horizons, Salisbury, CT (860) 435-9851

Assisted Living:
Sarah Pierce, Litchfield, CT (860) 567-9500
www.brandycare.com
Brookdale Litchfield Hills, Torrington, CT (860) 489-8022
www.brookdale.com

Geer Village (860) 824-8133
www.geercares.org

■ CT Partnership for Long Term Care Information Line
(800) 547-3443 http://www.ct.gov/opm

■ State Long Term Care Ombudsman (Nursing Homes & Residential Care Homes)
www.ltcombudsman.org

Serve as advocates to protect the health, safety, welfare and rights of Long Term Care facility residents. Complaints about nursing homes are investigated by the Ombudsman.

■ Western Connecticut Area Agency on Aging
(800) 994-9422
MEDICARE

Medicare: Federal health insurance for people 65 years of age or older, and certain disabled people.
For general information, contact WCAAA (800) 994-9422. See also Center for Medicare Advocacy (860) 456-7790.

- Center for Medicare Advocacy
  http://www.medicareadvocacy.org
  (860) 456-7790

- Social Security Office in Torrington:
  (877) 405-0486

MENTAL HEALTH & ADDICTION SERVICES

In an emergency, Call: Mobile Crisis Unit Hotline Toll Free
(888) 447-3339 (24 Hours)

- Northwest CT Substance Abuse & Mental Health Resource Guide
  Go to the website below to get this very comprehensive guide.
  http://www.authenticrecovery.org/resources

- CT Narcotics Anonymous

Statewide 24/7 Hotline: 1-800-827-3543

- AA (Alcoholics Anonymous)
  www.aa.org
  Meetings are held at the following locations:
  Canaan – Mountainside, Route 7
  Falls Village – Falls Village Congregational Church
  Kent – First Congregational Church: Parish House
  St. Andrew’s Church: Parish House
  Lakeville – United Methodist Church Fellowship Hall
  Trinity Episcopal Church
  Sharon – Sharon Hospital, Hospital Hill Road
Salisbury – Noble Horizons, 17 Cobble Road
Meeting times listed monthly in your local newspaper

- **Alcohol Awareness: Drunk Driving**
  [http://alcoholawareness.org/information/drunk-driving.html](http://alcoholawareness.org/information/drunk-driving.html)

- **Al-Anon (Family, Spouses, Friends of Alcoholics)**
  Canaan, CT – Mountainside, Route 7
  Millerton, NY – Presbyterian Church
  Torrington, CT – Charlotte Hungerford Hospital
  Meeting times listed monthly in your local newspaper. See also [www.aa.org](http://www.aa.org)

- **Catholic Family Services**
  132 Grove Street
  Torrington CT 06790
  (860) 482-5558  [www.cccfs.org](http://www.cccfs.org)
  Outpatient care: Mix of mental health and substance abuse services.

- **Charlotte Hungerford Mental Health**
  (860) 496-6350

- **Greenwoods Counseling Referrals, Inc. Litchfield**
  (860) 567-4437  [www.greenwoodsreferrals.org](http://www.greenwoodsreferrals.org)
  Provides referrals for high quality and affordable mental health care and related social services to individuals, families and children.

- **Housatonic Youth Service Bureau**
  (860) 824-4720

- **High Watch Farm**
  (860) 927-3772  [www.highwatchrecovery.com](http://www.highwatchrecovery.com)
  Kent, CT
  High Watch is a residential retreat facility for those with an alcohol and/or drug problem. The program is based upon the principles of Alcoholics Anonymous. Also offered is a Rest and Renewal Program.

- **Infoline 211**
  Directory of Community Services
**MCCA (Midwestern CT Council of Alcoholism)**
(877) 874-6222 for confidential inquiries.  [http://www.mccaonline.com](http://www.mccaonline.com)
Substance abuse prevention, evaluation and treatment services.

**McCall Foundation**
Intensive residential program as well as outpatient assessment and counseling for men and women with substance abuse and mental health issues. Classes offered on alcohol & prescription medication abuse, and parenting skills.
Offices in Torrington, Winsted and at our new satellite office on the Geer Campus in North Canaan

58 High Street
Torrington, CT 06790
Centralized intake line: (860)496-2100
HOTLINE: (800) DRUG [3784]
[www.mccallcenterct.org](http://www.mccallcenterct.org)

McCall is a private, non-profit, behavioral healthcare agency focused on recovery, prevention and community. We provide a full range of high quality and compassionate care for substance abuse and mental health treatment including:
*Intervention programs,
*Outpatient treatment; intensive, traditional and medically assisted,
*Residential care; intensive and intermediate and
*Mental health outreach and treatment.

**McDonough House/MCCA**
Drug and alcohol rehabilitation, detox and evaluation.
203 Old Ridgebury Road, Danbury, CT

(203) 792-4515 / (877) 874-6222
[mccaonline.com](http://mccaonline.com)
Mountainside
Canaan, CT
An addiction treatment center providing innovative inpatient substance abuse treatment at an affordable cost. Mountainside incorporates many approaches, including detox, to treating the disease of addiction helping the individual get into recovery and design a plan for living. Mountainside’s mission: To Help people discover their innate ability to heal themselves in Mind, Body and Spirit.

NY State Crisis Hotline
(845) 485-9700

NAMI (National Alliance for Mental Illness)
www.nami.org Support Group for families & friends of adult individuals with behavioral health issues in the Danbury area, at the Danbury Unitarian Universalist Congregation. For more information contact: Gale at 860-350-4915 or rabbatnet@aol.com. For other resources see website.

Community Mental Health Affiliates
Provides integrated behavioral health care.
100 Commercial Blvd., Torrington CT
(860) 482-8561

Prime Time House
We give people with mental illness the choice of having a place to go versus isolating at home, a place to build relationships, access support and pursue their goals. We promote health, wellness and recovery, and provide an array of employment opportunities so that everyone who wants to return to work has the choice and opportunity to do so.
(860) 618-2479 www.primetimehouse.org

Senior Behavioral Health Center of Sharon Hospital
(860) 364-4288
Offers 24-hour, inpatient services available to adults 55 years of age and older who are experiencing acute psychiatric problems.

Substance Abuse in College
National Institute on Drug Abuse points out that the use of marijuana, prescription drugs and illicit drugs is on the rise. The good news is that students can be proactive in understanding what constitutes substance abuse, how to keep their own habits in check, and how to spot problems in themselves or others. The guide at the website below offers a wealth of resources to help students do all of those things and more.

http://www.affordablecollegesonline.org

Western Ct Mental Health Authority
(860) 496-3700 Hotline: (888) 447-3339
Torrington, CT
For Support, Information & Referrals
PETS

Last Post (860) 824-0831
95 Belden Street, Falls Village, CT
www.thelastpostonline.org
Retirement home for cats

Little Guild of St. Francis (860) 672-6346
285 Sharon Goshen Turnpike, West Cornwall, CT
www.littleguild.org
Animal Shelter

Low Cost Neutering for pets
Local veterinarians or www.pawsct.org

SENIOR CENTERS

Senior Centers
Any senior citizen (60+) is free to use any center for scheduled events and meals.

Colebrook Senior Center ........................................... (860) 738-9521
Falls Village Senior Center ........................................... (860) 824-9855
Kent Senior Center ...................................................... (860) 927-3403
Lakeville: Town Grove Senior Center ....................... (860) 435-5191
Morris Senior Center .................................................. (860) 567-7437
Norfolk Meadowbrook .................................................. (860) 542-5470
Torrington: Sullivan Senior Center ........................ (860) 489-2211
Washington Senior Center ....................................... (860) 868-0735
Winsted: Blanche McCarthy Senior Center ............... (860) 379-4252
SOCIAL SECURITY

Social Security Administration Office
(877) 405-0486 (Torrington) or (800) 772-1213

Social Security Retirement Benefits: Social Security, also called OASDI (Old Age, Survivors and Disability Insurance) is a federal program for retired and disabled, as well as survivors of a deceased wage earner. A worker may retire at 62 and receive a reduced benefit. Most workers receive a full benefit at 66. Benefit amounts depend on wages earned and the number of quarters of coverage credited to the individual’s Social Security record. A survivor’s benefits are figured as a percentage of the deceased worker’s primary insurance. Social Security Disability: provides monthly cash benefits and insurance for disabled workers who are not capable of substantial gainful work, and who have completed a five-month waiting period. Supplemental Security Income: A federal income maintenance program for the aged, blind and disabled. Unlike Social Security, SSI has limits on the amount of money and resources a recipient can have. Recipients may receive both Social Security and SSI, if eligible for both.

SOCIAL SERVICES

CT Department of Social Services (DSS)
General Eligibility Information and questions: (855) 626-6632
General Social Work Questions: (860) 496-6950
62 Commercial Street, Torrington 06790
Hours: Weekdays, 8:00 A.M. to 4:30 P.M.
DSS Services include:
Medicaid—for medical needs in the community, at home or facility.
SNAP (Food Stamps) (Supplemental Nutrition Assistance Program)
Financial Assistance – aid to the aged, blind or disabled.
Elder Protective Services – for protecting those 60+ from abuse, neglect or exploitation.
Qualified Medicare Beneficiary (QMB), Specified Low Income Medicare Beneficiary (SLMB), Additional Low Income Medicare Beneficiary (ALMB) – to assist in Medicare premium and deductible costs, benefit varies depending on individual’s situation.
Conservator of the Person or Conservator of the Estate Programs – call Elder Protective Services for specific eligibility information.

**Department of Children and Family Services (DCF)**
62 Commercial Boulevard, Torrington CT 06790
(860) 496-5700 or (860) 842-2288

**Elder Protective Services**
New Referrals: 1-888-385-4225
Ongoing Cases in NW area: 1-860-496-6950

**Salvation Army – Winsted**
716 Main St., Winsted
(860) 379-8444
http://ctri.salvationarmy.org/SNE/WinstedRegionalServiceCenter

**Social Services in New York State**
Community Action Program (845) 877-9272
Food Stamps (845) 431-5227
Public Assistance (845) 486-3000

**Social Service Agents & Municipal Agents**

Can help Connecticut residents with information, counseling, and coordination of local services (See Page 12).

Social Service Agents may also help by accessing town or local funds such as Berkshire Taconic Community Foundation’s Neighbor–to–Neighbor, Blue Horizon, Jane Lloyd or Women’s Cancer Wellness Funds.

*If you are unable to reach your Social Service or Municipal Agent, or they cannot provide an answer for you, please contact DSS (Department of Social Services) at (855) 626-6632, or call Infoline (211).*

**Emergency – Call the First Selectman’s Office (see Page 12) or Infoline (211)**
SUPPORT GROUPS

■ AA (Alcoholics Anonymous)
(See Page 69)

■ Al-Anon (Family, Spouses, Friends of Alcoholics)
(See Page 69)

■ Alzheimer’s Caregiver’s Support Group:
(See Page 19)

■ Cancer Caregiver Support
Health resource line for Sharon Hospital (800) 666-6885
Geer Adult Day Center (see Page 22) (860) 824-7067

■ Charlotte Hungerford Hospital Support Programs
(800) 525-3144

■ GAPS – Grandparents as Parents Support Program
(860) 424-5325
Sponsored by the State of Connecticut Department of Social Services
A support program for grandparents and relatives who have taken on the role of primary caregiver of a grandchild or family member.

■ Housatonic Youth Service Bureau
(See Page 23)

■ Multiple Sclerosis Society
(800) 634-4710
MS Greater CT Chapter (800) 233-7617

■ Northwest Brain Injury Support Group
(860) 496-7809 Litchfield

■ Susan B. Anthony Project
(See Page 14)

■ Tax Assistance
Property Tax Relief: Renters & Owners: Contact your town Tax Assessor or Town Social Service Agent.
For free tax preparation assistance during tax season (February-April), go to www.AARP.org and enter your zip code into the AARP tax-aide web site to find the AARP Tax Aide site closest to you. Many are located at area senior centers.

Women’s Support Services, Sharon
(860) 364-1900  (see Page 15-16)

THRIFT SHOPS

<table>
<thead>
<tr>
<th>Thrift Shop</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bargain Barn, Sharon</td>
<td>(860) 364-5202</td>
</tr>
<tr>
<td>Clothes Tree, Bantam</td>
<td>(860) 567-8948</td>
</tr>
<tr>
<td>Goodwill, Torrington</td>
<td>(860) 489-8670</td>
</tr>
<tr>
<td>Habitat, Canaan</td>
<td>(860) 824-9839</td>
</tr>
<tr>
<td>Rose’s Thrift Shop, St. Patrick’s Church in Amenia (seasonal)</td>
<td>(845) 373-8193</td>
</tr>
<tr>
<td>Quality Thrift Shop, Kent</td>
<td>(860) 927-3287</td>
</tr>
<tr>
<td>VNA Northwest, Inc., New Preston</td>
<td>(860) 868-0884</td>
</tr>
</tbody>
</table>

TRANSLATORS

Red Cross Language Bank
(860) 678-2700 Farmington
This service helps locate translators.

TRANSPORTATION

Geer Dial-A-Ride
(860) 824-7067
83 South Canaan Road, Canaan, CT. 06018

Geer’s Dial-A-Ride service provides door-to-door transportation for residents of North Canaan, Falls Village, Salisbury, Cornwall and Sharon. Monday through Friday. Transportation is provided for non-emergency medical appointments, shopping and day-to-day errands. Long distance trips to medical appointments are available once a week. Trips to Farmington, Avon, Hartford, etc… The vehicle is handicap accessible. There is no charge for this service. Donations are accepted. Contact: lneil@geercares.org
- **Goshen/Cornwall Senior Bus**
  For residents of Goshen and Cornwall and is available Monday thru Friday, reservations made at least 24 hours in advance at (860) 489-2535

- **Northwestern Connecticut Transit District**
  (860) 489-2535 or toll free (866) 906-RIDE (7433)
  [http://www.nwcttransit.com](http://www.nwcttransit.com)
  The Northwest Connecticut Transit District provides Curb-To-Curb Transportation service in the 16 towns throughout Northwest Connecticut. A 24 hour advance is requested to reserve your ride. Transportation is provided for nutrition programs, medical, shopping and for any other social and personal purposes. All vehicles are wheelchair accessible and our slogan is “We Will Get You There”

- **FISH (Friends in Service Here)**
  Provides residents transportation, in volunteer-owned vehicles, to medical and dental appointments in the area. FISH will also sometimes take clients shopping or to the hairdresser. No fees, but contributions can be made. This is a volunteer program.

  Cornwall (Ella Clark)  (860) 364-1003; (860) 672-4817
  Kent (Selectman’s Office) (860) 927-4627
  Goshen Community Care & Hospice (Volunteers for Goshen residents): (860) 491-HOPE (4673)

- **AREA WIDE:**

  - **Logisticare:**
    Non-Emergency Transportation for Medicaid (Title 19) Recipients:
    To arrange, confirm, or cancel a ride (at least 48 hours in advance):
    1-888-248-9895

  - **TRED (Transportation Reaching Every Direction)**
    For Department of Mental Health consumers:
    Call (860) 482-1852 to arrange a ride with at least 24 hours’ notice.
    Rides are available on a first come/first served basis.

  - **Prime Time House**
    (Torrington) (860) 482-3636
Mental Health Association
(860) 496-7670 (Need referral)

New York State

Northeast Community Center serves residents of six towns of Northeast Dutchess County: Amenia, Dover, North East, Pine Plains, Stanford and Washington.
(518) 789-4259, Fax: (518) 789-9279
Email: transportation@neccmillerton.org

VETERANS

Veterans’ Affairs Information  (800) 827-1000  www.vba.va.gov
Waterbury Office: (203) 805-6340
Outreach: (860) 616-3683
Soldiers Sailors & Marines Fund Office in Torrington: (860) 489-2531
Service Representative information: Call: (860) 489-2531 or Rotary (860) 594-6600

Assistance and advocacy for veterans, their spouses or eligible dependents. Counseling, health, medical and rehabilitation services, housing, education and training.

Veterans Assisted Living Assessment and Benefits Guide:  https://www.caring.com/senior-living/assisted-living-benefits-for-veterans/

VOLUNTEER PROGRAMS

Hospice
Volunteer training programs (see Hospice section on Page 51)

Red Cross Western Connecticut Chapter
Litchfield ............................... (860) 567-5200
New Milford ............................. (860) 354-3415
Winsted (Northwest Branch) .......... (860) 379-5492

**Volunteer Opportunities**

America Reads with RSVP .................. (860) 482-9749
Located at 59 Field Street in Torrington
Audubon Center .............................. (860) 364-0520
Friendly Visitors ......................... (860) 435-9177
Hospitals ...................................... (see Page 52)
Nursing Homes ........................... (see Pages 66-67)
Libraries ...................................... (see Page 64-65)
Literacy Volunteers ...................... (see Page 35)
Food Pantries ............................... (see Page 39)
Women’s Support Services ............... (860) 364-1900
# LOCAL TOWN NUMBERS

## IMPORTANT TELEPHONE NUMBERS

<table>
<thead>
<tr>
<th>Town</th>
<th>1st Selectman</th>
<th>Town Clerk</th>
<th>Social Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canaan</td>
<td>(860) 824-7313</td>
<td>(860) 824-3138</td>
<td>(860) 824-3133</td>
</tr>
<tr>
<td>Cornwal</td>
<td>(860) 672-4959</td>
<td>(860) 672-2709</td>
<td>(860) 672-2603</td>
</tr>
<tr>
<td>Falls Village</td>
<td>(860) 824-0707</td>
<td>(860) 824-0707</td>
<td>(860) 824-9855</td>
</tr>
<tr>
<td>Goshen</td>
<td>(860) 491-2308</td>
<td>(860) 491-3647</td>
<td>(860) 491-4673</td>
</tr>
<tr>
<td>Kent</td>
<td>(860) 927-4627</td>
<td>(860) 927-3433</td>
<td>(860) 927-1586</td>
</tr>
<tr>
<td>Norfolk</td>
<td>(860) 542-5829</td>
<td>(860) 542-5679</td>
<td>(860) 542-5829</td>
</tr>
<tr>
<td>Salisbury</td>
<td>(860) 435-5170</td>
<td>(860) 435-5182</td>
<td>(860) 435-5187</td>
</tr>
<tr>
<td>Sharon</td>
<td>(860) 364-5789</td>
<td>(860) 364-5224</td>
<td>(860) 364-1003</td>
</tr>
<tr>
<td>Warren</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881</td>
<td>(860) 868-7881 ext. 114</td>
</tr>
</tbody>
</table>

* Salisbury Senior Services:  (860) 435-5191

**NY State:** Dutchess County Community Action Agency | (845) 877-9272