

ORANGE SENIOR RESOURCE DIRECTORY

*A guide for Orange senior residents,
their families and caregivers*



2020

Orange Seniors Resource Directory ~ 2020

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What Kind of Help Do I Need?

Worried about someone you know living alone? Does their house look neglected; have they fallen and gone to the ER; are they getting more forgetful? Now is the time to get help so he/she can stay independent.

CHALLENGES	SOLUTION
Too complicated to figure out	Geriatric Care Manager
Needs supervision and stimulation	Companion/Homemaker
Can't do cleaning, cooking & laundry	Homemaker
Can't bathe, dress, eat or move around alone	Personal Care Assistant
Needs 24-hour supervision, chores and personal care	Live-in-aide
Driving is dangerous	Transportation Services
Mixes up medications	Medication manager
Can't manage bills or finances	Personal Money Manager
Needs help with repairs, heavy cleaning and lawn care	Home maintenance services
Frequent falls or fear of falling	Emergency alert button and fall prevention

This Resource Directory was developed in 2008 by the Senior Resource Team of the Orange Senior Leadership Program and revised in 2019 by Community Services for informational purposes only. It is meant to be a guide, (but not all-inclusive) to opportunities, care and support services that allow older Orange residents to remain in their own homes/community, for as long as possible.

DISCLAIMER

Where appropriate, at least two-to-three providers have been listed, giving priority to those public and not-for-profit agencies that provide services in Orange and the immediate surrounding area. While every effort was made to verify the credentials and quality of the services and/or providers, the Town of Orange and the Senior Leadership Program disclaims any responsibility for adverse occurrences and recommends patrons of services verify the credibility, license/registration and insurance of those providers. See Appendix A for a listing of licensing/registration and advocacy agencies.

MUNICIPAL AGENT FOR THE ELDERLY

Every Connecticut city and town has a Municipal Agent/Elderly Outreach Worker who assists town residents ages 60+ by providing information and referrals to local, state, and federal services and benefit programs .

Municipal Agents are familiar with programs and benefits such as Medicare, Medicaid, Food Stamps, Social Security, Protective Services, Legal Services, adult day care, housing, transportation, and local senior and community groups . Many also help seniors fill out application forms. The Orange Municipal Agent may be reached at **(203) 891-4787**.

ACKNOWLEDGEMENTS

The Resource Directory Team would like to express our thanks to the following organizations and people for their contributions to this Directory: Bob Archambault, *Orange Foundation*; David Crevier, *Department of Consumer Protection*; CT Department of Social Services, Aging Services Department; Municipalities 2008 Funding Initiative; Vincent Marino, *Town Attorney*; Dennis Marsh, *Orange Community Services Senior Services Coordinator*; James Zeoli, *First Selectman*.

FEEDBACK WELCOMED

Your feedback is always welcomed. Please be sure to inform us about how useful you found this directory. Let us know if you feel something should be added, and be sure to let us know about the quality of service you received from the various providers and contractors listed within the book. To supply feedback, call the Elderly Outreach Worker at **(203) 891-4787**.

CHAPTER 1:

Art, Entertainment and Social Opportunities

AAA (American Automobile Association).....(203) 283-8131
Milford and Hamden

In 2019, a single new annual membership costs from \$58 to \$119. Membership in AAA is required to take advantage of all of their services, which include trip planning, tour guides and maps, reduced rates for tickets to local events, motorcoach tours to many locations, mail order prescription savings, savings on purchases at various stores. Call for further information regarding the above services and other offerings.

Amity Regional School District #5.....(203) 397-4861

The Board of Education offers to any Amity Region citizen 60 years of age or older a 50% discount on the admission to any school sponsored activity, such as athletic functions or musical events. For town residents who are 65 years or older, there is a free season Senior Citizens pass/ticket available. The passes shall be valid only for the person to whom issued, and shall entitle the authorized person free admission to school sponsored activities, such as athletic functions and musical events. Both passes are available at the District Office in Woodbridge and must be picked up **in person**, with proof of age and address. Please call the above phone number before going to be sure there is someone in the office to issue the pass.

Case Memorial Library.....(203) 891-2170

The library has free passes, or passes for a reduced rate, for families to many museums in Connecticut. Passes are available at the circulation desk, and may be checked out for a four-day period. Only one pass is allowed per family. Passes may not be placed on reserve, but will be held at the desk for up to an hour. Call for availability. "Friends of the Library" has a service to deliver books to shut-ins who have a library card. Call the library to arrange for this service.

CT State Parks Senior Pass.....(860) 424-3200

Charter Oak Pass

Provides access to the State Parks and Forests and is available free to all CT residents, 65 years of age or older. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for entering vehicle and passengers. The holder does not have to be the vehicle driver. To obtain by mail send a legible photo copy of current CT Driver's License or other legal proof of age and residency to: DEEP Charter Oak Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127.

Disabled Veteran's Pass

The disabled veteran pass provides access to the State Parks and Forests and is available free to all CT residents who have a service related disability. The pass is accepted at all day use areas where a parking fee applies. Presenting it allows free access for the entering vehicle and passengers. The pass holder does not have to be the vehicle driver. To obtain by mail send a legible photo copy of current CT Driver's License or other legal proof of age, residency and Veteran's card on benefits letter indicating a service connected disability to: DEEP Disabled Veteran's Pass, State Parks Division, 79 Elm Street, Hartford, CT 06106-5127.

Institute for Learning in Retirement (ILR).....(203) 747-9675
www.ilralbertus.org; e-mail:ilralbertus@ilralbertus.org

A totally volunteer organization of "retirement-aged" people who share a love of learning, it offers 30-35 varied courses for 10 weeks each during Fall and Spring semesters at Albertus Magnus College, the host school. In the company of like-minded peers, members enjoy college level academic pursuits without concern for credits, grades or prerequisites. Registration for Study Groups is open to ILR members only. There is a registration fee for each course. Membership is \$20 per person for the calendar year, January 1 to December 31.

National Parks Senior Pass..... 1 (888) 275-8747
www.usgs.gov/pass/senior

The Senior Pass replaced the Golden Age Passport in January 2007. The pass is for citizens or permanent residents of the United States who are 62 years of age or older. It provides access to, and use of, any Federal recreation site that charges an Entrance or Standard Amenity Fee, and provides a discount on some Expanded Amenity Fees. The cost of the pass is \$20 and is valid for the lifetime of the pass holder. Photo ID may be requested to verify pass ownership. Existing plastic Golden Age passports are also valid for a lifetime. New passes can be obtained in person at the park entrance. The Senior Pass admits pass holder/s and up to three passengers in a non-commercial vehicle at Federal Recreation sites (Children under 16 always admitted free) (Note: Passes not valid at State Parks or local city/county Recreation sites.) More information may be found at: www.CorpsLakes.us/fees or fedrepass@usgs.gov, click on "Parks and Recreation Pass for Seniors." Check above website for more information and to contact the U.S. Geological Survey CT State Parks Senior Pass/Charter Oak Pass.

Orange Arts & Culture Council(203) 397-8915
e-mail: orangearts1@hotmail.com

The council aims to promote artistic expression of all kinds, thereby enriching the quality of life in the greater Orange area. Membership is open to all residents of Orange and beyond who are interested in promoting or participating in the activities of the group regardless of age or residence.

Orange Garden Club

The club usually meets on the 2nd Tuesday every month from September to May Meetings are at the Case Memorial Library unless a different location is needed. Non-members, who are interested in gardening, are welcome to attend the meeting AFTER lunch, to hear the featured speaker If you are interested in becoming a member, applications are available at the meetings. Read the Orange newspaper for time and date of the meetings. For membership information, contact Eileen Eisenman at 203-878-9597.

Orange Players Association..... Pat Miller at (203) 397-8915

Allows interested members of the community to express themselves through the medium of the theatre. Call for further information.

Orange Senior Center.....(203) 891-4784

At the Orange Senior Center, in the High Plains Community Center on Orange Center Road, there are many activities available that promote independence, creativity, and sound physical and emotional health to residents over the age of 55. Call the Senior Center for information regarding trips, classes and seminars. Sign up to receive the Senior Center's monthly newsletter, *Orange Friendlies*, to receive updates and notices of events.

Milford Ice Pavilion.....(203) 878-6516

291 Sub Way, Milford

www.milfordice.com

Every Wednesday at 7:45a.m., Saturday at 12:10p.m., and Sunday at 12:40p.m. is public skate.

Road Scholar.....www.roadsscholar.org; www.elderhostel.org; 1-800-454-5768

Elderhostel, Inc., 11 Avenue de Lafayette, Boston, MA 02111-1746
Sponsors trips both in the USA and abroad.

Southern Connecticut State University.....(203) 392-8888

www.southernct.edu

Senior Citizen Registration at SCSU is for those Connecticut residents who are 62 years of age or older. Senior Citizens are not restricted from taking any classes, but there must be space available in the class and those wishing to audit the class must have an audit slip signed by the professor and returned to the Registrar's office within the first 2 weeks of class. There is no tuition charge for Senior Citizens auditing a class. However, there is a non-refundable registration fee for Senior Citizens per semester. Payment must be made on the day of registration. Registration for Senior Citizens is Friday before the session starts.

Yale Campus Tours.....(203) 432-2300
www.yale.edu

Free campus walking tours Monday thru Friday at 10:30 am and 2:00 pm and 1:30 pm on Saturday and Sunday Tours originate at the Yale Visitor Center, 149 Elm Street, New Haven.

Yale Concert Band and Yale Jazz Ensemble.....(203) 432-4113
www.yale.edu

Free admission concerts offered periodically on the campus. Call for information on these concerts.

CHAPTER 2:

Food Services

Area Agency South Central Connecticut (AASCC).....(203) 785-8533
www.aosccc.org

FOOD PANTRY

Orange Community Service.....(203) 891-4787

Orange Community Services maintains a food pantry for Orange residents with limited income. Food pantry recipients must pre-register and give the Elderly Outreach Worker 24 hour notice. Call to apply.

GROCERY DELIVERY

ShopRite in Milford(203) 876-7868

- **ShopRite** offers the service in two ways: Once you place your order online, you can select Option 1 to pick-up at the store. The staff will bring the order directly to your vehicle. Option 2 is to have the order delivered to your home. You can select a convenient time for delivery within a 4-hour time frame. The driver brings your order into your home.
- \$5 service fee, \$6.95 delivery fee for orders under \$150. Free Delivery for orders over \$150. \$5.95 fee for curbside pick up.
- No additional fee for delivery to Orange from the Milford store.
- Orders can be placed on the internet at www.shoprite.com
- Payment must be made by check, credit or debit card.

Stop & Shop - Peapod www.peapod.com; 1-800-573-2763

- Minimum order: \$60.00.
- Delivery Charge: \$9.95 for orders less than \$100; \$6.95 for orders more than \$100.00.
- Fuel charges if applicable-depends on gas prices.
- Pay by credit card, debit card, or Stop & Shop gift card.
- Orders may be placed on the internet at www.peapod.com – Complete the online form. If you need assistance, call the above 800 store number.

MEALS ON WHEELS

Life Bridge..... (203) 752-9919

Eligibility: Persons 60 years of age or older, who are homebound due to illness or are handicapped and unable to prepare their own nutritious meals, are eligible for Meals on Wheels. The spouse, residing with the participant is also eligible to receive meals, if this is in the best interest of the participant. In addition, handicapped persons, regardless of age, who reside with the elderly participant, are eligible.

Persons who under 60 years of age and homebound, but meet the other criteria above, may receive meals for a charge of \$8.50 per meal.

Contribution Policy: Eligible participants decide for themselves what, if anything, they can afford to donate for their meals. The suggested donation is \$3 per meal for those qualifying for Title III-C. No eligible person will be denied meals if unable to make a contribution.

Meals: The meals include a high-quality protein entrée, vegetable and rice or potato, plus a choice of white bread or hard roll with margarine. Breakfasts offer eggs, pancakes, French toast, fruit and choice of juice. Each meal meets 1/3 of RDA (Recommended Dietary Allowances) for older adults. A container of milk (1%) is included.

Procedure: After an application form is received, the Meals on Wheels office will contact you within two weeks to assess your eligibility and to determine the number of meals and frequency of delivery needed. Once enrolled in the program, an order and delivery schedule will be assigned. The request for contribution will be sent monthly.

MEAL SITES

Senior Center Daily Lunch Program(203) 891-4765

High Plains Community Center 525 Orange Center Road

Provides hot meals at 11:30am to 12:00pm. A \$3.00 donation is accepted. Sponsored by the Elderly Nutrition Program of New Haven. Please call the number listed above (1) one business day ahead to reserve your meal.

Senior Choice Dining

The Greek Olive 402 Sargent Drive, New Haven.....(203) 495-9990

Wednesdays from 11:00a.m. to 1:15p.m. Donations of \$3.00 for ages 60+. At first visit bring your I.D. and complete their form.

SNAP

Supplemental Nutritional Assistance Program (SNAP)

www.portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Eligibility

Formerly known as “Food Stamps,” the SNAP card helps low income individuals and families buy food. If you are having trouble putting healthy food on the table, consider checking out SNAP, which defrays the cost of groceries and home-delivered meals. The gross income limit is equal to 185% of the federal poverty level. Net income is used for households with at least one person who is 60 years old or disabled. Benefits are loaded onto a debit card that can be swiped at checkout. Review the above website for more information. For additional information, call the Area Agency on Aging of South Central Connecticut at (203) 785-8533 or the Community Services Outreach Worker (203) 891-4787.

CHAPTER 3:

Health and Safety Services, Programs and Benefits: Seniors and Care Givers

To locate doctors who will accept Medicare.....medicare.gov or 1-800-633-4227

Area Agency South Central Connecticut (AASCC).....(203) 785-8533
www.aascc.org

ADULT DAY CARE

Programs are designed to promote autonomy in older adults and provide respite and support to their families. There are two models: medical and social. The social model provides socialization and respite for caregivers. The medical model will administer medications and personal care in addition to services provided by the social model. The following are members of the CT Association of Adult Day Care Centers:

- East Shore Regional Adult Day Care Center - Branford.....(203) 481-7100
- Clelian Adult Day Care Center - Hamden.....(203) 288-415
- Mary Wade Day Center - New Haven(203) 562-7222
- Sunset Shores Adult Day Health Center - Stratford.....(203) 380-1228

ELDER ABUSE/CRISIS SUPPORT

Elder Abuse:

BH Care (203) 736-2601

Provides Domestic Violence service via:

The Umbrella (Ansonia)..... (203) 736-2601

Domestic Violence services of Greater New Haven

Domestic Violence Services Hotline (203) 789-8104

All services offered by both programs are free of charge and confidential.

Ombudsman Program..... (203) 974-3030

Protection and advocacy for residents of nursing homes

Elderly Protective Services (888) 385-4225

Protection and advocacy for individuals living in the community

Domestic Violence Services of Greater New Haven Hotline..... (203) 789-8104

24-hour hotline, emergency shelter, individual counseling, outreach, education and support groups

Project Safe Talk..... (203) 238-1501

Telephone support for victims of elder abuse

Crisis Support:

Emergency 9-1-1

Infoline suicide hotline 2-1-1

EMERGENCY RESPONSE/PREPAREDNESS DIAL 9-1-1 FOR EMERGENCIES

CERT-Community Emergency Response Team Fire Marshall's Office (203) 891-4711
Under the direction of local emergency responders, the Orange volunteer CERT program helps train and equip citizens to be prepared to help themselves and their neighbors in the event of a disaster, crisis, or common emergency.

Creating an Emergency Plan – information is available from:

American Red Cross of South Central CT.....(203) 562-5557
www.redcross.org

Orange Fire Marshall.....(203) 891-4711
www.orange-ct.gov/771/fire-marshall-office

Orange Visiting Nurse Association (203) 891-4752
www.orange-ct.gov/166/OVNA

Emergency Shelter: High Plains Community Center (203) 891-4788

Emergency Prep Info (FEMA).....www.ready.gov

Medical Alert Bracelet.....1-877-859-1511
www.americanmedical-id.com

A durable stainless steel bracelet or necklace alerts emergency responders of medical conditions or medications that will affect diagnosis or treatment. It directs them to call the 24-Hour Emergency Response Center for a computerized file of vital medical facts.

Orange Health Department.....(203) 891-4752

Personal Response Systems:

A bracelet or necklace ensures that prompt, caring help is available at the press of a button 24 hours a day, 365 days a year.

Lifelinewww.lifelinesystems.com; 1-800-543-3546

Orange Visiting Nurse Association.....(203) 891-4752
For activation discount coupons

Orange Elderly Outreach Worker/Municipal Agent (203) 891-4787
for activation discount coupons

Griffin Hospital Lifeline Program (203) 732-7524

Health Watchinfo@healthwatchofamerica.com: 1-800-882-1822
or call **Bridgeport Hospital Health Watch Program**.....(203) 384-3187
www.bridgeporthospital.org

Poison Control Center.....1-800-222-1222

Silver Alert.....**Contact your local law enforcement agency**

Orange Police Department.....(203) 891-2130

The Silver Alert System mandates that law enforcement immediately begin searching for missing individuals who are 65 or older, or ages 18 and over if mentally impaired. Once the police receive a missing person’s report and a description of the missing person, the information is broadcast via radio, television, and electronic highway signs through the Emergency Alert System (EAS). The plan alerts the public as quickly as possible to the disappearance so everyone may assist in the search for the safe return of the individual.

Smoke and Carbon Dioxide Detectors - Orange Fire Marshal (203) 891-4711

The Orange Fire Marshal's office will provide assistance with installing smoke and carbon monoxide alarms and their batteries. The Orange Fire Marshal's staff will come to the resident's home and consult as to where to install smoke and carbon monoxide alarms. They will also discuss home safety escape plans, fire extinguisher placement and alarm placement. The staff will change alarm batteries every six months. The resident must purchase the alarms and batteries.

TRIAD:

Yellow Dot Program (203) 891-4787

A Yellow Dot is affixed to the rear window of an older person's car signifying that in the glove compartment of the vehicle there is an information sheet containing vital information about the driver. In the event of an emergency situation where the older person may not be able to speak for him or herself, first responders (e.g. police, fire and ambulance personnel) will know that in the vehicle's glove compartment is a packet that contains contact information, medical history and the names of medications the person is taking.

File of Life Program (203) 891-4787

A red magnet placed on the front of the refrigerator with a pocket holding a card containing medical information and emergency contacts. First responders and emergency transport personnel will look for this when called to the home.

Beacon Light Program (203) 891-4787

A special chip is placed in the light fixture in the front of one's home and will blink continuously when activated in an emergency. This light will help the local fire and police departments to locate the house quickly. No fee is required.

FINANCIAL HELP

Health Care Costs:

Qualified Medicare Beneficiaries (QMB)..... 1-800-443-9946
Pays for monthly Medicare premiums, deductibles, and co-payments for financially eligible individuals.

Income:

State Administered General Assistance..... (203) 974-8000
Income, health coverage and food stamp benefits for individuals with no other source of income.

State Supplement for the Aged..... (203) 974-8000
Monthly state benefit for those with very low income.

Supplemental Security Income (SSI).....1-800-773-2160
Additional monthly Social Security benefit for individuals with very low income.

GRANDPARENTS RAISING GRANDKIDS

Area Agency South Central Connecticut (AASCC).....(203) 785-8533
www.aosccc.org

Grandparents on the Move.....(203) 946-7443
www.AARP.org

Grand Fact Sheets.....www.grandfactsheets.org
www.grandfactsheets.org/state-fact-sheets

National state fact sheets for grandparents and other relatives raising children. Information on State specific data and programs, as well as information about foster care, public benefits, educational assistance, state laws and legal rights is available.

Grandparents Raising Grandchildren- Child & Family Guidance Ctr Bridgeport
.....cfguidance.org; (203) 394-6529

Local Programs:

CT Dept of Social Services.....1-860-424-5199
www.portal.ct.gov/DSS

Consultation Center of New Haven.....(203) 789-7645
www.theconsultationcenter.org

CT Legal Services.....www.CTLegal.org; 1-860-344-0447

Yale Family Support Service (203) 785-6862

HEALTH INSURANCE

Area Agency South Central Connecticut (AASCC)...www.agencyonaging-scc.org
CHOICES Program.....(203) 785-8533

Orange Community Services-Elderly Outreach Worker..... (203) 891-4787

HEALTH PROMOTION PROGRAMS

Diabetes Information..... 1-800-342-2383
www.diabetes.org

Diabetes: Blood Glucose Monitors..... (203) 891-4752
 Available free at the Orange VNA for Medicare beneficiaries.

Geriatric Assessment Centers:

Provides comprehensive medical, psychological, cognitive and social assessments of older adults.

Dorothy Adler Center at Yale New Haven Hospital (203) 688-6361

Down Syndrome Adult Assessment..... (203) 789-3275
 St Raphael Campus of Yale New Haven Hospital

Griffin Hospital Geriatric Assessment Center (203) 732-7328

St Raphael Campus of Yale New Haven Hospital..... (203) 789-3275

Geriatric Outreach..... (203) 789-3275

Shelton Lakes..... (203) 922-3666

Wellness/Disease Prevention Programs:

Blood pressure, cholesterol, diabetes screening, flu and pneumonia clinics.

Orange Visiting Nurse Association (203) 891-4752

Valley Parish Nurses..... (203) 732-7584

Elder Care Clinic..... (203) 789-3275

St Raphael Campus of Yale New Haven Hospital..... (203) 789-3275
www.ynhh.org/src

Yale Mammography Van (call for appointment)..... (203) 688-6800

Wound Healing Center: Griffin Hospital (203) 732-5610

HEARING AND SPEECH IMPAIRED

Adaptations to Telephone AT&T.....1-800-222-3111

AHLBIN Rehab Center, Bridgeport Hospital(203) 336-7341
www.bridgeporthospital.org

Provides comprehensive hearing services, including diagnostic hearing assessments for children and adults, and a wide variety of digital hearing aids. Upon physician referral, also evaluates and treats vestibular disorders (dizziness).

Center for Communication Disorders, SCSU
www2.southernct.edu/academics/schools/health/academic-programs/communicationdisorders/index.html

Evaluation and treatment of communication disorders. Charges modest fee; a sliding scale available. Does not accept Medicare, Medicaid or other insurances.

Commission on Deaf & Hearing Impaired (CDHI).....1-800-708-6796
For general information and interpreter services.....(860) 566-7414

Hearing Loss Association of America.....(301) 657-2248
www.hearingloss.org

Education, Financial Assistance, Advocacy, Hearing Health Care, and finding of professional telephones.

Telecommunication Devices for the Deaf/Text Telephones (TDD/TT) Equipment Loans

TDD/TT can send and receive typed messages. Hearing-impaired and speech-impaired Connecticut residents may be eligible for the free loan of a TDD/TT. A TDD/TT directory is available.

Contact the Converse Communications Center (CCC) 1-800-743-1219

TDD/TT users or voice callers..... (860) 242-4974

HOME CARE

CT Home Care Program for Elders.....(203) 752-3050; CT only: 1-800-445-5394

Program provides seniors age 65 and over, who meet the eligibility criteria, with assessment care management and payment for home and community-based services to remain independent in the community. There is no income limit for the State Funded Program. There are asset limits. You may also call the Town's Elderly Outreach Worker at **(203) 891-4787**.

Orange Visiting Nurse Association (203) 891-4752

An official non-profit agency of the Town of Orange licensed by the state of Connecticut, certified by Medicare and Medicaid (Title-19) and accredited by the Community Health Accreditation Program (CHAP). The OVNA provides skilled nursing, physical, occupational and speech therapy, medical social work and home health aides. Services are covered by most insurance plans. Referrals for service may be made by the individual, family, physician, hospital or nursing home.

Private Duty Non-Medical Homemaker/Companions

For shopping, cooking, housekeeping, running errands, providing transportation, keeping the person company, call the following for reliable referrals:

Elderly Outreach Worker/Municipal Agent (203) 891-4787

Orange Visiting Nurse Association (203) 891-4752

The Connecticut Association for Healthcare at Home..... (203) 265-9931
www.cthealthcareathome.org

HOME SECURITY SYSTEMS

Protective Home Security 1-866-569-1300

American Total Protection (203) 878-3914

HOSPITALS – LOCAL

Griffin Hospital of Derby	(203) 735-7421
Milford Hospital of Milford.....	(203) 876-4000
St Raphael campus of Yale New Haven Hospital.....	(203) 789-3000
VA Hospital of West Haven.....	(203) 937-3824
Yale-New Haven Hospital of New Haven	(203) 688-2000

INFORMATION/REFERRAL

Area Agency South Central Connecticut (AASCC).....	203) 785-8533	www.aascc.org
Infoline Telephone referral on a wide range of topics	2-1-1	
Orange Community Services Elderly Outreach Worker	(203) 891-4787	
Orange Visiting Nurse Association	(203) 891-4752	
St Raphael Campus of Yale New Haven Hospital Healthy Aging Line.....	(203) 789-3275	

LABORATORY SERVICES

Laboratory work:

Drawn in the home for the homebound and must be set up by the primary care physician's office, or the Orange VNA.

Yale New Haven Hospital Blood Drawn.....	(203) 799-0862
Quest Labs	(203) 859-3507

HEALTH & EDUCATION

Can download CT Living Will laws and Living Will-Advance Directive Forms in PDF Format.

Orange Visiting Nurse Association	(203) 891-4752	www.orange-ct.gov/166/Orange-Visiting-Nurse-Association
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Has copies of the A.G.'s laws and forms for the Living Will-Advance Directive

MEDICATION DISPENSING SYSTEMS

- Lifeline:** electronic reminders 1-800-543-3546
- Orange Visiting Nurse Association** (203) 891-4752
www.orange-ct.gov/166/Orange-Visiting-Nurse-Association
 Provides a 7-day medication dispensing box at no charge.

MISCELLANEOUS

- CT Attorney General's Office**..... 1-860-808-5318
- Living Will Advanced Directive** www.ct.gov/ag

SUPPORT/ADVOCACY GROUPS

- Alzheimer Association**..... (860) 828-2828
 Provides support, education and advocacy.
- 24/7 Helpline**..... 1-800-356-5502
- Safe Return** www.alz.org/safereturn; 1-888-572-8566
www.alz.org/safereturn
 Helps reunite loved ones with the person with dementia who has wandered, and provides 24/7 assistance, no matter when or where the person is reported missing.
- Respite Care**..... 1-800-356-5502
- American Parkinson Disease Association**.....(203) 789-3936
- Bereavement and Grief:**
- AARP Widowed Persons Service**.....(203) 434-2260
- Jewish Family Services, New Haven**..... 1-866-389-5599
www.jfsnh.org
- Orange Ecumenical Support Group for Widows & Widowers** (203) 799-2379
 Holy Infant Church, 450 Racebrook Road, Orange
- Orange Family Counseling (Bridges)**.....(203) 878-6365
 The Clark Building, 605-A Orange Center Road Orange

Care Giver Support Groups:

Sunset Shores (203) 380-1228

Meets the second Monday of the month from 5:00-6:00pm at Sunset Shores Adult Day Center, 720 Barnum Ave Cut Off, Stratford.

Support Groups:

Greater New Haven Stroke Club (203) 287-2547

Miller Senior Center, 2901 Dixwell Avenue, Hamden, with Willette Pierson. Meeting every Thursday from 1:00 – 2:00p.m.

Aphasia Group..... (203) 392-5957

Southern Connecticut State University, Davis Hall, 501 Crescent Street, New Haven. A semester-long program requires registration for therapy, education and support sessions with Jane Hindelang. Minimal cost with sliding scale offer Every Tuesday and Thursday 10:00p.m. – 1:00p.m.

Vision Loss Support Groups:

Hamden..... (203) 288-2020

New England Research & Education Foundation, Larson Place 220 Whitney Avenue, Hamden

Milford..... (203) 378-8928

Fowler Memorial Building 45 New Haven Avenue, Milford. Affiliated with the National Federation for the Blind Lions – affiliated with Lions Clubs International.

For any other support groups contact:

Consultation Center www.theconsultationcenter.org; (203) 789-7645

VETERAN'S ADMINISTRATIONwww.ct.gov/ctva; www.va.gov; (203) 932-5711
 950 Campbell Avenue, West Haven 1-866-9CT-VETS; 1-866-928-8387
 Offers a wide range of services and healthcare.

New customer-service center at the VA Central Office (202) 273-5400
 If you have a specific problem with the VA or questions the VA hasn't answered, call the **Veterans Affairs Office of the Inspector General Hotline** 1-800-488-8244

VISUALLY IMPAIRED

CT Dept. Of Education Services for the Blind (860) 602-4113
www.ct.gov/besb; TDD (860) 602-4000

Resource for rehab training, orientation, low vision items are available. You will need your doctor to write a letter stating 1) your vision acuities and diagnosis and 2) patient's name, address, date of birth, and Social Security Number.

Library for the Blind and Physically Handicapped 1-800-842-4516
 Provides recreational literature and equipment totally free.

National Federation of the Blind of CT (860) 289-1971
 Services and resources for the visually impaired.

Prevent Blindness Tri-State 1-800-850-2020
www.preventblindness.org

VA Medical Center (203) 288-2020

Blind Rehabilitation Center (203) 932-5711 ext 307
 Offers both residential and outpatient services to help veterans develop personal independence.

The VA "Aid & Attendance" Benefit

A monetary benefit to help a Veteran or surviving spouse pay for assistance with daily living activities. Available to Veterans who served 90 consecutive days with at least one of these days during a "wartime" period. Asset limits for eligibility.

Vision Loss Support Groups:

See Support/Advocacy Groups section in this chapter.

CHAPTER 4:

Household Services

ADVICE

One of the important factors of remaining in one's home is the ability to call on reliable and trustworthy home service people. The following Services are recommendations, but it is advised that persons prior to entering an agreement with the individuals first check with the Department of Consumer Protection for currency of licenses and any history of complaints. The following service people have been personally contacted to see if they wish to be included in this listing. They have not paid for their inclusion.

Where appropriate, at least two-to-three providers have been listed, giving priority to those public and not-for-profit agencies that provide services in Orange and the immediate surrounding area. While every effort was made to verify the credentials and quality of the services and/or providers, the Town of Orange and the Senior Leadership Program disclaims any responsibility for adverse occurrences and recommends patrons of services to verify the credibility, license/registration and insurance of those providers. For more information about hiring a home improvement contractor or to find out if a contractor is licensed with the state, visit www.ct.gov/dcp or call (860) 713-6110.

HANDYMAN SKILLS BANK..... 203-891-4787

Offered free of charge to limited income Orange seniors. The skills bank consists of a group of qualified volunteers with a variety of skills who are willing to help residents in need with tasks or of minor household repairs.

YOUTH SERVICES JOB BANK..... (203) 891-4785

The Job Bank provides pre-screened students, age 13-16, who can be employed by area residents to do a large variety of jobs around the home, such as yard work, garden help, washing windows, cleaning attics/basements, snow shoveling, painting, general housework, mother's helper, tutoring, and so much more.

CAPITAL FOR CHANGE(860) 233-5165www.capitalforchange.org

Has a variety of programs and services to help people purchase homes and keep housing safe, efficient and affordable.

CONSTRUCTION, CARPENTRY, AND HOME REPAIR**Ron Goulett** – License #555397; Bathrooms & Kitchens.....(203) 668-0767**Donald Oliver** – License #573494.....(203) 795-4404**Jeff Stauffer** – License #621286.....(203) 410-3433**Mark Steeves** – License #582579.....(203) 799-0253**Mark Weston** – License #603021.....(203) 589-4637**ELECTRICIANS****John Sicone**–License #125710.....(203)878-9237;(203)215-8178 cell**Bethany Electric** (David Watson) – License #123699.....(203) 804-2501**Twin Electrical LLC** – License #125202.....(203) 645-8226**PLUMBERS****A+ Plumbers, LLC** – License #278130.....www.aplusplumber.com; (203) 799-4428**Alan Barton** – License #0279943(203) 464-1710**CHIF CT Housing Investment Fund-Loan Program**.....1-860-233-5165

Construction, Carpentry & Home Repair

OTHER HOUSEHOLD SERVICES**Appliance & Repair:**

All Parts & Services..... 1-800-994-9443; (203) 799-6888
www.allpartsapplianceservice.com

Appliance Repair:

- Action Appliance (203) 776-1199; (203) 375-5104
- Amar Service Company (203) 795-9368
- Home Appliance..... (203) 239-0889

Hair Stylists: (will come to your home)

- Marge Connery (also a skin care specialist) (203) 430-1421
- Lorraine Esposito (men & women).....(203) 248-0599; cell (203) 671-4680
- Teddi & Archell – a salon (home services available).....(203) 933-7786

Landscaping and Lawn Service:

- Amity Landscaping.....(203) 934-7782
- Hine Landscaping & Construction(203) 215-5722
- J. Clark’s Landscaping(203) 795-3198
- J & M Landscaping.....(203) 795-3953

Odd Jobs & Handyman Services:

- Affordable Handyman – Larry Brewer (203) 878-3323
- “European Handyman” – Orlando Rodrigues..... (203) 795-0088

Painting:

- David Bryson.....(203) 500-9460

Paving:

- Advanced Paving & Excavating... (203) 387-4255

Podiatrist: (will make house calls)

Dr. Juliana Dudzisleave message: (203) 735-0055

“Mobile Foot Doctor”– Stephen A. Irrera D.P.M.....**1-866-614-3668**
Performs simple procedures; does not participate in Medicare. Call around for others or call Area on Agency **(203) 785-8533**

Snow Removal Services:

Steve Bspuda.....(203) 795-4531

Joe Torello(203) 795-3953

Denny’s Landscape & Tree Service of West Haven(203) 931-7059
(Referred by Town Highway Dept)

J. Clark’s Landscaping.....(203) 795-3198

Troubleshoot Computer problems in your home:

Geek Squad.....(203) 795-5730

Window washing and painting:

American Window Cleaning–Robert Pergliotti..... 1-866-854-3688

Bryson Painting & Plastering–David Bryson 1-203-500-9460

CHAPTER 5:

Transportation

Orange Transportation Services.....(203) 891-4788

Reservations must be made 48 hours in advance. Orange will provide door to door service to any Orange resident 55 years or older or disabled. The vehicles are wheelchair accessible. Donation based. Operates Monday through Friday 7:00a.m. to 6:00p.m.

Greater New Haven Transit District - My Ride Program:

Dial-a-Ride.....www.gnhtd.org; (203) 288-6282

Regional Rides Program for disabled and/or 60 years or older, ADA Fare is \$3.50 and must be in exact change. You must be a member. To become a member of My Ride, call for an application. Applications are also available thru Orange Transportation Services.

HandiVan - Medical Transportation.....(203) 562-1760

www.nelsonambulance.com

Reservations must be made no later than 24 hours prior to time of service. For doctor's appointments, 48 hours prior notice is required. You must supply the following information: doctor's name, address and phone number, plus your Medicare membership number. They call the doctor's office to confirm the date and time for pickup. You must be 55 years or older. Travel is only provided within 15 miles. They offer full assistance to the patient, and are wheelchair accessible. Where necessary, ambulance service is available.

Taxi.....(203) 777-7777

There are several taxi services available in our area. They offer no assistance for their passengers. They will transport the passenger anywhere in the Greater New Haven area. Payment is by cash only. No advance reservations are necessary. They request a light be turned on at your door or lamppost. The driver will honk the horn when he/she is outside your house.

Metro Taxi.....www.m7ride.com

CHAPTER 6:

Other Services

AARP DRIVING COURSE.....www.aarpdriversafety.org; (203) 891-4784

This program is sponsored by AARP on a monthly basis. It is a defensive driving course program. A certificate of completion will be submitted to your car insurance company for a reduction in auto insurance premiums. A modest fee is charged for a 4-hour course. Call Community Services to register.

BENEFITS CHECK-UPwww.benefitscheckup.org

Area Agency South Central Connecticut (AASCC).....(203) 785-8533
www.aosccc.org

Adults 55-plus can check for eligibility for the following programs:

- Prescription drug assistance
- Health care programs
- Cash assistance
- Housing assistance
- Property tax programs
- Home energy assistance
- In-home supportive services
- Legal services
- Nutritional programs and Food Stamps
- Employment programs

Contact the Elderly Outreach Worker for assistance at **(203) 891-4787**.

ENERGY ASSISTANCE

Orange's Emergency Fuel Bank.....(203) 891-4787

Community Service Outreach Worker manages Orange's Emergency Fuel Bank as long as funding is available. Allows one 150 gallon delivery per winter season. Eligibility is based on income and assets.

Connecticut Energy Assistance Program (203) 736-5420

TEAM, Inc., 30 Elizabeth St, Derby

www.ct.gov/staywarm

Eligibility is based on income and assets. For seniors and families who are struggling economically to pay their heating bills, assistance is available to both homeowners and renters. Once a client is deemed eligible based on income and asset guidelines, TEAM of Derby will make payments for the client directly to the heating provider whether it is a public utility (gas or electric) or a private home delivery provider (oil or propane). Contact the Community Service Outreach Worker to process the application (203) 891-4787.

The United Illuminating Co.....www.uinet.com; (800) 722-5584

100 Marsh Hill Road, Orange

Shut-off Protections:

Matching Payment Plans, and Forgiveness Program (800) 722-5584

Before your utility service can be shut off for non-payment, you must receive a shut-off notice. It will tell you the earliest date you can be shut off. As soon as you receive a shut-off notice, or if you are falling - threatening condition. Call the Director of Collections.

Smart Living.....www.energizect.com; (203) 799-0460

122 Universal Drive North, North Haven

Call or stop by a Smart Living store for brochures on "Ways to Save Energy" or a "Smart Living" catalogue for energy efficient products for your home.

INCOME TAX ASSISTANCE PROGRAM.....(203) 891-4784

AARP provides free income tax preparation assistance for low- and middle-income taxpayers of all ages, with special attention to those 60 and older. Trained volunteers are at the HPCC one day a week during the income tax preparation season. Call to schedule an appointment.

LEGAL CLINIC.....(203) 891-4788

On the first Wednesday of the month, a local attorney gives his time to assist senior residents with legal issues. No fee required. Call for an appointment.

Elder Care Lawyers National Website.....(203) 942-5711
www.NAELA.org

CT Elder Law Website.....(800) 453-3320
www.ctlawhelp.org

New Haven County Bar Association.....(203) 562-9652
 171 Orange Street, New Haven CT 06510 www.newhavenbar.org

RESPIRE PROGRAMS**Area Agency South Central Connecticut (AASCC)**

Respite.....(203) 785-8533

The CT statewide Respite Care Program is funded by the State Department of Social Services and is operated in partnership with the Alzheimer's Association of CT and the CT Area Agencies on Aging. The program offers caregivers the opportunity to receive an assessment of services needed and have a care plan developed and/or purchase services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services including: zdlut day care, home health aide, homemaker/companion, skilled nursing care or short-term nursing care.

Alzheimer's Association, CT Chapter Respite Grant Fund.....1-866-363-6679
www.alz.org/ct

It is subsidized from individual and corporate donations, foundations, trusts and the annual fund raiser, Memory Walk. It is a financial reimbursement program designed to assist caregiving families in accessing respite care services.

Safe Return 1-866-363-6679

Alzheimer’s Association Safe Return is a nationwide identification, support and enrollment program working at the community level. Safe Return provides assistance when a person with dementia becomes lost locally or far from home. Assistance is available 24 hours, every day, whenever a person is lost or found.

TAX RELIEF PROGRAMS

Orange Tax Assessor Office(203) 891-4723
www.orange-ct.gov/153/assessor

Property Tax Credit for Elderly/Disabled/Veterans.....(860) 418-6290
www.ct.gov/opm (look under programs and services)

Renter’s Rebate Program:

Available for persons who must meet three conditions as of 2019:

1. Have reached the age of 65 years as of 12/31/18 or older, or are completely disabled (proof required);
2. Have resided in Connecticut for any one-year period prior to filing an application for a partial refund of your rent and utility bills;
3. Have met the program’s income requirements.

(860) 418-6280.....www.ct-gov/opm (look under programs and services)

APPENDIX A:

Advocacy, Licensing, Registration & Regulatory Agencies

1. Federal law states creditors can't seize Social Security, disability and veteran's benefits to pay a debt. Social Security income is protected under federal law.
2. Home Health Agencies and Hospices are licensed by the CT Department of Public Health (DPH), Health Systems Regulation, and must meet state and federal requirements. DPH: 410 Capitol Avenue-MS 12HSR, PO Box 340308, Hartford, CT 06134-0308. **Toll-free Hotline: 1-800-828-9769.**
3. Agencies providing homemaker or companion services must be registered with the **CT Department of Consumer Protection (860) 713-6050**, 165 Capitol Avenue, Hartford, CT 06134.
4. In addition, various other service providers, such as architects, electricians, glaziers, heating piping and cooling, home heating oil registration, home improvement contractors, home inspectors, interior designers, land surveyors, landscape architects, real estate brokers and salespersons, well drilling and public charities, must also be registered/licensed by the CT Department of Consumer Protection (DCP).

Licensing information.....(860) 713-6000

Consumer complaints.....(860) 713-6100

5. **Health Care Institutions(860) 509-7400**
 Consumers can obtain information or file a complaint about the care and/or services they were provided at a healthcare facility such as a hospital, nursing home or out-patient clinic.

6. **Health Care Professional.....1-800-842-0038**
 Any person can obtain information, request a petition, or file a complaint against a health professional licensed by the DPH.

7. Better Business Bureau of CT.....(203) 269-2700
 821 N. Main Street Ext, Wallingford

8. For unbiased information and assistance on Medicare, Medicaid and supplemental insurance:

Center for Medicare Advocacy1-800 262-4414; (860) 553-7590
www.medicareadvocacy.org; e-mail: center@medicareadvocacy.org

Provides legal assistance, education, analysis and advocacy to advance fair access to Medicare and health care.

Address: POBox 350, Willimantic, CT 06226.

Qualidigm www.qualidigm.org; 1-800-553-7590

Medicare Peer Review Organization

A nationally recognized consulting and research company dedicated to improving the quality and safety of health care. It is authorized to intervene on behalf of Medicare beneficiaries on quality of care issues or with hospital notices of non-coverage for beneficiaries with traditional Medicare or a Medicare managed care plan. Address: 100 Roscommon Drive, Middletown, CT 06457. For questions about Medicare or to request a case review, call the Medicare Beneficiary Helpline-1-800-553-7590. For all other questions, telephone (860) 632-2008.

9. Center for Medicare Services Home Health Compare.....www.medicare.gov

A Medicare website to allow you to compare individual home health agencies' outcomes on specific quality outcome measures: www.medicare.gov; select *Search Tool* in the left tool bar; in the right column, select *Home Health Compare*.

APPENDIX B:

Help At Home

Area Agency South Central Connecticut (AASCC).....203) 785-8533
www.aascc.org

CATEGORIES OF CARE GIVERS

Household Chores: cleaning/preparing meals

Personal Care: non-medical bathing, dressing or moving around the house

Health and Medical Care: nurse, home health aide or a physical therapist

CATEGORIES OF AGENCIES

Home-Care Agencies: provide homemaker services, which include household and personal care duties in the home. Registered with the CT Department of Consumer Protection.

Home-Health Agencies: often provide some or all of the care services mentioned above through teams of doctors, nurses, therapists, social workers, home health aides and others. The agencies are regulated by the state Department of Public Health and federal laws and often are Medicare and Medicaid certified. This means they can get paid by these programs for providing home health service. *(Source: AARP)*

ELDERCARE LOCATOR..... 1-800-677-1116

Service helps find local area agency on aging and other state and local resources that can help with public benefits, local programs and other services for elderly adults.

FINDING HOME CARE PROVIDERS

There are pros and cons of hiring privately vs. through an agency, including liability and expense. If you hire privately, you may be required to pay and withhold Social Security and Medicare taxes and unemployment taxes. See Chapter 3, Home Care Programs, page 16 of this guide for sources of reliable referrals. See the AARP website on choosing an agency for in-home care www.AARP.org Link: Caregiving Checklist.

GERIATRIC CARE MANAGER

A Geriatric Care Manager (GCM) is a health and human services specialist who helps families who are caring for older relatives. The GCM is trained and experienced in many of several fields related to care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care.

The GCM assists older adults and persons with disabilities in attaining their maximum functional potential. In addition, the GCM is an experienced guide and resource for families of older adults and others with chronic needs, including helping those suffering from Alzheimer's disease or Parkinson's or exhibiting symptoms of dementia.

Visit the National Association of Professional Care Managers (NAPGCM) web site: www.caremanager.org [or call (520) 881-8008] to find a GCM, questions to ask when looking for a GCM, discussing fees, standards of practice, credential descriptions, etc.

TIPS FOR HIRING A HOME-CARE WORKER

To find out what to consider when searching for a home care worker, where to look and what to ask in the interview process, reference and background checks, troubleshooting and termination, go to the AARP Website: www.AARP.org, Link: Caregiving—Providing Care at Home.

FOR FURTHER INFORMATION

Contact the Community Elderly Outreach Worker (203) 891-4787

APPENDIX C:

Housing Options – Continuum of Care Models

1. **Independent Living:** Living in your own house, apartment or condo; pay for all utilities and taxes; private pay for all in-home services, emergency call systems, Meals on Wheels, etc; socialization services can include going to the local senior center, library, etc.
2. **Home Haven, New Haven.....www.eastrockvillage.org; (203) 776-7378**
Private, not-for-profit corporation provides members opportunities, services and confidence to remain active participants in the life of the community.
Amity Villagewww.homehavenvillages.org; (203) 776-7378
A branch of Home Village in Orange.
3. **Home Share:** A creative housing arrangement between two or more people in which a home is shared in exchange for companionship, a financial contribution to household expenses or some combination. Refer to Chapter 6 (page 32) for details.
4. **Active Adult Community:** All of the above features but is age-restricted to those usually 55 years old and older who desire a condominium form of living without the maintenance demands of single family home ownership. This is a community where many may still be in the work force and are not on a fixed income. It is a community where people may plan to live 20 or more years, but can “age in place” if so desired. Socialization opportunities are available within the community, as well as externally.
5. **Living with Family:** Living in a private room and/or apartment; and sharing expenses; socialization; family support and assistance; private pay for all-in- home services.

- 6. Retirement/Assisted Living Communities:** Rent an apartment (studio, 1 or 2 bedroom.); utilities are included except for telephone and sometimes cable TV. Receive 3 meals/day; all activities and transportation services included; According to SeniorAdvisor.com, the average starting cost is \$3,500 a month; additional costs for home health services as needed.
- 7. Continuing Care Communities:** Require an entrance fee and a monthly rent; have assisted living services; have at least 2 levels of care; have personal care and nursing services when needed; and nursing facility available if needed.
- 8. Elderly Housing Complexes:** Low income apartments; all electric apartments; pay 30% of your monthly income to rent; apply through your local housing authority; have studio and 1-bedroom apartments; Section 8/HUD subsidies; laundry facilities on premises; and private pay for all in-home services.
- 9. Congregate Housing Complexes:** Full rental apartments; rent includes 1 meal/day; access to personal care services; personnel on duty 24 hours/day; state subsidized building; housekeeping services are included; application process to complete.
- 10. Residential Care Homes:** Rent a room; have a roommate; includes 3 meals/day, housekeeping and laundry services, state supplements accepted (Title 19); must be able to evacuate the building in an emergency; all residents have an emergency call system with 24 hour/day supervision.
- 11. Intermediate Care Facilities:** Includes 24 hour nursing services; state supplements (Title 19); and limited medical, social and support services; minimal skilled nursing services as needed.
- 12. Skilled Nursing Home:** Receives full personal care assistance daily, nursing services, medication distribution and monitoring, physician services, physical and/or occupational therapy, socialization, etc.; see Medicare for eligibility.
- 13. Universal Design:** broader principles (dropped curbs) cabinets and pull out shelves, kitchen counters at several heights. Barrier-free.

Accessibility: ADA-site, facility work, environment, service or program that is easy to approach, enter, operate participate in and/or use safety with dignity.

Design for All (DFAC): targeting use of products, services and systems by as many people as possible without the need for adaptation. (Velcro, electric toothbrush, automatic door, low floor bus, and flexible drinking straw).

APPENDIX D:

Disposal of Medications—



How to Dispose of Unwanted Medications



Are you throwing unused medications and over-the-counter products down the toilet or the sink? STOP!

Flushing medications down the toilet or sink causes water pollution, impacts drinking water and has adverse effects on septic systems, fish and aquatic life.

Safe Ways To Dispose Of Medications And OTC Products Include:

1. Follow the **directions, below** and **put them in the trash.**
2. Find out if the **local police** department has a **locked drug drop box.**
3. See if your **pharmacy** has a low-cost **disposal envelope** to **send away** (CVS, Walgreens and Rite-Aid all do).
4. Bring them to a **one-day collection.**

Directions on how to throw away in trash:

1. **Keep medication in its original container. Cross out patient's name or remove label.**



2. **Modify the medications to discourage consumption.**



- For **pills or capsules**: add a small amount of water to partially dissolve them.
- For **liquid medications**: add salt, flour, charcoal, kitty litter or a powdered spice to make a pungent, unsightly mixture that discourages anyone from eating it.
- For **blister packs**: wrap pack containing pills in multiple layers of duct tape.

3. **Seal and conceal.**

- Tape medicine container lid shut with packing / duct tape.
- Place inside a non-transparent bag or container so it cannot be seen (i.e., an empty yogurt or margarine tub).
- **Do not** conceal medicines in food products because animals could inadvertently consume them.



4. **Discard the container in your trash can. *Do not put container in your recycling bin!***

NOTE: Certain chemotherapy drugs may require special handling, so check with your healthcare provider or pharmacist.

For more information, go to www.ct.gov/deep/medsdisposal, or contact:
CT Department of Energy & Environmental Protection, Office of Pollution Prevention, (860) 424-3297 www.ct.gov/dep/p2

Thanks to Minnesota Office of Environmental Assistance for permission to use parts of their brochure and the CT Department of Consumer Protection for their assistance.

DO NOT DISPOSE MEDICATIONS IN THE RECYCLING BIN

FOR MORE INFORMATION CONTACT:

CT Dept of Environmental Protection..... (860) 424-3297
Office of Pollution Protection www.ct.gov/dep/p2
79 Elm Street, Hartford, CT 06106

Orange Police Department(203) 891-2136
www.orange-ct.gov/police (check dates for disposal programs)

www.disposemy meds.org

An online resource to find medication disposal programs at the local independent community pharmacy.

APPENDIX E:

When is Home Not Safe

Below is a guide for behaviors or signs to look for, with the most pressing concerns under A. Check the boxes that apply in your situation, under each category.

A If one of these situations is present, the person should not be alone and your Primary Care Physician should be contacted.

- Weight loss of more than 6 lbs or 10% of body weight in 6 months, loose clothing, evidence of wasting, such as protruding bones.
- Agitated paranoia, hallucinations, delusions, suicidal thoughts, aggression.
- Presence of weapons, especially loaded.
- Evidence of fire or misuse of appliances, such as placing metal in the microwave.
- No food in the house or only rancid food.
- Falling, especially when the person remains down more than 2 hours. Also, evidence of injuries, unexplained bruises, substance abuse.
- Medication mistakes or poor care for serious conditions.
- Reports that the person is neglecting basic care, such as medical treatment or is being abused.
- Repeated emergency room visits, hospitalizations, physical complaints.
- Evidence of domestic violence, including the person injuring a caregiver.
- Frequent calls to the police or emergency services.
- Wandering outside the home.
- Eviction notice has been served.

A/B These behaviors could require immediate help depending on how severe they seem to the reviewer.

- Malfunctioning plumbing, such as lack of water or stopped-up toilet, when the person has caused the problem or neglected to get it fixed.
 - Thermostat set inappropriately for weather conditions.
 - Chronic anxiety or worry, panic attacks, depression.
 - Unsafe driving with refusal to stop.
 - Law enforcement officers ask that the person be evaluated because of repeated calls.
-

B If two or more of these situations are present, you may wait a few weeks, but should work toward providing care in the home or moving the person to another living situation.

- Poorly managed continence.
- Repeated calls to the family to ask what to do next or express concern about planned activities.
- Dirty or infested household that poses health risk.
- Accumulation of garbage.
- Food stored inappropriately, such as ice cream in the pantry.
- Person is being exploited by someone, such as a neighbor or relative.
- Resists personal care for long time periods.

B/C These behaviors could require intermediate help depending on how severe they seem to the reviewer.

- Person makes statements about needing to move or not being able to cope.
- Community members, such as neighbors, advise that help is needed.
- Neighbors or others complain about person's dependence on them.

C If some of these behaviors are present, especially three or more, consider giving the person help and re-evaluate monthly.

- Socially isolated behavior, such as sitting all day in front of the TV.
- Poor grooming, soiled clothing, wearing the same clothing all the time.
- Losing belongings, hiding things.
- Post-it notes throughout the house.

If you need further information about care alternatives, please contact Orange Community Services Department's Elderly Outreach Worker/Municipal Agent at (203) 891-4787.

APPENDIX F:

Town of Orange Telephone Directory

TOWN HALL 617 Orange Center Road (203) 891-4700; Fax (203) 891-2185

Monday through Friday 8:30 a.m. to 4:30 p.m.

First Selectman	(203) 891-4737	Tax Assessor	(203) 891-4723
Town Clerk	(203) 891-4730	Tax Collector	(203) 891-4726
Sanitarian	(203) 891-4719	Building Official	(203) 891-4748
Public Works	(203) 891-4712	Accounting	(203) 891-4739
Town Plan & Zoning	(203) 891-4731	Registrar of Voters:	
Treasurer	(203) 891-4734	<i>Republican</i>	(203) 891-4716
Finance Director	(203) 891-4740	<i>Democrat</i>	(203) 891-4715
I.T. Coordinator	(203) 891-4769	Orange Government	
Inland Wetlands		Access TV	(203) 891-5764
Enforcement Officer	(203) 891-4746		

HIGH PLAINS COMMUNITY CENTER 525 Orange Center Road

Park & Recreation(203) 891-4790; Fax (203) 891-2173

8:30a.m. – 4:30p.m. M–F

Town Pool..... (203) 891-4761

Milford/Orange Probate (203) 783-1288

Government Center, 70 West River Street, Milford CT 06460

8:30a.m. – 1:00p.m. M–F

Community Services(203) 891-4788; Fax (203) 891-2191

8:30a.m. – 4:30p.m. M–F

Youth Services(203) 891-4785

Transportation..... (203) 891-4788

Senior Center(203) 891-4784

THE CLARK BUILDING 605A Orange Center Road

Orange Visiting Nurse Association(203) 891-4752; Fax (203) 891-2169
 Family Counseling Services/Bridges.....(203) 795-6698 / (203) 878-6356
 Orange Economic Development Corp.....(203) 891-1045; Fax (203) 891-1044
 Orange Drug/Alcohol Action Committee (203) 891-2122; Fax (203) 891-2169
 Orange Chamber of Commerce(203) 795-3328; Fax (203) 795-5926

Orange Police Department (Non-emergency) 314 Lambert Rd(203) 891-2130
Fire Marshal 355 Boston Post Road..... (203) 891-4711
Case Memorial Library 176 Tyler City Road (203) 891-2170
Orange Post Office 36 Old Tavern Road(203) 795-3523
Town Garage 308 Lambert Road(203) 891-4775
Transfer Station..... (203) 891-2177
Tree Warden.....(203) 799-2414
Poison Control UCONN Health Center 1-800-343-2722
Animal Control 136 Bradley Rd. Woodbridge(203)389-5991

SCHOOLS

Orange Board of Education 637 Orange Center Road, Orange ... (203) 891-8020
Mary L. Tracy School 650 School House Lane, Orange (203) 891-8028
Race Brook School 107 Grannis Road, Orange (203) 891-8030
Turkey Hill School 441 Turkey Hill Road, Orange..... (203) 891-8040
Peck Place School 500 Peck Lane, Orange(203) 891-8034
School of 21st Century 107 Grannis Rd., Orange(203) 891-8033
Amity Regional Senior High School 25 Newton Road, Woodbridge(203) 397-4830
Amity Orange Middle School 130 Ohman Avenue, Orange(203) 392-3200
Amity Adult Education(203) 397-4811, Ext. 8

COURTS

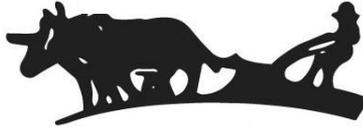
Fifth Circuit Court Derby Clerk of Court (203) 735-7438
Superior Court Milford Clerk of Court (203) 877-4293
Small Claims Court Milford(203) 874-0674

APPENDIX G:

State Agencies

-
- Area Agency South Central Connecticut (AASCC).....203) 785-8533
www.aascc.org
- Official State of Connecticut Website.....www.ct.gov
 Lists all agencies alphabetically
- 2-1-1www.211.ct.org or dial
 Has resources listing for assistance by category
- Disability Rights CT(800) 842-7303
- State of CT Department of Aging and Rehabilitation Services...(860) 424-5055
 TTY (860) 247-0775
- Soldiers, Sailors and Marine Fund administered by the American Legion.....(844) 454-8900
- State of CT Department of Mental Health and Addiction Services.....(860) 418-7000
- State of CT Department of Public Health.....(860) 509-8000
- State of CT Department of Social Services(800) 842-1508
- State of CT Department of Veteran Affairs.....(860) 616-3562

NOTES:



This Resource Directory was created by the Senior Resource Team of the Orange Senior Leadership Program to allow older residents to remain in the own homes/community, for as long as possible, avoiding unwanted and unnecessary institutionalization, and to age in place with dignity and respect

While every effort was made to verify the credentials and quality of the services and/or provides, the Town of Orange and the Senior Leadership Program disclaims any responsibility for adverse occurrence and recommends patrons of services verify the credibility, license/registration and

Your Feedback is welcomed

Please call the Elderly Outreach Worker at (203) 891-4787 and let us know about the quality of service you received from the various providers and contractors listed within the book.

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