

Town of Colchester Senior Resource Guide



Colchester Commission on Aging

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Terry Brown, Member

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Bonnie Trecarten, Alternate

Disclaimer

No endorsement is implied by the Town of Colchester or Commission on Aging for any business or service in this listing. This document is intended to be a helpful resource guide for the senior citizens of the Town of Colchester.

You can find an electronic version of this guide on the Colchester Commission on Aging web site:

www.ColchesterCT.gov/commission-aging

Please Consider Supporting Your Commission on Aging

Please make checks payable to: Colchester Commission on Aging

Mail to: Town of Colchester

Attn: Director of Finance

127 Norwich Avenue, Colchester, CT 06415

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Town of Colchester Services

Emergency Services

- | | |
|------------------------------|--------------|
| ➤ All Emergencies | 911 |
| ➤ Colchester Police | 860-537-7270 |
| ➤ Ambulance Services | 860-537-8437 |
| ➤ Fire Department | 860-537-2512 |
| ➤ Connecticut Poison Control | 800-222-1222 |
| ➤ Resident Trooper | 860-537-7270 |
| ➤ Troop K | 860-465-5400 |

Colchester Senior Center 95 Norwich Ave, Colchester, CT

Patty Watts – Director of Senior Services **860-537-3911**

- | | |
|---|--------------|
| ➤ CHOICES for Medicare | |
| ➤ Making Memories Program - Early Stage Memory Loss/Dementia | |
| ➤ Meals on Wheels through TVCCA | 860-885-2745 |
| ➤ Senior Nutrition Program, registration by 10:00 a.m. the day before | |
| ➤ Senior Transportation, registration by 12:00 p.m. the day before | |

Colchester Social Services 127 Norwich Ave, Suite 205, Colchester, CT

Valerie Geato – Director of Youth and Social Services **860-537-7255**

- | | |
|---|--------------|
| ➤ Colchester Food Bank | |
| ➤ Energy Assistance (September-March, annually) | |
| ➤ Operation Fuel | |
| ➤ Renters' Rebate Program (April-October, annually) | |
| ➤ Colchester Senior Tax Abatement Program (Assessor's Office) | 860-537-7210 |

Government

- | | |
|--|--------------|
| ➤ Colchester Government/First Selectman's Office | 860-537-7200 |
| ➤ Center for Medicare Advocacy | 860-262-4414 |
| ➤ Chatham Health District, East Hampton | 860-537-7214 |
| ➤ Consumer Protection / Fraud Hotline | 800-842-2649 |
| ➤ Info Line | 211 |
| ➤ Long-Term Care Ombudsman, Norwich
<i>(To report nursing home abuse or neglect)</i> | 860-823-3366 |
| ➤ Medicare Insurance Problems, CHOICES | 800-994-9422 |
| ➤ National Council on Aging | 202-479-1200 |
| ➤ Protective Services for the Elderly
<i>(To report elder abuse, neglect, intimidation, financial exploitation)</i> | 860-385-4225 |
| ➤ Social Security Administration | 800-772-1213 |

Legislators:

CT Representative, House Dist. 48, Mark DeCaprio	860-240-8700
CT Senator, Senate District 33, Norm Needleman	860-240-0428
US Representative, 2nd District, Joe Courtney	860-886-0139
US Senator, Richard Blumenthal	860-258-6940
US Senator, Chris Murphy	202-224-4041

Alphabetical Index

AARP

- | | |
|---|--------------|
| ➤ AARP Smart Driving Course (meets at senior center) | 860-974-0430 |
| ➤ AARP State Office | 860-295-7279 |
| ➤ Colchester Chapter 4019 (meets at senior center) | 860-537-3911 |
| ➤ Tax Aide (February-April at senior center-free tax preparation) | 888-227-7669 |

Alzheimer's Disease

- | | |
|---|---|
| ➤ 24 Hour Helpline | 800-272-3900 |
| ➤ Connecticut Alzheimer's Association | 860-406-3040 |
| ➤ Making Memories Program at the Colchester Senior Center | 860-537-3911 |
| ➤ National Office, Chicago, Illinois-Library | http://www.alz.org |
| ➤ Alzheimer's Assoc. CT Chapter, Norwich | 860-887-3593 |
| ➤ Safe Return/Medical Alert | 860-887-3593 |
| ➤ Senior Homecare, Gales Ferry | 860-381-5044 |
| ➤ Alzheimer's Respite Grant for Caregivers, Norwich | 860-887-3561 |
| ➤ Silver Alert CT State Police for Wandering or Lost Elders | 911 |
| ➤ US National Alzheimer's Office (library & materials) www.alz.org | |

Alzheimer's Local Support Groups

- | | |
|--|--------------|
| ➤ Chestelm Health & Rehab, Moodus (2nd Wed. 7 p.m.) | 860-873-1455 |
| ➤ CT College, Gallows Lane Building
(3rd Wednesday, 1 p.m., call to register-couples/family/groups) | 860-887-3593 |
| ➤ Waterford Library (2nd Thursday 10 a.m.) | 860-444-5805 |

Adult Day Programs

- | | |
|--|--------------|
| ➤ Chestelm Adult Day Center, East Haddam | 860-873-1455 |
| ➤ Ross Adult Day Center, Norwich | 860-889-1252 |

Assisted Living Facilities

- Addison Place, Glastonbury 860-443-5376
- A Place for Mom (Referral Service) 888-857-0796
- Atria, Waterford 860-444-6700
- Briar Manor, New London 860-443-5376
- Buckingham of Brookdale, Glastonbury 860-652-3444
- Crescent Point, Niantic 860-451-9094
- Emiratis, Rocky Hill 860-780-9994
- Fitchville Home, Bozrah 860-887-2585
- Houghton Cove Manor, Montville 860-848-1239
- Heritage Commons, Middletown 860-344-1221
- Johnson Home Inc., Norwich 860-887-7641
- Luther Ridge, Middletown 860-347-7144
- One McDonough Place, Middletown 860-358-5802
- The Hearth, Glastonbury 860-430-4247
- The Saybrook at Haddam 860-345-3779
- Sheltering Arms Residential Care, Norwich 860-887-5005
- The Village at South Farms, Middletown 860-342-8657

Attorneys

- Elder Law Centers of CT, Glastonbury and Chesterfield 860-659-1622
- George Baker, Glastonbury 860-430-9599
- Gilbert Kapack, Colchester 860-537-0874
- Guarnaccia, Connors, Kalom & Zorn, Colchester 860-537-4400
- Jean Stawicki, Colchester 860-537-3493
- Nicolas Mancuso, Colchester 860-603-2258
- Robert Elliot, Colchester 860-603-2094
- Ronald Goldstein, Colchester 860-537-7044
- Scott & Scott, Colchester 860-537-5537
- Timothy Kearney, Colchester 860-531-3250

CT Legal Aid

- Willimantic 860-456-1761
- New London 860-447-0323
- Middletown 860-344-0447

Probate Court

- CT Probate Court Administrator 860-231-2442
- Windham Probate Court (covers Colchester) 860-465-3049

Dental Services

- Colchester Dental Group 860-537-2351
- CT Family Dental Group 860-537-5188
- Dental Arts of Colchester 860-537-3521
- Life Long Dental Care 860-537-1444
- United Community Family Services 860-892-7042
- Westchester Family Dental 860-267-8889

Driver Safety

- AARP Driver Safety Resources on line: [www.aarp.org/families/driver safety](http://www.aarp.org/families/driver%20safety)
- Associated Neurology, Driving Assessment 203-748-2551
- Department of Motor Vehicles, Norwich 860-263-5700
- Department of Motor Vehicles, Willimantic 860-263-5700
- Easter Seals, Newington, fee-based 203-630-2208
- McLean Driver Rehab Program, Simsbury 860-658-3745

Durable Medical Equipment

- A2Z, Glastonbury 860-633-1882
- American Medical Supply, Hebron 860-228-0606
- Colchester Senior Center (Resource List) 860-537-3911
- Connecticut Library for Accessible Books 860-704-2220
- Disabilities Network of Eastern CT, Norwich 860-823-1898
(Ramps for low income elders, assistance with care management, and assistance for disabled adult children of elder mothers)
- Equipment to Loan: Chelsea Foundation, Groton 860-448-2263
- LEARN Regional Education Center (job center/training) 860-434-4800
- Lewis & Clark Medical Products 860-440-7444
- Life Alert 800-247-0000
- Life Alarm – Urgent Response 800-780-5433
- Life Line, Philips – Urgent Response 800-579-3341
- Medical Pharmacy, Willimantic 860-423-1661
- Mobility Works, handicap equipment for vehicles 860-215-4100
- NEOPS, Norwich (Podiatric Footwear, Lymphedema Products) 860-887-2499
- New England Assistive Technology, Hartford 860-243-2869
- North East Medical Products, Old Saybrook 860-388-1437
- Oxygen - Aero All Gas 860-278-2376
- Oxygen - Apria 860-613-4900
- Oxygen - Medical Pharmacy, Willimantic 860-423-1661

Education

- Colchester Parks & Recreation 860-537-7297
- Colchester Senior Center 860-537-3911
- Colchester Social Services 860-537-7255
- Education Programs/Higher Education Program 860-723-0000
- Three Rivers Community College, Norwich
(Lifelong Learning Programs) 860-215-9316
- State of CT State Universities/Community Colleges
Tuition Free Classes for seniors (audit only) call university/
college directly
- Town of Colchester Board of Education 860-537-7233

Energy Assistance Programs

- Colchester Social Services 860-537-7255
- Operation Fuel 860-243-2345

Food & Nutrition

- SNAP-Supplemental Nutrition/Food Assistance Program 855-626-6632
- Food Bank, Colchester Social Services at Town Hall 860-537-7255
- FUD Delivery, www.Fudddelivery.com
- Meals on Wheels through TVCCA 860-934-1006
- Noel's Supermarket, Colchester 860-537-5988
- Senior Center Community Café 860-537-3911
- Stop & Shop, Colchester 860-537-2361
- Westchester Marketplace, Colchester 860-365-0071

Home Health Care

- Assured Quality Home Health Care, LLC, Norwich 860-373-0428
- Colchester Senior Center (Resource List) 860-537-3911
- Comfort Keepers, Manchester 860-649-1444
- Companions and Homemakers 860-751-6990
- Connecticut Community Care Inc. (CCCCI) 866-845-2224
- From the Heart Home Care 860-224-0881
- Harford Health Care at Home 800-466-3227
- House Calls Unlimited 860-334-6699
- Visiting Nurse Association of SE CT 860-444-1111

Hospice & Palliative Care Providers

- Beacon Hospice Care 860-282-0527
- Center for Hospice Care 860-848-5699
- Masonicare Hospice 203-679-5200
- McLean Home Health Care and Hospice 860-658-3954
- Middlesex Care, Home, Hospice & Palliative 860-358-5700

Hospitals, Healthcare Centers & Clinics

- Backus Hospital, Hartford Health Care, Norwich 860-889-8331
- Hartford Health Care, Colchester 860-537-4601
- Hartford Hospital, Hartford 860-545-5000
- Lawrence and Memorial Hospital, New London 860-442-0711
- Middlesex Health Marlborough Medical Center & Emergency Dept. 860-358-3200
- Middlesex Hospital, Middletown 860-358-6000
- St. Francis Hospital, Hartford 860-714-4000
- UCONN Health Center, Farmington 860-679-2000
- United Community Family Services 860-537-7676
- Windham/Hartford Hospital, Willimantic 860-456-9116
- Yale New Haven Hospital, New Haven 203-789-3000

Library

- Cragin Memorial Library 860-537-5752

Medicare

- Center for Medicare Advocacy, Willimantic 860-456-7790
 - CHOICES Senior Resources Area Agency 860-887-3561
- Medicare <http://www.medicare.gov>

Pharmacy Services

- CVS, Colchester 860-537-0711
- CVS, Hebron 860-228-3888
- Nutmeg Pharmacy, Moodus 860-891-8142
- Stop & Shop Pharmacy, Colchester 860-537-2570
- Walgreens, Colchester 860-537-9034

Physical Therapists in Colchester

- ECRC Physical Therapy 860-537-6798
- Performance Physical Therapy 860-537-3014
- River Rock Physical Therapy and Balance Center 860-365-5514
- Select Physical Therapy 860-603-3900

Physicians in Colchester

- Colchester Internal Medicine 860-537-2262
- Colchester Urgent Care 860-531-9749
- Dr. Priya Tandon 860-537-2309
- Hartford Healthcare Medical Group/Backus Healthcare
 - Colchester 860-537-4601
 - Hebron 860-228-1119
 - Pulmonary 860-537-4601

- The Nurses Office 860-603-3541
- Pro Health Physicians
 - Colchester 860-537-9901
 - Marlborough/East Hampton 860-295-8217
- Middlesex Primary Care
 - East Haddam 860-358-5220
 - East Hampton 860-358-3500

Podiatry Services

- Colchester Foot Specialists, Dr. Morgan 860-537-5520
- Marlborough Foot Clinic, Dr. Jablon 860-295-8791
- Comprehensive Foot Care, Dr. Valentine 860-295-9179

Recreation & Fitness

- Anytime Fitness, Westchester 860-267-1001
- Colchester Parks & Recreation 860-537-7296
- Colchester Senior Center 860-537-3911
- CrossFit, Colchester 860-885-4543
- Snap Fitness, Colchester 860-603-5060
- Team Fitness, East Hampton 860-267-8236

Senior/Disabled Transportation Services

- Colchester Senior Center, by appointment 860-537-3911
- Curtin Transportation Group (Taxi Service) 860-443-1655
- VEYO (Medicare Patients) 855-478-7350

Skilled Nursing Facilities/Short-Term Rehab Centers

- Apple Rehab, Colchester 860-537-4606
- Chestelm Health & Rehab, East Haddam 860-873-1455
- Cobalt Lodge Health and Rehab, East Hampton 860-267-9034
- Genesis Healthcare Harrington Court, Colchester 860-537-2339
- Greystone, Portland 860-342-2509
- Marlborough Health & Rehabilitation Center 860-295-9531

Social Security

- Social Security Administration 800-772-1213

Veterans' Services

- CT State Department of Veterans Affairs, Norwich 860-887-9162
- Info Line 866-928-8387
- Veterans Health System, Newington 860-594-6604
- Veterans Home & Hospital, Rocky Hill 860-529-2571

Notes

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