Ridgefield Directory
of
Senior Services

Published by the
Commission on Aging
Sixth Edition
Dear Ridgefield Senior Citizens,

Welcome to the sixth edition of the *Ridgefield Directory of Senior Services*. Published by the Ridgefield Commission on Aging in cooperation with the Ridgefield Department of Social Services, this directory is a document about us and for us, the seniors of Ridgefield, our families, and our friends.

While the directory is not a comprehensive list of resources for seniors, it does provide a broad range of services from government and non-government agencies, non-profit and volunteer organizations, and even contractors and tradespersons. While we have done our best to ensure an accurate and current directory, information changes daily. We do not assume any liability for outdated or inaccurate information.

If you need information on services not listed in this directory, please contact the Ridgefield Department of Social Services Municipal Agent for the Elderly at 203-431-2754.

If you need more copies of the directory, please contact the

Ridgefield Commission on Aging
400 Main Street
Ridgefield, CT 06877

I hope this directory becomes your “go to” resource for senior-related needs. There is plenty of open space so feel free to add your own contacts and keep all this information conveniently in one place.

Sincerely,

Christine H. Robertson
Chair, Ridgefield Commission on Aging
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The Department of Social Services provides a broad range of services to the elderly who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living. DSS administers and delivers a wide variety of services, including health care coverage and long-term care and supports.

Statewide office of Protective Services for the Elderly investigates reports of known or suspected physical or mental abuse, exploitation, neglect or self-neglect of adults ages 60 and older who are living in the community or in long term care facilities.

Call 211 INFOLINE for after hours. If this is an EMERGENCY, please dial 911
INFOLINE ............................................................ 211

2-1-1 is a free and confidential service that helps people find the local resources they need, 24 hours a day, 7 days a week. It is a single source for information about community services, referrals to human services and crisis intervention. The INFOLINE can be accessed toll-free from anywhere in Connecticut by dialing 2-1-1.

Long Term Services and Supports
Statewide............................................................ 855-626-6632

(Click Programs & Services and search Programs A to Z for specific programs.)

Long-Term Services and Supports benefit eligibility is one of the most complex areas of Medicaid. DSS has five main programs: Money Follows the Person, Long Term Care Ombudsman Program, Alzheimer’s Respite Care Program, National Family Caregiver Support Program, and Connecticut Home Care for Elders (CHCPE). Additional resources for yourself or a loved one may be found at the Connecticut Long Term-Care Website www.myplacect.org or call Ridgefield Social Services at 203-431-2777.
Danbury Hospital 203-739-7000
Western Connecticut Health Network
Emergency Room 203-739-7100
24 Hospital Avenue www.danburyhospital.org
Danbury

Norwalk Hospital 203-852-2000
Emergency Room 203-852-2160
34 Maple Street www.norwalkhospitalwchn.org
Norwalk

Urgent Care of Connecticut 203-431-4600
10 South Street, Suite 101 Fax: 203-431-4601
Ridgefield, CT 06877 www.physicianoneurgentcare.com
Hours: Monday-Friday, 8 a.m. to 8 p.m.; Saturday, Sunday, and holidays, 9 a.m. to 5 p.m.

Convenient Walk-In Medical Treatment — Open 365 days a year. Urgent Care of Connecticut provides prompt, professional, walk-in medical treatment for non-life and non-limb threatening illnesses and injuries. Most major insurances accepted.
GENERAL INFORMATION

Department of Social Services
Ridgefield Town Hall
400 Main Street

Director of Social Services
Agent for the Disabled and Americans with Disabilities Act Coordinator. . . . . . . . . . . . . . . . . . . . . . . . . 203-431-2777
socialservices@ridgefieldct.org

Agent for the Elderly . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 203-431-2754
municipalagent@ridgefieldct.org

Social Services offers Ridgefield residents a comprehensive array of services including crisis intervention and non-crisis assistance information and referral services. The staff is available to check eligibility and assist with state and federal entitlement programs, provide needs assessments, and identify local and area service providers to meet those needs. Some of these services include Medicare CHOICES counseling, Energy Assistance intake, a Food Pantry, SNAP and medical assistance intake, emergency cell phones and emergency assistance.

Hours: Monday through Friday, 8:30 a.m. to 4:30 p.m.
“ARE YOU OK?” ..................... 203-438-6777
A program sponsored and supported by the Ridgefield Woman’s Club and the Ridgefield Firefighters’ Association which provides the free service of daily telephone calls to check on client’s safety. It is available to any resident of Ridgefield and Redding who is over the age of 60 and to residents living alone who are homebound or are medically disabled (either on a temporary or a permanent basis) regardless of age. Call and leave a message if you wish additional information.

Commission on Aging (COA) ................. 203-431-2700
Ridgefield Town Hall www.ridgefieldct.org
400 Main Street
The commission, which is town appointed, identifies the needs of seniors living in Ridgefield and coordinates services that further their well-being. It meets the third Monday of each month at 2:30 p.m. in the lower conference room of Town Hall. Meetings are open to the public. NOTE: Anyone requiring special accommodations due to disability is asked to contact the Commission on Aging.

U.S. Department of Veterans Affairs ............ 800-827-1000
(TDD) 1-800-829-4833
www.ncptsd.va.gov/ncmain/website
This program was initiated in Connecticut in 1984 in recognition of the critical need for individuals to act on behalf of elders who, due to mental or physical disability, were incapable of managing their own affairs. Staff, representing the Dept. of Social Services Commissioner, is appointed by the probate court to supervise the personal affairs of an individual, including: arrangement for medical needs and nutritious meals, clothing, safe and adequate housing, and personal hygiene. Individuals are protected from physical abuse, neglect and other harm.
EDUCATION AND LEISURE

The Senior Positive Initiative Forum (SPIF) was organized to coordinate the organizations in Ridgefield which work with older residents. The Ridgefield Senior Gold Card Program is sponsored by SPIF. The Ridgefield Senior Gold Card is free to Ridgefield residents 65 and older. Gold Card holders receive various free and discounted services from numerous town departments, organizations and businesses. It is Ridgefield’s way of thanking senior citizens for their many years of community service.

To get a Gold Card, present a Connecticut driver’s license with a Ridgefield address or Connecticut no-driver identification at the Ridgefield Town Hall Information office.

Ridgefield Town Hall
203- 431-2700
400 Main Street
www.ridgefieldct.org
Monday through Friday, 8:30 a.m. to 4:30 p.m.

With the Gold Card, you will get a booklet called “Benefits” which is a list of organizations and merchants who are currently participating in the program and what they are offering to Gold Card holders.
Here are some of the Ridgefield organizations who participate in the Gold Card Program:

**Aldrich Contemporary Art Museum**  203-438-4519
258 Main Street  [www.aldrichart.org](http://www.aldrichart.org)

**Keeler Tavern Museum**  203-438-5485
132 Main Street  [www.keelertavernmuseum.org](http://www.keelertavernmuseum.org)

**Ridgefield Library**  203-438-2282
472 Main Street  [www.ridgefieldlibrary.org](http://www.ridgefieldlibrary.org)

**Ridgefield Playhouse**  203-438-5795
80 East Ridge  [www.ridgefieldplayhouse.org](http://www.ridgefieldplayhouse.org)

**Ridgefield Community Center**  203-438-6962
Lounsbury House  [www.lounsburyhouse.org](http://www.lounsburyhouse.org)
316 Main Street

**Ridgefield Public Schools Continuing Education**  203-431-2812
70 Prospect Street  [www.ridgefieldschools.org](http://www.ridgefieldschools.org)

**Ridgefield Symphony Orchestra**  203-438-3889
90 East Ridge  [www.ridgefieldsymphony.org](http://www.ridgefieldsymphony.org)
Ridgefield Chorale .......................... 877-815-5635
www.ridgefieldchorale.org

Ridgefield Guild of Artists ................. 203-438-8863
34 Halpin Lane  www.rgoa.org

Ridgefield Theatre Barn ..................... 203-431-9850
37 Halpin Lane  www.ridgefieldtheaterbarn.org

Ridgefield Golf Course ...................... 203-748-7008
545 Ridgebury Road  www.ridgefieldgc.com

Western Connecticut State University  .... 203-837-9000
181 White Street, Danbury  www.wcsu.edu
Public colleges and universities waive tuition for seniors age 62 and older, provided space is available.

AARP ............................................. 888-687-2277
www.aarp.org
A nationwide organization of people 50 years and older provides community service opportunities and a chance to socialize.

AARP Driver Safety Program .............. 203-748-2344
(National) 800-350-7025
Charter Oak Pass.......................... 860-424-3200
www.ct.gov/deep
This pass provides seniors free access to the Connecticut State Parks and Recreation System. To qualify, the person must be 65 or older and a Connecticut resident.

America the Beautiful National Parks and Federal Recreation Lands Pass ......................... 888-275-8747, press 3
www.store.usgs.gov/pass
This is a lifetime pass for U.S. citizens or permanent residents age 62 or over. The pass is available locally at Weir Farm National Park 203-834-1896

Road Scholar (formerly Elderhostel)..............1-800-454-5768
www.roadscholar.org
Road Scholar offers 5,500 learning adventures, serving more than 100,000 participants annually. Their programs combine travel and education to provide experiential learning opportunities featuring an extraordinary range of topics, formats, and locations in every state in the U.S., 150 countries, and aboard ships on rivers and oceans worldwide.

Hunting and Fishing Licenses....................... 203-431-2700
www.ridgefieldct.org
A lifetime fishing or hunting license is available free for ages 65 and up. Apply to Town Clerk, Ridgefield Town Hall.
Founders Hall .......................... 203-431-7000
193 Danbury Road  www.founders-hall.org
Founders Hall is a donor-supported education and recreation center for people age 60 and older. It offers life-long learning, fitness and fun through more than 250 academic, art, dance, hobby, and technology classes, speakers and seminars, and social events. Founders Hall is open Monday, Wednesday, and Friday, 8:30 a.m. to 4:30 p.m.; Tuesday and Thursday, 8:30 a.m. to 8:30 p.m.

OWLS (Older Wiser Livelier Set) ................. 203-431-7000
Founders Hall
193 Danbury Road
A club of seniors who meet at Founders Hall the first Thursday of the month at 10:00 a.m. Trips, programs, and socials are planned throughout the year.

Ridgefield Men’s Club ......................... 203-438-5737
First Congregational Church  www.ridgefieldmensclub.org
103 Main Street
An organization for retired or semi-retired men who are residents of Ridgefield. The club meets on the first and third Wednesday of each month. There is no age limit for participation.
What can I do with my unused medication?

The police department has a drug take back program that regularly removes hundreds of pounds of expired and unused medications. Stop by the RPD lobby to drop off your old meds, no questions asked. Help keep unwanted or dangerous drugs off the streets and away from the environment.
ENERGY ASSISTANCE PROGRAMS

Connecticut Energy Assistance Program (CEAP) ........................................ 203-431-2754
http://www.caawc.org/programs

The Energy Assistance program helps income eligible households pay their winter heating bills. Homeowners and renters are both eligible to apply, benefits are based on income and household size.

Winter Protection Plan ................................. 800-286-2828
http://www.eversource.com

Eversource offers assistance to customers who meet specific criteria resources to pay their electric bill along with shut-off protection during the winter months. Contact Eversource or Ridgefield DSS for more information.

Home Energy Solutions .......................... 877-947-3873
http://www.energizect.com

Home Energy Solutions Income Eligible (HES-IE), supported by Energize Connecticut, provides valuable weatherization measures to help renters or homeowners reduce their energy bills by making their homes more efficient. HES-IE is a free service for income eligible residents. In addition to HES weatherization services, households may qualify for insulation and energy-efficient appliances, including ENERGY STAR refrigerators.
Operation Fuel ................................. 860-243-2345
www.operationfuel.org
Operation Fuel partners with local government and community based organizations in CT to provide emergency energy bill assistance to lower and middle income working families, the elderly and disabled to ensure access to year-round energy assistance. This program is designed to help households during a financial crisis, such as a job loss or medical emergency. Partnering agencies may also be able to connect you with programs that help with food, clothing, health services, childcare and more.

Community Action Agency of Western Connecticut

..................................................... 203-744-4700
www.caawc.org
The CAAWC serves the Ridgefield area helping low income households with energy assistance and other support services. CAAWC can assist with the application process for CEAP, HES-IS, Operation Fuel and more.

When should I apply for property tax help?
Go to page 15 for more information.
FINANCIAL AND LEGAL ASSISTANCE

Social Security Administration............................. 866-275-7821
131 West Street www.socialsecurity.gov
Danbury
Social Security, Medicare and Supplemental Security Income
Program. Open Monday – Friday, 9:00 a.m. to 3:30 p.m.

Tax Assessor’s Office ............................. 203-431-2706
Ridgefield Town Hall www.ridgefieldct.org
400 Main Street
Some seniors may qualify for a reduction of real estate tax, veteran’s
tax exemption, rental assistance, or the Real Estate Tax Deferment
Program.

Connecticut Department of Revenue Services
................................................................. 800-382-9463
www.ct.gov/drs

Federal Dept. of Revenue Services .......................... 800-829-1040
www.irs.gov

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

Office of the Connecticut Attorney General .......... 860-808-5318
www.ct.gov/ag
Legal Aid Hotline (Statewide)...................... 800-453-3320
www.slsct.org
Free legal services in all except criminal cases for Connecticut residents. Income eligibility guidelines apply.

Department of Consumer Protection............... 800-842-2649
www.ct.gov/dcp
This department is responsible for ensuring and guarding the rights of consumers in such areas as food, product safety, weights and measures, drug control, fraud, consumer education and the licensing of many professionals and tradesmen.

Have you checked out the SweetHART bus?

The Town provides at no cost, in-town bus transport for any senior, Monday through Friday. There are several other providers of free rides. Check out “Transportation” on page 41 for more information.
HOUSES OF WORSHIP

First Church of Christ Scientist .................. 203-438-4780
260 Main Street www.christiansciencect.org

First Congregational Church of Ridgefield .......... 203-438-8077
103 Main Street www.firstcongregational.com

Jesse Lee Memorial United Methodist Church

................................................................. 203-438-8791
207 Main Street www.jesseleechurch.com

Ridgebury Congregational ....................... 203-748-2806
United Church of Christ www.ridgeburychurch.org
602 Ridgebury Road

Ridgefield Baptist ................................. 203-438-5751
325 Danbury Road www.ridgefieldbaptist.org

St. Andrew’s Lutheran (ELCA) .................... 203-438-0606
6 Ivy Hill Road www.standrewselca.com

St. Elizabeth Seton Roman Catholic .............. 203-438-7292
520 Ridgebury Road www.sesparish.org

St. Ignatius Retreat House ....................... 203-431-0201
209 Tackora Trail www.sspxridgefield.com
Do you qualify for State Assistance?

There are two Connecticut state programs the town administers to help seniors with low income.

Energy assistance in the fall/winter,
and rent rebate during spring/summer.

Go to pages 13 and 14 for more information.
HOUSING AND MANAGED RESIDENTIAL COMMUNITIES

Ridgefield Housing Authority (RHA) ............... 203-438-9845
25 Gilbert Street www.ridgefieldhousing.org
The RHA owns four different types of residential properties two of which are for seniors and disabled, they are:

- Ballard Green, for seniors and disabled of any age
- Prospect Ridge Congregate, for seniors who need selected services

RHA property is open to all.

Ballard Green ........................................... 203-438-9845
25 Gilbert Street www.ridgefieldhousing.org
Ballard Green is an independent living environment for seniors and disabled of any age. Its 78 apartments are in a beautiful park-like setting behind Ballard Park. Most units have one-bedroom, full bath, and a living room with a kitchen area that includes a stove, refrigerator, sink and cabinets. Subsidies may be available. Eligibility requirements apply.

Prospect Ridge-Congregate Housing ............... 203-431-9943
51 Prospect Ridge www.ridgefieldhousing.org

Prospect Ridge Congregate is a senior facility of 34 one-bedroom apartments in a four-story elevator building. The Congregate provides twenty-four-hour on-site staff, security in case of emergency, housekeeping, and a common dining room offering one meal a day.
Units are approximately 450 square feet and have one-bedroom, full bath, and a living room with a kitchen area that includes a stove, refrigerator, sink and cabinets. Subsidies may be available. Eligibility requirements apply.

<table>
<thead>
<tr>
<th>If you are looking for:</th>
<th>Contact this organization or review this website:</th>
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<tr>
<td><strong>Connecticut</strong></td>
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| • Information on emergency housing, staying housed, and suggested reading | http://uwc.211ct.org  
(provided by United Way of CT) |
| • Affordable Housing Programs | https://www.cga.ct.gov/2008/rpt/2008-R-0539.htm |
| • Housing Choice Voucher Program (“Section 8”) | http://www.cthcvp.org/ |
| **Ridgefield-specific** |                                                  |
| • Senior low income and/ or disabled at any age | Ridgefield Housing Authority, 203-438-9845. www.ridgefieldha.org |
| • Ownership and / or rental with no income or asset restrictions | Ridgefield Board of Realtors, 203-438-8858. http://ridgefieldboardofrealtors.com |
Managed Residential Communities

Ridgefield Crossings................................. 203-431-2255
Ridgefield  www.benchmarkseniorliving.com

Meadow Ridge ................................. 203-544-1000
Redding  www.meadowridge.com

Glen Crest Independent Living .......................... 203-790-9161
Danbury  www.genesishcc.com

Brookdale Wilton .................................. 203-761-8999
Wilton  www.brookdale.com

The Greens at Cannondale ................................. 203-761-1191
Wilton  www.thegreensatcannondale.com

Maplewood at Danbury ................................. 203-312-7910
Danbury  www.maplewoodseniorliving.com

Maplewood at Stony Hill ................................. 203-207-4100
Bethel  www.maplewoodsl.com

The Gardens .......................................... 203-748-0506
Danbury  www.thegardensct.com
The State of Connecticut wants to give residents the opportunity to stay in their home instead of going to a nursing home. CHCPE provides financial assistance to help eligible clients who need assistance with critical needs care such as bathing, dressing, eating, taking medications and toileting.

Danbury Nurses Registry            203-748-2420
68 Main Street, Danbury        www.seniorcareathome.com

The Danbury Nurses Registry is a family owned and operated home health referral agency founded in 1930. They have been caring for the community for more than 80 years, providing Patient Care Attendants to assist people in their homes with bathing, dressing, meal preparation, medication reminders, and companionship. They also provide Registered Nurses, Licensed Practical Nurses, and Certified Nurse’s Aides one on one care.

Connecticut Caregivers Connection 203-790-8070
68 Main Street, Danbury
Licensed employee-based home health agency.
Connecticut Community Care, Inc. (CCCI) .................................................. 203-596-4800
                                      Fax: 860-274-1860
                                      www.ctcommunitycare.org
Caring from Every Perspective: Connecticut Community Care, Inc. (CCCI) makes it possible for elders or individuals with disabilities to live independently at home.

Ridgefield Visiting Nurse Association. ............. 203-438-5555
27 Governor Street                                    Fax: 203-431-6583
Ridgefield                                             www.ridgefieldvna.org
Ridgefield Visiting Nurse Association (RVNA) was founded in 1914 as a non-profit Medicare-certified, accredited home health care agency. RVNA provides a variety of services to the Ridgefield community. Healthcare at home clinicians, registered nurses, and physical therapists provide skilled medical care to patients in their homes along with occupational and speech therapists. These services are generally covered by Medicare. The RVNA Quality Living at Home program provides support to Ridgefielders who want to age in place in their own homes. RVNA also offers physical therapy, nutrition counseling, and flu, pneumonia, and shingles vaccines in its offices. Free blood pressure screenings are conducted at a variety of locations in Ridgefield each month.
Homecare by RVNA, LLC .......................... 203-894-5000
27 Governor Street Fax: 888-965-6573
Ridgefield  customercare@hcrvna.com

Home Care by RVNA is a non-medical home care agency that provides home health aides and live-in caregivers. Assistance ranges from companionship with light housekeeping to hands-on care. This agency specializes in the care of persons with dementia, Parkinson’s, stroke conditions and other chronic illnesses.

Almost Family ................................. 203-792-8504
11 Lake Avenue Ext., Second Floor Fax: 203-796-7358
Danbury  www.almostfamily.com

Medical Home Care Inc. .................. 203-792-6872
32 Stony Hill Road Fax: 203-438-0685
Bethel  www.medicalhomecarect.com

First Light Home Care of Western Connecticut

................................................. 203-893-7754
48 East Farm Lane www.westernct/firstlighthomecare.com
Ridgefield  Care247@firstlighthomecare.com

Services include housekeeping, companionship, dementia care, ADL assistance, and transportation. Owners live and work in Ridgefield. Ask about senior discount.
Live-ins for the Elderly ................................. 203-748-9028
31 West Street  ........................................ www.liveinsfortheelderly.com
Danbury

Visiting Nurse and Hospice of Fairfield County

................................................................. 800-898-4663
Mailing:  P.O. Box 489, Wilton, CT  06897
Offices:  761 Main Ave., Norwalk, CT  06851
Fax:  203-761-8889  ................................ www.info@visitingnurse.net
Home care programs designed to meet the needs of terminally ill patients and their families; 24-hour availability of nursing care and psychological support.

Privatus Care Solutions, Inc. ............................. 917-881-9765
15 Valley Drive, Third Floor  ........................ www.privatuscare.com
Greenwich, CT
Private care company providing private nursing, personal care management, and concierge services to Fairfield County.
Referral Line ......................................................... 203-742-1392

Aging and Disability Care Management and Advocacy

................................................................. 203-826-9206
www.TewesCares.com
Leslie-Alin Tewes, MPA-Healthcare provides personalized guidance with transitions through the health care continuum for quality care and quality of life.
Joan Garbow and Associates. 203-894-1155  
joan@garbow.com
Geriatric care management and eldercare consultation, counseling, resources and solutions.

Care Patrol 203-444-9562  
www.CarePatrol.com
Helps families find safe assisted living, Alzheimer’s/memory care communities and nursing homes.

Oasis Senior Advisors 475-619-4123  
www.FairfieldCounty.OasisSeniorAdvisors.com
Free service to families which helps them find senior living options.

VA Primary Care (Outpatient Clinic) 203-798-8422
7 Germantown Road
Danbury, Open Monday through Friday, 8:30 a.m. to 4:30 p.m.

Regional Hospice and Home Care Center for Comfort Care 203-702-7400
30 Milestone Road  
www.regionalhospicect.org
Danbury, CT  06810
Care, comfort, and compassion for those touched by life-limiting illness and loss.
Lifeline Ridgefield Visiting Nurse Association (RVNA)  

............................................... 203-438-5555  

www.ridgefieldvna.org

Lifeline is a two-way personal response system that provides safety 24 hours a day in your home. When you need help, just press the Lifeline Personal Help Button. Lifeline also can sense when you have fallen. Within seconds, a Personal Response Associate reviews your profile and quickly assesses the situation. The associate then contacts a neighbor, loved one, or emergency services based on your specific needs.

The Personal Response Associate will follow up to ensure that help arrived. Installation and monthly fees apply. Installation is free for Ridgefield Senior Gold Card holders.

Medicaid ............................................. 877-284-8759  

www.ct.gov/dss

(Click on Client/Applicants then How to Apply for Benefits)

Medicaid is a program designed to provide medical coverage for persons with low income. In CT Medicaid is run by the State Department of Social Services.
Medicare provides health insurance for Americans aged 65 and older or for younger people with disabilities, end stage renal disease and amyotrophic lateral sclerosis.

**Medicare Savings Programs:** Financial assistance for eligible Medicare beneficiaries is available through the CT Department of Social Services. This program may help pay Medicare Part B premiums, deductibles and co-insurance. Applications can be taken at Ridgefield and State Social Services offices.

**CHOICES:** Helps people 60 and older and other people with Medicare understand their Medicare coverage and health care options. Call the Ridgefield Department of Social Services or the Western CT Area Agency on Aging to speak with a CHOICES counselor.

**Ridgefield Department of Social Services (RDSS)**

203-431-2754

**Western CT Area Agency on Aging (WCAAA)**

203-757-5449
The Center for Medicare Advocacy is a national non-profit organization that works to ensure fair access to Medicare and quality health care. Through advocacy and education CMA helps to assure older adults and people with disabilities have fair access to Medicare and health care programs. Staffed by attorneys, paralegals, nurses and information management experts the CMA offer education and consulting services.

**Pharmacies**

**Bissell Pharmacy** ............................... 203-438-6433
23 Governor Street ............................... www.bissellpharmacy.com
(Delivery; 10% discount for seniors without insurance)

**CVS Pharmacy** ............................... 203-431-8888
467 Main Street ......................... www.cvs.com
720 Branchville Road .................... 203-544-7094
(All insurance plans accepted; delivery to Ballard Green residents; 10% discount for seniors without insurance)

**Stop & Shop Pharmacy** ............................... 203-438-0340
125 Danbury Road ............................... www.stopandshop.com
Rite Aid Pharmacy ...................... 203-438-7378
125 Danbury Road www.riteaid.com
(All insurance plans accepted; delivery; 10% discount for seniors without insurance)

Walgreens ............................ 203-894-8744
46A Danbury Road www.walgreens.com
(All insurance plans accepted)

Rehabilitation and Skilled Nursing Facilities (SNF)

Nursing care is available when an individual can no longer remain at home. This level of care is also appropriate for discharged hospital patients who require sub-acute care and are not ready to return home. To qualify for admission to a skilled nursing facility, the applicant must have a physician’s order to cover nursing home care.

Contact the Connecticut Department of Public Health with your questions, for requests for information, and for a complete listing of nursing home facilities licensed by the State of Connecticut.

............................................. 860-509-8000
                                      www.dph.state.ct.us
Bethel Health Care, Bethel .......................... 203-830-4180
Cascades Assisted Living
www.bethelhealthcare.com

Western Rehabilitation Care Center .............. 203-792-8102
www.westernrcc.com

Filosa for Nursing and Rehabilitation ............. 203-744-3366
Danbury
www.filosa.com

Hancock Hall, Danbury ............................... 203-794-9466
Short-term rehabilitation
www.filosa.com

Glen Hill Center, Danbury ............................ 203-744-2840
www.genesishcc.com

Laurel Ridge Health Care Center .................. 203-438-8226
642 Danbury Road
Fax: (203) 438-8378
Ridgefield
www.athenahealthcare.com
Laurel Ridge Health Care Center is a 126-bed, sub-acute center that specializes in long-term care, short-term rehabilitation, and memory care.
**Meadow Ridge, Redding** .............................. 203-544-1000  
Assisted Living and Rehabilitation  
www.meadowridge.com

**St. John Paul II Center, Danbury**  ..................... 203-797-9300  
www.genesishcc.com

**Wilton Meadows Rehabilitation and Health Care Center, Wilton** ....................... 203-834-0199  
www.wiltonmeadowshealthcare.com

**Adult Day Care**

*Adult Day Centers are defined, by the state of Connecticut, as agencies that provide a variety of services during the day to elderly persons who may be socially isolated, in need of some support, care, or may have functional and/or cognitive impairments.*

**Adult Day Care** ............................... 866-333-6002  
The website provides search opportunities for adult day care facilities by zip code.  
www.adultdaycare.org

**Almost Home Adult Day Care, LLC** ............... 203-743-6456  
52 Federal Road  
www.almosthomeadc.org  
Danbury  
Nursing supervision on site. Transportation available.
Disability Assistance

Department of Rehabilitation Services ........... 800-537-2549
www.ct.gov/dors

The Department of Rehabilitation Services provides a wide range of services to individuals with disabilities who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living.

Bureau of Education and Services for the Blind (BESB)
................................................................. 860-602-4000
www.ct.gov/besb

A branch of the Department of Rehabilitation Services, the BESB provides resources, comprehensive low vision services, specialized education services, life skills training, case management, and vocational services to individuals of all ages who are legally blind.

Bureau of Rehabilitation Services (BRS). ........... 800-537-2549
www.ct.gov/brs

BRS provides vocational rehabilitation to assist persons with physical or mental disabilities to prepare for, find or keep a job.
NUTRITION ASSISTANCE PROGRAMS

Food Pantry ................................. 203-431-2754
Ridgefield Town Hall
400 Main Street

Nonperishable food and other items are available for Ridgefield residents. The pantry is located on the Upper Level of Town Hall, Conference Room, Monday through Friday, 8:30 a.m. to 4:30 p.m. Please visit with Social Services before your first visit to the pantry to see if there are other programs available to help.  *(Access the pantry through the elevator at the Bailey Avenue entrance. Press the UL button in the elevator.)*

Supplemental Nutrition Assistance Program (SNAP) ................................. 855-626-6632
www.connect.ct.gov

The Supplemental Nutrition Program (SNAP) helps low-income individuals and families afford the cost of food at grocery stores and farmers markets. There are income and asset limitations. Applications can be taken at the Ridgefield or state DSS offices.
Meals on Wheels provides fully prepared meals made by a highly skilled staff and delivered by volunteer drivers to Ridgefield residents who need assistance with nutrition due to age, disability, or illness. Clients can choose 1-2 meals /day, 1-7 days/week. There is no age or income limit. A nominal fee is charged and financial assistance is available if needed.

The CT Food Bank comes to Ridgefield the second Friday of each month from 11a.m. to 12 p.m. with fresh produce, frozen proteins and other food items. This program is open to anyone in need of food assistance. There is no pre-registration or identification needed to participate. The food is distributed at St Andrews Church, 6 Ivy Hill Road, Ridgefield. Contact Ridgefield Social Services with questions.

The Ridgefield Rotary hosts a food drive the first Saturday of each month. The Monday following Ridgefield Social Services holds a 1 hour ‘Pop-Up Pantry’ at Ballard Green or St. Stephen Church. Ridgefield residents in need of food may attend this program. Please contact Ridgefield Social Services for the schedule.
Danbury Farmers Market
www.localharvest.org/danbury-farmers-market-M1724
Enjoy the bounty of summer at the Danbury Farmers Market every Saturday from 10 a.m. to 2 p.m. The market provides CT grown produce, shoreline shellfish, fresh bread and specialty foods. Senior Coupons, SNAP, EBT, credit and debit cards are accepted.

When was the last time you reviewed your prescription plan?

Each October 15 to December 7 you can review and change your Medicare Part D (prescription) coverage. With annual changes in premiums and covered medications you could potentially save hundreds to thousands of dollars over the course of one year. Look for local educational meetings or have a personal meeting with a counselor by calling Ridgefield Social Services at 203-431-2754.
SUPPORT GROUPS

Local Groups

Ridgefield Visiting Nurse ............................................. 203-438-5555
Association (RVNA) .................................................. www.ridgefieldvna.org
Support Groups- call for listings and times

Ann’s Place ................................................................. 203-790-6568
Support services for cancer ............................................. www.annsplace.org

Lyme Connection ......................................................... 203-431-2745
.............................................................................. www.lymeconnection.org

National Groups

Alzheimer’s Association .................................................. 800-272-3900
.............................................................................. www.alz.org

American Cancer Society .............................................. 800-889-3340
.............................................................................. www.cancer.org

American Heart Association .......................................... 800-242-8721
.............................................................................. www.americanheart.org

American Diabetes Association ...................................... 800-342-2383
.............................................................................. www.diabetes.org
American Lung Association ......................... 800-548-8252
www.lung.org

Arthritis Foundation ................................. 800-541-8350
www.arthritis.org

Multiple Sclerosis Society .......................... 860-913-2550
www.nationalmssociety.org

Substance Abuse

Midwestern Connecticut Council on Alcoholism (MCCA)
Senior Services Program ............................. 203-438-8680
90 East Ridge
Ridgefield
Individual and group counseling for abuse of alcohol and other drugs available to seniors and their families. Free to Medicare eligible seniors. Sliding scale for others. Support group meets Wednesdays at noon.

Ridgefield Community Coalition Against Substance Abuse (RCCASA) .................. 203-431-1893
coalition@ridgefieldct.org
Coalition acts as a community resource for Ridgefield residents facing drug and alcohol abuse issues and offers educational programs and resources.
Alcoholics Anonymous. . . . . . . 203-778-6777 or 800-577-6993
www.ct-aa.org

A fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. Connecticut District #9 holds regular meetings in Ridgefield, Danbury, and Georgetown. Call 211 for meeting locations.

Is aging in place an option for me?

Many people wish to stay in their homes as they age, but it gets harder and harder each year. There are many providers who can be called upon to help you remain in your home.
TRANSPORTATION

Town Loop Bus. ......................... 203-431-2700
                                      www.ridgefieldct.org

SPHERE, Inc., in cooperation with the Town of Ridgefield offers free weekly bus service. This bus is wheelchair accessible for senior citizens, people with disabilities and their aides.

Bus Routes
Ridgefield Loop – Wednesday, 9 a.m. to 3:30 p.m.
Danbury Loop – every other Friday, 10:15 a.m. to 1:00 p.m.
Brookfield Loop – every other Thursday, 10:15 a.m. to 1:00 p.m.

A medical transportation bus goes to Danbury every Tuesday, 9:00 a.m. to 3:00 p.m. Reservations for this bus must be made no later than the Thursday preceding the Tuesday appointment. For this bus call 203-431-2700.

FISH (Friends in Service Here) ..................... 203-438-8044

Free transportation is available for medical and therapy appointments in Ridgefield, Danbury, Wilton, Brookfield, Newtown, Bethel, and Norwalk. Call at least 48 hours in advance for an appointment. There is a 24-hour call-in service available.
Rides For Ridgefield .......................... 203-894-7433
www.ridesforridgefield.org

Rides For Ridgefield provides information and rides for Ridgefield residents 60 and older and residents with mobility disabilities. Volunteers listen to caller’s transportation needs and take ride requests (riders must be pre-registered) Monday through Friday from 10 a.m. to 2 p.m. Service hours vary by request and availability.

SweetHART Bus............................... 203-744-4070
www.hartct.org

SweetHART is a wheelchair lift equipped dial-a-ride free service available to persons 60 and older and to those of any age who are disabled and Ridgefield residents. Available Monday through Friday, 8:45 a.m. to 4:30 p.m. The bus provides door to door service within Ridgefield. To reserve a trip, make reservations at least 24 hours in advance. Applications are available at Ridgefield Town Hall, Department of Social Services.
Seniors (65 or older) and disabled persons may travel on the Metro-North rail service for a 50% discount at all times, except on peak hours. Proof of age is required. If paying cash on train, 50% is still valid with no surcharge.

AMTRAK Reduced Fare Program ............... 800-872-7245
www.amtrak.com

This service provides a 15% discount for seniors (62 & older) and disabled. It is valid for the Metro Liner at off peak times; it is not valid on the Auto Train. Proof of age required.

HART MTA Shuttle Service ............... 203-744-4070, ext.1
www.hartransit.com/routes/shuttles/ridgefield-katonah

Weekday early AM and evening PM bus/shuttle service is available to and from Katonah Station with parking at Jesse Lee Memorial Church and Bark Park.

Metro North
MTA transportation to Danbury/Norwalk/New York is also available via Danbury Line, Branchville Train Station. MTA schedule applies.
7 Link Bus  www.hartransit.com/routes/citybus/7-link
Bus transport is available weekdays on Route 7 between Danbury and Norwalk, via 7Link Bus, call HART for more info.

Could YOU be the victim of a scam?

Senior scams are on the rise. Every year Ridgefield seniors get scammed out of thousands of dollars, and scammers continue to get more creative. Don’t be fooled; if a caller says something that seems too good or too bad to be true, STOP!

• don’t give out any information,
• hang up
• immediately call a loved one or the police department for advice to check before doing anything further.
VOLUNTEER OPPORTUNITIES

Retired and Senior Volunteer Program (RSVP) of Northern Fairfield County . . . . . . . . . . . . . . . . . . . . . . . . . 203-744-4700, Ext. 124
Sponsored by Community Action Committee of Danbury, Inc.
66 North Street www.ct.gov/agingservices
Danbury, CT 06810

The Retired and Senior Volunteer Program provides opportunities to persons 55 years of age and older to participate in their communities by sharing their knowledge and skills through meaningful volunteer experiences. Connecticut’s 10 RSVP programs link older adults with community organization seeking assistance. Volunteers provide valuable services in daycare centers, nursing homes, hospice programs, hospitals, home health agencies, and schools. They also participate in mentoring and tutoring programs as well as being community organizers for special projects. Liability insurance is provided by the program.

Ridgefield Visiting Nurse Association . . . . . . . . . . . . . 203-438-5555
RVNA www.ridgefieldvna.org

Keeler Tavern Museum . . . . . . . . . . . . . . . . . . . . . . . . . 203-438-5485
www.keelertavernmuseum.org
Founders Hall.............................. 203-431-7000  
www.founders-hall.org  

FISH (senior rides).......................... 203-438-8044  

Thrift Shop ..................................... 203-438-3328  

Meals on Wheels............................... 203-438-8788  

Are You Ok?..................................... 203-438-6777  

Ridgefield Library ........................... 203-438-2282  
Recordings for the Blind  www.ridgefieldlibrary.org  

Ridgefield Housing Authority............... 203-438-9845  
Ballard Green and Congregate  www.ridgefieldhousing.org  

Laurel Ridge Health Care.................... 203-438-8226  
www.athenahealthcare.com  

Literacy Volunteers of America ............ 203-792-8260  
www.lvaschool.org  

Danbury Hospital Volunteer Program........ 800-516-3658  
Western Connecticut Health Network  www.danburyhospital.org
When is it time to turn over the keys to the car?

Did you know AARP has a Driver Safety course and other programs that may be able to help you with these difficult decisions?
A WORD ABOUT USING THIS SECTION

The Commission on Aging requires participants to provide copies of licenses and insurance before including names in the book. Some of the contractors have agreed to provide their services at a discounted rate to seniors 65 and over and holders of the Gold Card. The amount of the discount is to be negotiated between the senior and service provider. Those offering discounts are indicated by asterisks (**) following the name.

PLEASE BE AWARE THAT THE COMMISSION ON AGING AND THE TOWN OF RIDGEFIELD CANNOT ENDORSE OR PROMOTE ANY OF THE CONTRACTORS OR GUARANTEE ANY WORK PROVIDED BY THE CONTRACTORS LISTED HEREIN.

SOME POINTS TO REMEMBER- ESPECIALLY ON BIG JOBS:

• Get more than one estimate; three if possible

• Ask for and check references
• Ask to see a copy of the provider’s license and insurance certificate.

• Get a written contract which spells out the work to be done, the price and when the work is going to be completed.

For information or to report a problem with a contractor, contact:

Department of Consumer Protection ........ 800-842-2649
165 Capital Avenue
Hartford, CT 06106

AIRPORT SERVICE

Rick Favier .................................................. 203-788-3469
Rick’s Airport Service
P.O. Box 23
Ridgefield, CT 06877
Ickyricky2000@aol.com
Transportation to area airports (JFK, LGA, Newark, Westchester, Stewart), NYC cruise ships, theatres, museums, long-distance trips. This is not a local taxi service.
BUILDING

Louis Wallach** ................................. 203-300-3756
Wallach Construction Associates, LLC
54 Danbury Road, #169  www.WallachConstruction.com
Ridgefield, CT 06877  lou@WallachConstruction.com
Home remodeling, restoration and repair, design services.

CARPENTRY

Alan Johnson** ................................. 203-798-8556
Alan Johnson Carpentry Services  Fax: 203-798-8556
102 Old Hawleyville Road  ajohnson67@comcast.net
Bethel, CT 06801
Windows, rot repair, kitchens, baths, additions, basement, carpentry services.

Michael Neiman** ................................. 203-270-0773
Captain Wood Carpentry, LLC  Fax: 203-270-0771
6 Fox Run Lane South  captainwood@sbcglobal.net
Newtown, CT 06470
Deck/Pro Decks, carpentry, home improvements, general repair, maintenance, kitchens, bath rooms, windows, Nova Brik, cultured stone.
CHIMNEYS

Danbury Chimney Cleaning, Inc.** 203-748-3393
9 Stoney Farm Lane  Fax: 203-775-7880
Brookfield, CT 06810  www.danburychimneycleaning.com
  danburychimneycleaning@gmail.com
Fireplace and furnace flue cleaning; wood stove, pellet stove and insect cleaning; chimney interior and exterior repairs; chimney cap, dampers, and chimney relining; chimney resurfacing, repointing, and water-proofing.

ELECTRICIANS

Robin Brundage 203-792-3701
Robin Brundage Electrical Contractors, Inc.
18 Zinn Road  Fax: 203-778-5169
Danbury, CT 06811  Brundage@snet.net
General electrical residential repairs, landscape lighting, swimming pool wiring, electrical service installations and repairs.

Thomas Phillips 203-775-6352
Red Carpet Electric  Fax: 203-775-9246
41-5A Delmar Drive  service@redcarpetelectric.com
Brookfield, CT 06804
Residential electrical service and repairs.
HANDYMAN

Mike Zap** ................................................. 203-894-8355
Handyman of Ridgefield
32 Scott Ridge Road
Ridgefield, CT  06877
Plumbing, electrical, carpentry, miscellaneous.

LAND SURVEYING

Paul A. Hiro** ........................................... 800-354-6599
PAH, Inc.
35 Danbury Road
New Milford, CT  06776
Land surveying services, maps, staking out property lines.

OVERHEAD DOORS

Paul A. Peloquin** .............................. 203-431-3667
Ridgefield Overhead Doors
703 Danbury Road, #4
Ridgefield, CT  06877
Sales, service, repairs, replacement parts for garage doors and garage
door openers.
PAINTING

Henry Scozzafava** ........................................... 203-790-5615
Henry’s Painting Company Fax: 203-790-5615
83 Clapboard Ridge Road www.henryspaintingcompany.com
Danbury, CT 06811
joyhenrys@henryspaintingco.comcastbiz.net
Interior/exterior painting, drywall and plaster repair, exterior power washing, gutter cleaning.

PET SITTERS

Ridgefield Pet Sitters, LLC ......................... 203-449-8529
15 Mary’s Lane www.ridgefieldpetsitters.com
Ridgefield Squirrels26@sbcglobal.net
House sitting, pet sitting, and dog walking services.

PIANO TUNING

Piano Tuning and Repair** ......................... 845-279-7738
210 Peaceable Hill www.pianotuningandrepair.com
Brewster, NY 10509 kim620@comcast.net
Full piano services, tuning and repair.
PLUMBING, HEATING, AIR CONDITIONING

Jon Crowe** .................................................. 203-743-6788
Carefree Heating and Cooling, LLC Fax: 203-743-6754
48 Sagamore Drive jon@carefreeheatingandcooling.com
Seymour, CT 06482
Installation and service of heating and air conditioning.

Thomas Gartrell** ........................................... 203-431-0209
Sunburst Plumbing and Heating, Inc. Fax: 203-431-2910
703 Danbury Road #5 sunburstplumbing@gmail.com
Ridgefield, CT 06877
All phases of plumbing and heating, boilers, water heater repair and replacement, water-conditioning services, well tank replacement, kitchen and bathroom remodel.

Stephen Main .................................................. 203-438-9726
Main Heating Service mainheat345@gmail.com
P.O. Box 568
Ridgefield, CT 06877
Oil heat, sales and service.

Norbert E. Mitchell Co., Inc.** ....................... 203-744-0600
7 Federal Road, P.O Box 186 Fax: 203-743-7978
Danbury, CT 06813 mattm@nemitchell.com
Heating, oil, propane, heating/cooling equipment, electricity.
Joseph Mulvaney .......................... 203-438-1354
J. Mulvaney Plumbing and Heating, Inc.    Fax: 203-438-7851
32 Bailey Avenue               info@mulvaneyplumbing.com
Ridgefield, CT  06877
Installation and repair of plumbing, heating, water treatment, well pumps, constant pressure pumps, and water testing.

ROOFING

Ron Aronstam** ............................... 203-544-9054
Georgetown Roofing
74 Sunset Pass
Wilton, CT  06897
Roofing, gutters, all types of outdoor repairs.

Michael Henry** ............................ 203-743-6878
Henry Roofing     Fax: 203-743-3657
11 Corntassle Road  mikecyn123@aol.com
Danbury, CT  06811
Complete roofing services of all types, gutters and cleaning, siding, windows, painting, masonry, carpentry, decks, skylights, roof inspections, power washing, roof cleaning.
TILE

Peter Haig** .......................................................... 203-431-9900
Creative Tile of Ridgefield Fax: 203-431-9909
219 Ethan Allen Highway (Rt. 7) www.cttile.com
Ridgefield creativetilect@sbcglobal.net
Tile, marble, and mosaic sales; curbless shower pans; aging in place specialist (CAPS certified).

TREES

Cliff Raymond** .......................... 203-938-3393
Raymond Tree Company, LLC. clifftree@aol.com
P.O. Box 173 www.raymondtree.com
Georgetown, CT 06829
Storm damage, tree removals, stump grinding, aerial truck services, brush chipping.

WASTE AND RECYCLING

307 White Street www.connecticutwintersbros.com
Danbury, 06810
Waste and recycling removal, confidential shredding, dumpster and roll-off services, serving all of Fairfield County.
AREA SURVEYORS, ENGINEERS, SEPTIC INSTALLERS USED BY THE TOWN OF RIDGEFIELD

A list is available in the Town Hall Annex. This list is furnished for your convenience and does not represent an endorsement by the Health Department or the Land Use Office of the Town of Ridgefield. Telephone numbers for these offices are:

Land Use Office.............................. 203-431-2769
Health Department............................ 203-431-2746

Are you eligible for help with your Medicare prescription and gap insurance costs?

The Medicare Savings Program (MSP) helps thousands of Connecticut residents cover their prescription, gap insurance, and Part B expenses. This program is based on your current income only. Call Ridgefield Social Services 203-431-2754 for more information.
**KEY PHONE NUMBERS**

Emergency (Medical / Fire / Police) .................... 911
Fire Department (Non-Emergency) ................. 203-431-2724
Police Department (Non-Emergency) .......... 203-438-6531

Doctors: ____________________________________________
_______________________________
_______________________________
_______________________________
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Dentist: ________________________________
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Pharmacy: ____________________________
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Ridgefield Commission on Aging

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Dayna Sierakowski, LCSW
Sheila Silverman, MA

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