

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.

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Adult Day Care

Daytymers Club

www.heritagecommons.com/daytymers

860-344-1221

38 Boston Road

The Day Club

www.thedayclubadc.com

860-632-1119

32 Miner Street

Arts

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

860-638-4510

Middletown Senior Chorus, Barbara Arafah

860-347-4887

Middletown Symphonic Band

860-347-5787

Russell Writers

860-344-8136

Valley Shore Sweet Adelines Chorus

860-575-1783

Assisted Living Facilities

Heritage Commons

www.heritagecommons.com

860-344-1221

38 Boston Road

Luther Ridge

www.lutherridge.org

860-347-7144

628 Congdon St. W.

One MacDonough Place

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/>

860-552-2160

645 Saybrook Road

Civitan Bingo

860-638-4540

Middletown Senior Center

61 Durant Terrace

Evening Bingo (6:30 PM) once a month

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.

860-346-9299

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
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
860-316-2531
975 Middle St, Suite D

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
860-632-4000

Primary Prevention Homecare
860-244-9119

Seniors Helping Seniors
860-447-1316

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

Unison Health Services Inc.

860-347-4446
921 Saybrook Road

Visiting Angels Living Assistance Services

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
860-398-9386
148 Broad Street

Farrell & Grochowski, P.C.

www.wallingfordlawyers.com
203-269-7756

Fournier Legal

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 (Middlesex Health)

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 - Center for Behavioral Health

860-358-8760

103 South Main St.

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.

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)

CRT – Community Renewal Team
860-560-5828
Meals on Wheels, Congregate Meals, Elderly Nutrition Program

End Hunger CT!
860-560-2100

Homebound Meals/ Congregate Meal Service
860-560-5828
Meal Sites (Senior Center & Stoneycrest Towers)

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 South 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

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

United Way
860-346-8695

Websites

<https://eldercare.acl.gov/>
Locates area services
1-800-677-1116

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

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.CTHelpNet.org

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

www.benefitscheckup.org

Locates Federal & State benefits eligibility

www.aarp.org/quicklink

Locates Federal & State benefits eligibility

www.middletownct.gov/seviors

Senior services programs, services, newsletter, etc.