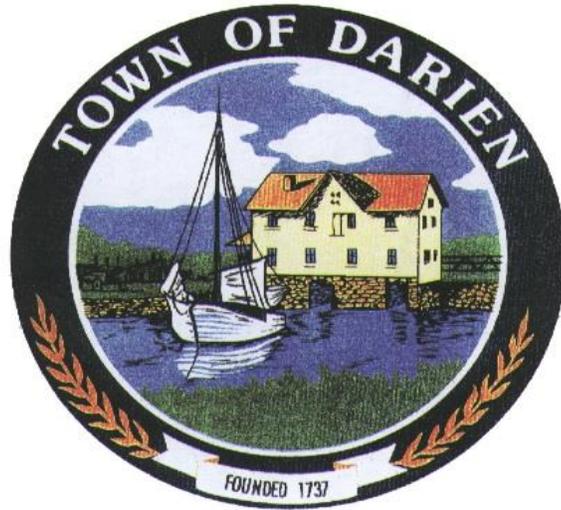


SENIOR RESOURCE DIRECTORY



Provided by
Darien Human Services

Town Hall, 2 Renshaw Road
Room 109
203-656-7328

www.darienct.gov

DARIEN HUMAN SERVICES STAFF

Darien Town Hall, Room 109
Office Hours: Mon. through Fri. 8:30 am to 4:30 pm
203-656-7328

Ali Ramsteck, LCSW, Director
(203) 656-7494
aramsteck@darienct.gov

Cynthia Hall, LMSW
Case Manager
(203) 656-7373
chall@darienct.gov

Michelle Varrone, Office Administrator
(203) 656-7328
mvarrone@darienct.gov

Joan Davey, Program Assistant
203-656-7329
jdavey@darienct.gov

Diane Barston, Program Assistant
203-656-7329
dbarston@darienct.gov

After hours and home visits can be made by appointment.
All services are free and confidential.

Disclaimer

This directory is presented as a resource for Darien seniors and their families. Unintended and unavoidable omissions are likely to occur. We have endeavored to print accurate information and do not assume liability to any party for damage by errors, omissions or any other inconsistency herein.

Inclusion in this directory does not imply endorsement or recommendation of an agency.

TABLE OF CONTENTS

Adult Day Care & Respite Programs	13
Advocacy	1
Assisted Living	18, 19
Continuing Care Communities	21
Convalescent/Nursing Homes/Short-term Rehabilitation/Respite	16, 17
Counseling/Mental Health/ Support Services	9, 10, 11
Financial Services/Benefit Programs	5, 6
Geriatric Assessment	8
Health/Medical/Dental Services	27, 28
Homecare Medical Supplies	20
Hospice Care	20
House Cleaning Services	18
Information & Assistance	2, 3, 4
Independent Living/Subsidized Housing	22
Legal Information & Services	24
Meals/Groceries	28
Nursing/Homemaker/ Homecare Services	15, 16
People With Special Needs	23
Recreation/Fitness/Education	30, 31, 32
Telephone/Community Response	12
Transportation	25, 26
Veterans Services	7
Volunteer Opportunities	32, 33
Index	34, 35, 36, 37

MUNICIPAL AGENT FOR THE ELDERLY

Ali Ramsteck, Director

203-656-7328

Human Services, Town Hall Room 109

2 Renshaw Rd. Darien 06820

Connecticut Statutes mandate that a Municipal Agent be appointed for each of the 169 towns in Connecticut. Municipal Agents (MAs) provide information regarding the available community resources and make referrals to the appropriate agencies. The MA serves as a liaison with the State Commission on Aging.

www.darienct.gov

CENTER FOR MEDICARE ADVOCACY, INC

860-456-7790

P.O. Box 350, Willimantic CT 06226

Conn. Only

800-262-4414

This is a national non-profit, non-partisan organization providing legal assistance to older adults and persons with disabilities and representation on Medicare issues.

www.medicareadvocacy.org

PROTECTION & ADVOCACY FOR PEOPLE WITH DISABILITIES

800-842-7303

60-B. Weston St., Hartford CT 06120

(TTY)

www.state.ct.us/opapd

PROTECTIVE SERVICES FOR THE ELDERLY

888-385-4225

55 Farmington Ave Hartford, CT 06105

Investigates reports of abuse (mental, emotional and financial), neglect, abandonment, and exploitation of persons 60 years or older and takes corrective action when necessary. **After Hours ONLY Elder Abuse Emergencies call:**

In State - **Infoline**

211

Out of State – **Infoline**

800-203-1234

www.ct.gov/agingservices

INFORMATION & ASSISTANCE

INFOLINE**211****Calling outside of CT 1-800-203-1234**

24 hours, 7 days. A centralized, free source of information on human services, including crisis and suicide emergencies.

www.infoline.org

DARIEN HUMAN SERVICES**203-656-7328**

Town Hall, Room 109

2 Renshaw Rd., Darien 06820

Offers a variety of services and support to Darien residents. The staff has a wide range of experience and training in the area of Human Services. If necessary, appointments outside of normal office hours can be made.

Services include:

- Counseling, support, and outreach
- CHOICES trained counselor for Medicare information
- Municipal Agent for the Elderly
- Senior Resource Directory
- Reassurance call to elderly or disabled during severe weather or town emergencies
- Darien veterans' service contact person
- Loan Closet – Short-term loan of wheelchairs, canes, walkers, and crutches
- Financial assistance
- Energy assistance
- Renters Rebate
- Long-term planning for housing and health care
- Holiday and Back-to-School programs
- Household Supply Closet available to low income vetted Darien residents
- Resource Library with resources on Human Services and Health matters

www.darienct.gov

CONNECT WITH DSS**Technical Support Helpline****877-874-1612**

“Am I Eligible?” Go online and find out what State Dept. of Social Services benefits you may be eligible to receive or set up an account to keep track of your benefits.

www.connect.ct.gov

AT HOME IN DARIEN**203-655-2227**

Town Hall, 2 Renshaw Rd., Darien 06820

A non-profit organization that helps Darien seniors live independently, comfortably and with dignity in their own home for as long as possible. Services include:

- Information and referral to assistance in the community
- Vetted services referral to home care professionals and property and home maintenance services
- Free senior transportation by town car or wheelchair accessible van
- Friendly visitors, shoppers, callers, drivers and helpers
- Social, educational and wellness programs
- Half-price taxi vouchers

www.athomeindarien.org**THE CENTER FOR ELDER ABUSE****203-396-1097**

4200 Park Ave, Bridgeport CT 06604

The Center provides counseling and emergency shelter.

www.jseniors.org/services/advocacy-education**CENTER FOR SEXUAL ASSAULT & CRISIS COUNSELING
AND EDUCATION****203-348-9346**

733 Summer St., Ste. 503, Stamford, 06901

Hotline**203-329-2929****www.thecenter-ct.org****CHOICES (Free Health Insurance Counseling)****203-656-7328**

Darien Human Services Town Hall, Room 109

2 Renshaw Rd. Darien 06820

Helps seniors make informed health insurance decisions regarding Medicare

Part D, Medigap, Medicare Advantage, Medicare Savings Program, Medicaid

www.darienct.gov**DOMESTIC VIOLENCE CRISIS CENTER****203-853-0418**

Confidential services for victims

24 Hour Hotline**888-774-2900****777 Summer St. Suite 400 Stamford, CT 06901****www.dvccot.org****ELDERCARE LOCATER****800-677-1116**

A public service of the U.S. Administration on Aging with referrals to services for older adults and their families.

www.eldercare.gov

INFORMATION & ASSISTANCE

4

INCOME TAX PREPARATION

Darien Library, 1441 Post Rd. Darien 06820,

203-656-1234

New Canaan Library, 151 Main St., New Canaan 06840

203-594-5003

February-April – Call for appointment

IRS-certified volunteers available to provide free basic income tax return preparation with electronic filing.

www.darienlibrary.org www.newcanaanlibrary.org

MEDICARE

800-633-4227

www.medicare.gov

NATIONAL COUNCIL ON AGING/BenefitsCheckUp

571-527-3900

251 18th St. Ste. 500, Arlington, VA 22202

BenefitsCheckUp helps identify benefits and programs that seniors may be eligible for. Apply online or print an application form.

www.benefitscheckup.org

PHOTO IDENTIFICATION CARD

800-842-8222

I.D. cards for adults without drivers' licenses. CT Department of Motor Vehicles

www.dmv.org/ct-connecticut

SILVER SOURCE (formerly Senior Services of Stamford)

203-324-6584

2009 Summer St. Suite 301, Stamford 06905

Provides direct services and financial assistance. Helps seniors navigate an immediate crisis, manage short-term issues and assist with planning for longer-term life transitions.

www.silversource.org

SOCIAL SECURITY

800-772-1213

www.ssa.gov

SOUTHWESTERN CONN. AGENCY ON AGING (SWCAA)

800-994-9422

1000 Lafayette Blvd., Bridgeport 06604 9th floor

203-333-9288

Regional information and assistance on aging issues, services and home care for seniors. Senior housing Assistance. **CHOICES** health insurance counseling for options on supplementing Medicare.

www.swcaa.org

FUEL & UTILITY ASSISTANCE**203-656-7328****(EAP, Operation Fuel, Darien Fuel Bank)**

Darien Human Services, Town Hall, Room 109
2 Renshaw Rd. Darien 06820

Assistance varies for homeowners and renters depending on income, assets and family size. Payments are made directly to vendors. Call for information on eligibility.

www.darienct.gov

TAX RELIEF FOR THE ELDERLY OR DISABLED**203-656-7310**

Tax Assessor, Town Hall, Darien, Room 102
2 Renshaw Rd. Darien 06820

A State program for eligible Darien homeowners for reduction in property taxes. Tax Deferral Program for the Elderly or Disabled.

www.darienct.gov

PERSON-TO-PERSON**203-655-0048**

1864 Post Road, Darien 06820

Provides limited financial assistance for rent, utilities, medical expenses, and security deposit. Person-to-Person also has a food pantry and clothing center for clients with a referral from Darien Human Services.

www.p2phelps.org

SOCIAL SECURITY**800-772-1213**

2 Landmark Square, Stamford 06901

866-770-1881

Information on Social Security, Medicare and Supplemental Security Income, and Disability Assistance. Call for an appointment.

www.socialsecurity.gov

STATE SUPPLEMENT FOR THE AGED**855-626-6632**

State Dept. of Social Services

860-424-5274

1642 Bedford St., Stamford 06905

Financial assistance for eligible low income elderly residents.

www.connect.ct.gov

FINANCIAL SERVICES/BENEFIT PROGRAMS
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CONN. HOME CARE FOR ELDERLY (CHCPE)

860-424-4904
800-445-5394

CHCPE is a client-centered home care program alternative to nursing home care. CHCPE is administered by SWCAA through the Care Management Department. Services are funded through the State Department of Social Services (DSS) and Medicaid. Final eligibility is determined by DSS based on income and assets.

www.ct.gov/dss/chcpe

HUSKY C

203-251-9300
800-859-9889

1642 Bedford St., Stamford 06905

CT resident adults who are blind or who have another disability may qualify for coverage under HUSKY C. (Formerly known as Medicaid for the Aged/Blind/Disabled or Title 19.)

www.huskyhealthct.org

MONEY MANAGEMENT INTERNATIONAL

866-226-0278

Non-profit community service offers financial counseling and debt management.

www.moneymanagement.org

SNAP (Supplemental Nutrition Assistance Prog.)

203-251-9300

State Dept. of Social Services, 1642 Bedford St., Stamford 06905

888-626-6632

A nutrition program to assist elderly, disabled and low-income residents purchase food. Income limits apply. No asset limits for seniors.

www.ct.gov/dss/cwp/view



VETERANS SERVICES

7

CONN. DEPT. OF VETERANS AFFAIRS **860-616-3600**

287 West St., Rocky Hill 06067

Provides help with benefits and other issues affecting veterans.

www.ct.gov/ctv

CONN. DEPT. OF VETERANS AFFAIRS—MEDICAL CENTER **203-932-5711**

950 Campbell Ave., West Haven 06516

Inpatient and Outpatient Care. May provide financial assistance for prescription drugs.

www.connecticut.va.gov

DARIEN VETERANS' SERVICE CONTACT PERSON **203-656-7328**

Ali Ramsteck, Director Darien Human Services

Town Hall, 2 Renshaw Rd., Darien 06820

Serves as a liaison with federal, state and local agencies that serve veterans.

Provides information, referral and support and helps veterans or their dependents secure the services and benefits they may be entitled to.

www.darienct.gov

SOLDIERS, SAILORS, MARINES FUND – Main Office **800-491-4941**

864 Wethersfield Ave., Hartford 06114

860-296-0719

Temporary assistance for veterans and their families

www.ct.gov/ssmf

UNITED STATES DEPT. OF VETERANS AFFAIRS/BENEFITS **800-827-1000**

www.benefits.va.gov/benefits

VETERANS OF FOREIGN WARS (VFW) POST 6933 **203-655-8552**

205 Noroton Ave., Darien 06820

www.darienvfw.org

VETERANS CRISIS LINE **800-273-8255**

www.veteranscrisisline.net

GERIATRIC ASSESSMENT

8

A geriatric assessment is a comprehensive evaluation of an older adult's physical, mental and emotional state and is designed to improve quality of life and reduce the need for premature institutionalization.

DOROTHY ADLER GERIATRIC ASSESSMENT CENTER **203-688-6361**

Yale New Haven Hospital

874 Howard Ave., New Haven 06519

www.ynhh.org/services/agi

BROWN GERIATRIC EVALUATION CLINIC **203-594-5311**

Waveny Care Center, 3 Farm Rd., New Canaan 06840

www.waveny.org

BURKE REHABILITATION MEMORY EVALUATION CENTER **914-597-2307**

785 Mamaroneck Ave., White Plains, NY 10605

www.burke.org

CENTER FOR HEALTHY AGING

GREENWICH HOSPITAL

203-863-4373

5 Perryridge Rd., Greenwich 06830

www.greenhosp.org



COUNSELING/MENTAL HEALTH/SUPPORT SERVICES

9

ALCOHOLICS ANONYMOUS

866-783-7712

12-step program to help deal with drinking problems. Call for local meetings.

www.ct-aa.org

DARIEN HUMAN SERVICES

203- 656-7328

2 Renshaw Rd., Darien 06820

Initial assessment and referral for services

www.darienct.gov

DUBOIS CENTER

203- 388-1600

780 Summer St., Stamford 06905

Crisis line

800-586-9903

Wide range of mental health services including crisis, individual and group counseling. The Department's prevention services serve all Connecticut citizens, but are mandated to serve adults over 18 years of age with psychiatric or substance abuse disorders (or both) who lack the financial means to obtain such services on their own.

www.ct.gov/dmhas

GAMBLING – Problem Gambling Treatment & Support LIBERATION PROGRAMS (LMG)

203-851-2077

129 Glover Ave., Norwalk 06580

Liberation Programs, Inc. is a non-profit community-based organization.

Counselors are available to help older adults constructively address the problematic use of substances including alcohol, drugs and prescription medications.

www.liberationprograms.org

NORWALK HOSPITAL PSYCHIATRIC CLINIC

203-852-2988

34 Maple St., Norwalk 06856

866-642-9355

Consultation, evaluation and treatment

www.norwalkhospital.org

Positive Directions

203-227-7644

90 Post Rd. West, Westport 06880

www.positivedirections.org

COUNSELING/MENTAL HEALTH/SUPPORT SERVICES

10

CATHOLIC CHARITIES **203-750-9711**

1 Park St. #3, Norwalk 06851

Caregivers support group and professional counseling services

www.ccfairfield.org

CENTER FOR HOPE - A Program of Family Centers, Inc. **203-655-4693**

590 Post Rd., Darien 06820

Counseling and support groups with special expertise on the impact of illness and loss

www.centerforhope.org

FAMILY CENTERS, INC. **203-655-0547**

590 Post Rd., Darien 06820

Individual and family therapy as well as an array of support groups

www.familycenters.org

FAMILY AND CHILDREN'S AGENCY **203-855-8765**

9 Mott Ave., Norwalk 06850

Individual, family and group counseling

www.familyandchildrensagency.org

SAINT THOMAS MORE CHURCH **203-655-3303**

Bereavement Ministry

Saint Thomas More Rectory Annex

374 Middlesex Ave, Darien 06820

Nine week bereavement program. Please call for schedule.

www.stmdarienct.org

SCHOKE JEWISH FAMILY SERVICES **203-921-4161**

733 Summer St., Stamford 06901

Individual, family, couple and group counseling

www.ctjfs.org

STAMFORD COUNSELING CENTER **203-323-8560**

1 Walton Place, Stamford 06901

Individual, family, couple and group counseling

www.sccweb.org

ALZHEIMER'S ASSOCIATION**Southwest Regional Office Norwalk****203-939-1360**

Support groups for patients as well as caregivers

www.alz.org**Helpline:****800-272-3900****BENNETT CANCER CENTER****203-276-7199**

Stamford Hospital

34 Shelburne Rd., Stamford 06902

www.stamfordhospital.org/bennett**DARIEN SENIOR PROGRAMS****203-656-7490****The Mather Center**

2 Renshaw Road, Darien 06820

Caregiver Support Group meets once a month. This group benefits individuals who care for a person with multiple needs, especially related to cognitive impairments such as Alzheimer's and other types of dementia.

www.darienct.gov**WAVENY CARE CENTER****203-594-5200**

3 Farm Rd., New Canaan 06840

Caregiver Support Group

Bi-weekly meetings for caregivers coping with impact of Alzheimer's disease

www.waveny.org**WHITTINGHAM CANCER CENTER****203-852-2148**

34 Maple Ave., Norwalk Hospital 06850

www.norwalkhosp.org/medical-services/cancer

ALWAYS BEST CARE**203-877-1377**

Daily reassurance program provides a friendly call each weekday for seniors or adults who are disabled.

www.abcfairfieldcounty.com

DARIEN HUMAN SERVICES**203-656-7328**

REASSURANCE CALL for elderly or disabled residents who would like a call during severe weather or other serious town-wide emergencies.

www.darienct.gov

PERSONAL ALERT SERVICE, FAMILY & CHILDREN'S**203-853-3116**

9 Mott Ave, Norwalk 06850

www.familyandchildrensagency.org

FAMILY CENTERS INC.**203-629-2822**

20 Bridge St., Greenwich 06830

Telephone Support Group offers support, socialization, recreation, activities, discussions and lectures.

www.familycenters.org

FRIENDLY VISITOR**203-655-2227****At Home in Darien**

2 Renshaw Rd., Darien 06820

Friendly Visitor provides a volunteer, caller or visitor to older Darien residents who are in need of companionship or support.

director@athomeindarien.org

MEDIC ALERT**800-432-5378**

I.D. bracelet printed with vital statistics and drug allergies

www.medicalert.org

SUPPORT GROUPS AT NORWALK HOSPITAL**203-852-2000**

34 Maple Ave., Norwalk 06850

Support groups for a wide variety of issues. Call for listing.

www.norwalkhospital.org

ADULT DAYCARE & RESPITE PROGRAMS**ELDERHOUSE, INC.****203-847-1998**

7 Lewis St., Norwalk 06851

Elderhouse Adult Day Center is committed to providing aging seniors with a safe, nurturing environment where they can share time with others while receiving the care they need. There is a sliding scale fee. Transportation is available.

www.elderhouse.net

CONN. ALZHEIMER'S RESPITE CARE**203-333-9288****(Conn. Agency on Aging)**

Offers caregivers some "time off" from the responsibility of caring for family members. Limited funds are available for adult daycare, in-home care and short-term out-of-home respite.

www.swcaa.org

WAVENY CARE CENTER**203-594-5200****3 Farm Rd., New Canaan 06840**

Daycare open six days a week with flexible hours. Free One-Day Trial.

THE VILLAGE AT WAVENY—Respite care of 4 days to 1 month for seniors with memory loss or chronic health condition.

www.waveny.org



Call Agencies for Details of Services and Costs

ALWAYS BEST CARE 15 East Putnam Ave. #238, Greenwich 06830 www.abcfairfield.com	203-877-1377
BRIGHT STAR LIFE CARE 2009 Summer St., Stamford 06905 www.brightstarcare.com	203-883-8560
BROOKE'S HOMECARE 6 Thorndal Circle, Darien www.brookeshomecare.net	203-655-3400
COMFORT KEEPERS 124 East Ave., Norwalk 06851 www.comfortkeepers.com	203-629-5029
COMPANIONS & HOMEMAKERS 16 Ketchum St., Westport 06880 www.companionsandhomemakers.com	203-259-8375 800-348-4663
FAMILY & CHILDREN'S AGENCY 9 Mott Ave., Norwalk 06850 HomeCare Plus at FCA www.familyandchildrensagency.org	203-855-8765 203-831-2900
GERI-CARE CONNECTION LLC 59 Grove Street, New Canaan 06840 www.gericareconnections.com	203-972-7536
GRISWOLD HOME CARE 193 East Ave., Norwalk 06855 www.griswoldhomecare.com	203-304-6031
HOME INSTEAD 158 East Ave., Norwalk CT 06851 www.homeinstead.com	203-853-0370

NURSING/HOMEMAKER/HOMECARE SERVICES

JEWISH SENIOR SERVICES 4200 Park Ave, Bridgeport CT 06604 www.jseniors.org	203-365-6400
MASONICARE at ASHLAR VILLAGE 74 Cheshire Rd., Wallingford 06492 www.ashlarvillage.masonicare.org	203-679-6400
OSBORN HOME CARE 1125 Mason St., Greenwich 06830 www.osbornhomecare.org	203-641-7683
RIGHT AT HOME 7 Tokeneke Rd., Darien 06820 www.rightathome.net	203-202-9488
RVNA RIDGEFIELD VISITING NURSE ASSOCIATION 27 Governor St., Ridgefield 06877 www.ridgefieldvna.org	203-438-5555
SCHOKE JEWISH FAMILY SERVICE 733 Summer St., Stamford 06901 www.ctjfs.org	203-921-4161
SENIOR HELPERS 1266 East Main St., Stamford 06902 www.seniorhelpers.com	203-489-2773
STERLING CARE 235 Glenville Rd., Greenwich 06831 www.sterlingcare.com	203-532-0500
VISITING NURSE & HOSPICE 761 Main St. Ste. 114, Norwalk, 06851 www.visitingnurse.net	800-898-4663 203-762-8958
WAVENY HOMEHEALTH CARE 3 Farm Rd., New Canaan 06840 www.waveny.org	203-594-5200

CONVALESCENT HOMES/NURSING HOMES/ SHORT-TERM REHABILITATION/RESPIRE
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AUTUMN LAKE HEALTHCARE 34 Midrocks Drive, Norwalk 06851 www.autumnlakehc.com	203-842-5700
CAROLTON CHRONIC & CONVALESCENT HOSPITAL 400 Mill Plain Rd., Fairfield 06824 www.thecarolton.com	203-255-3573
EDGEHILL HEALTH CENTER 122 Palmers Hill Rd, Stamford 06902 www.edgehillcommunity.com	203-323-2323
GREENWICH WOODS HEALTH CARE CENTER 1165 King St., Greenwich 06831 www.greenwichwoods.com	203-531-1335
JEWISH HOME FOR THE ELDERLY 4200 Park Ave, Bridgeport CT 06604 www.jseniors.org	203-365-6400
KING STREET REHAB 787 King St., Rye Brook, NY 10573 www.kingstreetrehab.com	914-937-5800
LAUREL RIDGE HEALTH CARE 642 Danbury Rd. Ridgefield 06877 www.athenanh.com	203-438-8226



<p style="text-align: center;">CONVALESCENT/NURSING HOME/ SHORT-TERM REHABILITATION/RESPIRE</p>
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<p>NATHANIEL WITHERELL 70 Parsonage Rd., Greenwich 06830 www.thenathanielwitherell.org</p>	<p>203-618-4200</p>
<p>Nortre Dame Health Care and Rehab Center 76 West Rocks Rd., Norwalk 06851 www.ndrehab.org</p>	<p>203-847-5893</p>
<p>THE OSBORN 101 Theall Rd., Rye, NY 10580 www.theosborn.org</p>	<p>914-925-8000</p>
<p>THE VILLA AT STAMFORD 88 Rockrimmon Rd., Stamford 06903 www.stamfordvilla.org</p>	<p>203-322-3428</p>
<p>WAVENY CARE CENTER 3 Farm Rd., New Canaan 06840 www.waveny.org</p>	<p>203-594-5200</p>
<p>WILTON MEADOWS HEALTH CARE CENTER 439 Danbury Rd., Wilton 06897 www.wiltonmeadowshealthcare.com</p>	<p>203-834-0199</p>

HOUSE CLEANING SERVICES

18

SCHOKE JEWISH FAMILY SERVICES

203-921-4161

733 Summer Street, Sixth Floor, Stamford, CT 06901
Non-profit organization with offices in Stamford, Westport
and Bridgeport. Offers light house cleaning on an hourly basis.
www.ctjfs.org

SERVICE MASTER

888-496-9081

50 Osbourne Ave, Norwalk CT 06855
Professional cleaning service. Carpet and furniture cleaning.
www.servicemasterofdarien-newcanaan.com

ASSISTED LIVING

***ATRIA DARIEN**

203-989-2414

50 Ledge Rd., Darien 06820
www.atriadarien.com

***ATRIA STAMFORD**

203-989-4916

77 Third St., Stamford 06905
www.atriastamford.com

ATRIA STRATFORD

203-916-5124

6911 Main St., Stratford 06614
www.atriastratford.com

***BROOKDALE PLACE OF WILTON**

203-423-0193

96 Danbury Rd., Wilton 06897
www.brookdale.com

***BRIGHTON GARDENS**

203-322-2100

59 Roxbury Rd., Stamford 06902
www.sunriseseniorliving.com

***Offer short-term respite based on availability**

THE GREENS AT CANNONDALE 203-761-1191
435 Danbury Rd., Wilton 06897
www.thegreensatcannondale.com

THE GREENS AT GREENWICH 203-531-5500
1155 King St., Greenwich 06831
www.thegreensatgreenwich.com

MAPLEWOOD SENIOR LIVING (Darien) 203-293-6872
599 Post Rd., Darien 06820
www.maplewoodseniorliving.com

MAPLEWOOD SENIOR LIVING (Norwalk) 203-293-6554
73 Strawberry Hill, East Norwalk 06855
www.maplewoodseniorliving.com

MAPLEWOOD HEALTHCARE (Westport) 203-557-4777
One Gorham Island Rd., Westport 06880
www.maplewoodseniorliving.com

***THE INN (affiliate of Waveny Care)** 203-594-5450
73 Oenoke Ridge Rd., New Canaan 06840
www.waveny.org

SUNRISE ASSISTED LIVING 203-968-8393
251 Turn of River Rd., Stamford 06905
www.sunriseseniorliving.com

THE VILLAGE AT WAVENY CARE CENTER 203-594-5200
3 Farm Rd., New Canaan 06840
www.waveny.org

***Offer short-term respite based on availability**



HOSPICE CARE

CARING HOSPICE SERVICES **203-674-8380**

456 Glenbrook Rd., Stamford 06909

www.caringhospice.com

MASONICARE HOME HEALTH & HOSPICE **203-831-8882**

535 Connecticut Ave., Norwalk 06854

www.masonicare.org

REGIONAL HOSPICE AND PALLIATIVE CARE CENTER **203-702-7400**

30 Milestone Rd., Danbury CT 06810

www.regionalhospicect.org

VISITING NURSE & HOSPICE **800-898-4663**

761 Main St. Suite. 114, Norwalk, 06851

203-762-8958

www.visitingnurse.net

VITAS HEALTH CARE **800-938-4827**

199 Park Road Ext., Middlebury CT 06762

203-437-3111

www.vitas.com

HEMOCARE MEDICAL SUPPLIES

CONNECTICUT SURGICAL, INC. **203-838-2354**

14 Main St., Norwalk 06851

www.connecticutsurgical.net

LOAN CLOSET **203-656-7328**

Darien Human Services

2 Renshaw Rd., Darien 06820

Offers loans of canes, crutches, wheelchairs, transport chairs and walkers on a monthly basis.

www.darienct.gov

R. A. CALDWELL CO. **203-348-0174**

474 W. Main St., Stamford 06902

www.caldwellhomecare.com

***EDGEHILL SENIOR LIVING IN STAMFORD**

122 Palmer Hill Rd., Stamford 06902

www.edgehillcommunity.com

203-323-2323

MASONICARE AT ASHLAR VILLAGE

74 Cheshire Rd., Wallingford 06492

www.ashlarvillage.masonicare.org

203-679-6400

800-382-2244

***MEADOW RIDGE**

100 Redding Rd., West Redding 06896

www.meadowridge.com

203-544-1000

SPRING MEADOWS

6949 Main St., Trumbull 06611

www.springmeadowstrumbull.com

877-648-1989

***ST. JOSEPH'S CENTER**

6448 Main St., Trumbull 06611

www.genesishcc.com

203-268-6204

***THE WATERMARK AT THIRTY-THIRTY PARK**

3030 Park Ave., Bridgeport 06604

www.3030park.watermarkcommunities.com

203-502-7593

***Also Offer Short-Term respite/rehabilitation**



**INDEPENDENT LIVING/
SUBSIDIZED PUBLIC HOUSING**

Charter Oak Communities (Stamford Housing) 203-977-1400

22 Clinton Ave Stamford, CT 06901

www.charteroakcommunities.org

THE HEIGHTS AT DARIEN & SENIOR HOUSING 203-655-0866

24 Allen-O'Neill Dr., Darien 06820

www.theheightsdarien.com

GREENWICH HOUSING AUTHORITY 203-869-1138

249 Milbank Ave., Greenwich 06830

www.greenwichhousing.org

NEW CANAAN SCHOOL HOUSE APTS. 203-972-0020

156 South Ave., New Canaan 06840

www.affordablehousingonline.com

NORWALK HOUSING AUTHORITY 203-838-8471

24 1/2 Monroe St., Norwalk 06854

www.norwalkha.org

WESTPORT HOUSING AUTHORITY 203-227-4672

5 Canal St., Westport 06880

www.westportha.org

WILTON COMMONS 203-487-3633

Mutual Housing Assoc. of SW Conn., Inc.

21 Station Rd., Wilton 06897

www.mhaswct.org

MARGOT H. WORMSER CONGREGATE HOUSING 203-968-1092

28 Vine Rd., Stamford 06905

charteroakcommunities.org

ALZHEIMER’S ASSOCIATION—Norwalk Chapter **203-939-1360**
70 New Canaan Ave, Norwalk 06850 - 24 hr. helpline **800-272-3900**
Information, assistance, literature and referrals. Safe Return Program.
Support groups. Respite Program.
www.alz.org

BOARD OF EDUCATION FOR THE BLIND **800-842-4510**
184 Windsor Ave., Windsor 06095 **860-602-4000**
Provides comprehensive home and community services for
legally blind people of all ages.
www.ct.gov/besb

DEAF AND HEARING IMPAIRED **860-697-3560**
184 Windsor Ave, Windsor CT 06095 **TTY/Voice 860-899-1648**
Interpreting, counseling and job services
www.dhoh.ct.gov

DARIEN LIBRARY, DIAL-A-BOOK **203-655-1234**
1441 Post Rd., Darien 06820
For people of all ages who are temporarily or permanently homebound. Books,
audio books, DVDs, other items (including the large print editions of *Reader’s
Digest* and the *New York Times*) can be delivered to your home and returned to the
Library by volunteers. Low vision reading equipment is also available at the Library.
www.darienlibrary.org



ATTORNEY GENERAL'S OFFICE, CONN**860-808-5318**

55 Elm St., Hartford 06106

The Attorney General is the state's chief legal officer and serves as legal counsel to all state agencies. The Attorney General has authority over all civil matters.

www.ct.gov/ag

BETTER BUSINESS BUREAU**860-740-4500**

29 Berlin Rd., Cromwell CT 06416

www.connecticut.bbb.org

CENTER FOR MEDICARE ADVOCACY, INC**860-456-7790**

11 Ledgebrook Dr. Mansfield Ctr. 06250

Legal advice and representation on Medicare issues

www.medicareadvocacy.org

CONNECTICUT LEGAL SERVICES**800-453-3320**

1177 Summer St., Stamford 06901

203-348-9216

Connecticut Legal Services is a private, non-profit, civil law firm dedicated to helping low-income families and individuals obtain justice.

www.ctlegal.org

CONSUMER LAW PROJECT FOR ELDERS**800-296-1467**

The Consumer Law Project for Elders (CLPE) provides FREE legal assistance to Connecticut seniors 60 and over who have consumer questions or problems, including debt collection, home improvement, predatory lending, auto fraud and identity theft.

www.ctlawhelp.org

LONG TERM CARE OMBUDSMAN, SW REGION**203-597-4181**

1057 Broad St., Bridgeport 06604

The Ombudsman Program protects and promotes the rights and quality of life for residents of skilled nursing facilities, residential care homes and managed residential care communities (also known as assisted living facilities).

www.ct.gov/LTCOP

PROBATE COURT**203-656-7342**

Town Hall, 2 Renshaw Rd., Room 204 Darien 06820

Probate wills, administer estates, manage trusts, appoint conservators and guardians.

www.darienct.gov

ACCESS AMBULANCE

203-776-0205

208 Quinnipiac Ave, North Haven CT 06473

Non-emergency transportation

www.accessambct.com

AMERICAN CANCER SOCIETY

203-563-0740

Road to Recovery

800-227-2345

38 Richards Ave., Norwalk 06854

Volunteers will drive patients to and from medical appointments. Advance notice required (48 hrs.) Must be able to get in and out of car independently.

www.cancer.org

AT HOME IN DARIEN

203-655-2227

Town Hall, 2 Renshaw Rd., Darien 06820

Door-to-door transportation service for Darien seniors and physically-disabled residents. Wheelchair accessible. Suggested donation of \$5. Operates Mon.-Fri. 9:00 am—4:00 pm. *Half-Price Taxi Voucher Program* provides taxi rides at 50% off for Darien seniors and physically-disabled residents. Vouchers can be purchased at AHID office. Proof of age or disability is required. Vouchers are accepted by Eveready Taxi. Call 203-655-8779 to arrange a ride.

www.athomeindarien.org



TRANSPORTATION

EASY ACCESS - NORWALK TRANSIT**203-299-5180****“Dispatch a Ride”****203-852-0000**

275 Wilson Ave., Norwalk 06854

Door-to-Door Transportation Service for elderly and people with disabilities.

Call for more information.

www.norwalktransit.com**FAMILY & CHILDREN’S AGENCY****203-855-8765**

9 Mott Ave., Norwalk 06850

Transportation to out-of-town medical appointments. Driver will assist passenger in and out of the car. Advance notice required (1 week).

www.familyandchildrensagency.org**HANDICAPPED PARKING PERMITS****860-263-5154**

Applications are also available at Darien Human Services.

203-656-7328

2 Renshaw Rd., Darien 06820

www.dariencct.gov**LOGISTICARE****(Medicaid Transport)****888-248-9895**

Transportation provided for Medicaid eligible seniors.

www.logisticare.com**TAXI SERVICE****Darien Taxi****203-655-2266****Eveready Taxi Half-Price Vouchers****203-655-8779**

(see At Home in Darien, page 25)



COMMUNITY HEALTH CENTER

203-969-0802

141 Franklin St., Stamford 06901

The Health Center offers comprehensive primary medical, dental and behavioral health services for all ages. Accepts most dental insurance including Medicaid.

A sliding fee will be used for clients with no dental insurance.

www.chc1.com/locations/stamford

DARIEN HEALTH DEPT.

203-656-7320

2 Renshaw Rd., Darien 06820

Flu vaccine clinics, tick testing, radon test kits and environmental health. Public Health Nurse available two days a week.

www.darienct.gov

IMMEDIATE CARE CENTER

203-276-2222

32 Strawberry Hill Court Tully Center, Stamford 06902

A walk-in health care clinic

www.stamfordhospital.org/tullycenter

LIONS LOW VISION CENTER

203-730-5900

235 Main Street, Danbury CT 06810

The Center is for individuals who are in need of low vision devices. Provides rehabilitation services to individuals with visual disabilities and handicaps.

www.lionslowvisioncenters.org

NORWALK SMILES (Day Street Community Center)

203-854-9292

49 Day St., Norwalk 06854

Dental Center

www.chc1.com/Locations/Norwalk.html



- AMERICARES FREE CLINIC of NORWALK** **203-899-2493**
98 South Main St., South Norwalk 06854
www.americares.org/en/sub/afc/our-clinics/norwalk
- NORWALK COMMUNITY HEALTH CENTER** **203-899-1770**
120 Connecticut Ave., Norwalk 06854
Affiliated with Norwalk Hospital. Accepts Medicare, Medicaid
and other insurance carriers.
www.norwalkchc.org
- NORWALK HOSPITAL DENTAL CLINIC** **203-852-2146**
34 Maple St., Norwalk 06856
www.norwalkhospital.org/medical-services/dentistry
- STAMFORD COMMUNITY HEALTH CENTER/
OPTIMUS HEALTH CARE** **203- 327-5111**
805 Atlantic St., Stamford 06902
www.optimushealthcare.org
- STAMFORD HEALTH MEDICAL GROUP WALK IN CLINIC** **203-276-8575**
292 Long Ridge Road, Stamford CT
Non-urgent care. Accepts Medicaid, Medicare and most other health insurance.
www.stamfordhealth.org
- WALK IN EMERGENCY CLINIC (Urgent Care Center)** **203-298-9752**
677 Connecticut Ave., Norwalk 06854
Accepts Medicaid, Medicare and most other health insurance.
www.203urgentcare.com

DARIEN SENIOR PROGRAMS**203-656-7490****The Mather Center**

2 Renshaw Rd., Darien 06820

A nutritious lunch served five days a week, Monday through Friday. The cost is \$5.00. Reservations must be made by 11:15 for the noon meal.

www.darienct.gov/seniors

FRIENDLY SHOPPER**203-655-2227****Program of “At Home in Darien”**

Town Hall, 2 Renshaw Rd., Darien 06820

A Friendly Shopper volunteer will run errands or go grocery shopping.

www.athomeindarien.org

PEA POD by STOP & SHOP**800-573-2763**

Online grocery shopping and home delivery

www.peapod.com

PERSON-TO-PERSON FOOD PANTRY**203-655-0048**

St. Luke’s Church

1864 Post Rd., Darien 06820

Emergency food for residents in need. Referral by a social worker is necessary.

www.p2phelps.org

SAINT LUKE’S CHURCH**203-655-1456**

1864 Post Rd., Darien 06820

Thursday Night Community Suppers served weekly 5:00 to 7:00 pm.

www.saintlukesdarien.org

SENIOR NUTRITION PROGRAM FOR CATHOLIC CHARITIES**203-324-6175**

30 Myano Lane, Ste. 14, Stamford 06902

Home delivery of meals to people 60 years and older. Referrals must be made by a hospital, doctor or social service agency. Client must be unable to prepare their own meals and be homebound. Cost is on a sliding scale.

www.ccfairfield.org/senior-nutrition-program

AARP Safe Driving Course

Darien Senior Programs offer a quarterly Driving Course.

www.aarpdriversafety.org

800-350-7025**203-656-7490****BEACH PERMITS**

Park and Recreation Dept., 2 Renshaw Rd., Darien 06820

Darien Seniors (65+) one free permit per family.

www.darienct.gov

203-656-7325**SHELLFISH PERMIT**

Darien Health Dept. 2 Renshaw Rd., Darien 06820

Free for Darien seniors. Darien and Stamford residents \$20 fee.

www.darienhealth.com

203-656-7320**DCA WOMEN'S LUNCHEON GROUP**

Darien Community Association

274 Middlesex Rd., Darien 06820

Meets 1st Tuesday of the month at 12:15. Sept-June

www.dariendca.org

203-655-9050**DARIEN MEN'S GROUP**

Darien Community Association

274 Middlesex Rd., Darien 06820

Wednesdays 10:00 am—12:00 pm. Open to men in the Darien area aged 55 and up.

www.dariendca.org

203-655-9050**DARIEN SENIOR PROGRAMS****The Mather Center**

2 Renshaw Rd., Darien 06820

Mon.-Fri. 9:00 am -3:00 pm. closed Holidays. Call for Calendar of events and programs.

www.darienct.gov/seniors

203-656-7490

ADULT LEARNING CENTER, STAMFORD

Check catalog for senior discounts.

203-977-4209

369 Washington Blvd., Stamford 06902

www.stamfordadulthood.com

CHARTER OAK PASS, STATE PARKS DIVISION

860-424-3200

79 Elm St., Hartford 06106

Free pass to CT State Parks for adults 65 and over.

www.ct.gov/deep

CONTINUING EDUCATION, NORWALK PUBLIC SCHOOLS

203-854-4000

Senior Discounts

125 East Ave., Norwalk 06852

[www.norwalkps.org/district continuing and adult education](http://www.norwalkps.org/district_continuing_and_adult_education)

DARIEN ARTS CENTER

203-655-8683

2 Renshaw Rd., Darien 06820

Adult Classes—Dance, Visual Arts, Music, Theatre

Registration required. Check catalog for dates and cost.

www.darienarts.org

DARIEN NATURE CENTER AT CHERRY LAWN

203-655-7459

120 Brookside Rd., Darien 06820

www.dariennaturecenter.org

ELDERHOSTEL, Inc. Road Scholar

800-454-5768

Not for profit educational adventure for adults 50 and older.

www.roadscholar.org

FISHING AND HUNTING LICENSES

203-656-7307

Darien Town Clerk, 2 Renshaw Rd., Darien 06820

www.darienct.gov

RECREATION/FITNESS/EDUCATION

LIFETIME LEARNERS**203-857-3330****Norwalk Community College**

188 Richards Ave., Norwalk 06854

www.lifetimelearners.org**NORWALK COMMUNITY COLLEGE****203-857-7000**

188 Richards Ave., Norwalk 06854

Tuition waiver for Conn. Senior residents 62+ years or older

www.ncc.commnet.edu**UCONN STAMFORD CAMPUS****203-251-8444**

One University Place, Stamford 06901

Tuition waiver for Conn. Senior residents 62+

www.bursar.stamford.uconn.edu/tuition-waivers**YWCA OF DARIEN/NORWALK****203-655-2535**

49 Old Kings Highway North, Darien 06820

www.ywcadariennorwalk.org**YMCA****203-655-8228**

2420 Post Rd., Darien 06820

www.darien-ymca.org

VOLUNTEER OPPORTUNITIES

AT HOME IN DARIEN**203-655-2227**

Town Hall, 2 Renshaw Rd., Darien 06820

Volunteers needed to help seniors run errands, grocery shop, have weekly visits or phone calls, or drive to appointments. Help is also needed at program events or in the office.

www.athomeindarien.org

DARIEN SENIOR PROGRAMS**203-656-7490****The Mather Center**

2 Renshaw Rd., Darien 06820

Call about the various volunteer opportunities available at the Senior Center.

www.darienct.gov**PERSON-TO-PERSON****203-655-0048**

1864 Post Rd., Darien 06820

Opportunities for volunteers to work Monday – Friday 9:00 am-4:00 pm.

www.p2phelps.org**SCORES (Serv. Corp. of Retired Executives)****203-831-0065**

111 East Ave., Norwalk, 06851

www.fairfieldcounty.score.org**STAMFORD/DARIEN RED CROSS****203-655-2586****Conn. Chapter****877-287-3327**

209 Farmington Ave., Farmington 06032

Volunteer orientation sessions are held monthly at the Chapter offices. Day and evening sessions are offered.

www.redcross.org/local/ct**THE VOLUNTEER CENTER-UNITED WAY OF WESTERN CT****203-348-7714**

1150 Summer St., Stamford, 06909

www.uwwesternct.org/volunteer-stamford

INDEX

AARP, 30	Carolton Chronic & Convalescent Hospital, 16
Access Ambulette, 25	Catholic Charities, 10
Adler Geriatric Assessment Ctr., 8	Center for Elder Abuse, 3
Adult Continuing Ed., 31	Center for Healthy Aging, 8
Alcoholics Anonymous, 9	Center for Hope, 10
Always Best Care, 12, 14	Center for Medicare Advocacy, 1, 25
Alzheimer's Assoc., 11, 13, 23	Center for Sexual Assault & Crisis Counseling, 3
American Cancer Society (Trans.), 25	CHOICES, 3
Americares Free Clinic of Norwalk, 28	Charter Oak Pass, 31
At Home in Darien, 3, 25, 32	Comfort Keepers, 14
Atria Darien, 18	Community Health Center - Stamford, 27
Atria Stamford, 18	Companions & Homemakers, 14
Atria Stratford, 18	Connect with DDS, 2
Attorney General's Office, CT, 24	Conn. Home Care for Elders (CHCPE), 6
Autumn Lake Healthcare, 16	Conn. Legal Services, 24
Beach Permits, 30	Conn. Surgical Supplies, 20
Bennett Cancer Center, 11	Consumer Law Project for Elders, 25
Better Business Bureau, 24	Continuing Ed., Stamford, 32
Blind, Board of Education, 23	Continuing Ed., Norwalk, 31
Bright Star Life Care, 14	Counseling Center, Stamford, 10
Brighton Gardens, 18	Darien Arts Center, 31
Brookdale Place of Wilton, 18	Darien Library, 23
Brookes Home Care, 14	DCA Women's Luncheon Group, 30
Brown Geriatric Assessment, 8	Darien Men's Group, 30
Burke Rehab Memory Evaluation, 8	Darien YMCA, 33
Caldwell, R.A. 20	Deaf and Hearing Impaired, 23
Caring Hospice Services, 20	Domestic Violence, Elderly Abuse, 3

Dorothy Adler Geriatric Assessment, 8
 Dubois Center, 9
 Easy Access, Norwalk Transit, 26
 Edgehill Health Center, 16
 Edgehill Senior Living in Stamford, 21
 Eldercare Locater, 3
 Elderhostel, 31
 Elderhouse, Inc., 13
 Family Centers, 10
 Family & Children's Agency, 10, 14, 26
 Fishing, Hunting, 31
 Friendly Shopper, 29
 Friendly Visitor, 12
 Fuel Assistance, 5
 Gambling, 9
 Geri-Care Connection, 14
 Greens at Cannondale, The, 18
 Greens at Greenwich, The, 18
 Greenwich Woods Health Care Center, 16
 Griswold Home Care, 15
 Handicapped Parking Permits, 26
 Health Dept., Darien, 27
 Heights at Darien, 22
 Home Care for Elders, Conn., 6
 Home Instead, 15
 House Cleaning Services, 19
 Housing Authority, Greenwich 22
 Housing Authority, Norwalk, 22
 Housing Authority, Westport, 22
 Human Services of Darien, 2, 5, 9, 12
 Husky C, 6
 Immediate Care, Tully Center, 27
 Income Tax Preparation, 4
 Infoline, 2
 Inn, The, 19
 Jewish Home for the Elderly, 16
 Jewish Senior Services, 15
 King Street Home, 16
 Laurel Ridge Health Care, 16
 Legal Services, Conn., 24
 Liberation Programs, 9
 Lifetime Learners, 32
 Lions Low Vision Center, 27
 Loan Closet, 2, 20
 Logisticare (Transport), 26
 Long Term Care Ombudsman, 24
 Maplewood Senior Living, 19
 Masonicare Home Health & Hospice, 20
 Masonicare Ashlar Village, 15, 21
 Meadow Ridge, 21
 Medic Alert, 12
 Medicare, 4

Money Management Intern'l, 6
 Municipal Agent for Elderly, 1
 Nathaniel Witherell, 17
 Nat'l Council on Aging/Benefits Checkup, 3
 Nature Center, Darien, 31
 New Canaan School House Apts., 22
 Norwalk Community Health Ctr., 28
 Norwalk Community College (Education), 32
 Norwalk Hospital Dental Clinic, 28
 Norwalk Hospital Psychiatric Clinic, 9
 Norwalk Smiles (Dental), 27
 Optimus-Health Care/Stamford Community Health Center, 28
 Osborn, The, 17
 Osborn Home Care, 15
 Pea Pod (Stop&Shop), 29
 Personal Alert, 12
 Person-to-Person, 5, 29, 33
 Photo Identification Card, 4
 Probate Court, 24
 Protection & Advocacy for People with Disabilities, 1
 Protective Services for the Elderly, 1
 Red Cross, Stamford/Darien, 33
 Regional Hospice and Palliative Care, 20
 Renter's Rebate, 2
 Right at Home, 15
 RVNA Ridgefield Visiting Nurse, 15
 SCORES (Service Corp. of Retired Executives), 33
 Schoke Jewish Family Services, 10, 15, 18
 Senior Center, 11, 29, 30, 34
 Senior Helpers, 15
 Senior Housing Assist. Fund (SWCAA), 4
 Senior Men (Darien Men's Group), 31
 Sen. Nutrition of Catholic Charities, 29
 Sexual Assault Crisis, The Center for, 3
 Service Master, 18
 Shellfishing Permits, 30
 Silver Sources, 4
 SNAP (Supplemental Nutrition Assist. Prog. 6
 Social Security, 4, 5
 Southwestern CT Agency on Aging, 4
 Spring Meadows, 21
 St. Camillus Rehabilitation & Nursing Center, 17
 St. Joseph's Center, 21
 St. Luke's Community Supper, 29
 St. Thomas More Church, 10
 Stamford Counseling Center, 10
 Stamford Health Medical Group, 28
 State Supplement for Aged, 5
 Sterling Care, 15
 Sunrise Assisted Living, 19

Support Groups at Norwalk Hospital, 12

Tax Relief for the Elderly, 5

Taxis, 26

Taxi Voucher (Half-Price), 25, 26

UCONN (Education), 32

Veterans Affairs, United States, 7

Veterans Issues, 7

Villa, The, Stamford 17

Visiting Nurse & Hospice, 15, 20

Vitas-Hospice Care, 20

Volunteer Center, 33

Walk in Emergency Clinic, Norwalk, 28

Watermark, The at 3030 Park, 21

Waveny Care Center, 11, 13, 15, 17

Waveny Care Center, The Village, 19

Whittingham Cancer Center, 11

Wilton Commons, 22

Wilton Meadows Health Care Center, 17

Wormser Congregate Housing, 22

YMCA, 32

YWCA of Darien/Norwalk 32

IMPORTANT TELEPHONE NUMBERS AT A GLANCE

Emergency	911
Infoline/Crisis Counseling—24 hours/7days	211
Police Department (Routine Calls)	203-662-5300
Suicide Prevention	800-785-2533
Domestic Violence	203-852-1980
Sexual Assault and Crisis Hotline	203-329-2929

FIRE DEPARTMENT

Darien	203-655-1216
Noroton	203-655-0653
Noroton Heights	203-655-1033

Town Hall Main Number	203-656-7300
Human Services	203-656-7328
Health Department	203-656-7320
Mather Center	203-656-7490
At Home in Darien	203-655-2227

DOCTORS:

_____	_____
_____	_____

DENTIST:

_____	_____
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PHARMACY:

_____	_____
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**Darien Town Hall established in 1984
Originally built as Darien High School in 1926**

