



2024 Senior Resource Guide Middletown Residents 60+ Information as of 1/1/2024

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.

RecDept

MIDDLETOWN SENIOR SERVICES (860) 638-4540

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City of Middletown Information

City Department Contact Information

Website: https://www.middletownct.gov/Directory.aspx	
Department/Division Name	Phone Number
Animal Control	860-638-4030
Arts & Culture	860-638-4510
Assessor	860-638-4930
Central Communications Center (Non-	860-347-2541
Common Council	860-638-4980
Economic and Community Development	860-638-4840
Emergency Management	860-638-3270
Equal Opportunity & Diversity Management	860-638-4830
Godfrey Memorial Library	860-346-4375
Health Department / Vital Statistics	860-638-4960
Human Resources	860-638-4940
Land Use	860-638-4590
Mayor's Office	860-638-4801
Middletown Fire Department - Cross Street	860-638-3230
Middletown Fire Department - Main Street	860-638-3200
Middletown Police Department	860-638-4000
Middletown Transit District	860-346-0212
Parking Department	860-638-4920
Parks Division	860-638-4520
Public Works	860-638-4850
Public Works - Building Division	860-638-4870
Public Works - Engineering Division	860-638-4850
Recreation & Community Services	860-638-4500
Recreation Services Division	860-638-4500
Registrars of Voters	860-638-4950
Russell Library	860-347-2528
Senior Services Division	860-638-4540
South Fire District Administrative Offices	860-347-6661
South Fire District Tax Related Inquiries	860-343-8011
Tax Collector	860-638-4900
Town Clerk	860-638-4910
Water & Sewer Billing	860-638-3501
Water & Sewer Engineering	860-638-3500
Water & Sewer Main Number	860-638-3500
Westfield Fire Department	860-632-2690
Westfield Fire Department Tax Collectors	860-632-0377
Youth Services Bureau	860-854-6030

<p>City Charter & Ordinances</p>	<p>https://ecode360.com/MI1935?needHash=true</p>
<p>Common Council</p>	<p>Meetings: The Common Council invites citizens to play an active role in municipal government by attending and speaking at all council committee meetings, including the regular meetings.</p> <p>1st Monday of every month, 7:00pm</p> <p>Address: Council Chambers, Municipal Building 245 deKoven Drive Phone: (860) 638-4890 Email: council@middletownct.gov Website: https://www.middletownct.gov/458/Common-Council</p>
<p>Water & Sewer</p>	<p>Seniors can get a discount on their sewer bills. You are eligible for a discount if you:</p> <ul style="list-style-type: none"> • Are 62 years of age or older • Own the property, and • Reside at the property being billed (<i>Rental properties do not qualify for a discount.</i>) <p>The senior discount is 15% of the actual use on the sewer portion of your bill. No discount will be applied on a minimum bill (1,000 cubic feet or less). There is no discount on the water portion of your bill. Please fill out and sign the application and e-mail it to Mr. Jerry Bruton at jerry.bruton@middletownct.gov or bring it to our office.</p> <p>Address: 82 Berlin CT Phone: (860) 638-3500 Website: https://www.middletownct.gov/298/Billing-Division#:~:text=The%20senior%20discount%20is%2015,water%20portion%20of%20your%20bill</p>
<p>Public Works Leaf Collection</p>	<p>Leaves must be raked to the curb for collection. Leaves should be loose or in brown paper leaf bags. Leaves in plastic bags will NOT be picked up. Collection crews will circulate through Middletown two times, completing collection on December 9, weather permitting. The second round through town will begin on November 28, so leaves MUST be at the curb by that date to be picked up. Trucks will not go back to streets, once the second pass has been made. Leaves from Middletown properties can also be brought directly to the Middletown Recycling Center.</p> <p>Website: https://www.middletownct.gov/1287/Leaf-Collection</p>
<p>Tax Assessor’s Office- Tax Assistance / Renters Rebate Programs</p>	<p>State law provides a program for renters who are elderly or disabled, and whose annual incomes do not exceed certain limits as updated annually by the Office of Policy and Management. Under this program, a check is directly remitted to an approved applicant by the State. These checks represent partial refunds of rental and utility payments.</p>

Persons renting an apartment, room, cooperative housing or leasing a mobile home space may be eligible. Renter Rebates can be up to a maximum of \$900 for married couples and \$700 for unmarried applicants. Benefit amounts are not guaranteed and may be prorated based on State budget cuts.

Requirements

In order to receive a Renter Rebate:

An applicant or the spouse must be 65 or older by the end of the previous calendar year, or permanently and totally disabled

Applicant must have lived in Connecticut for one year

35% of the applicant's annual rent and utility expenditures must exceed 5% of the applicant's annual gross income

Applicant must file an application annually with the Assessor's office between April 1st and October 1st

Applicant must be living at the time of application

Applicant must apply in the Municipality where they currently reside

Documentation

Applicants must provide the following documentation to apply:

Social Security 1099, TPQY or benefit verification letter from the preceding year

Income tax return, or copies of all income received from the preceding year

Rental receipts showing amount paid by applicant from the preceding year

Utility receipts showing the amount paid by applicant for electricity, gas, water, and fuel from the preceding year

Phone: (860) 638-4930

Website: <https://www.middletonct.gov/261/Elderly-Totally-Disabled>

Middletown Recreation & Community Programs

<p>Park Information & Rentals</p>	<p>Parks Department hours are Monday-Friday, 7:30am-3:00pm To reserve a Middletown park, please call the office.</p> <p>Phone: (860) 638-4520 Website: https://www.middletownct.gov/204/Parks-Division</p>
<p>Middletown Trail Guide</p>	<p>https://www.middletownct.gov/DocumentCenter/View/12552/Middletown-Trail-Guide-PDF?bidId=</p>
<p>Godfrey Memorial Library</p>	<p>Trace your family ancestry at the Godfrey Memorial Library! Thousands of resources from across the U.S. are available both in the library and through our online access. We have staff and volunteers who specialize in genealogy ready to help with your research. As a Family History Library Affiliate we provide access to records a wide variety of records dating back to colonial times and from around the world.</p> <p>Address: 134 Newfield Street (Route 3) Phone: (860) 346-4375 Email: refdesk@godfrey.org Website: https://www.godfrey.org/</p>
<p>Russell Library</p>	<p>Russell Library has a wide variety of books, audiobooks, movies, music, free wifi, public computers, and events for all ages, in addition to downloadable movies, music, audiobooks, ebooks, comics and TV shows for you to enjoy on your computer, tablet, phone, or TV.</p> <p>Address: 123 Broad Street Phone: (860) 347-2528 Website: https://russelllibrary.org/</p>
<p>Arts & Culture</p>	<p>Phone: (860) 638-4510 Website: https://www.middletownct.gov/294/Arts-Culture Facebook: https://www.facebook.com/CityArtsOffice</p>
<p>Adult Education</p>	<p>Middletown Adult Education provides high school completion programs, early childhood classes, family education, job training, workplace education, enrichment classes, counseling, and assessment services.</p> <p>Address: 398 Main Street Phone: (860) 343-6044 Website: https://www.maect.org/</p>
<p>Recreation Division Programs</p>	<p>The Recreation Division will enhance the quality of life for all Middletown residents with regard to recreational, athletic and leisure services. Through community partnerships, long range planning, and professional management, the Division is committed to the highest level of equitable service, integrity, safety and fiscal management.</p> <p>Address: 140 Wilderman's Way Phone: (860) 638-4500 Website: https://www.facebook.com/middletownctrec/ Sign up for activities: https://middletownct.myrec.com/</p>

Trash, Recycling, & Sanitation Information

<p>Middletown Recycling Center</p>	<p>A Middletown Driver’s License or bill from a Middletown address must be presented to use the Recycling Center. The Middletown Recycling Center only accepts recyclables and bulk waste from Middletown residents. It does not accept regular household trash.</p> <p><u>April to June/September to November Hours</u> Monday-Friday, 7:00am-2:45pm Saturday 7:00am-11:45am</p> <p><u>December to March/July to August Hours</u> Monday-Friday, 7:00am-2:45pm Saturday (1st and 3rd of every month) 7:00am-11:45am</p> <p>Address: 185 Johnson Street Phone: (860) 638-4850 Website: https://www.middletownct.gov/197/Recycling-Services</p>
<p>Middletown Swap Shack</p>	<p>Our new Swap Shack building opened in December 2021. It is located at the Middletown Recycling is open the same hours as the Recycling Center (formerly called "the dump"). Residents can bring used items to the Swap Shack for others to take. Examples include: clothing, toys, books, household goods, decorations, or tools.</p> <p>Because of the size of the building, we cannot accept large items such as furniture or large baby items or toys. You don't have to actually "swap". You can leave items and take items as you like. Please click on the link for more details.</p>
<p>Curbside Recycling</p>	<p>All trash haulers in Middletown collect trash and recyclables curbside. Items acceptable in the recycling are:</p> <p>Paper products such as white and colored paper, junk mail, envelopes, newspaper, magazines and inserts, paperboard (such as cereal boxes) and corrugated cardboard boxes (including clean pizza boxes). Food and beverage glass bottles and jars Aluminum foil, cans, metal lids from cans, food grade aerosol cans. Plastic bottles (caps can stay attached), plastic tubs and lids, plastic one use cups (no lids, no straws).</p> <p>Recycle ONLY these items. More information on what cannot be recycled can be found here. Recycling markets are VERY strict. Please only recycle what is on the acceptable list. If you are in doubt, ask, or put it in the trash.</p> <p>All trash haulers will provide recycling carts along with garbage containers. Recycling is mandatory for everyone, businesses, schools, individuals, institutions. Violation of recycling laws can result in fines.</p>
<p>Public Works- Leaf Collection</p>	<p>Leaves must be raked to the curb for collection. Leaves should be loose or in brown paper leaf bags. Leaves in plastic bags will NOT be picked up. Collection crews will circulate through Middletown two times, once in November and</p>

	<p>once in December. Please check the website for specific dates. Trucks will not go back to streets once the second pass has been made. Leaves from Middletown properties can also be brought directly to the Middletown Recycling Center.</p> <p>Phone: (860) 638-4850 Website: https://www.middletownct.gov/1287/Leaf-Collection</p>
<p>Brush Pickup</p>	<p>Brush is not considered bulky waste and will be picked up free of charge. It is always suspended from mid-October to March due to leaf collection and snow plowing. During the winter, if there is a storm, public works crews will circulate through the City to pick up storm branches placed at the curb. Please call the Public Works Administrative office at 860-638-4850 to schedule a pick up.</p> <p>If you live in the Sanitation District, brush must be cut to 4' lengths and tied with string. Outside of the District it still must be cut to 4' lengths, but does not need to be tied.</p> <p>Brush can always be brought to the Recycling Center by residents at no charge. If brush is brought in by a contractor, they will be assessed a \$25/load charge.</p> <p>Brush is chipped up and offered to residents at no charge. Residents can pick up wood chips from the Recycling Center or have large dump truck loads delivered at no charge after the proper paperwork is filed and approved. A waiver form (PDF) must be signed and notarized prior to delivery. If woodchips are picked up at the Recycling Center, residents can load directly into their truck or bring barrels or bags. No loading assistance is given.</p> <p>Please take note of any invasive species on your property. More information can be found here: https://www.middletownct.gov/DocumentCenter/View/16288/Invasive-Plants-PDF?bidId=</p> <p>Website: https://www.middletownct.gov/906/Brush-Pick-up-and-Recycling</p>

Private Trash Haulers
servicing Middletown

Residential Haulers

All Waste
Hartford, CT
Phone: (860) 724-4575
Weekly trash collection.
Every other week recycling collection.

Goduti Waste and Recycling
Durham, CT
Phone: (855) 500-9278
Weekly trash collection.
Every other week recycling collection.

HQ Dumpsters & Recycling
Plantsville, CT
Phone: (860) 422-5678
Weekly trash collection.
Weekly recycling collection

Be sure to recycle correctly. Check the rules at
<https://www.middletownct.gov/190/Recycling>.

Commercial Haulers

All Waste – (860) 724-4575
CWPM – (860) 724-1335
HQ Dumpsters & Recycling – (860) 422-5678
Paines – (860) 844-3000
Willimantic Waste – (860) 423-4527
Windsor Sanitation – (860) 688-3955

Food Scrap Hauler

Blue Earth Compost – (860) 266-7346

Textile Hauler

Simple Recycling – (866) 835-5068
Pink bags go out separately on your recycling collection day.

Website:

<https://www.middletownct.gov/DocumentCenter/View/16893/Registered-Trash-Haulers-19-2020?bidId=>

Bulk Waste Collection & Disposal

<https://www.middletownct.gov/191/Bulk-Waste-Collection>

Curbside Bulk Waste Collection

Curbside Bulk Waste Collections are available for \$75 per pick up. Mattresses and box springs are an additional \$36 per unit. Mattresses and box springs must also be bagged. Bags are available at Public Works in City Hall.

This charge is applicable to all residents, including those within the City Sanitation District. There is no free bulk pick up.

Residents can pay in person at City Hall in the Dept. of Public Works any weekday from 8:30 am – 4:30 pm. Payment can be given in cash, check, or credit card (Visa or Mastercard only). Payment by check can also be mailed to the Dept. of Public Works, 245 Dekoven Drive, Middletown, CT 06457. If mailing, be sure to include the location of pick up and contact information, including phone number.

Once payment has been received, the address will be placed on the list for pickup. Collection will occur within 1-7 days, so bulk waste should be placed at the curb prior to payment.

All acceptable items should be placed neatly at the curb in separate piles. Acceptable items included wood, metal, brush, furniture, tires (max of 4) and appliances. Large plastic toys are acceptable. Electronics—TVs, computers, and accessories—are NOT acceptable with bulky waste.

Do NOT include any hazardous material, paints, recyclables, regular household garbage, roofing or carpeting with the bulk waste. Only limited amounts of demolition or renovation material will be accepted. If unacceptable items are left at the curb, they will not be collected.

Each bulk waste pickup allows for one truckload per payment, but residents can order collections as often as needed.

Brush is picked up free of charge. Brush must be less than 6" in diameter and cut to 3' lengths. Call 860-638-4850 for brush pick up. In the Sanitation District, brush must be cut to three foot lengths and tied with string.

Please note both bulk waste and brush pick up are suspended at certain times of the year (see side panel).



Bulk waste and brush collections are suspended October to January to accommodate the leaf pickups. Also, collections are weather permitting January through March.



For more information about bulk waste pickup: call 860.638-4850.

To schedule a pick up: come into City Hall, Dept. Public Works, Room 210. Provide payment, name, contact information, and address.

P. Melancon, Bulk Waste Flyer

Sanitation District

<https://www.middletonct.gov/DocumentCenter/View/16797/Sanitation-District-Map-PDF?bidl=>

CITY OF MIDDLETOWN SANITATION DISTRICT



State of Connecticut Information

State of CT Department Assistance

<p>Department of Motor Vehicles</p>	<p>Call center open Monday-Friday, 8:00am-4:00pm</p> <p>Address: 60 State Street, Wethersfield Phone: (860) 263-5700 Toll-free: (800) 842-8222 (in-state) Website: https://portal.ct.gov/dmv?language=en_US</p>
<p>Department of Social Services</p>	<p>Open Monday, Thursday, Friday, 8:00am-4:30pm, Tuesdays 8:00am-11:30am</p> <p>Address: Middletown Field Office, 2081 South Main Street, Suite B Phone: (860) 424-4908 Toll-free: (800) 842-1508 (in-state) Website: https://portal.ct.gov/dss</p>
<p>Department of Aging & Disability Services</p>	<p>The Department of Aging and Disability Services offers many programs and services to help older adults and people with disabilities. The best way to apply for services is to contact the program that interests you. If you are not sure which program is best for you, you can contact our Bureaus and Departments to obtain more general information about the programs that might help you.</p> <p>Address: 55 Farmington Avenue, 12th floor, Hartford Phone: (860) 424-5055 TTY: (860) 247-0775 Website: https://portal.ct.gov/AgingandDisability</p>
<p>Department of Consumer Protection (DCP)</p>	<p>DCP is working to protect Connecticut citizens from fraud, unfair business practices, and physical injury from unsafe goods or services.</p> <p>Address: 450 Columbus Boulevard, Suite 901, Hartford General inquiries- Monday-Friday, 8:30am-4:30pm: (860) 713-6100 Consumer Complaint Center- Monday-Friday, 8:30am-4:30pm: (860) 713-6300 Toll-Free: (800) 842-2649 Email: dcp.complaints@ct.gov Website: https://portal.ct.gov/DCP</p>
<p>Department of Veterans Affairs</p>	<p>It is the responsibility of the Office of Advocacy and Assistance to provide assistance to veterans, their eligible spouses and eligible dependents in obtaining veterans benefits under federal, state and local laws. Connecticut employs authorized Veteran Service Officers to assist in the following:</p> <ul style="list-style-type: none"> Collecting and preparing data relating to benefits and services for Veterans, their spouses and eligible dependents. Canvassing nursing homes to determine if veterans and/or spouses are due benefits. Assisting in the establishment, preparation and presentation of claims pursuant to rights, benefits or privileges accruing to veterans. Cooperating with service organizations in disseminating information.

	<p>Furnishing counsel to veterans concerning educational training, health, medical, rehabilitation, housing facilities and services, and employment services.</p> <p>Representing veterans before the U.S. Department of Veterans' Affairs (VA) concerning claims and benefits.</p> <p>Address: 287 West Street, Rocky Hill Phone: (860) 616-3600 Website: https://portal.ct.gov/DVA</p>
Office of the Victim Advocate (OVA)	<p>OVA is charged with the promotion and protection of the constitutional and statutory rights of crime victims in Connecticut. OVA provides oversight of state and private agencies, and advocacy to crime victims when a violation of their rights is at issue.</p> <p>Address: 505 Hudson Street, 5th Floor, Hartford Phone: (860) 550-6632 Toll-Free: (888) 771-3126 Website: https://portal.ct.gov/OVA</p>
Office of the Healthcare Advocate (OHA)	<p>OHA provides free assistance to Connecticut Healthcare consumers who are having problems with any sort of health coverage, including claim denials or pre-authorization problems, as well as with plan selection, education, enforcement of healthcare rights, and improving healthcare access.</p> <p>Mailing Address: P.O. BOX 1543, Hartford Phone: (866) 466-4446 Email: Healthcare.Advocate@ct.gov Website: https://portal.ct.gov/OHA</p>
Office of the Governor	<p>Ned Lamont was sworn into office as the 89th governor of Connecticut on January 9, 2019. He began his second term on January 4, 2023.</p> <p>Address: State Capitol, 210 Capitol Ave, Hartford Phone: (860) 566-4840 Toll-Free: (800) 406-1527 Website: https://portal.ct.gov/Office-of-the-Governor</p>
Secretary of the State	<p>The Office of the Secretary of the State works as a team to provide a wide range of services for the people and businesses of Connecticut. They are a repository of records for the State, and provide important information and resources regarding business and commercial filings, elections, and authentication as prescribed by the constitution, and federal and state laws. They seek to support business development opportunities, and foster a more inclusive political process by educating, informing and engaging communities in youth and civic preparation.</p> <p>Address: 165 Capitol Avenue, Suite 1000, Hartford Phone: (860) 509-6200 Website: https://portal.ct.gov/SOTS</p>

<p>Office of the State Attorney General</p>	<p>William Tong is the 25th Attorney General to serve Connecticut since the office was established by the state constitution in 1897. He first took office in 2019 and is currently serving his second term.</p> <p>The Office of the Attorney General represents the public interest, not individuals, and cannot provide legal advice. As a public service, however, the Office of the Attorney General may provide informal mediation services to assist consumers who are unable to resolve an issue on their own. The Office of the Attorney General may also refer complaints it receives to other government agencies.</p> <p>Address: 165 Capitol Avenue, Hartford Phone: (860) 808-5318 Website: https://portal.ct.gov/ag</p>
<p>State Department of Public Health Hotline for Home Health Care Agency Complaints</p>	<p>Anyone with knowledge or concerns about the care of a patient/resident in a licensed healthcare facility may file a complaint with their State Survey Agency. Facility Licensing and Investigation Section (FLIS) is the agency that has regulatory oversight for all the licensed healthcare entities in the state. You may click this link FLIS Complaint Submission to file a complaint if you are concerned about the health care, treatment, or services that you or another person received or did not receive in the facility. Some reasons for filing a complaint would include abuse, neglect, poor care, not enough staff, unsafe or unsanitary conditions, dietary problems, or mistreatment.</p> <p>In order to process your complaint in a timely manner, please: Complete the online form (FLIS Complaint Submission) in its entirety to the extent possible, including your contact information. Include any names and phone numbers with whom you have already filed a complaint. Upon successful complaint submission you will receive a confirmation number. Please save this number for any follow-up inquiries regarding the filed complaint. Professional staff will review your concerns and determine how the department will proceed.</p> <p>For any assistance (Reportable/Adverse Events, LTCF COVID-19 daily reporting, ePOC, MDS assessments, Complaints submission), please submit a ticket to FLIS at https://dph-cthelpdesk.ct.gov/Ticket</p> <p>The Connecticut Department of Public Health also maintains the Medicare Home Health Hotline to receive complaints specifically about home health services.</p> <p>Toll-free: (800) 828-9769 Website: https://portal.ct.gov/DCP/Common-Elements/Consumer-Facts-and-Contacts/Home-Health-Care-Agency</p>

State of CT Senators / Representatives

<p>State Representative Brandon Chafee</p>	<p>Brandon Chafee was elected to represent Middletown's 33rd district in the Connecticut House of Representatives in 2020. He currently serves as the House Vice Chair of the Planning & Development Committee and sits on the Environment Committee.</p>
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	<p>Address: Legislative Office Building, Room 2104, Hartford Phone: (860) 240-8585 Toll-Free: (800) 842-8267 Email: Brandon.Chafee@cga.ct.gov Website: https://www.housedems.ct.gov/Chafee</p>
<p>CT State Representative Kai Belton</p>	<p>State Representative Kai Belton was elected in a 2023 special election to the Connecticut General Assembly. With almost two decades of service as a licensed master social worker in Middletown, Belton is known for her dynamic leadership and strong advocacy, particularly in victims' services and children's mental health.</p> <p>Address: Legislative Office Building, Room 4110, Hartford Phone: (860) 240-8585 Toll-Free: (800) 842-8267 Email: Kai.Belton@cga.ct.gov Website: http://www.housedems.ct.gov/Belton</p>
<p>CT State Senator Matt Lesser</p>	<p>Senator Matthew Lesser represents the ninth district, serving the citizens of Cromwell, Middletown, Newington, Rocky Hill and Wethersfield. As Deputy Majority leader he is the Chair of the Human Services Committee and Vice Chair of the Housing Committee. He is also member of the Appropriations, Energy & Technology, Judiciary, and Labor & Public Employees Committees.</p> <p>Address: Legislative Office Building, Room 2800, Hartford Phone: (860) 240-8600 Toll-Free: (800) 842-1420 Legislative aide: John.Carlson@cga.ct.gov General inquiries: info@senatedems.ct.gov Website: https://www.senatedems.ct.gov/senator/matt-lesser</p>
<p>CT State Senator Jan Hochadel</p>	<p>In November 2022, Jan Hochadel was elected to represent the 13th State Senate District, which covers Meriden and parts of Cheshire, Middletown and Middlefield. She is the Chair of the Aging Committee, Vice Chair of the Environment Committee, and serves as a member of the Banking, Commerce, Housing, and Planning & Development committees.</p> <p>Address: Legislative Office Building, Room 2400, Hartford Phone: (860) 240-8600 Toll-Free: (800) 842-1420 Legislative aide: Richard.Locouciere@cga.ct.gov General inquiries: info@senatedems.ct.gov Website: https://www.senatedems.ct.gov/senator/jan-hochadel</p>

U.S. Senators / Representatives

<p>US Senator Richard Blumenthal</p>	<p>https://www.blumenthal.senate.gov/contact/write-to-senator-blumenthal</p>	
	<p>90 State House Square, 10th Floor Hartford, CT 06103 Phone: (860) 258-6940 Fax: (860) 258-6958</p>	<p>702 Hart Office Building Washington, DC 20510 Phone: (202) 224-2823 Fax: (202) 224-9673</p>

<p>US Senator Christopher Murphy</p>	<p>https://www.murphy.senate.gov/contact 120 Huyshope Avenue Colt Gateway, Suite 401 Hartford, CT 06106 Phone: (860) 549-8463 Fax: (860) 524-5091</p>	<p>136 Hart Senate Office Building Washington, DC 20510 Phone: (202) 224-4041 Fax: (202) 224-9750</p>
<p>US Representative Rosa DeLauro</p>	<p>https://delauero.house.gov/zip_authentication?form=/contact/email 59 Elm Street New Haven, CT 06510 Phone: (203) 562-3718 Fax: (203) 772-2260</p>	<p>2413 Rayburn House Office Building Washington, DC 20515 Phone: (202) 225-3661 Fax: (202) 225-4890</p>
<p>US Representative John Larson</p>	<p>https://larson.house.gov/address_authentication?form=/contact 361 Main Street, 3rd Floor East Hartford, CT 06118 Phone: (860) 278-8888 Fax: (860) 278-2111</p>	<p>1501 Longworth HOB Washington, DC 20515 Phone: (202) 225-2265 Fax: (202) 225-1031</p>

Healthcare Resources

Rehabilitation Care / Skilled Nursing Facilities

Middletown	
Apple Rehab Middletown	Address: 600 Highland Avenue Phone: (860) 347-3315 Website: https://www.apple-rehab.com/middletown
Middlesex Healthcare Center	Address: 100 Randolph Road Phone: (860) 344-0353 Website: https://middlesexhcc.com/
Wadsworth Glen Health Care Center	Address: 30 Boston Road Phone: (860) 346-9299 Website: https://wadsworthglen.com/
Water's Edge Center for Health & Rehabilitation	Address: 111 Church Street Phone: (860) 347-7286 Website: https://watersedgerehab.com/
Cromwell	
Apple Rehab Cromwell	Address: 156 Berlin Road, Cromwell Phone: (860) 635-1010 Website: https://www.apple-rehab.com/cromwell
Autumn Lake Healthcare at Cromwell	Address: 385 Main Street, Cromwell Phone: (860) 635-5613 Website: https://autumnlakecromwell.com/
Pilgrim Manor Care Center	Address: 101 West Street, Cromwell Phone: (860) 635-2690 Website: https://www.covlivingcromwell.org/skilled-nursing-facility-cromwell-ct
Portland	
Portland Care & Rehabilitation Centre	Address: 333 Main Street, Portland Phone: (860) 342-0370 Website: https://www.portlandcare.net/

Home Care Options

Euro-American Connection (Berlin)	Address: 1436 Berlin Turnpike Suite 1A, Berlin Phone: (860) 829-0208 Email: info@homecare4u.com Website: https://www.homecare4u.com/
Home Instead (Middletown)	Address: 975 Middle St, Suite D Phone: (860) 400-0688 Website: https://www.homeinstead.com/location/714/
Keep Me Home (Berlin)	Address: 1340 Worthington Ridge, Berlin Phone: (860) 829-4500 Website: https://keepmehome.com/

Lend a Hand (Cromwell)	Address: 136 Berlin Road, Cromwell Phone: (866) 213-2011
Middlesex Health Care at Home - Hospice and Palliative Care	Address: 28 Crescent Street Phone: (860) 358-5600 Website: https://middlesexhealth.org/care-at-home
Middlesex Health Care at Home - Visiting Nurse	Address: 237 Main Street, 2nd Floor Phone: (860) 358-5600
Professional Home Care Service Inc. (Cromwell)	Address: 106 Sebeth Drive, Cromwell Phone: (860) 632-3600
Professional Home Care Service (Berlin)	Address: 216 Christian Lane, Suite A, Berlin Phone: (860) 829-4233
South Cross, Inc. (Berlin)	Address: 93A Deming Road, Bldg A, Berlin Phone: (860) 259-5070
Sunshine Home Health Care, LLC (New Britain)	Address: 446 Glen St, New Britain Phone: (860) 890-4961
Unison Health Service (Middletown)	Address: 921 Saybrook Road Phone: (860) 347-4446
Visiting Angels (Madison)	Address: 724 Boston Post Rd, 2 nd Floor, Madison Phone: (203) 245-5833 Email: toddmcgrath@sbcglobal.net Website: https://www.VisitingAngels.com/MadisonCT
Visiting Angels (Middlefield)	Address: 6 Way Road, Middlefield Phone: (860) 349-7016
Visiting Nurse Association (Berlin)	Address: 240 Kensington Road, Berlin Phone: (860) 828-7030 Website: https://www.berlinct.gov/department/?structureid=28

Healthcare Advocacy Programs

Center for Medicare Advocacy	The Center for Medicare Advocacy's mission is to advance access to comprehensive Medicare coverage, health equity, and quality health care for older people and people with disabilities by providing exceptional legal analysis, education, and advocacy. Address: P.O. Box 350, Willimantic Phone: (860) 456-7790 Website: https://medicareadvocacy.org/
CT Department of Public Health Office	The mission of the Office of the Healthcare Advocate (OHA) is to assist consumers with healthcare issues through the establishment of effective

<p>of the Healthcare Advocate (OHA)</p>	<p>outreach programs and the development of communications related to consumer rights and responsibilities as members of healthcare plans.</p> <p>Toll-free: (866) 466-4446 Email: Healthcare.advocate@ct.gov Website: https://portal.ct.gov/OHA/ODCO/About-Us/About-OHA</p>
<p>Senior Medicare Patrol (SMP)</p>	<p>SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.</p> <p>Website: https://www.smpresource.org/</p>
<p>Connecticut Partnership for Long-Term Care</p>	<p>The Connecticut Partnership for Long-Term Care is a program of the State of Connecticut that works in alliance with the private insurance industry. It is a joint effort by State government and private industry to create an option to help you plan to meet your future long-term care needs without depleting all of your assets to pay for care. Under the Connecticut Partnership, private insurance companies competitively sell special long-term care insurance policies. These policies not only offer benefits to pay for long-term care costs, they also offer Medicaid Asset Protection should you ever need to apply to Connecticut's Medicaid Program for assistance. For most people, it is unpleasant to think about needing nursing home or home care when they get older. No one is immune to this possibility. Even more unpleasant is the likelihood that you will have to sacrifice your life's savings to pay for that care - if you don't plan ahead.</p> <p>To help you plan for your financial future, the State of Connecticut has joined forces with private insurance companies to form the Connecticut Partnership for Long-Term Care.</p> <p>Phone: (860) 418-6318 Email: OPM.CTPartnership@ct.gov Website: https://portal.ct.gov/OPM/PDPD-HHS-Long-Term-Care/Consumer/Partnership-Consumer</p>
<p>CT Home Care Program for Elders</p>	<p>To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement and meet the program's financial eligibility criteria. To be at risk of nursing home placement means that the applicant needs assistance with critical needs such as bathing, dressing, eating, taking medications, and toileting. The CHCPE helps eligible clients continue living at home instead of going to a nursing home. Each applicant's needs are reviewed to determine if the applicant may remain at home with the help of home care services.</p> <p>Phone: (860) 424-4904 Toll-Free: (800) 445-5394, select option 4. Website: https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders-CHCPE</p>

<p>End of Life Care</p>	<p>National Hospice and Palliative Care Organization (NHPCO) Website offering information and publications on a wide range of end-of-life issues such as caregiving, pain management, hospice care, advance directives, financial planning, and more. Website: https://www.nhpco.org/</p> <p>Website: https://uwc.211ct.org/end-of-life-care-resources/ Call 2-1-1</p>
<p>Protective Services</p>	<p>If you suspect or believe that an elderly person is a victim of abuse, neglect (including self-neglect) exploitation or abandonment, contact the Protective Service Intake Lines listed below:</p> <p>During Business Hours: Toll-Free: (888) 385-4225 Toll-Free: (800) 203-1234 (out-of-state)</p> <p>After-Hour Emergencies: 2-1-1 or Toll-Free: (800) 203-1234 (out-of-state)</p> <p>Website: https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Social-Work-Services/psebrochure.pdf</p>
<p>CT Fair Housing Center (CFHC)</p>	<p>The mission of CFHC is to ensure that all people have equal access to housing opportunities in Connecticut, free from discrimination. Because housing discrimination disproportionately affects people with low incomes, the Center focuses on the intersection of poverty and housing discrimination. The Center also assists Connecticut homeowners who have been hit hardest by the nation’s ongoing foreclosure crisis.</p> <p>Address: 60 Popieluszko Court, Hartford Hours: Monday-Friday, 9:00am-5:00pm Phone: (860) 247-4400 Toll-Free: (888) 247-4401 Email: info@ctfairhousing.org Website: https://www.ctfairhousing.org/history-and-mission/</p>

Healthcare Clinics and Programs

<p>Alzheimer’s Association</p>	<p>Toll-free 24-hour helpline: (800) 272-3900 Website: https://www.alz.org/ct</p>
<p>American Cancer Society</p>	<p>Phone: (800) 227-2345 Website: https://www.cancer.org/</p>
<p>Brain Injury Alliance of Connecticut</p>	<p>Address: 200 Day Hill Rd, Suite 250, Windsor Phone: (860) 219-0291 Website: https://biact.org/</p>

<p>AIDS Connecticut</p>	<p>Address: 110 Bartholomew Ave, Suite 3050, Hartford Phone: (860) 247-2437 Email: info@act-ct.org Website: https://aids-ct.org/</p>
<p>Connecticut AIDS Drug Assistance Program</p>	<p>Phone: (800) 424-3310 Email: CTDPMRXENROLL@magellanhealth.com Website: https://ctdph.magellanrx.com/</p>
<p>Eyecare America</p>	<p>The Seniors Program connects eligible seniors 65 and older with local volunteer ophthalmologists who provide a medical eye exam often at no out-of-pocket cost, and up to one year of follow-up care for any condition diagnosed during the initial exam, for the physician services.</p> <p>To qualify for the Seniors Program one must be:</p> <ul style="list-style-type: none"> • U.S. citizen or legal resident • Age 65 or older • Not belong to an HMO or have eye care benefits through the VA • Not seen an ophthalmologist in three or more years <p>Phone: (415) 561-8540 Email: customer_service@aao.org Website: https://www.aao.org/eyecare-america</p>
<p>Community Health Center</p>	<p>Community Health Centers are nonprofit, health care practices located in medically underserved areas that provide high quality, primary health care in a culturally appropriate manner to anyone seeking care. They are located in areas where care is needed but scarce, and they improve access to care for thousands of CT residents regardless of their insurance status or ability to pay. They offer services, such as transportation, translation, and culturally sensitive healthcare that many other providers do not.</p> <p>Address: 675 Main Street Phone: (860) 347-6971 Website: https://www.chc1.com/locations/middletown/</p>
<p>Warm Lines</p>	<p>A Warm Line is a phone number you call to have a conversation with someone who can provide support during hard times. If you just need someone to talk to, a Warm Line can help. Warm Lines are telephone support services staffed by people who have experience/expertise with mutual support. These lines are not crisis lines and the days/hours of operation vary.</p> <p>Common Thread Warmline, River Valley Services Hours: Monday-Friday 2:00pm-9:00pm Phone: (800) 316-9145 Website: https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Warm-Lines</p>
<p>Suicide Prevention and Intervention</p>	<p>Phone: (800) 273-TALK OR 2-1-1 OR Text 741741 Website: https://www.preventsuicidect.org/resources-for/older-adults/</p> <hr/> <p>The Suicide Lifeline and Crisis Lifeline in the United States: 9-8-8 Website: https://988Lifeline.org</p>

Emergency Psychiatric Intervention	Emergency crisis services are available 24 hours/day, 7 days/week at: (860) 344-2100 To request an intake: (860) 262-5223 Website: https://portal.ct.gov/DMHAS/RVS/Agency-Files/RVS---Obtaining-Services
STD Clinics and AIDS Testing Sites	<p>https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/infectious_diseases/std/StatewidePublicSTDClinicsforConnecticutpdf.pdf</p> <p>Health Stop – Planned Parenthood of CT Services: All STD / HIV / Hep C screening. Vaccines: Hep. A & B, HPV. Open days, evenings, Saturday. Appointment and walk-ins welcome. Sliding fee. Call to verify hours.</p> <p>Address: 26 Women’s Way, Meriden Phone: (203) 238-0542</p> <p>Meriden Health Department Services: All STD Testing By Appointment/No fee. Call for opening hours</p> <p>Address: 165 Miller St., Meriden Phone: (203) 630-4234</p>
Connecticut Early Detection and Prevention Program (CEDPP)	<p>Website: https://portal.ct.gov/dph/Comprehensive-Cancer/Comprehensive-Cancer/The-Connecticut-Early-Detection-and-Prevention-Program-CEDPP</p> <p>The Connecticut Breast and Cervical Cancer Early Detection Program (CBCCEDP) is a comprehensive screening program available throughout Connecticut for medically underserved women. The primary objective of the program is to significantly increase the number of women who receive breast and cervical cancer screening, diagnostic and treatment referral services. All services are offered free of charge through the Connecticut Department of Public Health’s contracted health care providers located statewide. The CBCCEDP Screening and Diagnostic Services is for women 21-64 years.</p> <p>Central Region Hartford Healthcare Early Detection Program Phone: (860) 972-5775 OR (860) 972-1900</p>
Substance Abuse Help	<p>Narcotics Anonymous Phone: (800) 627-3543 Email: info@ctna.org Website: https://ctna.org/ OR https://ctna.org/areas/msua/</p> <p>Alcoholics Anonymous Phone: (866) STEPS12 [(866) 783-7712] Middletown-area answering service: (860) 267-5857 Website: https://ct-aa.org/</p> <p>Community Substance Abuse Centers Health Care Resource Centers (HCRC), a BayMark Health Services company, has been providing outpatient medication-assisted treatment for opioid use disorder for more than 32 years. Our primary focus is on methadone treatment supported by substance use counseling and other recovery services to</p>

	<p>accommodate under-served populations affected by the worsening opioid crisis.</p> <p>Address: 55 Fishfry Street, Hartford Phone: (860) 247-8300 Website: https://www.hcrcenters.com/</p>
	<p>APT Foundation The mission of the APT Foundation is to promote health and recovery for those who live with substance use disorders and/or mental illness. Walk-in Monday-Friday 8:30am-11:00am</p> <p>Address: 1 Long Wharf Drive, Suite #103, New Haven Phone: (203) 781-4600 Website: https://aptfoundation.org/</p>

Caregiver Resources

<p>National Family Caregiver Support Program</p>	<p>Caregivers often find the task of caring for another person to be consuming. An occasional break from caregiving enables an exhausted caregiver to regroup both physically and emotionally. Senior Resources offers a wide range of support services that are funded by the National Family Caregiver Support Program. Services offered include Respite Care, Supplemental Services, and Cost Share Contribution.</p> <p>Phone: (860) 887-3561 Website: https://seniorresourcesec.org/national-family-caregiver-support-program/</p>
<p>Grandparents as Parents Support</p>	<p>Grandparents and other relative caregivers stepping in to raise their kin children can find the task at hand exhausting. Much has changed from the first time around raising children often leaving the relative caregiver in search of respite. An occasional break from caregiving enables the exhausted relative caregiver to regroup both physically and emotionally from his/her caregiving responsibilities. Senior Resources offers a wide range of support services that are funded by the National Family Caregiver Support Program.</p> <p>Phone: (860) 887-3561 Website: https://seniorresourcesec.org/grandparent-support/</p>
<p>Connecticut Statewide Respite Care Program</p>	<p>This program offers relief to stressed caregivers by providing information, support, the development of an appropriate plan of care, and services for the individual with Alzheimer’s disease or related dementias.</p> <p>Phone: (860) 887-3561 Toll-free: (800) 994-9422 Website: https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Connecticut-Statewide-Respite-Care-Program</p>

Insurance/Medicare Resources

<p>Medicare/Medicare Savings Programs</p>	<p>Phone: (800)-MEDICARE [(800) 633-4227] Savings TTY: (800) 325-0778 Medicare TTY: (877) 486-2048</p> <p>Website: https://www.medicare.gov/ OR https://portal.ct.gov/DSS/Health-And-Home-Care/Medicare-Savings-Program/Medicare-Savings-Program/Eligibility</p>
<p>Husky Plans</p>	<p>HUSKY C (including Long-Term Services & Supports, and Medicaid for Employees with Disabilities) Connecticut residents who are 65 years of age or older, and/or who are blind or disabled, may qualify for Medicaid coverage under HUSKY C. Income and asset eligibility varies, depending on which part of HUSKY C you may qualify for. Please note that the annual income limit for Medicaid for Employees with Disabilities enrollees is \$75,000 and asset limits are much higher. For more on Medicaid for Employees with Disabilities, please scroll down this page or visit www.ct.gov/med.</p> <p>Website: https://portal.ct.gov/HUSKY/How-to-Qualify</p>
<p>Access Health CT</p>	<p>Access Health CT is Connecticut’s official health insurance marketplace, where you can shop, compare and enroll in quality health and dental plans. It is also the only place where you can qualify for financial help to lower your costs, and if eligible, enroll in no- or low-cost coverage through HUSKY Health Programs (Medicaid and the Children’s Health Insurance Program (CHIP)) or the Covered Connecticut Program.</p> <p>Phone: (855) 805-4325 TTY: (855)789-2428 Website: https://www.accesshealthct.com/</p>
<p>Income Tax Services</p>	<p>Phone: 211 Website: https://uwc.211.ct.org/taxhelp/</p>
<p>State of Connecticut Department of Revenue Services</p>	<p>Address: 450 Columbus Blvd., Suite 1, Hartford Phone: (860) 297-5962 Toll-free: (800) 382-9463 TTY: (860) 297-4911 Email: DRS@ct.gov Website: https://portal.ct.gov/DRS/Individuals/Individual-Income-Tax-Portal/Tax-Information</p>
<p>IRS – Internal Revenue Services</p>	<p>Address: 135 High St., Hartford Monday-Friday, 8:30am-4:30pm Call for Appointment: (844) 545-5640 For questions about available services or hours of operation, please call the local office: (860) 594-9200 Website: https://www.irs.gov/</p>

Housing and Nutrition Programs

Energy Assistance Programs

<p>CT Energy Assistance Program</p>	<p>Community Renewal Team</p> <p>Address: 44 Hamlin Street Phone: (860) 347-4465 Email: crtenergyapplication@crtct.org Website: http://www.crtct.org/ OR https://portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating</p>
<p>Operation Fuel</p>	<p>Operation Fuel provides emergency energy and utility assistance to households in Connecticut that are facing financial crisis.</p> <p>Address: 75 Charter Oak Avenue, Suite 2-240, Hartford Phone: (860) 243-2345 Email: info@operationfuel.org Website: https://operationfuel.org/</p>
<p>Eversource New Start</p>	<p>The New Start program can help eliminate your outstanding balance in as little as 12 months. If you make on-time monthly payments, Eversource will make up the difference.</p> <p>To be eligible: You must be a current Eversource residential electric customer with a past due balance of \$100 or more that is 60 or more days past due; and your income must fall at or below 60 percent of the estimated state median income; OR you have a medical certification for a household member; OR you have applied for, and are eligible to receive energy assistance funds, or are able to provide other proof of income.</p> <p>Phone: (800) 286-2828 Website: https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/nu-start</p>
<p>Eversource Matching Payment Program</p>	<p>For every dollar you pay toward your bill, we will credit a dollar to your past-due amount down to a zero balance. So, you pay a portion, CEAP pays a portion, and Eversource pays a portion.</p> <p>To be eligible:</p> <ul style="list-style-type: none"> • You must be a current Eversource residential customer and heat your home with electricity or natural gas. • Your household income must be at or below 60 percent of the estimated state median income. • You must have CEAP energy assistance funds applied directly to your Eversource account. • You must continue to pay your payment arrangement amount on time each month. <p>Eversource will work with you one-on-one to see if this is the best choice for you.</p>

	<p>Phone: (800) 286-2828 (electric) Phone: (800) 438-2278 (gas) Website: https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/matching-payment-program</p>
Eversource Winter Protection	<p>Customers who meet income eligibility or receive certain government benefits and lack the resources to pay their gas or electric bill may qualify for shutoff protection during the winter months.</p> <p>To be eligible, customers must meet one of the following criteria:</p> <ul style="list-style-type: none"> • Receive Aid to the Aged, Blind or Disabled (State Supplement); or Aid to Families with Dependent Children (AFDC); or Medicaid; or Supplemental Security Income (SSI); or General Assistance. • Their sole source of financial support is Social Security or Veteran's Administration. • Their income falls below 60 percent of the state median income. • Their circumstances threaten deprivation of food and the necessities of life if payment of a delinquent bill is required. • They currently receive heating assistance. <p>Phone: (800) 286-2828 Website: https://www.eversource.com/content/ct-c/residential/account-billing/payment-assistance/shutoff-protection</p>

Housing

Public Housing	
Middletown Housing Authority	<p>Our primary objective is to provide safe and affordable housing to moderate and low income families. Our website will give you information on what public housing is, who is eligible and how to apply. The site will also give information on Section 8 housing and locations that are available for occupancy.</p> <p>Address: 40 Broad Street Phone: (860) 346-8671 Website: https://middletownha.org/</p>



Sbona Tower – 40 Broad St



Marino Manor – 1361 Randolph Rd.



Monarca Place – 1325 Randolph Rd

Private Apartments/Housing

**Carabetta
Management
Company**

Address: 200 Pratt Street, Meriden
Phone: (203) 237-7400
Website: <https://www.carabetta.com/rent-an-apartment/?state=ct&town=middletown>



Bayberry Crest Apartments

25A Plaza Drive
Middletown, CT 06457

1 - 3 Beds 1 Bath 1 sq ft

[Learn More](#)



Meadoway Gardens

121 Rose Circle
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths 1 sq ft

Starting at: \$ 1125/month

[Learn More](#)



New Meadow

20 Plaza Drive
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths

1 - 650 sq ft

Starting at: \$ 1025/month

[Learn More](#)



Newfield Towers

220 Newfield Street
Middletown, CT 06457

2 Beds 1 Bath 1 - 2 sq ft

Starting at: \$ 900/month

[Learn More](#)



Rose Gardens

121 Rose Circle
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths

1 - 2 sq ft

Starting at: \$ 900/month

[Learn More](#)



Saybrook

15 Summer Hill Road
Middletown, CT 06457

1 - 2 Beds 1 - 2 Baths 1 sq ft

Starting at: \$ 1050/month

[Learn More](#)



Stoneycrest Apartments

63 Stoneycrest Drive
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths

650 - 1123 sq ft

Starting at: \$ 1150/month

[Learn More](#)



Stoneycrest Towers

352 Newfield Street
Middletown, CT 06457

2 Beds 1 Bath 570 - 965 sq ft

Starting at: \$ 745/month

[Learn More](#)



SummerHill Apartments

288 Woodbury Circle
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths

650 - 1123 sq ft

Starting at: \$ 1050/month

[Learn More](#)



Willowcrest

63 Stoneycrest Drive
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths

755 - 1245 sq ft

Starting at: \$ 1050/month

[Learn More](#)



Woodbury Apartments

288 Woodbury Circle
Middletown, CT 06457

1 - 3 Beds 1 - 2 Baths 1 sq ft

Starting at: \$ 1050/month

[Learn More](#)



Wilcox Apartments, 309 South Main Street

(860) 347-0933

Offers 1, 2, or 3 bedroom apartments

<http://hpiwilcox.com/location/>



Woodrow Wilson Apartments, 339 Hunting Hill Avenue

(860) 322-6887

<https://rakrealtyct.com/>

Offers studio, 1, and 2 bedroom apartments

Stonegate Apartments, 1160 S Main Street

(860) 346-1292

Offers 1 or 2 bedroom apartments



Mid-Town Apartments, 138 College Street

(860) 638-5151

<https://midd-town.com/>

Offers studio, 1, and 2 bedroom apartments



South Green Apartments, 65 Church Street

(860) 344-1361

<https://shpmanagement.com/property/south-green-apartments/>

Offers 1 and 2 bedroom apartments



Wharfside Commons, 60 Ferry Street

(833) 743-0198

<https://richmanpropertyservices.com/locations/wharfside-commons/>

Offers 1, 2 or 3 bedroom apartments



Knoll Crest Apartments, 207 George Street

(860) 222-0104

<https://www.knollcrestliving.com/>

Offers 1 or 2 bedroom apartments



Fernwood Apartments, 44-46 Camp Street

(860) 775-6779

Offers 1 or 2 bedroom apartments



Middletown Ridge Apartments, 100 Town Ridge

(860) 613-5221

<https://www.missionrockresidential.com/>

Offers 1, 2, or 3 bedroom apartments



Sagamore Hills, 1151 Washington Street

(860) 733-0942

<https://www.sagamorehillsapartments.com/>

Offers 1 or 2 bedroom apartments



Northwoods Apartments, 5 Town Colony Drive

(860) 635-3449

<https://northwoodsct.com/>

Offers 1, 2, or 3 bedroom apartments



Pondview Apartments, 335 Butternut Street

(860) 344-8157

Offers 1 bedroom apartments



Shiloh Manor, 330 Butternut Street

(860) 344-1349

Offers 1 bedroom apartments



Luther Ridge, 628 Congdon Street West

(860) 347-7144

<https://www.lutherridge.org/>

Offers 1 bedroom apartments

*Location has independent living, assisted living, and congregate living



Old Middletown High School, 251 Court Street

(860) 638-3602

<https://www.oldmiddletown-aps.com/>

Offers studio, 1, or 2 bedroom apartments



St. Lukes Apartments, 144 Broad Street

(860) 347-1168

Offers 1 bedroom apartments



Heritage Commons, 38 Boston Road

(860) 344-1221

<http://heritagecommons.com/>

Offers 1 bedroom apartments

*This property offers independent living as well as assisted living options

Assisted Living



Village at South Farms, 645 Saybrook Road

(860) 956-3032

<https://www.benchmarkseniorliving.com/>



Heritage Commons, 38 Boston Road

(860) 344-1221

<http://heritagecommons.com/>

*This property offers independent living as well as assisted living options



Luther Ridge, 628 Congdon Street West

(860) 347-7144

<https://www.lutherridge.org/>

*Location has independent living, assisted living, and congregate living

Homeless Services

CALL 2-1-1 and press #3 and #1 if you are homeless or in a housing emergency.

TTY: (800) 671-0737

If you having difficulties using the 2-1-1 number, dial (800) 203-1234.

Nutrition/Food Services

<p>Elderly Nutrition Program</p>	<p>The Elderly Nutrition Program provides nutritionally balanced meals to individuals 60 years of age and over and their spouses. The program offers these adults the opportunity to live independently in their community by providing socialization and informal support networks. Meals are served at congregate meal sites, known as “Elderly Nutrition Providers”. The cafes are located in senior centers, elderly housing facilities, schools, churches, restaurants and other community settings. The program also provides nutrition screening, assessment, education and counseling to help participants meet their nutritional need. Home delivered meals may be provided to adults age 60 and older who are homebound or isolated.</p> <p>Contact Laura Robbins, RDN, with any questions at: Phone: (860) 388-1611, ext. 217 Email: nutrition@yourestuary.com Website: https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Elderly-Nutrition-Program</p>
<p>End Hunger Connecticut! (EHC!)</p>	<p>EHC! is a statewide anti-hunger nonprofit in Connecticut dedicated to eliminating hunger and promoting healthy nutrition through outreach, public education, and legislative and administrative advocacy. By partnering with state and local officials, schools, and community-based organizations, EHC! enhances the visibility and coordination of federal food assistance programs crucial to any effort to improve food security while increasing both family well-being and the amount of federal funding available to the state. EHC! also engages in strategic outreach, capacity building, and provides technical assistance on food and nutrition programs.</p> <p>Address: 800 Connecticut Boulevard, Suite 302A, East Hartford Phone: (860) 560-2100 Email: snap@endhungerct.org Website: https://www.endhungerct.org/</p>

Food Resources/Pantries

<p align="center">**Emergency Need for Food** Call 211 for quickest/closest availability of food</p>	
<p>Foodshare Mobile Pantry</p>	<p>Mondays 1 - 1:45 Every other week at Middlesex Community College; opposite week at Portland Senior Center. Open to all. No pre-registration required. Bring bags or boxes for your food. Check schedule online for cancellations due to weather or holidays. Website: https://ctfoodshare.org/get-help/connecticut-food-banks-mobile-pantry-schedule/</p>
<p>Amazing Grace Food Pantry</p>	<p>Available 2x per month per family, Middletown residents only. Mon-Wed-Fri noon - 4 pm</p> <p>Address: 16 Stack St, Middletown Phone: 860-347-3222 x200</p>

	<p>Website: https://svdmiddletown.org/food-pantry/</p>
Hinka's Cupboard	<p>The Hinka's Cupboard food pantry is open the last Thursday of each month, from 11 am to 1 pm Open to all. No pre-registration required.</p> <p>Address: St Francis of Assisi Church, 10 Elm Street, Middletown Website: https://stfranciscct.com/index.php/hinkas-cupboard/</p>
Shiloh Baptist Church	<p>Shiloh Missionary Baptist Church Food Pantry currently serves 70 -80 families every other week. During Covid-19, we were able to keep the food pantry open and was a blessing to so many families. Our Food Pantry is open every 2nd and 4th Tuesdays of the month from 4:00 p.m. til 5:30 p.m. Free Bread is given out every 1st, 3rd, 5th, Tuesday and every Friday 12:00 pm-1:30 pm. Everyone must wear a mask and bring their own bags.</p> <p>Food Pantry Coordinators: Sis. Joyce Rankins and Sis. Debbie Askew</p> <p>Address: 346 Butternut Street, Middletown Phone: (860) 346-8295 Website: https://www.shiloh346.org/food-pantry</p>
Everlasting Faith Ministries	<p>Saturday dates as announced. Pre-registration required contact prior to event date. One bag per registered guest, while supplies last</p> <p>Contact: Sharon Porter, (203) 805-3859 Address: 134 Broad Street, Middletown</p>
All People Community Outreach Ministry Food Pantry	<p>Future schedule to be published when received, open to all.</p> <p>Address: 56 Warwick St, Middletown Phone: 860-301-0299 Website: https://www.facebook.com/ALLPEOPLESCOMMUNITY/</p>
Salvation Army	<p>Tuesdays from 9:30 am-12 noon Recommend calling before going there to confirm, if you haven't been there previously.</p> <p>Address: 515 Main Street, Middletown Phone: 860-347-7493</p>
St Vincent de Paul Soup Kitchen	<p>Breakfast and lunch served on site: Monday through Saturday 8:30 am - 1:00 pm. Dinner served on site: Sunday only 4 pm - 6pm. Open to all. No pre-registration required. No residency requirement.</p> <p>Address: 617 Main Street, Middletown Phone: 860-344-0097 x118 Website: https://svdmiddletown.org/meals/</p>
Community Renewal Team	<p>CRT offers a variety of programs that help seniors in Hartford and Middlesex Counties remain healthy and independent. Low-cost housing with supports is available for seniors. Hot, healthy meals can be delivered to home-bound seniors via our Meals on Wheels program, and delicious lunches are served in social community settings like local Senior Centers. And, through our volunteer</p>

	<p>program (aka RSVP), retirees and seniors can use their talents and skills to help other people in the community in meaningful ways.</p> <p>Address: 44 Hamlin Street Phone: (860) 347-4465 Website: https://www.crtct.org/programs/seniors/</p>
SNAP Benefits	<p>Apply online at http://www.ct.gov/dss/apply OR visit the local DSS field office at 2081 South Main Street, Suite B. Open Monday, Thursday, Friday, 8:00am-4:30pm and Tuesday 8:00am-11:30am Website: https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Eligibility</p>
Social Services	<p>Middletown Field Office: 2081 South Main Street, Suite B</p> <p>Open Monday, Thursday, Friday, 8:00am-4:30pm and Tuesdays 8:00am-11:30am General information, recorded message: (860) 424-4908 Toll-Free: (800) 842-1508 (in-state only) Website: https://portal.ct.gov/dss</p>
ConneCT DSS Benefits Portal	<p>Phone: (855) 6-CONNECT [(855) 626-6632] Website: https://connect.ct.gov/access/accessLogout?fwlat=1382490866023</p>

Senior Related Resources/Information

CHOICES	<p>CHOICES is Connecticut’s State Health Insurance assistance Program. CHOICES counselors empower, educate, and assist Medicare-eligible individuals, their families, and caregivers through objective outreach, counseling, and training to make informed health insurance decisions that optimize access to care and benefits.</p> <p>Middletown Senior Center: Laura Runte, Senior Services Specialist Phone: (860) 638-4542 Email: Laura.Runte@middletownct.gov Website: https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns</p>
CT AARP	<p>Phone: (866) 295-7279 Email: ctaarp@aarp.org Website: https://local.aarp.org/middletown-ct/</p>
Senior Resources Area Agency on Aging	<p>Address: 19 Ohio Avenue, Suite 2, Norwich Phone: (860) 887-3561 Website: https://seniorresourcesec.org/</p>

Transportation

Estuary Transit District	<p>9 Town Transit, Middletown Area Transit & Estuary Transit have merged</p> <p>Address: 340 Main Street Phone: (860) 346-0212 Website: https://estuarytransit.org/</p>
Curtin Transportation (fully equipped handicap vans)	<p>Address: 176 Cross Road, Waterford Phone: (860) 443-1655 Website: https://curtinlivery.com/disabled-transportation/</p>
Dial A Ride	<p>The City of Middletown contracts with Middletown Area Transit (MAT) to provide door-to-door transportation service for older adults, over the age of 60. The fare is \$3.50 one-way.</p> <p>Scheduling Appointments Appointments for transportation must be made at least one day in advance. Please call 860-347-3313 for more information or to schedule your ride.</p> <p>Americans with Disabilities Act (ADA) The City of Middletown in accordance with the American with Disabilities Act of 1990 also contracts with MAT to provide door-to-door bus service to eligible individuals with disabilities. Current eligibility criteria can be found on the Middletown Area Transit Website. In order to qualify for this services, you must fill out an application.</p>

	<p>Applications can be filled out online or sent in the mail to: Middletown Area Transit 340 Main Street Middletown, CT 06457</p> <p>Appointments must be made at least 1-day in advance by calling 860-347-3313. Hours Monday through Friday: 6 a.m. to 6:15 p.m. Saturday: 8 a.m. to 5 p.m. Sunday: Closed</p> <p>Phone: 860-347-3313</p>
Just Rides	Phone: 860-543-3936
Encompass	<p>They provide rides to disabled people and people over age 60. The first 8 miles cost \$5, then it costs \$2.90 for every additional mile. Participants load money onto an account.</p> <p>Website: https://www.encompass.m7ride.com/ Phone: 860-444-4444</p>

Veterans Resources

CT Department of Veterans Affairs	<p>Address: 287 West Street, Rocky Hill Phone: (860) 616-3600 Website: https://portal.ct.gov/DVA</p>
Connecticut Soldiers, Sailors, and Marines Fund	<p>Assistance is provided for temporary periods only and is limited in amount, frequency and duration as specified by the State Fund Commission in accordance with the provisions of the American Legion Bylaws. Income and asset limitations apply. Also available is information regarding the types of available assistance, contact information for Fund Representatives, as well as how and where to apply. Connecticut veterans requiring assistance may contact one of the agency's full-time Veterans Aid Investigators or a volunteer Fund Representative serving their locality in order to discuss their situation and the assistance that the agency might be in a position to provide.</p> <p>Address: 864 Wethersfield Avenue, Hartford Phone: (860) 296-0719 Toll-free: (844) 454-8900 Middletown Volunteer: Cheryl McClellan Phone: (860) 346-4876 Website: http://www.alctssmf.org/</p>
Veteran’s Directed Home & Community Based Services Program	<p>The VDC Program is a consumer directed home and community-based services program designed to keep veterans in their communities. Veterans served through this program have the opportunity to self-direct their own care and receive services in their home from the caregiver of their choice.</p>

	<p>VDC Program Liaison: Phone: (860) 424-5698 Email: Patricia.Richardson@ct.gov Website: https://www.dav.org/caregiver/veteran-home-service-program/</p> <p>VA Regional Office Address: 555 Willard Ave, Newington Phone: (860) 594-6612 Website: https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Connecticut-Veterans-Directed-Home--Community-Based-Services-Program</p>
Social Security Administration	<p>Social Security Administration Office of Public Inquiries and Communications Support 1100 West High Rise 6401 Security Blvd. Baltimore, MD 21235</p> <p>Call Center open Monday-Friday, 8:00am-7:00pm Phone: (800) 772-1213 TTY: (800) 325-0778 Email: https://secure.ssa.gov/emailus/ Website: https://www.ssa.gov/</p>
Unemployment Insurance	<p>Consumer Contact Center open Monday-Friday, 7:30am-4:30pm</p> <p>Phone: (860) 967-0493 Toll-free: (800) 956-3294 TTY: 711 or (800) 842-9710 Website: https://portal.ct.gov/dol/unemployment-benefits?language=en_US</p>

Disability Assistance

Disability Rights Connecticut	<p>At Disability Rights Connecticut, we provide legal advocacy and rights protection to a wide range of people with disabilities. This includes assisting individuals with problems such as abuse, neglect, discrimination, access to assistive technology, community integration, voting, and rights protection issues. DRCT also addresses issues through policy advocacy, education, monitoring, and investigation.</p> <p>Address: 846 Wethersfield Avenue, Hartford Phone: (860) 297-4300 Toll-free: (800) 842-7303 Videophone: (860) 509-4992 Email: info@disrightsct.org Website: https://www.disrightsct.org/</p>
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Oak Hill CT	<p>Oak Hill provides a full range of services to people with disabilities. We help all ages, from newborns to seniors. And our experienced staff covers the needs of every intellectual, developmental and physical disability.</p> <p>We believe that people with disabilities have the right and capability to be contributing, productive members of their communities. Building from that belief, we established a full-service organization to care for, educate and advocate for disabled people, their families and their communities.</p> <p>Address: 120 Holcomb Street, Hartford Hours: Monday-Friday, 8:00am-4:00pm Phone: (860) 242-2274 TTY: (860) 286-3113 Website: https://oakhillct.org/about/frequently-asked-questions/</p>
Disability Determination Services	<p>Address: 99 East Main St, Suite 800 Phone: (877) 692-3145 TTY: (800) 325-0778 Website: https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/Bureau-of-Disability-Determination-Services</p>

Employment

Senior Community Service Employment Program (SCSEP)	<p>SCSEP is a community service and work-based job training program for older Americans. Authorized by the Older Americans Act, the program provides training for low-income, unemployed seniors. Participants also have access to employment assistance through American Job Centers.</p> <p>Phone: (877) 872-5627 Website: https://www.dol.gov/agencies/eta/seniors</p>
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Legal Assistance

Connecticut Legal Services	<p>Our mission is to provide access to justice and protect the critical civil legal rights of low-income individuals and families through representation, systemic advocacy, advice, collaboration, and education. We serve low-income families in 122 of the 169 Connecticut communities (our sister agencies serve areas of greater Hartford and greater New Haven). Our service area includes hundreds of thousands of families eligible for our services.</p> <p>Address: 62 Washington Street, 4th Floor Phone: (860) 344-0447 Website: https://ctlegal.org/about/our-story/</p>
Statewide Legal Services	<p>Statewide Legal Services of Connecticut staff is a dedicated and experienced group of people working to provide assistance to eligible people seeking help with legal problems affecting their most fundamental rights.</p> <p>Office Hours: Monday-Friday, 8:30am-4:30pm Hotline calling hours: Monday-Friday, 9:00am-12:00noon, 1:00pm-2:00pm (860) 344-0380</p>

	<p>Address: 999 Asylum Avenue, 3rd Floor, Hartford Phone: (860) 541-5000 Email: ghla@ghla.org Website: https://www.slsct.org/about-us</p>
Connecticut Network for Legal Aid	<p>Connecticut Legal Services, Inc. (CLS)</p> <p>Address: 1125 Main Street, Willimantic Phone: (860) 456-1761 Toll-free: (800) 413-7796 Website: https://ctlawhelp.org/en/home</p>
Consumer Law Project for Elders (CLPE)	<p>The CLPE Hotline provides free legal assistance, including advice, representation and referrals to people aged 60 and over who have consumer problems or questions about their rights as consumers.</p> <p>Monday-Friday, 9:00am-5:00pm Toll-Free (800) 296-1467</p>

Victim Advocacy

CT Sexual Assault Crisis Services	<p>A statewide alliance of individual sexual assault crisis programs. The Alliance works to end sexual violence through victim assistance, community education, and public policy advocacy.</p> <p>Address: 96 Pitkin Street, East Hartford Phone: (860) 282-9881 Email: info@endsexualviolencect.org</p> <p>Statewide 24-hour toll-free hotline (888) 999-5545 English (Call or Text) (888) 568-8332 (Español) Website: https://endsexualviolencect.org/</p>
Connecticut Coalition Against Domestic Violence (CCADV)	<p>CCADV is the state's leading voice for victims of domestic violence and those organizations that serve them.</p> <p>Statewide 24-hour toll-free hotline (888) 774-2900 (Call or Text) Chat online https://ctsafecconnect.com/ Website: https://www.ctcadv.org/</p>
State of CT Office of the Victim Advocate (OVA)	<p>OVA is charged with the promotion and protection of the constitutional and statutory rights of crime victims in Connecticut. The OVA provides oversight of state and private agencies, and advocacy to crime victims when a violation of their rights is at issue.</p> <p>Address: 505 Hudson Street, 5th Floor, Hartford Phone: (860) 550-6632 Toll-Free: (888)771-3126 Website: https://portal.ct.gov/OVA</p>

<p>State of CT Department of Consumer Protection (DCP)</p>	<p>DCP is working to protect Connecticut citizens from fraud, unfair business practices and physical injury from unsafe goods or services.</p> <p>Address: 450 Columbus Boulevard, Suite 901, Hartford General inquiries Monday-Friday, 8:30am-4:30pm: (860) 713-6100 Consumer Complaint Center. Monday-Friday, 8:30am-4:30pm: (860) 713-6300 Toll-Free: (800) 842-2649 Email: dcp.complaints@ct.gov Website: https://portal.ct.gov/DCP</p>
<p>Poison Control</p>	<p>Toll-free 24-hour hotline: (800) 222-1222 Website: https://health.uconn.edu/poison-control/</p>