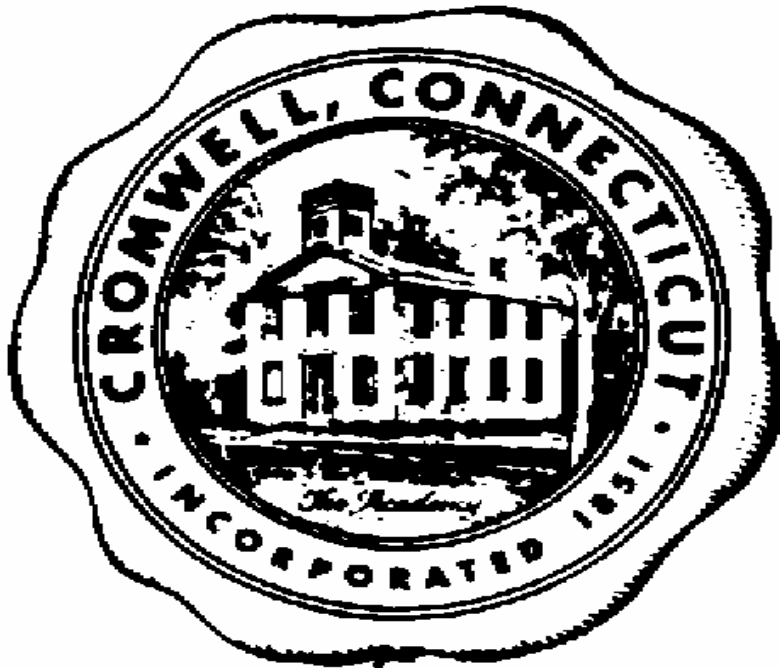


CROMWELL
SENIOR
CENTER
GUIDE



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INTRODUCTION

This directory has been compiled by the Cromwell Senior Center. The Cromwell Senior Center is located in the municipal Town Hall building at 41 West Street, Cromwell, CT 06416. This directory has been designed especially for use by Cromwell senior residents and their families. Frequently, individuals are not aware of the services that might be available to senior citizens in our town. This directory will provide information on many of the services, programs, and activities we offer. If you should have any questions about the programs and services contained herein, please feel free to contact us at (860) 632-3447.

The Mission of the Cromwell Senior Center is to provide programs and services that meet the variety of needs and preferences of the diverse group of senior residents within our community.

We strive to accomplish this by offering social/recreational, educational, health, economic/financial, and transportation programs to the senior population of the Town of Cromwell. A The Senior Scene newsletter, which is published and mailed monthly to registered members describes programs and activities being sponsored for that month as well as upcoming events. Our Senior Center also offers a comprehensive transportation program for senior and disabled persons. We provide dial-a-ride and fixed-route transportation for programs, activities/events, shopping, medical appointments, outings, beauty appointments, banking, errands, etc.

We act as a local information and referral source providing direct assistance to senior residents and their families. **To report abuse, neglect, exploitation, or abandonment of an elderly individual, we can help you get in touch with the appropriate officials to assist you; **To help intervene during any immediate crisis involving an elderly individual; **To provide information and help on where to turn concerning long term care placements, home care services, nutrition, housing, financial assistance or legal matters.

Our department is experienced in working with, and for, the elderly and is a key resource for help and information. If you need assistance, call (860) 632-3447 or visit us on the web @ www.cromwellct.com, go to town departments, senior center.

TOWN OF CROMWELL
MUNICIPAL PHONE NUMBERS

Senior Center.....	(860) 632-3447
Transportation.....	(860) 632-3451
Fax.....	(860) 632-3446
TDD.....	(860) 635-3030

First Selectman.....	(860) 632-3410
Town Clerk.....	(860) 632-3440
Tax Collector.....	(860) 632-3445
Assessor.....	(860) 632-3442
Human Services.....	(860) 632-3476
Library.....	(860) 632-3460
Public Works.....	(860) 632-3420
Town Planner.....	(860) 632-3422
Building Inspector.....	(860) 632-3428
Sewer.....	(860) 632-3430
Sanitarian.....	(860) 632-3426
Engineering.....	(860) 632-3420
Zoning Compliance.....	(860) 632-3422
Recreation & Youth Services	(860) 632-3467
K-9 Control.....	(860) 632-2256 ext.29
Senior Meal Site (Monday-Friday 10:00 am - 12noon)....	(860) 632-3407
Registrar of Voters.....	(860) 632-3418
Police Department.....	(860) 635-2256
Fire Department.....	(860) 635-5211
Water Department.....	(860) 635-4420
Board of Education.....	(860) 632-4830
Edna C. Stevens School.....	(860) 632-4866
Woodside Intermediate School	(860) 632-3564
Cromwell Middle School.....	(860) 632-4853
Cromwell High School.....	(860) 632-4841

GENERAL INFORMATION NUMBERS

InfoLine.....	211
Center for Medicare Advocacy.....	1-800-262-4414
Charter Oak Pass.....	424-3200
Commission on Deaf & Hearing Impaired.....	566-7414
Community Renewal Team.....	560-5800 (Hartford) 347-4465 (Middletown)
ConnPACE.....	1-800-423-5026
CT Community Cares, Inc. (CCCI).....	1-800-654-2183
CT. Dept. of Social Services	704-3100
CT. Legal Services.....	1-800-296-1467
Covenant Village of Cromwell.....	635-5511
Cromwell Health and Rehab.....	635-5613
Ridgeview Health Care Center.....	635-1010
Rook Retirement Community.....	632-1688
Home Care for the Elderly.....	1-800-445-5394
Information/Referral of Elderly Services.....	1-800-443-9946
Connecticut VNA.....	1-203-679-5348
Motor Vehicles.....	566-4710
Ridgeview Healthcare Center.....	635-1010
Rook Retirement.....	632-1688
Wildwood Property Management.....	398-5425 (Fox Glen and Reilly Manor)
Social Security.....	1-800-772-1213.....Social Security (Middletown).....347-8562

HOURS AND OPERATION

The Cromwell Senior Center is open to residents Monday thru Friday from 8:30 am to 4:00pm, exclusive of town recognized holidays. There is no smoking allowed in the senior center. Occupancy limits shall be obeyed according to posted limits. At the discretion of the administration, anyone acting in a disruptive nature may be asked to vacate the senior center; and based on severity and nature of the problem may not be allowed to return.

Activities in the senior center shall follow the monthly calendar published by the 1st of each month (newsletters are mailed to registered town residents and additional newsletters are also available in the senior center). Variation in any activity **MUST** be approved by the Senior Center Director. In addition, any activity may be canceled if the administration deems it appropriate or necessary. As often as possible when activities warrant; some portion of the senior center will be available for any senior citizen to stop in, visit, and relax.

For the efficient operation of the senior center, no one shall adjust thermostat controls, open/close partition divider or windows, or utilize supplies in cabinets or refrigerator without prior staff approval. Refreshments will not always be available for every single program, every day of the week. However, we will try to have refreshments available as often as possible dependent on availability.

The above does not constitute every rule and regulation of the senior center. From time to time, additional rules or rule changes may be necessary in order to enable all of our senior citizens the best opportunity to enjoy the use of the facilities. Any problems that may occur should be directed to staff for determination of what appropriate action should be taken.

If you are injured while at the center or while utilizing our transportation services, please report this to the staff immediately as an incident/accident report will need to be filed.

ACTIVITIES AND PROGRAMS

Billards: Available for any senior wishing to play when activities permit. Pool currently held weekday mornings from 9am-12noon when space is available.

Bingo: A game just about anyone can enjoy-free to any senior resident, prizes given. Bingo is usually held on Tuesday afternoons and Thursday mornings. Check your monthly newsletter for exact dates and times.

Blood Pressure/Health Clinics –Held on Tuesday and Thursday. See newsletter for times.

Bookworms Reading Group:Join the fun, we review a book, usually once a month on Thursday afternoons at 1:30pm. New members are always welcome

Bowling -Duckpin:(Fall-Spring Season) On every Tuesday, excluding holidays, transportation is provided to T-Bowl Lanes in Newington for some serious but pleasurable competition. This program provides a wonderful way to keep fit and make new friends.

Bridge: Experienced players meet on Thursdays and Fridays in the afternoon at the senior center as well as on Tuesday afternoon at the Rook Retirement Community Center

Card Playing: Usually held Tuesday and Thursday afternoons in the senior dining room, unless calendar states otherwise. Setback and Pinochle are currently the enjoyed games.

Chorus: Voices are blended together by the AHeartwarmer=s every Monday from September through June with Director Barbara Arafah.

Educational Classes: The senior center offers periodic educational classes such as art history, world religion, foreign language, etc.

Exercise: Physical fitness is an important component of overall well-being. We offer an array of classes that include basic senior aerobics on Monday, Wednesday, and Fridays in the town hall gym from 10:30-11:30am; year-round. In addition, we offer Tai Chi, Yoga, and Arthritis Exercise classes periodically throughout the year. See current newsletter for details

Golf League: (Spring-Fall) Golf league is held on Thursday mornings-Portland West

Hearing Aid Checks – Held the 1st Wednesday of the month at 11:00am

Congregate Mealsite: Served daily Monday through Friday, \$2.00 suggested donation. Please make reservations by calling 632-3407 between 10 am-1 pm.

Movies: Held on Fridays at 1:00 pm in the senior center. Refreshments served.

Newsletter: The ASenior Scene=s is published monthly and provides a calendar of events and activities to be held that month as well as upcoming trips. Mailed to all town senior residents.

Oil Painting: For the aspiring Picasso, this class is held from September thru June on Wednesday afternoons with instructor Angel Milardo-Carlin.

Quilting: For the beginner or the advanced quilter. Held year-round on Mondays from 1-3 pm; with instructor Lucia Queiroz-Santos and volunteer assistant instructor Wanda Waters

Seminars/Workshops/Screenings: Held periodically during the year, the senior center offers seminars, workshops, and screenings on various topics (e.g. health, financial, nutrition, etc)

Special Events/Dinners, Etc – The Senior Center offers special events and evening dinners on a regular monthly basis. Look in monthly newsletter for details and registration procedures.

55 Alive Defensive Driving Course: Course held at least twice a year (spring and fall) .Watch the newsletter for details.

Shopping: Grocery shopping route every Monday and Friday. In addition, scheduled special outtrips are planned several times a monthly to exciting, new and/or popular destinations.

Travel: The senior center sponsors day, overnight, national and international trips to a variety of interesting locations including, of course, the Casinos. Pick up flyers at the senior center.

Wii Bowling: Held year round on Wednesday mornings from 9:30am – 11:30am.

TRAVEL POLICY DISCLAIMER

The Cromwell Senior Center offers an array of travel programs that include day, overnight, national, and international destinations. Most often, we utilize tour companies to handle the arrangements for the majority of these programs, but occasionally we will use our own senior buses for local day trips.

If you choose to participate in any of our travel programs, whether in-house or tour-related, please be aware of the following:

- Participation is at your own risk.
- Most trips do not have a tour guide present on the bus and/or at the designated venue.
- It is your responsibility and very important that you always be aware of departure and return times at various stops during the tour because very often at certain places, like the casinos, buses only have limited time for drop off and pickup and cannot wait for someone who is a late arrival.
- If a participant is late and misses the bus, it will be their responsibility to find their own transportation.
- We do not provide any companion or aide service to participants on our trips and we strongly recommend the use of either a buddy system or having a companion if your individual situation warrants this kind of support system to be in place for either safety and/or health reasons.
- Most of our trips/tours have the availability to obtain cancellation insurance and we strongly urge you to consider this option as very often deposits or even full payments may not be refunded in the case of a cancellation, dependent on the respective tour company's policies and procedures in regards to this issue.

If you have any additional questions regarding our travel program, please feel free to contact us at (860) 632-3447 or E-mail: cjackson@cromwellct.com

SENIOR LUNCH PROGRAM- CRT MEALSITE

41 West Street
Cromwell, CT 06416
632-3407

Located in Town Hall at 41 West Street across the hall from the senior center.

Lunch is served at 11:45 am Monday thru Friday.

To reserve a meal, you need to call the Mealsite at 632-3407 between the hours of 10:00 am and 12:00noon at least 2 days ahead of time.

**Meals are nutritious, well balanced, and tailored to the needs of senior citizens. Each meal includes a main entree, vegetable, coffee, milk, bread, and desert.

**THE SUGGESTED DONATION FOR LUNCH IS \$2.00.

HOME-BOUND MEALS ARE ALSO AVAILABLE IF NEEDED. PLEASE CALL CRT AT 347-4465, ASK FOR THE NUTRITION DEPARTMENT. THEY WILL BE ABLE TO ADVISE YOU WHETHER THEY CAN HAVE US DELIVER A MEAL OR PUT YOU ON THE WAITING LIST.

NEW FRIENDLY FACES ALWAYS WELCOME FOR LUNCH!!!

Daily Transportation for Mealsite is as follows:

Mondays - 10:30-11:30am
Tuesdays - 10:30-11:30am
Wednesdays- 10:30-11:30am
Thursdays - 9:00-10:00am
(in early for Blood pressure/Bingo)
Fridays- 10:30-11:30am

TRANSPORTATION SERVICES
DIAL-A-RIDE TRANSPORTATION POLICIES

This service provides transportation for seniors (age 60 minimum) or disabled town residents for medical, shopping, banking, personal, senior center activities, etc., Monday through Friday from 8:30a.m. to 4:00p.m, exclusive of Town recognized holidays or special senior center events. Please fill out the attached emergency contact registration form at your earliest convenience and return to the senior center if you plan on utilizing our transportation services. When making appointments, please use the following guidelines. To address a few issues of concern that sometimes arise with individuals with disabilities, we offer the following general information. Staff will provide assistance upon request or as necessary with lifts, ramps, and securement systems for passengers. The Cromwell Senior Center Transportation Division strongly encourages all scooter users to transfer to a seat for their ride. In addition, it is required that all wheelchair users have lap belts and use both lap and shoulder belts while utilizing our services. We also allow individuals with disabilities who do not use a wheelchair to use the vehicle's lift when needed. Service animals, personal care attendants, and/or respirators or portable oxygen are allowed to accompany individuals with disabilities on any of our vehicles when needed. In addition, adequate time and assistance for individuals with disabilities is always granted to board or disembark our vehicles.

Medical Appointments – Dial-a-ride covers the following areas: Cromwell, Middletown, Portland, Berlin, Rocky Hill, and Wethersfield. All individuals must call for a return pick-up no later than 3:30p.m. We operate on a first come, first serve basis so please make all medical appointments as early as possible (up to two months in advance). Any out-of-district (e.g. Hartford, West Hartford, Farmington New Britain, Meriden, Wallingford), or late afternoon appointments must be made before Wednesday of the preceding week and will be done based on scheduling and driver availability.

Shopping/Out-Trips – Local grocery shopping is held on Monday and Friday mornings. In addition, transportation is provided for scheduled out trips, with pick-ups either from Senior Center or at private residence. See Senior Scene calendar for monthly out-trip destinations. If departing from Senior Center, please arrive approximately 2 hour prior to departure time. If being picked up at home, please be available at least 45 minutes before departure time, but be aware that driver may pick-up residents en-route according to the location of the out-trip, which may cause pick-ups to be later than scheduled departure time. Please make a reservation for transportation no later than 24 hours in advance for all out-trips.

Banking, Beauty, or Personal Errands – Appointments are available Monday Through Friday 8:30 to 4:00p.m. with at least 24 hours but not more than one week notice. This service is on a first come, first serve basis, with medical appointments taking priority. If another resident's previously scheduled medical appointment conflicts with a Banking, Beauty, or Personal appointment the Banking, Beauty, or Personal appointment will be scheduled at an alternate and mutually convenient time.

Senior Center Activities – Transportation is available to all Senior Center activities for town residents who are over the age of 60 or whose spouse is over the age of 60. Please make reservations for transportation no later than 24 hours in advance.

SHOPPING ROUTE – MONDAYS

STOP & SHOP, PRICE-RITE, AND KMART/X-PECT PLAZA

Bus leaves Senior Center	8:45a.m.
Pick-up times	8:45-9:15a.m.
Arrive at Stop & Shop	9:15a.m.
Arrive at Kmart Plaza	9:20a.m.
Arrive at Price-Rite	9:30a.m.
Return pick-up from Price-Rite	11:15am
Return pick-up from Kmart	11:30a.m.
Return pick-up from Stop & Shop	11:40a.m.

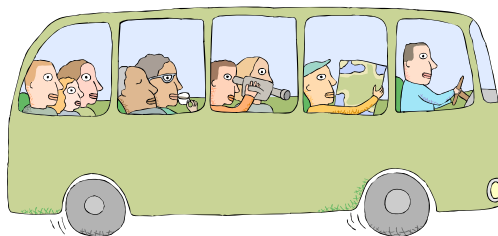
On Mondays there is only one pick-up. Shoppers have approximately two hours at Stop & Shop, Price-Rite, or Kmart/X-Pect Plaza.

SHOPPING ROUTE –FRIDAYS

STOP & SHOP AND KMART/X-PECT PLAZA

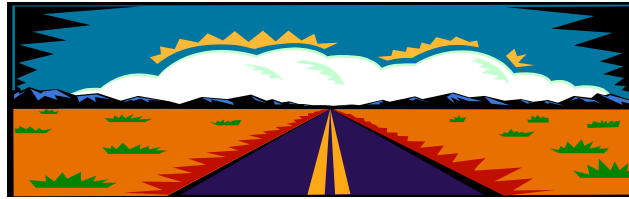
Bus leaves Senior Center	8:45a.m.
Pick-ups east of Shunpike (Rt.3)	8:45-9:15a.m.
Pick-ups west of Shunpike (Rt.3)	9:15-9:30a.m.
Bus arrives at Stop & Shop	9:30a.m.
Bus arrives at Kmart Plaza	9:35a.m.
First pick-up at Kmart	10:30a.m.
First pick-up at Stop & Shop	10:40a.m.
Second pick-up at Kmart	11:30a.m.
Second pick-up at Stop & Shop	11:40a.m.

On Fridays there are two pick-up times. Shoppers who choose to go to Stop & Shop first, may either return home on the 10:40 or 11:40 bus. Shoppers who choose to go to Kmart Plaza first, may either go home at 10:30, stay at Kmart until 11:30, or go to Stop & Shop for the second hour, returning home on the 11:40 bus. All pick-ups at Stop & Shop are at the door located near the florist shop. All pick-ups at Kmart Plaza are at Kmart=s main entrance. All trip times are approximate. Please allow a few minutes in case bus is running late. However, due to schedule, driver cannot wait for anyone, so be sure to be waiting for your pick-up at time scheduled.



Cromwell Senior Center Transportation Service

Helpful hints to help us serve you better



We provide various transportation services for senior Cromwell residents, including dial-a-ride, shopping routes, transportation to senior center programs, and outtrips. Our transportation service is a first come, first serve service, so call as soon as you know what your needs may be. In order to help us serve you better, the following tips may be useful.



1. Our transportation priority is medical appointments.

Transportation for Medical appointments may be requested up to six weeks before the appointment. We transport for both local and out-of-district appointments. We consider local appointments to be Cromwell, Middletown, and Rocky Hill. Out-of-district appointments could include Hartford, West Hartford, New Britain, Meriden, Middlefield, Wallingford, or Uconn Medical Center in Farmington. These out-of-district appointments must be made at least two weeks ahead of time, and can be done only if our appointment schedule allows.



2. Any other appointments such as Beauty, Banking, or Personal Errands must be local appointments only, and should be made no earlier than one week before the appointment.

3. Requests for transportation to Senior Center programs, Outtrips, or for our twice weekly grocery shopping route, must be made at least 24 hours in advance.

4. When using our transportation service, please be aware we may have to pick you up as early as 45 minutes before your appointment time. You may be asked to be ready even earlier if our schedule is busy. Our service is a curb-to-curb service, so your should be ready and looking for our vehicles. We have a few different vehicles but all are marked as belonging to the Town of Cromwell.



5. When you are ready to come home from your appointment, you may either call our office or the driver directly using the phone number given to you by the driver and the driver will return to pick you up as soon as possible. If no one is in the office when you call, please leave a message on our voice mail which is monitored regularly. Again you must be ready and looking for the driver. Unfortunately, sometimes due to our busy schedule, you may have to wait, but we will return as soon as possible.

6. The phone number to call for all transportation needs is 632-3451 or 632-3447.

ALTERNATE TRANSPORTATION SERVICES

The Cromwell Senior Center strives to offer our senior and disabled residents the best and most efficient transportation program possible. However, we cannot always accommodate every request. Therefore, we have developed this portion of our guide to an 'alternate' listing of transportation options available to our patrons when circumstances warrant. Please note that this list was developed at the time of the last updated version of this guide and we cannot be responsible if some vendors are no longer provided the service.

<u>Transportation Vendor Name</u>	<u>Phone Number</u>
Central Connecticut Independent Transportation Network	(860) 346-7433
Ambassador Wheelchair & Transportation Services	(860) 257-0885
Executive Taxi Service	(860) 635-4180
Hunters Ambulance & Transportation Services	(203) 235-3369
CT Transit – Local Bus Route Services	(860) 525-9181



FINANCIAL ASSISTANCE PROGRAMS

All of the following programs are conducted in a private confidential manner.

CONNPACE:

Medical prescriptions too expensive? ConnPace is possibly the answer. You also must be a resident of Connecticut and 65 years of age or disabled. Participants must meet financial eligibility requirements. Call the Senior Center for an appointment to fill out a ConnPace application. *Must have a Part D plan in place prior to applying.

ENERGY ASSISTANCE:

During the winter months from November 1st thru March, applications are taken for fuel assistance at the senior center and are then forwarded to the Community Renewal Team in Hartford for approval.

RENTAL ASSISTANCE:

If you qualify as a low income renter, you can receive a rebate check on your previous year's rent from the State of Connecticut/Office of Policy & Management. Time to apply is between May 15th and September 15th each year for the previous rental calendar year. Call the senior center for information and eligibility requirements.

HOME OWNERS TAX RELIEF PROGRAM:

Contact the Town Assessor's Office at 632-3442 for details on this program.

HEALTH-RELATED SERVICES

Blood Pressure Screening –Held weekly in the dining room on Thursdays 9:30-10:30am.

Monthly Foot Care Clinic- Held on the 3rd Tuesday (by appointment) of each month from 9am to 3 pm. You will receive a foot soak for ten minutes, feet are inspected for present or potential problems, toenails are trimmed, and lotion foot massage is given. The fee is \$30.00 for each visit and checks should be made payable to "Visiting Nurse Association of Central Connecticut."

All appointments are approximately 45 minutes in length and all clients must bring a small hand towel to their scheduled appointment. You must call the senior center for an appointment time, no walk-ins accepted

Senior Health Clinic- Held weekly on Tuesday from 11:30-12:30 for any seniors interested. No advanced registration is necessary. Just come down and chat with a nurse from the Connecticut VNA about any health concerns you may have, have your cholesterol/glucose, blood pressure etc, checked free of charge.

Flu Shot Clinic

Each year in October or November, we sponsor Flu Shot clinics free to any Cromwell senior resident. Watch in the Senior Scene for exact date of clinic.

Political Venues Policy

Political campaigning including but not limited to the following, political literature, political paraphernalia, greeting or announcing of candidacy will not be allowed on or in the Town Hall, Library and Senior Center, unless previously authorized by the First Selectman. This policy is in effect during any operational hours of the Town Hall including but not limited to evening or weekend events.

From time to time, arrangements may be made for political presentations and/or debates where all candidates concerned may be invited to attend with the prior approval of the Senior Services Commission.

The purpose of this policy is to insure that town employees and patrons of the Senior Center and Belden Library are offered the opportunity to listen; or likewise, may choose not to listen to any campaigning by candidates. This policy will insure that there are no disruptions to any regularly scheduled programs and events and give all candidates an opportunity to present their platform and views. Any person that does not follow this policy may be asked to leave the premises.

Directions To Cromwell Senior Center

**41 West Street
Cromwell, Ct., 06416
(860) 632-3447
Fax (860) 632-3446**

From The New Haven / Meriden Area

Route 91 North
Exit 22 to Cromwell - Route 9 South
Exit 19 - West St. - Take left off of ramp
Town Hall / Cromwell Senior Center is on the right.
Take a right on Allen Road for the parking lot entrance.

From The Old Saybrook Area

Route 9 North
Exit 18 - Main St - Straight off of ramp
Left on West St.
Town Hall / Cromwell Senior Center is on the left.
Take a left on Allen Road for the parking lot entrance.

From The Hartford Area

Route 91 South
Exit 22 to Cromwell - Route 9 South
Exit 19 - West St. - Take left off of ramp
Town Hall / Cromwell Senior Center is on the right.
Take a right on Allen Road for the parking lot entrance.

From The New Britain Area

Take Route 9 South
Exit 19 - West St. - Take left off of ramp
Town Hall / Cromwell Senior Center is on the right.
Take a right on Allen Road for the parking lot entrance.

From The East Hampton / Colchester Area

Route 66 West to Route 17 South
Take Arrigoni Bridge to Route 9 North
Exit 18 - Main St - Straight off of ramp
Left on West St.
Town Hall / Cromwell Senior Center is on the left.
Take a left on Allen Road for the parking lot entrance.

MISCELLANEOUS INFORMATION

The Senior Services Commission meets on the 2nd Monday of each month (September thru June) at 11:00 am in the senior center. Any senior may speak on a particular issue during 'Citizens Comments'. Seniors are welcome and encouraged to attend the meetings.

For information on anything not covered in this guide, please contact the Senior Center at (860) 632-3447, email Senior Center Director, Theresa Strong @ tstrong@cromwellct.com or Senior Center Assistant, Cathi Jackson @ cjackson@cromwellct.com, or visit us on the web at www.cromwellct.com, go to town departments, senior center

The staff at the Cromwell Senior Center sincerely hopes this Guide has provided you and your family with some valuable information. Please note that in putting together this booklet, we have researched rules and regulations of other senior centers in the area.

Senior Guide –Last revision approved by Senior Services Commission on June 8, 2009