

# City of Middletown Senior Resources Guide

---

*A publication updated annually by the Middletown Senior Services Division*

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

# TABLE OF CONTENTS

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

## Adult Day Care

### **Daytymers Club**

[www.heritagecommons.com/daytymers](http://www.heritagecommons.com/daytymers)

**860-344-1221**

38 Boston Road

### **The Day Club**

[www.thedayclubadc.com](http://www.thedayclubadc.com)

**860-632-1119**

32 Miner Street

## Arts

### **Altrusa International Inc.**

**312-427-4410**

*Annual Senior Poetry Contest*

### **Art Guild of Middletown**

**860-508-4852**

### **CT Heritage Productions (Theater)**

**860-347-7771**

### **CT Poetry Society**

**860-563-5761**

### **Greater Middletown Chorale**

**860-316-4854**

### **Middletown Arts & Culture Department**

[www.arts2go.org](http://www.arts2go.org)

**860-638-4510**

### **Middletown Senior Chorus, Barbara Arafeh**

**860-347-4887**

### **Middletown Symphonic Band**

**860-347-5787**

### **Russell Writers**

**860-344-8136**

### **Valley Shore Sweet Adelines Chorus**

**860-767-8540**

## Assisted Living Facilities

### **Heritage Commons**

[www.heritagecommons.com](http://www.heritagecommons.com)

**860-344-1221**

38 Boston Road

### **Luther Ridge**

[www.lutherridge.org](http://www.lutherridge.org)

**860-347-7144**

628 Congdon St. W.

### **One MacDonough Place**

[www.onemacdonoughplace.org](http://www.onemacdonoughplace.org)

**860-358-5800**

One MacDonough Pl

### **Village at South Farms**

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

**860-344-8788**

645 Saybrook Road

## Civitan Bingo

**860-638-4540**

Middletown Senior Center

61 Durant Terrace

*Evening Bingo (6:30 PM), last Tues. of month  
Sept. - June, Free*

## Classes

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

### **Art Guild of Middletown**

**860-508-4852**

Mattabassett Grange, 42 West St.

### **Middlesex Community College**

**860-343-5800**

**860-343-5863**

100 Training Hill Road

*50+ - wide range of classes, trips*

*62+ - discounted classes*

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

**Middletown Senior Services**  
**860-638-4540**  
61 Durant Terrace

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

**Middletown Recreation Services**  
**860-638-4500**

**Russell Library**  
**860-347-2528**

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

### **Consumer Protection**

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

### **Convalescent Centers**

**Apple Rehab**  
**860-347-3315**  
600 Highland Ave.

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

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

**One MacDonough Place**  
**860-358-5800**  
One MacDonough Pl

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

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

### **Employment**

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

**United Labor Agency**  
**860-347-8060**  
100 Riverview Center

### **Fishing Licenses**

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

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

### **Handyman Services**

**Adapt Your Home**  
**203-214-4170**

**Connecticut Remodeling**  
**860-346-6011**  
387 Ballfall Road

**Gullitti Builders**  
**860-344-9360**  
73 Wildwood Lane

**HomeCare Connection LLC**  
**860-635-5009**  
32 Miner Street

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

## Home Health Services

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

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

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

**Comfort Keepers**  
**203-697-1030**

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

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

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

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

**CT Respite Care Program**  
**1-800-994-9422**

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

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

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

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

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

**Homecare Program for Elders**  
**Dial 211**  
*Phone based info & Referrals*

**Home Instead Senior Care**  
[www.homeinstead.com](http://www.homeinstead.com)  
**860-316-2531**  
79 Mill St. #102

**Lend a Hand**  
**1-800-960-1004**

**Middlesex Hospital Homecare**  
**860-358-5600**  
770 Saybrook Road

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

**New England Home Care**  
**1-800-950-1004**

**Primary Prevention Homecare**  
**860-244-9119**

**Seniors Helping Seniors**  
**860-447-1316**

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

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

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

**Visiting Angels Living Assistance Services**  
[www.visitingangels.com/middlefield](http://www.visitingangels.com/middlefield)  
**860-349-7016**  
*Personal care, homemakers, companionship*

## Independent Living

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

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

## Information/Senior Related Questions

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

**INFOLINE**  
**Dial 211**  
*Referrals, crisis intervention, suicide prevention 211*

## Legal/Financial Services

**Connecticut Legal Services**  
**860-344-0447**  
62 Washington Street

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

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

**Dzialo, Pickett & Allen, P.C.**  
[www.dpapc.com](http://www.dpapc.com)  
**860-398-9386**  
148 Broad Street

**Farrell & Grochowski, P.C.**  
[www.wallingfordlawyers.com](http://www.wallingfordlawyers.com)  
**203-269-7756**

**Fournier Legal**  
[www.legalserviceseasthaven.com](http://www.legalserviceseasthaven.com)  
**860-670-3535**

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

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

**Office of the Victim Advocate**  
**860-550-6632**

**Ombudsman & Resident Advocate Program**  
**860-723-1394**

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

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

## Library

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

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

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

## Medical Services

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

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

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

**Lions Low Vision Center**  
**1-800-676-5715**

**Middlesex Hospital**  
**860-344-6000**

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

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

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

## Medicare

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

**CHOICES Counselor**  
**860-638-4542**  
61 Durant Terrace

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

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

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

## Mental Health

**Alcoholics Anonymous**  
**860-267-5857**

**Alzheimer's Association CT Chapter**  
**860-828-2828**

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

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

**CT Respite Care Program**  
**1-800-994-9422**

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

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

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

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

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

## Middletown AARP

**AARP Membership**  
**1-800-424-3410**  
AARP CT

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

## Middletown Senior & Community Service Center

**860-638-4540**  
61 Durant Terrace

## Municipal Agent for the Elderly

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

## City of Middletown Departments

**ADA Text Telephone (TTY)**  
**860-638-4812**

**Arts and Culture**  
**860-638-4510**

**Board of Education**  
**860-638-1401**

**Building Division – Public Works**  
**860-638-4870**

**Central Communications**  
**860-347-2541**

**City Hall Municipal Building**  
**860-638-4800**

**City Yard – Public Works**  
**860-638-4560**

**Common Council**  
**860-638-4980**

**Credit Union**  
**860-638-5360**

**Emergency Management**  
860-638-3270

**Energy Management**  
860-638-4854

**Engineering Division – Public Works**  
860-638-4850

**Finance Department**  
860-638-4880

**Finance – Payroll**  
860-638-4890

**Finance – Purchasing**  
860-638-4895

**Fire Department**  
860-638-3200

**Health Department**  
860-638-4960

**Human Relations**  
860-638-4830

**Human Resources**  
860-638-4940

**Mailroom**  
860-638-4865

**Maintenance**  
860-638-4865

**Mayor’s Office**  
860-638-4801

**Office of the General Counselor**  
860-638-4820

**Parking Department**  
860-638-4920

**Parks Division – Public Works**  
860-638-4520

**Planning, Conservation & Development**  
860-638-4840

**Police Department**  
860-638-4000

**Public Works**  
860-638-4850

**Recreation & Community Services**  
860-638-4500

**Registrar of Voters**  
860-638-4950

**Risk Management**  
860-638-4825

**Sanitation Division – Public Works**  
860-638-4851

**Senior Services**  
860-638-4540

**Tax Assessor**  
860-638-4930

**Tax Collector**  
860-638-4900

**Technology Services**  
860-638-4990

**Town Clerk**  
860-638-4910

**Water & Sewer Department**  
860-638-3500

**Nutrition**

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

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

### **CW Resources**

**860-229-7700**

*Meals on Wheels, Congregate Meals, Elderly Nutrition Program*

### **End Hunger CT!**

**860-560-2100**

### **Homebound Meals**

**860-638-4540**

*Meal Sites (Senior Center & Stoneycrest Towers)*

*Farmer's Market Coupons (St. Dept. of Agriculture)*

*Limited availability, Sr. Center or Senior Housings*

### **St. Vincent DePaul Soup Kitchen**

**860-344-0097**

615 Main St.

### **Probate Court**

**860-347-7424**

94 Court Street

### **Senior Housing/Housing Authority – 860-346-8671**

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

### **Marino Manor, Randolph Road**

**860-346-8671**

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

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

Utilities NOT included.

Cost: 1/3 annual income

### **Luther Ridge, 624 Congdon St. W.**

**860-347-7144**

45 each of independent, assisted living, congregate apartments for moderate to lower incomes in wooded, residential area. Active

social calendar, many amenities. Income and asset requirements.

### **Newfield Towers, 220 Newfield Street**

**860-344-0659**

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

Includes: heat, hot water, and electricity

Cost: 1/3 of income

### **Pond View Apartments, 335 Butternut Street**

**860-344-8157**

52 Apartments. Good size. Country living, all have small porches. Beautiful eastern exposure, near small pond, playground, and Shiloh Manor. Located on city bus line.

Includes: heat and hot water.

Cost: 1/3 income.

### **Old Middletown High, 251 Court Street**

**860-638-3602**

65 Apartments. Good size. All Different.

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

Includes: Heat, hot water, and electricity

Cost: 1/3 income

### **Salvatore L. Monarca Place, 1325 Randolph Road**

**860-346-8671**

16 Apartments. Twelve 1 bedroom & four 2 bedroom apts. Developed with special design features for the sensory impaired and elderly disabled. Located at the corner of Randolph Rd and So.Main St. Includes: heat, hot water, and electricity.

Cost: 1/3 of income

### **Sbona Towers, 40 Broad Street**

**860-346-8671**

126 Apartments. High-rise building, 12 stories, downtown location, next to Senior Center churches, hospital, Main St. Located on city bus line. Includes: heat, hot water, and electricity.

Cost: 1/3 of income

### **Shiloh Manor, 330 Butternut Street**

**860-344-1349**

41 Apartments. Built in 1999. Good size Apartments, independent living, country setting. Near Pond View, Wesleyan University Located on the city bus line. Includes: heat, hot water and electricity.

Cost: 1/3 income.

### **South Green Apts., 65 Church Street**

**860-344-1361**

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

Cost: 1/3 of income.

### **St. Luke's Apts., 352 Newfield Street**

**860-343-8482**

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

Cost: 1/3 income.

### **Stoneycrest Apt., 352 Newfield Street**

**860-343-8482**

99 Apts. In high-rise building. Located on city bus line. Includes: heat, hot water and electricity.

Cost: 1/3 of income.

## **Social Security**

**1-800-772-1213**

425 Main Street

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

**211**

*Locations vary - please call for more information*

## **Transportation**

### **9 Town Transit**

**860-510-0429**

*Public transportation for Seniors*

### **American Cancer Society**

**203-265-6721**

*Cancer patients' medical appointments*

### **Amtrak**

**1-800-872-7245**

*Senior discount, special assistance*

### **Dial-A-Ride & Enhanced Dial-A-Ride**

**860-347-3313**

*Transportation for Seniors/Disabled*

### **Executive Taxi**

**860-635-8222**

*Sedans – limos – suburbans - wheelchair vans*

### **Hunters (ambulance, wheel chair, limo)**

**860-346-9627**

### **Logisticare (w/Title 19)**

**1-888-866-3287**

### **Middletown Area Transit (bus)**

**860-346-0212**

340 Main Street

### **St. Luke's Eldercare Solutions**

**860-347-5661**

*2 week notice*

## **Veterans' Affairs**

### **Department of Veteran's Affairs**

**860-616-3600**

287 West Street, Rocky Hill

### **Council on Veterans, Middletown**

**Ron Organek - 860-346-5100**

### **American Legion Post #75**

**860-347-9575**

58 Bernie O'Rourke Drive

## Volunteer Opportunities

**American Red Cross**  
**860-347-2577**

**Literacy Volunteers**  
**860-347-0337**

**Reading Buddies, Spencer School (RSVP Program)**  
**860-344-0711**

**St. Luke's Eldercare Solutions**  
**860-347-5661**

**United Way**  
**860-346-8695**

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

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Locates Federal & State benefits eligibility

[www.aarp.org/quicklink](http://www.aarp.org/quicklink)

Locates Federal & State benefits eligibility

[www.middletonct.gov/sevioris](http://www.middletonct.gov/sevioris)

Senior services programs, services, newsletter, etc.

## Websites

[www.eldercare.gov](http://www.eldercare.gov)

Locates area services

**1-800-677-1116**

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

**1-800-633-4227**

Click Home Health Compare under "Search Tools"

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

[www.seniorresourcesec.org](http://www.seniorresourcesec.org)

**1-800-690-6998**

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

[www.myziva.net](http://www.myziva.net)

Compares the quality of care in local nursing homes

[www.CTHelpNet.org](http://www.CTHelpNet.org)