



FRIENDS OF  
WOODBURY  
SENIOR COMMUNITY  
CENTER, INC.

**SERVICES  
SUPPORTING  
SENIORS  
(AGES 60+)  
WOODBURY, CT**

**2023 EDITION**

*COMPILED AND PRINTED BY*

**FRIENDS OF WOODBURY SENIOR COMMUNITY CENTER, INC.**

# **SERVICES SUPPORTING SENIORS (AGES 60+)**

## **WOODBURY, CONNECTICUT 06798**

### **Table of Contents**

<b>Advocacy – Municipal Agent (Woodbury)</b> .....	<b>1</b>
<b>Assisted Living Technology/Devices</b> .....	<b>1</b>
<b>Counseling/Self Help Groups</b> .....	<b>1-2</b>
<b>Emergency Financial Aid</b> .....	<b>2</b>
<b>Food Bank</b> .....	<b>2</b>
<b>Food Deliveries</b> .....	<b>2-3</b>
<b>Foster Grandparent Program</b> .....	<b>3</b>
<b>Fraud Alerts/Scams, Frauds &amp; Identity Theft</b> .....	<b>3</b>
<b>Friendly Visiting/Companions</b> .....	<b>3</b>
<b>Fuel Assistance Programs</b> .....	<b>4</b>
<b>Health Insurance/Medicare Counseling</b> .....	<b>4</b>
<b>Health &amp; Wellness Opportunities</b> .....	<b>4-5</b>
<b>Home Care Services</b> .....	<b>5-6</b>
<b>Housing</b> .....	<b>6</b>
<b>Medicaid Title 19</b> .....	<b>7</b>
<b>Medical Equipment/Supplies</b> .....	<b>7</b>
<b>Medical/Skilled Nursing Facilities</b> .....	<b>7-8</b>
<b>Municipal Agent (Woodbury)</b> .....	<b>8</b>
<b>Nutrition Programs</b> .....	<b>8-9</b>
<b>Pharmacies</b> .....	<b>9</b>
<b>Respite Services – CT Statewide Respite Program</b> .....	<b>9</b>

**Senior Center** ..... 9

**Tax Relief/Rental Rebate** ..... 9

**Transportation (Medical and Non-Medical)** .....9-11

**Volunteer Opportunities** ..... 11

**Western Connecticut Area Agency on Aging (WCAAA)** ..... 11

# A GUIDE TO SERVICES FOR SENIORS IN WOODBURY, CT

## ADVOCACY

### Woodbury Municipal Agent

Assists seniors by providing information and referrals to various services and benefits programs, such as the Food Bank, Operation Fuel and Medicare programs. The Municipal Agent is a certified Choices Counselor, Medigap and Supplemental Insurance Specialist.

*Location:* Woodbury Senior Community Center

*Contact:* Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.

## ASSISTED LIVING TECHNOLOGY/DEVICES

For a listing of assistive technology devices, contact any of the following:

Woodbury Senior Community Center (203) 263-2828

Western CT Area Agency on Aging, Inc. (203) 757-5449

CT State Library for the Blind & (800) 842-4516

*Physically Handicapped*

## COUNSELING/SELF HELP GROUPS

### Alcoholics Anonymous

*Locations:* First Congregational Church, 214 Main St. S.

*Mondays, 12 noon, BYO Lunch*

*North Congregational Church, 11 Main St. N.*

*Fridays, 8 p.m. (203) 263-2410*

*St. Paul's Episcopal Church, 294 Main St. S.*

*Mondays, 8 p.m. (203) 263-3541*

*Contact:* For other meeting sites, call (866) 783-7712 or visit **[www.ct-aa.org](http://www.ct-aa.org)**

### Alzheimer's Support Group

Meets the 2<sup>nd</sup> Thursday of each month at the NW Jewish Federation of Western CT. Participants have an opportunity to learn and discuss how to care for family and friends with Alzheimer's.

*Location:* 444 Main St. N., Southbury

*Contact:* (800) 272-3900 or **[www.alz.org/ct](http://www.alz.org/ct)**

## **Bereavement Groups**

### **Prince of Peace Parish Catholic Church Bereavement Group**

*Location: St. Teresa Avila Catholic Church, 146 Main St. S., Woodbury*

*Contact: (203) 263-2008*

## **EMERGENCY FINANCIAL AID**

### **Woodbury Municipal Agent**

Assists residents in financial need by providing information and referrals to various financial aid services.

*Location: Woodbury Senior Community Center*

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.*

### **Community Services Council**

A local emergency service organization that provides needy Woodbury households access to crisis financial assistance.

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri. or Woodbury Community Services Council (203) 263-3869*

## **FOOD BANK**

### **Woodbury Municipal Agent & Woodbury Community Services Council**

Households in Woodbury living at or below the federal poverty level are eligible for groceries from the Food Bank once a week. To use the Food Bank, register with the Woodbury Municipal Agent.

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri. or Woodbury Community Services Council (203) 263-3869*

## **FOOD DELIVERIES**

### **Labonne's "Market to Go"**

A grocery delivery service provided on Tues. or Thurs. Order days are Mon. or Wed. Call before 2:30 pm for next day delivery. Call for delivery charges and senior discounts.

*Contact: LaBonne's Market, Mina Emanuele (860) 483-7005*

### **ShopRite**

*Location: ShopRite, Southbury*

*Contact: (203) 262-1477*

**Stop 'n Shop “PeaPod” Food Deliveries**

Seven (7) days a week delivery.

*Location: Stop 'n Shop, Southbury*

*Contact: (203) 262-4555 ([www.peapod.com](http://www.peapod.com))*

**Meals on Wheels (see page 8)**

*Contact: New Opportunities, Inc. (203) 757-7738*

**Local Restaurants**

Call restaurants directly for food/meal deliveries.

**FOSTER GRANDPARENT PROGRAM**

Volunteer opportunity for individuals, ages 55+ and 200% of the poverty level. Volunteers work with special needs children. A paid stipend is available.

*Contact: New Opportunities, Inc.*

*(203) 575-9799, (203) 575-4245*

**FRAUD ALERTS/SCAMS, FRAUDS & IDENTITY THEFT**

Contact the following if you think you are the victim of a fraud, scam or identity theft:

*Contact: Woodbury Senior Community Center (203) 263-2828*

*Woodbury Police Non-Emergency (203) 263-3400*

*Connecticut Attorney General (860) 808-5318*

*Western CT Area Agency on Aging (203) 757-5449*

**FRIENDLY VISITING/COMPANIONS**

**Friendly Visitors**

Volunteers visit individuals who need social contact.

*Contact: Nurse and Health Ministry, Prince of Peace Parish*

*Friendly Visitors (203) 263-2008*

**Senior Companion Program**

Volunteer opportunities for individuals, ages 55+ and 200% of the poverty level. Volunteers work with frail elders. A paid stipend is available.

*Contact: New Opportunities, Inc.*

*Foster Grant Program (203) 575-4214*

## **FUEL ASSISTANCE PROGRAMS**

### **Energy Assistance and Operation Fuel**

Residents can apply for available Fuel Assistance Programs. Income restrictions apply.

*Contact: Woodbury Municipal Agent/Social Services Director  
(203) 263-4117, Mon.-Fri.*

## **HEALTH INSURANCE/MEDICARE COUNSELING**

### **Affordable HealthCare Act**

Assistance is available to determine eligibility for a subsidy, as well as processing applications for those under age 65 or who are not Medicare eligible.

*Contact: Woodbury Municipal Agent/Social Services Director  
(203) 263-4117, Mon.-Fri.*

### **Medicare Choices Counseling**

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.  
Western Connecticut Area Agency on Aging, Inc.,  
(203) 757-5449, ext. 4*

### **Medicare Savings Program**

A state program that pays the premium for Medicare Part B and entitles eligible seniors to participate in Medicare's Extra Help Program for prescription medications.

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.*

## **HEALTH & WELLNESS OPPORTUNITIES**

*All health and wellness clinics and activities take place at the Woodbury Senior Community Center.*

### **Blood Pressure (Drop-In) Clinic**

The Housatonic Valley Health District conducts free blood pressure screenings; meets 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays. Call for times.

*Contact: (203) 263-2828, Mon. – Fri.*

### **Dental Cleaning Clinic**

Provides low cost or subsidized dental cleanings quarterly. Advance registration required.

*Contact: (203) 263-2828, Mon. – Fri.*

## **Exercise Programs**

A variety of exercise programs are available, ranging from low impact to intensive cardio strength classes. 8 classes per week offered. Call for details.

*Contact: (203) 263-2828, Mon. – Fri.*

## **Fitness Center**

An exercise room is outfitted with commercial grade exercise equipment (treadmills, recumbent cross trainers, wall weights, and bicycles). Low annual membership fee is charged. Hours of operation: Mon. – Fri., 8:30 am – 3:30 pm. Registration packet available at Senior Center office.

*Contact: (203) 263-2828, Mon. – Fri.*

## **Flu Shot Clinics**

The Housatonic Valley Health District provides annual flu immunizations for Woodbury residents.

*Contact: (203) 263-2828, Mon. – Fri.*

## **Foot Care Clinic**

For those who qualify, subsidized podiatry care is available every other month on Wednesday, 12 – 3 pm. Advance registration required.

*Contact: (203) 263-2828, Mon. – Fri.*

## **VACCINE CLINICS/TESTING INFORMATION**

Housatonic Valley Health District

*Contact: (203) 264-9616*

Local Pharmacies

*Contact: CVS Pharmacy (Southbury), (203) 262-1831*

*Woodbury Drug (Woodbury), (203) 263-2282*

## **HOME CARE SERVICES**

### **Home Care Agencies**

For a complete list of Medicare certified home care, personal care and companion services serving the Woodbury area, contact any of these:

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.*

*Western CT Area Agency on Aging, Inc (203) 757-5449*

*Connecticut Community Care, Inc. (203) 596-4800*



## Home Care Rehabilitation Services

For a complete listing of services available in a residential or home setting, contact your physician or preferred hospital. Additional referral sources include:

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.  
Western CT Area Agency on Aging, Inc (203) 757-5449  
Connecticut Community Care, Inc. (203) 596-4800*

## HOUSING

### Rentals

Sources to locate rental apartments and homes can be obtained by visiting the following websites: **www.zillow.com** or **www.rent.com**.

Apartments, condominiums, etc., include:

Church St. Apartments, 36 Church St., Woodbury, (203) 924-7925  
Holly House Apartments, 69 Main St. N., Woodbury, (203) 263-0746  
Judson Avenue Apartments, 19 Judson Ave., Woodbury, (203) 924-7925  
Terrace Apt. & Terrace West, 1038-1056-1058 Main St. S., Woodbury,  
(203) 263-5117  
Town in Country Condominium, 229 Bacon Pond Road, Woodbury  
Woodbury Gardens, 74 North Main St. N., Woodbury, (203) 263-0746  
Woodbury Knoll, 302 Tuttle Rd., Woodbury, (475) 441-9248  
Woodlake Condominium, 57 Clubhouse Dr., Woodbury,  
(203) 263-5303

Other Woodbury apartment rentals may be found through local realtors.

### Retirement and Life Care Communities

Retirement communities and life care retirement communities in the area provide residents with a lifestyle that includes on campus conveniences, services and amenities.

Motif Monarch, Southbury (203) 689-0586  
Pomperaug Woods, Southbury (203) 262-6555  
The Watermark at East Hill, Southbury (203) 262-6868

### Spruce Bank Farm (Subsidized Housing)

This subsidized elderly and disabled housing facility consists of 60 ground-level apartment units in a landscaped hilltop setting. Rent includes refuse collection, snow removal, building and grounds maintenance, water and heat. Income eligibility requirements apply.

*Location: Spruce Bank Farm, 823 & 825 Main St. S., Woodbury  
Contact: Spruce Bank Farm Manager (203) 266-4628*

## **MEDICAID TITLE 19**

### **Woodbury Municipal Agent**

Assists income-eligible individuals accessing information and applying for program coverage for medical expenses.

*Location: Woodbury Senior Community Center*

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.*

## **MEDICAL EQUIPMENT/SUPPLIES**

### **Free Glasses**

Available through the Lions Club, eligible Woodbury residents can receive a free eye exam and free glasses.

*Contact: Woodbury Municipal Agent (203) 263-4117, Mon.-Fri.*

## **MEDICAL/SKILLED NURSING FACILITIES**

Skilled Nursing facilities with the staff and equipment to give skilled nursing care and/or short term and long term rehabilitation services. Some facilities may include independent living and assisted living senior apartments.

**Lutheran Home of Southbury** – Skilled Nursing Facility for Short and Long Term Care, including Rehabilitation Services, 990 Main St N., Southbury.

*Contact: (203) 264-9135, [info@lhsouthbury.com](mailto:info@lhsouthbury.com)*

**Middlebury Convalescent Home** – Skilled Nursing Facility for Short and Long Term Care, including Rehabilitation Services, 778 Middlebury Road, Middlebury.

*Contact: (203) 758-2471,*

*[www.middleburyconvalescenthomeandrehab.com](http://www.middleburyconvalescenthomeandrehab.com)*

**Pomperaug Woods** – a continuing care community – Short and Long Term Skilled Nursing with Rehabilitation Services. Includes Independent Living and Assisted Living Apartments, 80 Heritage Road, Southbury.

*Contact: (203) 936-8985, [www.pomperaugwoods.com](http://www.pomperaugwoods.com)*

**River Glen** – Skilled Nursing Facility for Short and Long Term Care, including Rehabilitation Services, 162 South Britain Road, Southbury.

*Contact: (203) 264-9600*

*[www.care-one.com/locations/river-glen-health-care-center/](http://www.care-one.com/locations/river-glen-health-care-center/)*

**The Watermark at East Hill** – a continuing care community – Short and Long Term Skilled Nursing with Rehabilitation Services. Includes Independent Living and Assisted Living Apartments, 611 East Hill Road, Southbury.

*Contact: (203) 262-6868,*

*<https://easthill.watermarkcommunities.com>*

## **MUNICIPAL AGENT (WOODBURY)**

### **Woodbury Municipal Agent**

Assists Woodbury residents in need, including seniors, by providing information and referrals to various services and benefits programs, such as the Food Bank, Operation Fuel and Medicare programs.

*Location: Woodbury Senior Community Center*

*Contact: (203) 263-4117, Mon.-Fri.*

## **NUTRITION PROGRAMS**

### **Meals on Wheels**

Subsidized nutritious meals are delivered by volunteers to homebound seniors. Meals are provided Monday through Friday by New Opportunities, Inc. A voluntary contribution is suggested.

*Contact: New Opportunities, Inc. (203) 757-7738*

### **Senior Center Congregate Meals / Chef-on-Site**

Sponsored by New Opportunities, Inc.

Innovative meals are prepared by trained chefs, featuring home-baked breads and “farm-to-table” produce. Available to seniors, ages 60+ and the disabled. Served Tuesdays and Thursdays, 12 noon, at the Woodbury Senior Community Center. Reservations are required four (4) days in advance. “Takeout” is available with reservation.

*Location: Woodbury Senior Community Center*

*Contact: (203) 263-2828, Mon.-Fri.*

### **Senior Dine Program**

Senior Dine is a popular meals program available in participating area restaurants. The program is for seniors, ages 60+ and the disabled, and is sponsored by New Opportunities, Inc. Applications can be obtained at the Woodbury Senior Community Center.

*Contact: (203) 263-2828, Mon.-Fri.*

## **PHARMACIES**

Canfield Corner Pharmacy (203) 263-2595 (no home delivery)  
ShopRite (203) 267-7422, Home Delivery (Mon.-Fri.)

Stop & Shop (203) 262-4559, Home Delivery (Mon.-Fri.)  
Woodbury Drug (203) 263-2282, Home Delivery (Mon.-Fri.)

## **RESPIRE SERVICES**

### **CT Statewide Respite Program**

Caregivers of individuals with Alzheimer's disease or related dementia can purchase respite services.

Applicants cannot be covered by Medicaid (Title 19) or the Connecticut Home Care Program for Elders.

*Contact: Western CT Area Agency on Aging (203) 757-5449*

## **SENIOR CENTER**

The Woodbury Senior Community Center is open to all Woodbury seniors, ages 60+, and the disabled. A wide variety of programs and services available include: transportation, nutrition, computer assistance and health related events. Also, many opportunities exist for social enrichment, fitness and travel.

*Location: Woodbury Senior Community Center*

*Contact: (203) 263-2828, Mon. – Fri.*

## **TAX RELIEF/RENTAL REBATE**

### **Woodbury Tax Assessor**

To access federal and state tax relief and rental rebate for seniors, ages 65+, and the disabled.

*Contact: For elderly and disabled tax relief, contact the Woodbury Tax Assessor, Boyd Building, Main St., (203) 263-2435;*

*For senior and disabled rental rebate, contact the Woodbury Municipal Agent (203) 263-4117, Mon.Fri.*

## **TRANSPORTATION (MEDICAL AND NON-MEDICAL)**

### **Medical Transportation**

#### **American Cancer Society**

Volunteer transport services are available for ambulatory patients receiving cancer treatments. Available Mon.-Fri., 9 am to 5 pm. No charge. Reservations are required at least 3 days in advance.

*Contact: American Cancer Society (203) 756-8888*

#### **American Medical Response**

For a fee, medical transportation services are available through a 24-hour phone line. Fees may vary, dependent on private and third party payments. Wheelchair Van fee is charged each way plus

mileage. Reservations required for all medical transportation services. Reservations for the Wheelchair Van must be made 2 days in advance

*Contact: (203) 573-7700 for details, fees and payments*

### **Be Driven LLC**

Three (3) wheelchair vehicles available 6 days a week. Call a week ahead prior to your appointment for a vehicle reservation.

*Contact: (203) 426-7820*

### **Logisticare Transportation**

Door to door transport services are available to Medicaid participants. Up to 15 miles covered by the State of Connecticut Medicaid or Connect Card. If a trip is over 15 miles, a form will be required from your physician. Reservations required. Call between the hours of 7 am to 6 pm at least 2 days prior to appointment.

*Contact: (888) 248-9895 or (800) 486-7647*

### **Opal Stork Wheelchair Van Transportation**

Wheelchair Van available 7 days/week. For a reservation, call 3 days ahead prior to your appointment.

*Contact: (475) 261-9424 or (203) 745-4088, [www.opalstork.com](http://www.opalstork.com)*

### **Opti-Care, Eye Care Transportation**

Pick-up and drop-off transportation services are available for the day of eye surgery, as well as the day after surgery for follow-up appointments. No charge for surgery day or follow-up appointment transport. Available Tuesday and Thursday, subject to time of appointment.

*Contact: (203) 574-2020 for more details.*

### **Trinity Health of New England DMS**

Medical transportation services (coach and livery) are available for pre-scheduled and non-emergency needs. Reservations and advanced notice are required. Ambulance services available 24 hours a day. Fees may vary, dependent on private and third party payments.

*Contact: (800) 382-3222 (Mon. – Sat., 5 am to 9 pm)*

### **West Haven VA Medical Center**

Transportation is available for medical appointments to and from the VA Hospital for ambulatory, disabled American veterans. Call Monday – Friday, 8 am to 2 pm at least 2 weeks prior to appointment. No cost for disabled American Veterans.

*Contact: (203) 932-5711 x 3575*

## **Yellow Cab Taxi Company**

Metered service available 24 hours a day. No notice required for a standard taxi. Fares for service will be charged. For medical livery service, call at least 24 hours in advance.

*Contact: (203) 754-5151 for complete details  
(203) 753-4191 for medical livery service*

## **Non-Medical Transportation**

### **Mini Bus (Woodbury Senior Community Center)**

Mon. – Fri. shopping trips are available for Woodbury and some surrounding towns. Specific mini bus schedules are advertised in the monthly Woodbury Senior Community Center newsletter and local newspapers. Advance reservations required. Donations accepted.

*Contact: (203) 263-2828, Mon.-Fri.*

### **Ride Hailing Services (Apps):**

**Uber**

**Lyft**

**GoGoGrandparent.com** Call (203) 263-2828

## **VOLUNTEER OPPORTUNITIES**

Woodbury Senior Community Center – Volunteer opportunities include: Meals on Wheels, Congregate Meals, Fitness Center, Computer Lab, Community Mass Mailings and Gardening. Individuals with special talents and skills are encouraged to offer their services for classes and programs.

*Contact: (203) 263-2828, Mon.-Fri.*

## **WESTERN CONNECTICUT AREA AGENCY ON AGING**

Information available regarding resources, programs and services for persons 60 and older in the 41 towns of western Connecticut.

*Contact: (203) 757-5449*

## NOTES