



DIRECTORY OF SERVICES FOR GUILFORD SENIOR CITIZENS

July 2020

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IMPORTANT TELEPHONE NUMBERS

AGENCY ON AGING SO. CENTRAL CT	203-785-8533
ALZHEIMER'S ASSOCIATION 24 Hour Helpline	800-272-3900
EMERGENCIES Ambulance, Police, Fire	911
DOMESTIC VIOLENCE 24 Hour Hotline (toll free)	203-789-8104 888-774-2900
INFOLINE 24 Hour Helpline for Services in CT	211
GUILFORD MUNICIPAL AGENT FOR THE ELDERLY	203-453-8009
GUILFORD SENIORS' PROGRAM	203-453-8086
PROTECTIVE SERVICES FOR THE ELDERLY	888-385-4225
VNA ELDERCARE HELPLINE (toll free Guilford assistance)	866-474-5230
YALE-NEW HAVEN SHORELINE MEDICAL CENTER EMERGENCY DEPT. 111 Goose Lane	203-453-7123

GUILFORD TOWN DEPARTMENTS

ASSESSOR	203-453-8010
FIRE	203-453-8056
HEALTH DEPARTMENT	203-453-8118
LIBRARY	203-453-8282
POLICE	203-453-8061
POST OFFICE	203-453-2429
PROBATE OFFICE	203-245-5661
PUBLIC WORKS	203-453-8081
PARKS & REC	203-453-8068
SELECTMEN'S OFFICE	203-453-8015
SENIOR CENTER	203-453-8086
SOCIAL SERVICES	203-453-8009
TAX COLLECTOR	203-453-8014

ADULT DAY SERVICES

Adult Day Centers provide a variety of health, social and therapeutic services during the day for adults with functional impairments. Transportation and noon meal included.

THE ORCHARD HOUSE	203-481-7110
Branford	

STRONG HOUSE ADULT DAY CENTER	
Madison	203-245-0524

EDUCATION



FREE TUTION PUBLIC COLLEGES & UNIVERSITIES

Senior citizens 62 or older can attend Connecticut public colleges and universities tuition FREE on a space available basis. Contact the school for further information.

SHORELINE ADULT EDUCATION 203-488-5693

Call for current course catalogue.

MERCY CENTER AT MADISON 203-245-0401

Conference and retreat center offering a variety of programs. Call for a schedule.

SHORELINE INSTITUTE OF LIFELONG LEARNING 203-453-8086

Offers intellectually stimulating programs for retired and semi-retired citizens. Call for current class listings.

EMPLOYMENT

SENIOR EMPLOYMENT PROGRAM AGENCY ON AGING OF SOUTH CENTRAL CT

Provides paid part-time community service work for mature job seekers who are below 200% of poverty level.

203-785-8533

CONNECTICUT DEPARTMENT OF LABOR

203-230-4939

Hamden Office

FAMILY CAREGIVER ASSISTANCE

CAREGIVER SUPPORT NETWORK 203-458-4200
VNA COMMUNITY HEALTHCARE

Resources and respite information to families who support an ill or frail family member.

CAREGIVER RESOURCE CENTER 203-785-8533
AGENCY ON AGING OF SO. CENTRAL CT

Provides assistance with the Connecticut Home Care Program for Elders, Statewide Respite Care Program and National Family Caregiver Program.

VA CAREGIVER SUPPORT 855-260-3274

<http://www.caregiver.va.gov/>



FINANCIAL ASSISTANCE

GUILFORD SOCIAL SERVICES **203-453-8009**

Assistance obtaining services from regional state and federal programs. Intake site for state's energy assistance and rental rebate programs, Eversource assistance programs, Medicare Savings Programs and Operation Fuel.

MEDICAID – TITLE 19

CT DEPT. OF SOCIAL SERVICES

toll free

885-80504325

SOCIAL SECURITY ADMINISTRATION

New Haven

866-331-5281

**CT DEPT. OF SOCIAL SERVICES REGIONAL
OFFICE**

Middletown

860-704-3100

GUILFORD ASSESSOR'S OFFICE

203-453-8010

Administers state and local tax relief programs for elderly and disabled taxpayers.



FOOD

COMMUNITY DINING ROOM 203-488-9750

Branford

Free lunch available 12:00 – 1:00 PM

Sunday thru Friday - Call for details.

GUILFORD SENIORS' PROGRAM 203-453-8086

Breakfast and hot lunch available

Monday-Friday for a nominal fee.

MEALS ON WHEELS 203-453-8359

Provides a hot, nutritious meal to anyone unable to prepare themselves a well-balanced meal. Flexible delivery days are available as well as weekend meals. Sliding scale fee.

GUILFORD FOOD BANK 203-453-8166

203-453-8009 (office)

Provides food, toiletries and cleaning products for Guilford residents in need.



GERIATRIC CARE

GERIATRIC ASSESSMENT CENTERS

Comprehensive assessment of older persons who have medical, cognitive or social problems. Staff at the center work with the family and patient's private physician.

DOROTHY ADLER GERIATRIC **203-688-6361**
ASSESSMENT CENTER
YALE-NEW HAVEN HOSPITAL

GERIATRIC & OUTREACH
ASSESSMENT CENTER
Yale New Haven Hospital
St. Raphael's Campus **203-789-3275**

GERIATRIC PLANNING INFORMATION

MY PLACE CT **www.myplacect.org**
long term care information

AREA AGENCY ON AGING **203-785-8533**
South Central Connecticut





HEALTH & DENTAL SERVICES

CONNECTICUT HOSPICE, INC. **203-315-7575**

HOSPICE HOME CARE **203-315-7687**

YALE-NEW HAVEN SHORELINE MEDICAL

111 Goose Lane, Guilford

Main Number **203-453-7900**

Emergency **203-453-7123**

VNA COMMUNITY HEALTHCARE **203-458-4200**

Home care nurses, therapists (physical, occupational and speech), health screening, flu shots and specialized exercise and health programs.

COMMUNITY HEALTH CENTER **860-664-0787**

114 East Main, Clinton

COMMUNITY HEALTH DENTAL **860-388-4433**

263 Main Suite 202, Old Saybrook

CT DENTAL HEALTH PARTNER. **860-420-2924**

BH CARE **203-483-2630**

14 Sycamore Way, Branford

Clinical & community support for adults with mental health and/or substance abuse disorders. Includes out-patient clinical services, case management, residential social and vocational rehabilitation.

HEALTH INSURANCE INFORMATION



CHOICES PROGRAM AGENCY ON AGING 800-994-9422

Connecticut programs for Health insurance assistance, Outreach, Information, Counseling, and Eligibility Screening. CHOICES counselors do not sell or market insurance. They provide the necessary information and assistance to enable consumers to make informed insurance choices.

CT PARTNERSHIP FOR LONG-TERM CARE INSURANCE 800-547-3443

Connecticut program in alliance with the private insurance industry to provide long-term care insurance policies which meet state standards.

GUILFORD SENIORS 203-453-8086

Call for appointment with insurance advisor

OFFICE OF HEALTHCARE ADVOCATE 866-466-4446

Free service of the State of CT that helps resolve healthcare and insurance related issues.

COMMUNITY ORGANIZATIONS

GUILFORD SENIORS PROGRAM **203-453-8086**

MUNICIPAL AGENT for the ELDERLY

Guilford Social Services **203-453-8009**

GUILFORD INTERFAITH VOLUNTEERS

Friendly Visiting **203-453-8359**

Provides at least one hour of caring, quality friendship a week to any Guilford resident experiencing loneliness or wanting a social connection regardless of age, income or limitations.

Charlie's Closet (*See Medical Equipment*)

Meals On Wheels (*See Food*)

WOMEN & FAMILY LIFE CENTER **203-458-6699**

Offers programs and support groups. Call for current listing.

HELP AT HOME – FOR A FEE

The following Guilford/Madison based homecare companies offer a variety of in-home services including: homemakers, companions, home health aides, 24 hour live-ins, meal preparation, visiting nurses and escorted transportation.

COMFORT KEEPERS **203-493-7564**

EQUINOX HOME CARE **203-245-6262**

HOME INSTEAD SENIOR CARE **203-458-2992**

HOMEMAKERS & COMPANIONS **203-689-5104**

LIFETIME CARE AT HOME **203-458-5990**

VNA COMMUNITY HEALTHCARE **203-458-4200**

HOUSING

SUBSIDIZED INDEPENDENT HOUSING

BRANFORD HOUSING AUTHORITY 203-481-3194

Parkside Village I

Parkside Village II

John B. Sliney House

GUILFORD HOUSING AUTHORITY 203-453-6262

Guilford Court

Boston Terrace

Sachem Hollow

MADISON SENIOR HOUSING 203-245-7166

Concord Meadows



INDEPENDENT, LIFE CARE & ASSISTED LIVING

CEDAR WOODS

203-528-0289

Branford

Independent living apartments.

EVERGREEN WOODS 203-488-8000

North Branford- *Life care buy-in for independent living apartments, assisted living & nursing home care.*

SOLSTICE SENIOR LIVING at Guilford 203-458-3337

Guilford- *Independent living apartments.*

THE HEARTH AT GARDENSIDE 203-208-3718

Branford- *Independent living, assisted living and dementia unit.*

THE HEARTH AT TUXIS POND 203-204-1364

Madison- *Independent living, assisted living and dementia unit.*

THE HOMSTEAD MADISON 203-245-0212

Madison- Residential home for independent seniors.

REHAB FACILITIES AND NURSING HOMES

APPLE REHAB GUILFORD 203-453-3725

GUILFORD HOUSE 203-488-9142

BRANFORD HILLS HEALTHCARE 203-481-6221

MADISON HOUSE 203-245-8008

WATROUS NURSING & APPLE REHAB 203-245-9483

LEGAL SERVICES

**CENTER FOR MEDICARE
ADVOCACY** **800-262-4414**

Free legal assistance, information and representation to all Connecticut citizens denied Medicare coverage.

**STATEWIDE LEGAL
SERVICES OF CT** **800-453-3320**

Provides free legal services to income eligible Guilford residents.

**CONSUMER LAW PROJECT
FOR ELDERS** **800-296-1467**

Free legal assistance to CT seniors 60 and over who have consumer questions or problems.

GUILFORD SENIOR CENTER **203-453-8086**

Free legal consultations. Call for an appointment.

LAWYER REFERRAL SERVICE **203-562-5750**

Not for profit service offering attorney referrals to members of the public from the NEW HAVEN COUNTY BAR ASSOC.



LIBRARY SERVICES

GUILFORD FREE LIBRARY

HOME DELIVERY

203-453-8282

Free home delivery for temporarily or permanently homebound Guilford residents.



RECREATION



GUILFORD LAKES GOLF COURSE 203-453-8214

DEPT. OF ENVIRONMENTAL 860-424-3200
PROTECTION: Charter Oak Pass

The Charter Oak Pass provides access to Gillette Castle, Dinosaur or Fort Trumbull state parks. Free to senior citizens 65 years of age or older.

FISHING LICENSES 203-453-8001

Those 65 years or older may obtain a free lifetime fishing license by applying to their Town Clerk.

GUILFORD SENIORS PROGRAM 203-453-8086

Multipurpose center providing activities program: exercise, discussion groups, cards, crafts, education, etc.

SALVATION ARMY 860-702-0017

NATIONAL PARKS & FEDERAL RECREATION

Enjoy National Parks & Federal Recreational Lands. Life-time passes available for one time fee of \$10 and Free for disabled. Applications are available at federal recreation centers in person or at www.store.usgs.gov/pass.

MEDICAL & DISABILITY INFO

AGENCY ON AGING 203-785-8533
SO. CENTRAL CONNECTICUT

CENTER FOR DISABILITY RIGHTS 203-934-7077
Advocate for people with disabilities. Provide services to individuals and their families as well as technical assistance and community education.

ALZHEIMER'S ASSOCIATION
24 hour Helpline 800-272-3900

ARTHRITIS FOUNDATION 800-541-8350

SERVICES FOR THE BLIND 860-602-4000

COMMISSION ON HUMAN RIGHTS & OPPORTUNITIES 800-477-5737
Handles discrimination complaints based on race, sex, age, physical disability and national origin to enforce equal opportunity statutes.

AMERICAN PARKINSON DISEASE ASSOC.
877-282-7328

CT PARKINSON'S WORKING GROUP
203-453-2655

SOCIAL SECURITY ADMINISTRATION
800-772-1213

SARAH TUXIS
203-458-8532
Assistance with disabilities.

MEDICAL EQUIPMENT

CHARLIE'S CLOSET

203-453-8359

Provides folding walkers; shower seats, transfer benches; bed rails, footed canes, etc... to those in need of medical equipment as it becomes available. Donation of \$1 per item. Donations of equipment also accepted.

INFOLINE

211

Additional medical-related organizations

MENTAL HEALTH

CATHOLIC CHARITIES

203-787-2207

*Individuals, couples and family counseling.
Need not be Catholic. Must have insurance.*

BH CARE

203-483-2650

Clinical & community support for adults with mental health and/or substance abuse disorders. Includes out-patient clinical services, case management, residential social and vocational rehabilitation.

HOSPICE BEREAVEMENT

203-315-7544

Provides bereavement support groups in various locations and times. Call for pre-registration.

YALE-NEW HAVEN

203-688-9907

PSYCHIATRIC HOSPITAL

Inpatient and outpatient psychiatric care and resource.

Crisis Intervention

203-688-1616

Suicide Hotline

2-1-1

TRANSPORTATION

HANDICAP PARKING PLACARDS **860-263-5154**
DEPT. OF MOTOR VEHICLES

A temporary parking permit is valid for 6 months. Special parking permit is valid for lifetime use. Permit may be used in any vehicle in which handicapped person is riding.

GREATER NEW HAVEN MY-RIDE **203-288-6643**

Transportation for 60+ years old and individuals with disabilities. Vehicles are wheelchair accessible.

GUILFORD SENIOR CENTER **203-453-8086**

Transportation for Guilford residents 60+ or disabled to medical appointments, errands, shopping & the Community Center. Wheelchair lift equipped.

SHORELINE TAXI **203-506-8294**

VEYO **855-478-7350**

Non-emergency Medicaid transportation.

SHORELINE EAST STATION **877-287-4337**

325 Old Whitfield St. Guilford, CT 06437



VETERANS INFORMATION

VETERANS ADMINISTRATION **203-932-5711**

West Haven

*Geriatric evaluation (both inpatient and outpatient),
rehabilitation and respite care.*

VA BENEFIT INFORMATION

800-827-1000

CT Dept. of Veterans Affairs

860-616-3600

VFW POST 7666 (Local Chapter)

203-453-9252

AMERICAN LEGION POST 48 (Local Chapter)

PO Box. 1453, Guilford, CT 06437

NEW HAVEN VETERANS CENTER

203-932-9899

SOLDIERS, SAILORS & MARINE FUND

203-789-7841

New Haven Office

*Assistance for veterans who served at least 90 days active
duty during wartime.*



VOLUNTEER OPPORTUNITIES

GUILFORD INTERFAITH VOLUNTEERS

203-453-8359

Charlie's Closet

Meals on Wheels

Friendly Visiting

COMMUNITY DINING ROOM

203-488-9750

CONNECTICUT HOSPICE

800-846-7742

FRIENDS OF THE GUILFORD LIBRARY

203-453-8282

GUILFORD FOOD BANK

203-453-8009

VNA COMMUNITY HEALTHCARE

203-458-4200

Family Caregiver Support Network



ELDER ABUSE



– Growing Older Together –

Prevention of Elder Abuse

What Can We Do?

Be Alert! Report Suspected Abuse!

Abusing a person age 60 or older is a crime. Each year hundreds of thousands of older persons are abused, exploited or abandoned or suffer from neglect. Many victims are people who are older, frail, and vulnerable and cannot help themselves and depend on others to meet their most basic needs. Abusers are both women and men and may be strangers or acquaintances-but may well be family members, friends or “trusted others”.

What is Elder Abuse?

Examples of elder abuse are:

1. Inflicting physical pain, injury or mental anguish, or depriving services which are necessary for the elder’s physical and mental health.
2. Failing to provide or arrange for necessary services by the person (s) obligated to do so.
3. Taking advantage of an elder whether for monetary, personal or other benefit, gain or profit.
4. Neglecting duties and obligations owed the elder by a caregiver or other person.

ELDER ABUSE

What are some signs of possible abuse?

- **Physical Abuse-** Bruises, pressure marks, broken bones, abrasions
- **Verbal Abuse or Emotional Abuse-** Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression; strained or tense relationships; frequent arguments with caregivers; behavior such as belittling, threats, and other uses of power and control by spouses
- **Exploitation-**sudden changes in financial situations
- **Neglect-** Bedsores, unattended medical needs, poor hygiene, and unusual weight loss (by others or self)
- **Be Alert!-** The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on

How do I report suspected types of abuse or get help?

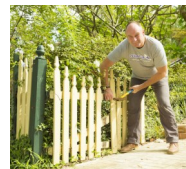
Call the PSE Central Intake Line at 1-888-385-4225 or 2-1-1 (after business hours). The Department of Social Services, Protective Services for the Elderly (PSE) takes calls not only from specifically state-mandated reporters but also from friends, neighbors, family members, or others who may suspected an elderly person is being abused or needs help due to self-neglect. Reporters may remain anonymous and cannot be held liable in civic or criminal court when reports are made in good faith. It is not your role to verify that abuse is occurring, only to alert others of your suspicions.



– Growing Older Together –

Need Help With Small Home Repairs?

We have resources offered to low income Guilford residents.
Ask a GSS staff member about this FREE opportunity.



Great for small maintenance projects
or one-time tasks!

For additional information call 203-453-8009.



DIRECTORY OF SERVICES FOR GUILFORD SENIOR CITIZENS

This booklet is a resource guide for senior citizens, caregivers and service providers. It contains information on programs and services for senior citizens residing in Guilford.

1st Edition in 2009 prepared by:
Guilford Senior Program
Guilford Social Services
VNA Community Healthcare

2nd Edition in 2013 updated by:
Guilford Social Services

3rd Edition in 2015 updated by:
Guilford Social Services

4th Edition in 2017 updated by:
Guilford Social Services

5th Edition in 2018 updated by:
Guilford Social Services