

CROMWELL

SENIOR

CENTER

GUIDE

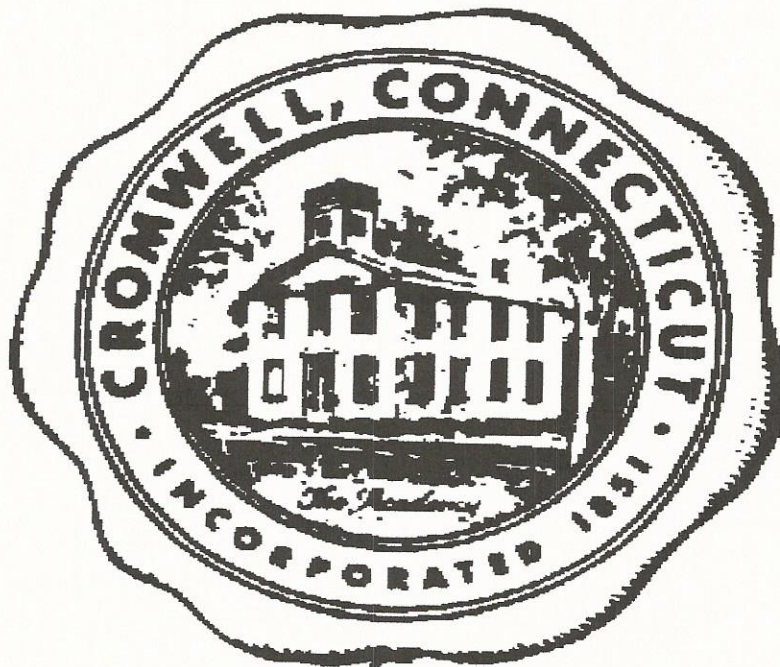


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INTRODUCTION

Intro

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. *(Please note that transportation services are also available to disabled residents under the age of 60). The Senior Scene Newsletter, which is e-mailed monthly or available to residents at the Senior Center, 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 curb-to-curb service for dial-a-ride demand-response, fixed-route transportation that include things like programs and activities at the senior center, shopping, medical appointments, out-trips, beauty appointments, banking, personal 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

Phone Numbers

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

Town Manager.....	(860) 632-3410
Town Clerk.....	(860) 632-3440
Tax Collector.....	..(860) 632-3445
Assessor.....	(860) 632-3442
Human Services.....	..(860) 632-3449
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 11:00 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.....	860-424-3200
Commission on Deaf & Hearing Impaired.....	860-602-4000/1-800-842-4510
Community Renewal Team.....	860-560-5800 (Hartford)
	860-347-4465 (Middletown)
ConnPACE.....	1-800-423-5026
CT Community Cares, Inc. (CCCI).....	1-800-654-2183
CT. Dept. of Social Services	860-704-3100
CT. Legal Services.....	1-800-296-1467
Ct. Transit.....	860-525-9181
Covenant Village of Cromwell.....	860-635-5511
Cromwell Health and Rehab.....	860-635-5613
Apple Rehabilitation & Health Care Center.....	860-635-1010
Rook Retirement Community.....	860-632-1688
Home Care for the Elderly.....	1-800-445-5394
Housing (Section 8) Portland (covers Cromwell).....	860-342-1688
Information/Referral of Elderly Services.....	1-800-443-9946
MasoniCare.....	203-679-5348
Middletown Area Transit.....	860-346-0212
Middletown Legal Services.....	860-344-0447
Motor Vehicles.....	860-622-2200
Ridgeview Healthcare Center.....	860-635-1010
Rook Retirement.....	860-632-1688
Wildwood Property Management.....	860-398-5425
(Fox Glen and Reilly Manor)	
Social Security.....1-800-772-1213.....Social Security (Middletown).....	1-877-692-3145
Veterans Affairs (Ct. Department).....	860-721-5892
VA Benefits, Local Cromwell, Ken Going.....	860-635-0889



HOURS AND OPERATION

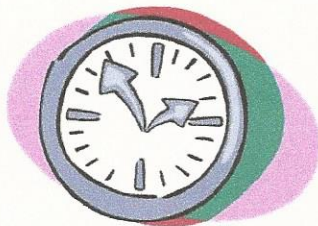
The Cromwell Senior Center is open to residents Monday thru Friday from 8:30 am to 4:00pm, exclusive of town recognized holidays. There is no smoking allowed in the senior center. Occupancy limits shall be obeyed according to posted limits. At the discretion of the administration, anyone acting in a 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 e-mailed to registered town residents and additional newsletters are also available in the senior center or electronically on the Senior Center webpage at www.cromwellct.com or at www.seekandfind.com). Variation in any activity MUST be approved by the Senior Center/Human Services 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 procedural 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 with our Human Resource office.



Educational Programs

Bookworms Reading Group: Join the fun, we review a book, usually once a month on the Second Thursday afternoons at 1:00pm. New members are always welcome

Educational Classes: The senior center periodically offers new educational classes such as art history, world religion, foreign languages, Cooking Classes, etc.

Art/Oil Painting: For the aspiring Picasso, this class is held from September thru June on Wednesday afternoons at 1:00pm with instructor Angel Milardo-Carlin.

Quilting: For the beginner or the advanced quilter. Held from September thru June on Mondays from 1-3 pm; with instructor or Volunteer assistant instructor Wanda Waters

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

AARP Driver Safety Classes: Class is usually annually. Watch the newsletter for details.

Health and Wellness Programs

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

Foot Care Clinic – Held on the 2nd Tuesday monthly by appointment

Hearing Aide Checks- Held monthly on the 1st Wednesday at 11am; no appointment required

Arthritis Exercise – Held weekly on Thursdays from 2-3pm with MasoniCare Instructor

Exercise: Senior aerobics on Monday, Wednesday, and Fridays from 10:30-11:30am;

Yoga/Tai Chi- Sessions held year-round (Yoga- Wednesdays 9am /Tai Chi-Fridays 9am)

Recreational & Social Programs

Billards: Available for any senior wishing to play when activities permit. Billiards 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.

Bowling -Duckpin: (Fall-Spring Season) On every Tuesday morning, 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 in the afternoon at the senior center as well as on Tuesday afternoon at the Rook Retirement Community Center

Mah Jongg – held on Mondays in the senior center and Fridays in the senior dining room

Card Playing: Usually held Tuesday and Thursday afternoons in the senior dining room, unless calendar states otherwise. Setback is the current game of choice.

Congregate Mealsite: Served Monday, Wednesday and Friday, \$2.50 suggested donation. Please make reservations by calling 632-3407 between 10 am-1 pm at least 24-hours in advance.

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

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

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

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

VOLUNTEER OPPORTUNITIES

**Volunteer
Opportunities**

A Cromwell Senior Center Volunteer is someone who operates under the direction of, and/or on behalf of the Cromwell Senior Center without receiving or expecting to receive monetary compensation.

The reasons to volunteer may be as varied as;

- 1) The opportunity to interact with many different people.
- 2) To gain training in a specific skill.
- 3) The pleasure of being part of a team.
- 4) Expand your own abilities and beliefs
- 5) Enhance your socialization skills and meet new friends.
- 6) The opportunity to serve your community in such a wonderful way

You may get involved with or participate in a one-time project, a short-term effort or a longer, extended relationship. Some are "hit-and run" – quick in and out. It will depend on what you are looking for and how we can help you fill the need for volunteering.

Just a Few Examples of Volunteer Work Assignments

- Special Events Assistant- (i.e. Monthly dinners- help with set up, serving, clean-up, etc)
- Bingo Caller – Tuesday afternoon and/or Thursday mornings
- Senior Center Gardener – Works in Senior Garden (located directly outside senior center)
- Newsroom Assistant – Help w/distribution of monthly newsletter, 'The Senior Scene'
- Class Instructor – Do you have a special talent that you can teach at the senior center for us?

Stop by the Senior Center and let us know if interested. The Human Services/Senior Center Director will contact you to schedule an appointment to sit down to discuss your interests and the needs of the department.

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 in-house transportation to/from departure locations for tour trips. You are responsible for your own transportation to/from departure location.
- 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.
- Some 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



Cromwell Senior Center Transportation Service

860-632-3447

860-632-3451

The Dial-A-Ride Transportation Program is a curb-to-curb service administered and operated by the Town of Cromwell Senior/Human Services Department. We provide various transportation services for seniors (age 60 minimum) or disabled Cromwell residents (any age) that includes dial-a-ride demand response, fixed routes for shopping and out-trips, and transportation to/from senior center programs. Our vehicles are equipped with a wheelchair lift and operate Monday through Friday from 8:30am-4:00pm, exclusive of Town recognized holidays or special senior center events. Service is curb-to-curb; therefore riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such assistance. The program is operated according to policies and procedures which permit it to serve as many people as possible in a fair, efficient and effective manner without regard to race, creed, religion, national origin or personal favoritism. There is no fee for this service. 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. Our transportation service is a first come, first serve service, so call as soon as you know what your needs may be.

ELIGIBLE RIDERS

Cromwell residents, age 60 or older and disabled residents are eligible to use Dial-A-Ride. Able bodied riders who are in complete control of their faculties shall be allowed to use Dial-A-Ride unattended. Those not sufficiently alert and ambulatory MUST be accompanied by an attendant. New riders are required to fill out the attached Emergency Information Form.

OBTAINING SERVICE

When calling to reserve a ride, our dispatch office will need the following information: Full Name of Rider, Rider's Address, Rider's Telephone Number, Destination, Date/Time of specific appointment (If doctor's appointment, give Dr's name). Every effort will be made to accommodate your request. There are, however, times when resources are limited i.e.: vehicle breakdown, driver illness, inclement weather, high volume of ride requests. If the times requested cannot be accommodated in the schedule, you will be notified. The rider can then either accept a revised time if one is available or cancel the request and make other arrangements. When you are ready to come home from your appointment, you should call the driver directly using the phone number given to you when dropped off at your destination; the driver will return to pick you up as soon as possible. If you need to call our office; 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.

PRIORITY USE OF RIDES

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, Portland, Berlin, and Rocky Hill. Out-of-district appointments could include but are not limited to: Hartford, West Hartford, New Britain, Meriden, Farmington, etc. 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. Any other appointments such as beauty/barber, banking, or personal errands must be local appointments only, and should be made no earlier than one week before the appointment. If a previously scheduled medical appointment conflicts with an errand/personal appointment, such appointment will need to be scheduled at an alternate and mutually convenient time.

SPECIAL CONDITIONS FOR SERVICE

All passengers are required by law to use seat belts. There is no exception to this rule. The driver will drop off riders as close to their destination as safely possible. Drivers are not required nor should they be expected to search for riders. Riders MUST be ready at least 30-45 minutes ahead of the scheduled appt time. Limit of 4 bags per person per shopping trip. Drivers are NOT responsible for carrying or delivering groceries and/or other baggage. Drivers are NOT allowed to make stops that are not on their schedule. Drivers DO NOT provide assistance to riders. (For example, to assist someone who walks unsteadily or a rider in a wheel-chair). If you need assistance, you must provide your own escort. The escort must be identified as an additional rider when the reservation is made.

INCLEMENT WEATHER CONDITIONS

Dial-A-Ride service will be cancelled when road conditions are or may become too difficult or hazardous for safe operation of a vehicle. Riders should watch TV Channels 3 (CBS), 4(NBC) OR 8 (ABC) for cancellation notice or call the main transportation office number at: 860-632-3451.

COMPLIMENTS, PROBLEMS AND SUGGESTIONS

Riders with compliments, problems or suggestions may write the Town of Cromwell's Senior/Human Services Department, Attn: Amy Saada/Senior/Human Services Director at: 41 West Street, Cromwell CT 06416; or call 860-632-3476.

Drivers are NOT permitted to accept monetary gifts, tips or gratuities, according to Town personnel policy. Written commendations for exceptional service is encouraged in lieu of tipping or gifts. Monetary donations may be submitted directly to the Senior Services Department and will be used to benefit the Dial-A-Ride program.

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 use both lap and shoulder belts while utilizing our services. We also allow individuals with disabilities who do not use a wheelchair (ie – walkers/canes) to use the vehicle 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. However, please be aware that our driver's cannot provide aide service in any capacity and if a passenger cannot navigate the services alone, an aide may be required to accompany rider, when warranted. The driver may use his/her discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of transportation other than traditional wheelchair, such as Scooters and Motorized Wheelchairs. The passenger's mode of transportation must be able to be tied down securely, both in the front and back of the unit. Arrangements can be made for a home visit with the driver and a vehicle to determine whether we can safely transport a passenger, please allow (5) five business days for this service.

Transportation is provided for scheduled out trips, with pick-ups either from Senior Center or at private residence. See Senior Scene newsletter for monthly out-trip destinations. If departing from Senior Center, please arrive approximately 15 minutes 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

SHOPPING ROUTE MONDAYS AND FRIDAYS
STOP & SHOP AND KMART 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.
Bus arrives at Westside Market (Mondays only) or Big Y (Fridays only)	9:45a.m.
First pick-up at Kmart	10:30a.m.
First pick-up at Stop & Shop	10:40a.m.
Pick-up at Westside Market (Mondays only) or Big Y (Fridays only)	11:00a.m.
Second pick-up at Kmart	11:30a.m.
Second pick-up at Stop & Shop	11:40a.m.

There are two pick-up times for Stop & Shop and Kmart plaza. 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.

Please remember, bag limit is 4 and passengers must be able to handle their bags independently. Aides are welcome to accompany passengers if warranted.



SENIOR LUNCH PROGRAM- MEALSITE

41 West Street

Cromwell, CT 06416

Call Mealsite at 632-3407 to reserve lunch

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

Lunch is served at 11:45 am Monday, Wednesday and Friday.

To reserve a meal, you need to call the Mealsite at 860-632-3407 between the hours of 10:30 am and 12:00noon ONLY when the Mealsite is open to reserve for the next scheduled meal.

****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 \$2.50.**

HOME-BOUND MEALS ARE ALSO AVAILABLE IF NEEDED. PLEASE CALL CRT AT 860-355-7215, ASK FOR THE NUTRITION DEPARTMENT. THEY WILL BE ABLE TO ADVISE YOU WHETHER THEY CAN 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

Wednesdays- 10:30-11:30am

Fridays- 10:30-11:30am

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.

MEDIGAP/PART D COVERAGE -

If you are new to Medicare or have general questions about Parts A,B & D or supplements, please contact Senior Resources Agency on Aging @ 1-800-690-6998. They are a private, non-profit organization authorized by the Older Americans Act & State Statutes to assist residents with Medicare. They cover 56 towns in Connecticut

ENERGY ASSISTANCE:

During the winter months from November 1st thru March, applications are taken for fuel assistance in the Human Services Department. Call Lisa Olson at 860-632-3449 for an appointment.

RENTAL ASSISTANCE:

If you qualified last year and received a check, you may be able to 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 1st and October 1st each year for the previous rental calendar year. Call Lisa Olson in the Humans Services Department at 860-632-3449 to make an appointment.

HOME OWNERS TAX RELIEF PROGRAM:

Contact the Town Assessor's Office at 860-632-3442 for details on this program.

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 Town Manager. 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

MISCELLANEOUS INFORMATION

The Senior Services Commission meets on the 2nd Monday of each month (September thru June) at 10:30 am. 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/Human Services Director, Amy Saada @ asaada@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.



Contact Information/Release Form

Please fill out all of this form and mail or drop it off to the:

Cromwell Senior Center, 41 West Street, Cromwell, Ct. 06416

860-632-3447

NAME: _____

ADDRESS: _____

PHONE: _____

ALTERNATE PHONE NUMBER: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY PHONE: HOME: _____

WORK: _____ **CELL:** _____

EMERGENCY CONTACT NAME: _____

EMERGENCY PHONE: HOME: _____

WORK: _____ **CELL:** _____

Medical Release/Indemnity Waiver:

In order to participate in Senior Center Programs, I understand and agree that programs can be physically demanding, but I have the physical ability needed to participate. In the event photos are taken I hereby give permission for the Senior Center to use said photos in promotional literature, including but not limited to, brochures and flyers. In the event of an emergency and the emergency contact person cannot be reached, I hereby give permission to be transported to Middlesex Hospital or any nearby medical facility. It is hereby understood and agreed that I shall assume full financial responsibility for any costs over and above that which is not covered by my health insurance. To the fullest extent permitted by law, I agree to indemnify and hold harmless the Town of Cromwell and its employees from any injuries or damage caused by or resulting from participation in any program offered by the Cromwell Senior Center. A Photostat copy of this waiver form with my signature shall be considered as valid as the original.

Signature _____

Date _____

Contact Information/Release Form Cont.

The following information is voluntary, but would assist us with keeping our statistics current for grant purposes.

DATE OF BIRTH: _____

Would you like to participate in our monthly Birthday Party Program?

Please Check Yes _____ or No _____

RACE: _____

DISABLED: Please check Yes _____ or No _____

USE WHEELCHAIR OR SCOOTER: Please check Yes _____ or No _____

E-MAIL ADDRESS _____

If you do not already, would you like to receive our monthly newsletter by e-mail?

Please check Yes _____ or No _____

Effective July 1, 2016

All Non-Cromwell Residents must pay an annual \$25.00 membership fee per person to participate in programs that are open to area town residents.

Also all resident and non-resident members must have on file a Contact Info/Release Form including the signed Release portion.

This is mandatory to start or continue to participate in all Senior Center programs.

If you have not submitted these forms to the Senior Center or are not sure if you have submitted these forms please do so as soon as possible. Thank you for your cooperation.



If you have any suggestions for programs or any suggestions that will help us continue to serve Cromwell Senior and Disabled residents in the best way possible, please contact us by phone at 860-632-3447 or by e-mail at cjackson@cromwellct.com