Town of Colchester
Senior Resource Guide

2021
Colchester Commission on Aging

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Sandra Gaetano, Member
Linda Pasternak, Member
Jean Stawicki, Member

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.

To receive an electronic version of this guide, email the Colchester Commission on Aging.

COA@ColchesterCT.gov

Please Consider Supporting Your Commission on Aging

Please make checks payable to: Colchester Commission on Aging

Mail to: Town of Colchester
        Attn: Keri Rowley, Deputy Chief Financial Officer
        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 860-934-1006
- 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 860-823-3366
  (To report nursing home abuse or neglect)
- Medicare Insurance Problems, CHOICES 800-994-9422
- National Council on Aging 202-479-1200
- Protective Services for the Elderly 860-385-4225
  (To report elder abuse, neglect, intimidation, financial exploitation)
- Social Security Administration 800-772-1213

2021
Legislators:
- CT Representative, House Dist. 48, Brian Smith 860-240-8585
- CT Representative, House Dist. 34, Irene Haines 860-240-8700
- CT Senator, Senate District 33, Norm Needleman 860-240-0428
- US Representative, 2\textsuperscript{nd} 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
- Alzheimer’s Respite Grant for Caregivers, Norwich 860-887-3561
- Connecticut Alzheimer’s Association 860-828-2828
- Making Memories Program at the Colchester Senior Center 860-537-3911
- Regional Office 860-887-3593
- Safe Return/Medical Alert 860-887-3593
- Senior Homecare 860-381-5044
- Silver Alert CT State Police for Wandering or Lost Elders 911
- US National Alzheimer’s Office (library & materials) [www.alz.org](http://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

- Alterra Clare Bridge, Glastonbury 860-659-9030
- A Place for Mom (Referral Service) 888-857-0796
- Atria, Rocky Hill 860-288-5729
- Atria, Waterford 860-444-6700
- Briar Manor, New London 860-443-5376
- Buckingham of Brookdale, Glastonbury 860-652-3444
- Brookdale Estates Memory Care, Rocky Hill 860-780-9994
- Crescent Point, Niantic 860-451-9094
- Fitchville Home, Bozrah 860-887-2585
- Haughton Cove Manor, Montville 860-848-1239
- Heritage Commons, Middletown 860-344-1221
- Johnson Home Inc., Norwich 860-877-7185
- 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 860-887-7185
- The Village at South Farms, Middletown 860-342-8691

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
- 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
- Equipment to Loan: Chelsea Foundation, Groton 860-912-5707
- Lewis & Clark Medical Products 860-440-7444
- Life Alarm – Urgent Response 800-780-5433
- Life Alert 800-247-0000
- Life Line, Philips – Urgent Response 800-579-3341
- Medical Pharmacy, Willimantic 860-423-1661
- NEOPS, Norwich (Podiatric Footwear, Lymphedema Products) 860-887-2499
- New England Assistive Technology, Hartford 860-526-4492
- North East Medical Products, Old Saybrook 860-388-1437
- Oxygen - Aero All Gas 860-278-2376
- Oxygen - Apria 860-613-4600
- Oxygen - Medical Pharmacy, Willimantic 860-423-1661
- Ride-Away, Auto Modifications for disabled 860-897-6857
- West End Pharmacy – Norwich 860-889-8785
- 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)
- LEARN Regional Education Center (job center/training) 860-434-4800
- Library for the Blind and Physically Handicapped 800-721-2020
- Mobility Works, handicap equipment for vehicles 860-215-4100
- Colchester Senior Center (Resource List) 860-537-3911
**Education**

- Colchester Parks & Recreation 860-537-7296
- 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 860-215-9016
  (Lifelong Learning Programs)
- State of CT State Universities/Community Colleges 860-537-7233
  Tuition Free Classes for seniors (audit only)
- Town of Colchester Board of Education 860-537-7233

**Energy Assistance Programs**

- Colchester Social Services 860-537-7255
- Operation Fuel (Oil heated homes) 860-243-2345

**Food & Nutrition**

- SNAP-Supplemental Nutrition Assistance Program 860-823-5000
- Food Bank, Colchester Social Services at Town Hall 860-537-7255
- 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
- Cleomeni Home Care Agency 860-235-8711
- Colchester Senior Center (Resource List) 860-537-3911
- Comfort Keepers, Manchester 860-649-1444
- Companions and Homemakers 860-859-1141
- Connecticut Community Care Inc. (CCCI) 860-885-2960
- From the Heart Home Care 860-224-0881
- Harford Health Care at Home 800-862-1551
- House Calls Unlimited 860-334-6699
- Kindred at Home 860-510-0210
- Panda Homecare, Glastonbury 860-633-5907
- Polish Caregivers & Homemakers 860-826-2990
- Staff Mates Home Care, Hebron 860-228-4321
- Visiting Nurse Association of SE CT 860-444-1111
- Your Extended Family, Colchester 860-967-0831
**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 860-658-3998
- Middlesex Hospice & Palliative Care 860-358-6000
- Vitas Innovative Hospice 844-314-3152

**Hospitals, Healthcare Centers & Clinics**

- Hartford Health Care, Colchester 860-537-4601
- Backus Hospital, Hartford Health Care, Norwich 860-889-8331
- Hartford Hospital, Hartford 860-545-5000
- Lawrence and Memorial Hospital, New London 860-442-0729
- 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, Windham 860-456-9116
- Yale New Haven Hospital, New Haven 860-688-4242

**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](http://www.medicare.gov)

**Pharmacy Services**

- CVS, Colchester 860-537-0711
- CVS, Hebron 860-228-3888
- Nutmeg Pharmacy, Moodus 860-891-8142
- Walgreens, Colchester 860-537-9034
- Stop & Shop Pharmacy, Colchester 860-537-2570
- Fredrick Ray Pharmacy, Moodus 860-385-1072

**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

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Physicians in Colchester

- Colchester Internal Medicine: Dr. Hylwa 860-537-2262
- Hartford Healthcare Medical Group/Backus Healthcare 860-537-4601
- The Nurses Office 860-603-3541
- Dr. Priya Tandon 860-537-2309
- Sparrow Commons Family Practice, Pro Health, Dr. LaPorte 860-537-9901

Podiatry Services

- Colchester Foot Specialists, Dr. Morgan 860-537-5520
- Marlborough Foot Clinic, Dr. Jablon 860-295-8791
- Colchester Senior Center Foot Clinic 860-537-3911

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
- QC Home Care Solutions, Bozrah 860-337-1150

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
- Veterans Health System, Newington 860-594-6604
- Veterans Home & Hospital, Rocky Hill 860-529-2571
- Info Line 866-928-8387