



Staying Put is a member-based, volunteer-supported, nonprofit organization committed to helping seniors live independently in their homes and actively engaged in the community as they age.

Staying Put has created this Resource Guide for all residents of New Canaan as a guide to identifying resources especially useful in addressing issues related to aging. The guide includes governmental and non-governmental organizations in New Canaan and the surrounding area.

The listings in this guidebook are for informational purposes only and do not constitute an endorsement by Staying Put. While every effort has been made to ensure the accuracy of this information, content may be subject to change at any time.

If you have any questions about any organization listed in this guidebook, please contact:

Staying Put in New Canaan
58 Pine St.
PO Box 484
New Canaan, CT 06840
203-966-7762

Hours of Operation: Monday-Thursday - 9 am to 5 pm
Friday - 9 am to 1 pm

Email: director@stayingputnc.org

Website: www.stayingputnc.org

TABLE OF CONTENTS

Emergency Services	3
Local Government Services	4
State Government Services	5
Local Resources for Older Adults	6-7
Transportation Services	8
Medicare & Medicaid Contacts	9
Financial and Legal Assistance	10-11
Emergency Medical Services	12
Pharmacies	13
Houses of Worship	14
Driver Safety	15-16
Dementia & Caregiver Support	17
Adult Day Care Services	18
Home Care Agencies	19
Rehabilitation Services	20
Geriatric Assessment Centers	21

EMERGENCY SERVICES

Ambulance.....911

Police.....911

Non-Emergency.....203-594-3500

Fire.....91

1

Non-Emergency.....203-594-

3140

Poison Control.....800-222-1222

New Canaan Emergency Operations Center (EOC).....203-594-4101

The Town of New Canaan has established an Emergency Notification System which uses residents’ phones and e-mails to send emergency messages.

To register for this service, click on the [Emergency Call Out System](#) link on the New Canaan Office of Emergency Management website at www.newcanaan.info

Smart 911.....www.smart911.com

The New Canaan Police Department encourages all residents to go online and sign up for this free national service. The user fills out a confidential online form to provide potentially life-saving information about medical conditions, allergies, medications, pets in the home, and contact information so that in an emergency responders will arrive knowing just what’s needed to help.

Infoline.....211

This toll-free 2-1-1 resource number is part of a nationwide system providing information and referrals on local and national social service and assistance programs. The service is free and available 24 hours a day, 7 days a week.

LOCAL GOVERNMENT SERVICES

Town of New Canaan - Health and Human Services 203-594-3076

Vine Cottage, 61 Main St.

Mon.- Fri., 8:30 am to 4:30 pm

- Counseling, support, initial assessment and case management for families, individuals, and seniors
- **Counseling on Medicare** coverage, Medigap, Medicare Saving Program, and annual enrollment for Part D prescription plans
- **Home wellness visits** to seniors by Community Nurse for assessments, blood pressure and wellness checks, and support
- **Tele-Health program** promoting senior health and wellness
- **Loan Closet program** provides free, short-term loans of medical equipment. Offers wheelchairs, walkers, crutches, canes and shower chairs.
- **Food Pantry program** collects and distributes food to needy families, adults, and seniors. Call **203-594-3082**; www.food.pantry@newcanaanct.gov
- **Renter Rebate for the Elderly and Disabled program** provides a refund on yearly rentals for eligible residents
- **Energy Assistance program** provides financial aid for home heating and home weatherization to eligible residents
- **NC Veterans Service Liaison** for federal, state, and local agencies that serve veterans and their dependents

Meals on Wheels of New Canaan.....203-594-5318

P.O. Box 321

New Canaan CT

Mon-Fri, 8am to 1pm

Website www.MOWofNC.org

Meals are provided to local New Canaan residents who are unable to shop or prepare adequate nutritious meals for themselves or, regardless of age or income. Meals are delivered by volunteers mid-day Monday through Friday, including holidays. Call the Community Coordinates at 203-594-5318 to receive a client application or to discuss eligibility.

STATE GOVERNMENT SERVICES

CT Department on Aging.....860-424-5274
www.ct.gov/agingservices

CT Protective Services for the Elderly.....888-385-4225
After hours, call 211 INFOLINE. In case of EMERGENCY, please call 911.

State-run program designed to safeguard people 60 years and older living in the community or long-term care facilities from physical, mental, and emotional abuse, neglect (including self-neglect), abandonment and/or financial abuse and exploitation.

CT Department of Social Services.....855-626-6632
www.ct.gov/dss

The Department of Social Services (DSS) provides a wide range of services to Connecticut residents, including seniors. Programs address food/nutrition, health care (including Medicaid), financial and employment assistance, support for children, housing/shelter, and community and social needs, including aging services and Medicare.

Southwestern Connecticut Agency on Aging203-333-9288
www.swcaa.org

Private, non-profit agency that provides senior-related advice, information, and administers a variety of programs and services in Southwestern Connecticut.

Services include:

- Nutrition: food pantries, congregate meals, home-delivered meals, Food stamps)
- In-home care: skilled, non-skilled care
- Legal: legal advice, counseling, and representation
- Health: dental, outpatient clinics, physician referral, hospitals, geriatric planning
- Adult day care/respice
- Transportation: programs that provide door-to-door transportation for shopping, banking, and medical appointments
- Senior centers and Outreach support
- Community education

LOCAL RESOURCES FOR OLDER ADULTS

Staying Put in New Canaan.....203-966-7762

58 Pine St.

P.O. Box 484

Mon.-Thurs.: 9 am to 5 pm; Fri.: 9 am to 1 pm

www.stayingputnc.org

A private, non-profit, membership-supported organization which works to keep seniors living safely in their homes and engaged in the community as they age.

Services include:

- Transportation to medical appointments and personal activities
- Social, educational, and cultural events
- Recommendations for professional vendors
- Odd jobs and minor carpentry help
- Grocery shopping, pharmacy pick up, and other errands
- Technical assistance
- Home safety assessments
- Friendly calls and visits

Lapham Community Center.....203-594-3620

663 South Ave. (Waveny Park)

P.O. Box 83

Mon.- Fri., 8:30 am to 4:30 pm

www.laphamcenter.org

Lapham offers a wide variety of activities for New Canaan residents including an active adult education program as well as programs of the Senior Center of New Canaan, Inc.. There is no membership fee or requirement beyond town residency to participate.

Programs include:

- Adult education: AARP Driver Safety, fine arts and crafts, games, music, languages, history and art history
- Exercise and yoga
- Health/Wellness screenings and programs

- Medicare and legal counseling
- Tech help: computers, technology, internet genealogy
- Lunch and Learn events
- Free films
- Day trips

Lifetime Learners Institute.....203-857-3330

188 Richards Ave., Norwalk

www.lifetimelearners.org

An independent, non-profit organization that provides community members 50 and older in Fairfield County the opportunity to further their pursuit of knowledge. Over 40 courses are offered in the spring and fall, and Norwalk Community College offers the organization classrooms along with use of its wellness center and library.

New Canaan Public Library.....203-594-5000

151 Main St., New Canaan

www.newcanaanlibrary.org

Book, video, and CD loans as well as classes, lectures, cultural events, and computer technical assistance. Museum Pass programs gives library card holders free or discounted access to area museums and cultural destinations.

New Canaan Community YMCA.....203-966-4528

564 South Ave., New Canaan

www.newcanaanymca.org

Health and fitness, aquatics, family, arts, sports, and community speakers.

TRANSPORTATION SERVICES

GetAbout.....203-972-7433

P.O. Box 224

198 Elm Street., New Canaan

www.getaboutnc.org

Door-to-door rides are provided for New Canaan seniors and those with mobility issues to any location in New Canaan and to medical destinations in Darien, Wilton, Stamford, and Norwalk. Available Monday through Friday, from 9 am to 4 pm. Most vehicles are wheelchair accessible. Doctor, dentist, and therapy appointments are free of charge; other destinations for nominal fee. Rides must be reserved two days in advance.

Staying Put.....203-966-7762

PO Box 484/58 Pine St.

New Canaan, CT 06840

Mon-Thurs, 9 am to 5 pm; Fri., 9 am to 1 pm

www.stayingputnc.org

Free rides within a 10-mile radius of New Canaan are provided by volunteer drivers to Staying Put members.

American Cancer Society.....800-277-2345

www.cancer.org/treatment/support-programs-and-services/road-to-recovery.html

38 Richards Ave., Norwalk

Free rides are provided for patients to/from their cancer treatment. A minimum of 4 business days' notice, not including the treatment day, is required. (If the treatment is on Friday, for example, the reservation must be made on Monday). System relies on volunteers, so riders need to be ambulatory. Caregivers welcome.

MEDICARE & MEDICAID CONTACTS

Medicare.....800-633-

4227www.medicare.gov

Social Security Office

2 Landmark Square, Suite #105, Stamford

866-770-1881

A federal health insurance program for people aged 65 and over, certain younger people with disabilities, and people with End-Stage Renal Disease.

- Part A: Hospital Insurance
 - Covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- Part B: Medical Insurance
 - Covers certain doctors' services, outpatient care, medical supplies, and preventive services.
- Part C: Medicare advantage
- Part D: Rx Drug Coverage

Medicaid.....800-842-1508

Stamford Office.....203-251-9300

www.ct.gov/dss

A program designed to provide medical coverage for persons with low income. In Connecticut, Medicaid is run by the State Department of Social Services.

FINANCIAL AND LEGAL ASSISTANCE

Center for Medicare Advocacy.....860-456-7790
www.medicareadvocacy.org

Connecticut Bar Association.....860-223-4400
www.ctbar.org

Connecticut Department of Revenue Services.....800-383-9463

www.ct.gov/drs

Contact regarding explanation on tax collection and any question with the Department of Revenue at State level

Connecticut Legal Services.....800-453-3320

www.ctlegal.org

21 State Street., Bridgeport

Department of Consumer Protection.....800-842-2649

www.ct.gov/dcp

Department is responsible for guaranteeing and defending the rights of people in such areas as food and product safety, weights and measures, drug control, fraud, and consumer education.

Fairfield County Lawyer Referral Service.....203-335-4116

www.fairfieldlawyerreferral.com

www.bridgeportbar.org/fairfield-county-lawyer-referral-service

1057 Broad Street., Bridgeport

Federal Department of Revenue Services.....800-829-1040

www.irs.gov

Contact regarding information about tax collection at the national level

Legal Aid Hotline (Statewide).....800-453-3320

www.slct.org

Free legal services in all except criminal cases for Connecticut residents. Income eligibility guidelines apply.

New Canaan Assessor Office.....203-594-3005

77 Main Street First Floor

New Canaan

Hours: Mon - Fri, 8:30am to 4:30pm

The office is responsible for New Canaan’s assessment records and annual calculation of the tax base.

Offices of the Connecticut Attorney General.....860-808-5318
www.ct.gov/ag

Resources of Legal Assistance.....860-808-5420

Social Security Administration.....866-770-1881
www.ssa.gov

2 Landmark Square

Stamford, CT

Hours: Mon. - Fri., 9 am to 3:30 pm

Helps guide and explain Social Security, Medicare and Supplemental Security Income Program.

EMERGENCY MEDICAL SERVICES

New Canaan Immediate Care.....203-594-9520

38 East Ave., New Canaan

Hours: Mon-Fri, 9 am to 7 pm, Sat. 9 am to 4 pm, Sun. 10 am to 2 pm

New Canaan Immediate Care offers non-emergency medical care, including treatment for conditions such as broken bones, allergies, asthma, stomach viruses, minor burns, flu, and ear and respiratory infections.

Norwalk Hospital.....203-852-2000

Emergency Room: 203-852-2160

34 Maple St., Norwalk

Stamford Hospital.....203-273-1000

Emergency Room: 203-276-7777

1 Hospital Plaza, Stamford

PHARMACIES

CVS.....203-966-6758

94 Park St., New Canaan

Store hours: 8 am to 10 pm, everyday

Pharmacy hours: Mon-Fri, 8 am to 9 pm; Sat, 9 am to 6 pm; Sun, 10 am to 6 pm

Offers curbside pickup.

Greenwich Pharmacy.....203-801-0808

44 East Ave., New Canaan

Store and Pharmacy hours: Mon-Fri, 8 am to 7 pm; Sat, 9 am to 5 pm;

Offers free delivery service in New Canaan.

New Canaan Pharmacy.....203-966-4575

44 East Ave., New Canaan

Store and Pharmacy hours: Mon-Fri, 8 am to 7 pm; Sat, 9 am to 5 pm;

Offers free delivery service in New Canaan.

Walgreens.....203-801-0121

36 Pine St., New Canaan

Store hours: Mon-Fri, 7 am to 10 pm, Sat and Sun, 8 am to 10 pm

Pharmacy hours: Mon-Fri, 8 am to 8 pm; Sat and Sun; 9 am to 6 pm

HOUSES OF WORSHIP

Community Baptist Church.....203-966-0711
174 Cherry St., New Canaan

The Congregational Church of New Canaan.....203-966-2651
23 Park St., New Canaan

First Presbyterian Church.....203-966-0002
178 Oenoke Ridge Rd., New Canaan (Provides rides to services)

Grace Community Church.....203-966-7300
365 Luke's Wood Rd., New Canaan

Islamic Center of Stamford.....914-338-3195
10 Outlook St., Stamford

Methodist Church of New Canaan.....203-966-2666
165 South Ave., New Canaan (Provides rides to services)

St. Aloysius.....203-966-0020
21 Cherry St., New Canaan (Provides rides to services)

St. Mark's Episcopal Church.....203-966-4515
111 Oenoke Ridge., New Canaan

**Saint Michael's Lutheran Church.....203-966-
3913**
5 Oenoke Ridge Rd., New Canaan

Temple Sinai.....203-322-1649
458 Lakeside Drive., Stamford

DRIVER SAFETY

AARP Driver Safety Program.....800-350-7025
www.aarpsafedriving.org

Driving classes - classroom-based or online - are offered to AARP members and non-members that teach safe driving techniques such as how to reduce driver distraction and the effects of medication on driving. Passing the course may result in a state-mandated reduction in participants' car insurance of at least 5% for 2 years. In the past, these classes have been offered at Lapham and the New Canaan Men's Club.

Norwalk Hospital, Driver Rehabilitation.....203-852-3400
www.norwalkhospital.org/departments/outpatient-rehabilitation-and-physical-therapy-services/specialty-rehabilitation-programs/driver-rehabilitation
34 Maple Street., Norwalk

This rehabilitation program provides a medical evaluation of whether a person can safely operate a motor vehicle and maintain a driver's license with a clinical and behind the wheel assessment.

Burke Rehabilitation Hospital.....914-597-2187
www.burke.org
785 Mamaroneck Ave.
Outpatient Dept., Building 8
Mamaroneck, NY

The Burke program is designed to help determine if older adults or those suffering from certain illness or injuries are still able to drive safely. Administered by licensed occupational therapists, the two-part driving evaluation assesses vision, perception, attention, reaction time, memory, judgment, safety awareness and cognition.

Lewis School of Driving.....203-972-0242
www.lewisschoolofdriving.com
28 Cross Street., New Canaan
One hour in-vehicle assessment for \$85.

Stamford DMV which makes appointments: <http://www.ct.gov/dmv/cwp/view.asp?a=808&q=484104>

Tips to Evaluate Your Driving

Most people want to continue driving for as long as they can do so safely. However, for many people, a time will come when they must limit or stop driving, either temporarily or permanently.

The following are some warning signs that indicate a person should begin to limit or stop driving:

1. Almost crashing, with frequent “close calls”
2. Finding dents and scrapes on the car, fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging in traffic at intersections and on a highway entrance and exit ramps
7. Experiencing road rage or causing other drivers to honk or complain
8. Easily becoming distracted or having difficulty concentrating while driving
9. Having a hard time turning around to check the rear view while backing up or changing lanes
10. Receiving multiple traffic tickets or “warnings” from law enforcement officers

If you notice one or more of these cautionary signs in yourself, or in a loved one, you might want to register yourself or that person for a driver improvement course, such as courses offered by AARP Driver Safety or consider making an appointment for a professional evaluation through a local driving school or other driving assessment program.

DEMENTIA AND CAREGIVER SUPPORT

Alzheimer’s Association (24-hr Helpline).....800-272-3900
www.alz.org

Local Alzheimer’s Association Office
607 Main Ave., Norwalk.....203-840-1188
www.alz.org/ct

Bridges by EPOCH.....203-523-0510
123 Richards Ave., Norwalk
www.BridgesbyEPOCH.com

Dementia care education workshops for caregivers and caregiver support groups.

Center for Hope..... 203-655-4693
590 Post Rd., Darien
www.familycenters.org/Center-for-HOPE

Bereavement and caregiver support groups.

Visiting Nurse and Hospice of Fairfield County.....203-762-8958
761 Main Ave., Entrance E, Norwalk
www.visitingnurse.net

Bereavement and caregiver support groups.

Waveny Care Center.....203-594-5200
3 Farm Rd., New Canaan
www.waveny.org

Dementia caregiver support group and respite care.

ADULT DAY CARE SERVICES

The State of Connecticut defines Adult Day Care Centers as agencies that provide a variety of services during the day to elderly persons who may be socially isolated, in need of some support or care, or may have functional and/or cognitive impairments. Adult day care offers relief to family members or caregivers and allows them the freedom to go to work or just relax while knowing their relative is well cared for and safe.

Adult Day Care.....866-333-6002
www.adultdaycare.org

The website lists all accredited adult day care centers in Connecticut, with links to centers nationwide by zip code.

Connecticut Association of Adult Day Services203-678-4649
www.ctadultday.org/

A statewide organization of adult day care providers.

Adult Day Program at Waveny Care Center.....203-594-5429
www.waveny.org

3 Farm Rd., New Canaan
Mon-Fri: 8 am to 5:30 pm

ElderHouse.....203-847-1998
www.elderhouse.org

7 Lewis Street., Norwalk
Mon-Fri: 8 am to 5 pm Sat: 9 am to 3 pm

Grasmere on Park Ave Adult Day Program.....203-365-6470
www.jseniors.org/services/day-services/adult-day-program

Jewish Senior Services, 4200 Park Ave., Bridgeport
Mon-Fri: 7:30 am to 5 pm

HOME CARE AGENCIES

BrightStar Care.....203-883-8560

www.brightstarcare.com/stamford
2009 Summer St, Suite 209., Stamford

Medical and non-medical home care. Private Pay.

Family and Children’s Agency (FCA).....203-831-2900

www.familyandchildrensagency.org
9 Mott Ave., Norwalk

Non-medical home care, assisted transportation, home modification, personal alert service. Medicare and Private Pay. State grant funds and fee assistance may be available for all home care services.

Jewish Family Service.....203-921-4161

www.ctjfs.org/home-companion-program
111 Prospect St., Stamford

Sitter, home companion, and non-medical home care.

Privatus.....203-987-3083

www.privatuscare.com
15 Valley Dr., Suite 306, Greenwich

Medical and non-medical home care and care management. Private Pay.

Visiting Nurse & Hospice of Fairfield County.....203-869-4663

www.visitingnurse.net
761 Main Ave., Suite 114, Entrance E
Norwalk, CT 06851

Companion care, medical and non-medical home care, rehabilitation services, hospice care, and care management. Medicare and Private Pay.

REHABILITATION SERVICES

Waveny Care Center.....203-594-5340

www.waveny.org/day-and-outpatient-programs/outpatient-rehabilitation-services.html

3 Farm Rd., New Canaan

Inpatient and outpatient rehab

The Nathaniel Witherell.....203-618-4200

www.greenwichct.org/NathanielWitherell

70 Parsonage Rd., Greenwich

Inpatient and outpatient rehab

Autumn Lake Healthcare.....203-842-5700

www.autumnlakehc.com

34 Midrocks Dr., Norwalk

Inpatient and outpatient rehab

ONS Stamford Physical Therapy.....203-869-1145

www.onsmd.com/stamford/

5 High Ridge Park, 3rd Floor., Stamford

Outpatient rehab

New Canaan YMCA - Stamford Health.....203-276-8597

www.newcanaanymca.org/physical-therapy

564 South Ave., New Canaan

Outpatient rehab

GERIATRIC ASSESSMENT CENTERS

A geriatric assessment is a comprehensive evaluation of an older adult's cognitive, psychological, social, medical, and functional status. The goal is to help patients and their families to make appropriate short- and long-term healthcare decisions and, ultimately, to allow for an improved quality of life.

Waveny Care Center: Charlotte & David Brown

Geriatric Clinic.....203-594-5311

www.waveny.org/day-and-outpatient-programs/brown-geriatric-evaluation-clinic

3 Farm Rd., New Canaan

Jewish Senior Services: Institute on Aging.....203-365-6400

www.jseniors.org/services/advocacy-education/care-management-2/

4200 Park Ave., Bridgeport

Greenwich Hospital: Center for Healthy Aging.....203-863-4373

www.greenwichhospital.org/services/aging/center-for-healthy-aging

5 Perryridge Rd., Greenwich

Bridgeport Hospital Geriatric Assessment Program.....203-384-3388

www.bridgeporthospital.org/services/aging/geriatric-psychiatric-services

95 Armory Rd., Stratford

St. Vincent's Medical Center Geriatric

Assessment Program.....203-576-5710

stvincentshealthpartners.org/geriatric-assessmentevaluation

762 Lindley St., Bridgeport