

Berlin, CT

2016

ELDERS'



ENCYCLOPEDIA

A Girl Scout Gold Award Project

The Girl Scout Gold Award is the highest award to be earned by a Girl Scout. Girl Scouts of Connecticut is a non-profit organization that, "builds girls of courage, confidence, and character, who make the world a better place."¹

This booklet is intended to be used as a reference guide for those that care for an elderly loved one.

**If you find this resource helpful, or have any additional feedback, please visit:
www.surveymonkey.com/r/7H6LSXR**

1. "Who We Are - Girl Scouts." Girl Scouts of the USA. N.p., 2016. Web.

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HEALTH: Ophthalmology/Eye Services

Optical Shops:

1. Kensington Opticians:

7 Webster Sq. Rd; Berlin, CT 06037
860-828-6684

- Monday: Closed
- Tuesday: 9am-5:30pm
- Wednesday: 9am-7pm
- Thursday: 9am-7pm
- Friday: 9am-5pm
- Saturday: 9am-1pm
- Sunday: Closed

Optometrists/ Ophthalmologists:

1. Visual Perceptions Eyecare, LLC:

38 Fenn Rd; Newington, CT 06111
860-436-4410

- Monday: 9am-5pm
- Tuesday: 9am-7pm
- Wednesday: 9am-5pm
- Thursday: 9am-5pm
- Friday: 9am-5pm
- Saturday: 9am-1pm
- Sunday: Closed

Doctors:

Catherine Ferentini, O.D.
Peter Staiger, M.D.
Cassandra Young, O.D.

Optical Shops & Optometrists/

Ophthalmologist:

1. Ratchford Eye Center:

1166 Farmington Ave; Berlin, CT 06037
860-829-8939

- Monday: 8:30am-7pm
- Tuesday: 7:30am-5pm
- Wednesday: 7:30am-5pm
- Thursday: 7:30am-7am
- Friday: 8:30am-4:30pm
- Saturday: 9am-2:30pm
- Sunday: Closed

Doctors:

Brett Kjellen, O.D.
Daniel W. Chin, M.D.
Mary Gina Ratchford M.D.

2. Harvey & Lewis:

28 Chamberlain Hwy; Berlin CT 06037
(860) 829-9090

- Monday: Closed
- Tuesday: 9am-5:30pm
- Wednesday: 9am-5:30pm
- Thursday: 9am-7pm
- Friday: 9am-7:30pm
- Saturday: 9am-3pm
- Sunday: Closed

HEALTH: Otorhinolaryngology/ Ear, Nose, & Throat Services

1. Grove Hill Medical Center:

300 Kensington Ave
New Britain, CT 06051
860-224-6200

Doctors:

- a) John W. Cavo, MD
- b) Aidan Stock, MD
- c) Louis George Petcu, MD
- d) Donald S. Weinberg, MD

2. CT Ear Nose & Throat:

- Hartford:

85 Seymour St. Suite 318
Hartford, CT 06016
860-493-1950

Doctors:

- a) Gregory Bonaiuto, MD
- b) Mar Eisen, MD, PhD
- c) Clinton Kuwada, MD
- d) Carl Moeller, MD
- e) Timothy O'Brian, MD
- f) Jeffery Sawyer, MD
- g) Brook Seeley, MD
- h) Susan Rostrom, AUD
- i) Lauren Bonczek, AUD
- j) Emily Sussman, AUD

- Farmington:

499 Farmington Ave Suite 210
Farmington, CT 06032
860-676-2472

- Wethersfield:

988 Silas Deane Highway
Wethersfield, CT 06109
860-493-1950

*ctentonline.com for more locations

HEALTH: Podiatry/Foot Services

1. CT Foot Care Center LLC:

949 Farmington Avenue
Berlin, CT 06037
860-828-9455

Monday: Closed
Tuesday: 12:00pm-7:00pm
Wednesday: 2:00pm-6:00pm
Thursday: 7:30am-3:00pm
Friday: 8:30am-12:00pm
Saturday: Closed
Sunday: Closed

2. Advanced Podiatry Center:

211 New Britain Road
Suite 102
Berlin, CT 06037
860-225-6800

Monday: 8:30am-4:30pm
Tuesday: Closed
Wednesday: 8:30pm-12:00pm
*Every Other Wednesday
Thursday: 8:30am-4:30pm
Friday/Saturday/Sunday: Closed

3. Dr. Fosdick:

470 Main Street
Middlefield, CT 06455
860-349-8500

Monday: 9:00am-5:00pm
Wednesday: 3:00am-7:00pm
Friday: 9:00am-5:00pm

Why is this Important?

*As we age, circulation throughout the body diminishes over time. This, combined with other medical conditions, can lead to arthritis, ingrown toenails, fungal nails, diabetic ulcers, and corns/calluses. It is hard for the elderly to take care of their own feet because of the common inability to bend over. If you can, help them take care of their feet by soaking their feet in warm water and clipping their toenails to help prevent some of these common ailments.

HEALTH: Endocrinology/ Glands & Diabetes

1. Joseph Rosenblatt, M.D.:

Grove Hill Medical Center
300 Kensington Ave, New Britain, CT 06051
(860) 832 – 8150

2. Martin E. Kodish, M.D.:

1000 Middle St. #MCIB
Middletown, CT 06457
(860) 636 – 9555

3. Varman T. Samuel, M.D.:

555 Willard Ave
Newington, CT 06111
(860) 667 – 6882

Why is this Important?

* An Endocrinologist is a Medical Doctor that treats the glands of the body. It is common for those with diabetes to see an endocrinologist, and it is especially important for the elderly to continue to see their endocrinologists if they have diabetes or any other endocrine disorder. Although diabetes is a common reason, you do not have to have diabetes to visit an endocrinologist. If your doctor recommends that you or a loved one sees an endocrinologist, here is a list of doctors in the area of Berlin, CT.

HEALTH: Weight Loss

1. Grant's Nutrition & Wellness

37 Webster Sq. Road
Berlin, CT 06037
860-357-2282

2. Hartford Hypnosis Center

86 Brookside Road
New Britain, CT 06052
860-229-5513

Monday-Friday: 8:00am-7:00pm
Saturday: 8:00am-1:00pm
Sunday: Closed

3. Acupuncture Nutrition & Weight Loss

451 New Britain Ave (Suite A)
Newington, CT 06111
860-667-1637

Why is this Important?

*Whether the reason be for personal weight loss, or a doctor's recommendation, dietitians and nutritionists can help a geriatric patient tremendously. To ensure that your loved one is getting all the nutrition they need to fight sickness and sustain overall health, try one of these businesses in the area.

HEALTH: Dentistry/Oral Care Services

1. **James R. Hegg, D.M.D.:**

925 Farmington Ave, Suite 2
Berlin, CT 06037
860-828-0868

Monday-Friday: 8:00am-5:00pm
Saturday & Sunday: Closed

2. **Dental Associates of Kensington:**

518 High Road
Berlin, CT 06037
860-829-2849

Monday: Closed
Tuesday: 10:00am-7:00pm
Wednesday: 8:00am-6:00pm
Thursday: 8:00am-5:00pm
Friday: 7:30am-3:30pm
Saturday & Sunday: Closed

3. **C. Scott Buonanno, D.M.D. & Associates:**

1105 Farmington Avenue
Berlin, CT 06037
860-828-4189

Monday-Thursday: 7:00am-5:30pm
Friday-Sunday: Closed

4. **James Ralph Rogers, D.D.S.:**

460 New Britain Road
Berlin, CT 06037
860-828-0655

Monday-Friday: 8:00am-5:00pm
Saturday & Sunday: Closed

5. **Ronald Helfand, D.D.S. & Gary Volx, D.M.D. & Richard Niego, D.M.D.:**

211 New Britain Road Suite 107
Kensington, CT 06037
860-225-2054

Monday-Friday: 8:00am-5:00pm
Saturday & Sunday: Closed

6. **Michael S. Tosatti, D.M.D.:**

1067 Farmington Avenue
Berlin, CT 06037
860-828-1475

Monday: 8:00am-5:00pm
Tuesday: 8:00am-5:00pm
Wednesday: 8:00am-4:00pm
Thursday: 7:00am-4:00pm
Friday: 8:00am-4:00pm
Saturday & Sunday: Closed

HEALTH: Behavioral Health Services

1. Alzheimer's:

1. **Alzheimer's Association:**

200 Executive Blvd; Southington, CT 06489
860-828-2828

Monday- Friday: 8:30 a.m. - 4:30 p.m.

Saturday and Sunday: Closed

*Visit page 18 for "Cleaning Services," which features care.com. (This website also provides Alzheimer's care.) Visit page 38 for "CT Statewide Respite Care Program.)

2. Depression:

1. **Connecticut Anxiety & Depression Treatment Center:**

1031 Farmington Avenue; Farmington, CT 06032
860-677-2550

3. Miscellaneous Counseling Services:

1. **Community Mental Health:**

270 Downey Drive; New Britain, CT 06051
860-828-0204

2. **Paragon Behavioral Health:**

26 Chamberlain Highway; Berlin, CT 06037
860-893-0040

3. **Sommerfield & Associates Psychotherapy, LLC:**

212 Mill Street; Berlin, CT 06037
860-329-5239

HEALTH: Orthopedic/Bone Services

1. Stanley Peter Filewicz Jr., M.D.:

- 1224 Farmington Avenue; Berlin, CT 06037
860-829-2012

2. Orthopedic Associates of Hartford:

- 111 Cromwell Ave; Rocky Hill, CT 06067
860-549-3210

A Short Guide to Preventing Falls and Injuries:

* For more tips on how to prevent accidents, see page 16 for the “Home Safety Checklist.”

- Wear proper-fitting, anti-skid shoes (without laces)
- Install grab-bars throughout the house (especially in the bathroom)
- Remove as many rugs as possible
- For the rugs that remain, place a grip mat underneath it
- Make sure all railings are secured tightly and properly
- If possible, ask your loved one to participate in strength-retaining activities, such as swimming or elderly water aerobics (water activities are easier on joints)
- Make sure your love one has plenty of Vitamin D, whether it be through milk, supplements, or nutritional shakes
- Ask your orthopedic doctor for more tips & information

HEALTH: Cardiology/Heart Services

Why is this Important?

* For elders, it is hard to keep your heart healthy, since staying active and eating smart are the two main factors in heart health. If making healthy meals is a struggle for your heart-conscious loved one, see page 23 for “Companions and Homemakers,” and page 15 for “Federal and State Agencies,” which includes the Supplemental Nutrition Assistance Program and Meals on Wheels. If staying active is physically difficult for them, consult their primary care physician, who might tell you to find a cardiologist to assess the health of their heart.

1. Lexington Cardiology Associates:

1 Liberty Sq; New Britain, CT 06052
860-229-6811

2. Middlesex Cardiology Associates:

420 Saybrook Rd; Middletown, CT 06457
860-347-4258

3. UCONN Health Center – Cardiology:

263 Farmington Ave; Farmington, CT 06030
860-679-2000

4. Grove Hill Medical Center of Cardiology:

1 Lake Street Suite 310; New Britain, CT 06052
860-223-0220

HEALTH: Walk-In Clinics

1. Urgent Care:

- 136 Berlin Road, Cromwell, CT 06416
860-378-8585
Monday-Friday: 8-8
Saturday and Sunday: 9-6
- 972 W. Main Street, New Britain, CT 06053
860-827-0745
Monday-Friday: 8-5
- 2909 Berlin Turnpike, Newington, CT 06111
860-436-3757
Monday-Friday: 8-8
Saturday and Sunday: 9-6

2. Emergency Room:

- Hospital of Central Connecticut:
100 Grand Street
New Britain, CT 06050
860-224-5617
- Hospital of Saint Francis:
231 Ashley Street
Hartford, CT 06105
860-714-4000

REMEMBER:

*If it is a life-threatening emergency that requires immediate assistance, **CALL 911** for an ambulance/police/fire dispatch! Do not go to a Walk-In or drive yourself to the Emergency Room!

HEALTH: Federal & State Agencies

Medicare: Health Insurance:

- Medicare is a government program; Part A provides hospital and care facility coverage, while Part B covers outpatient care.
1-800-MEDICARE (633-4227)

Medicaid: Health Insurance:

- Provides medical benefits for those with low income.
Local: 877-267-3000
Toll Free: 877-267-2323

Supplemental Nutrition Assistance Program:

- Provides anyone with strict income limits to help pay for food.
1-860-424-5030

Supplemental Security Income:

- Provides nutritional assistance for those with low income.
1-800-772-1213

Meals on Wheels:

- Provides a nutritious meal, a friendly visit, and a safety check to elderly clients.
CW Resources, Inc. (Local Provider)
200 Myrtle Street
New Britain, CT 6053
860-229-7700

State Department on Aging:

- "Administers Older Americans Act programs for supportive services, in-home services, and congregate and home-delivered meals. It also administers programs that provide senior community employment, health insurance counseling, and respite care for caregivers."¹
CT Division: 860-424-5274

1. "AGING SERVICES: About the State Department on Aging." AGING SERVICES: About the State Department on Aging. N.p., 23 Oct. 2013. Web

PREVENT EMERGENCIES: Home Safety Checklist

Kitchen:

- Ensure stove is away from window/curtains
- Use heat safe gloves (not potholders)
- Have a fire extinguisher in kitchen
- Move cords and appliances out of walkway

Bathroom:

- Place a non-slip mat in shower
- Install grab bars
- Ensure shower curtain doesn't drag on floor

Bedroom:

- Place lamp by bedside

Hallway:

- Plug in night lights in hallway

General:

- Make sure address is visible from street
- Go over safety exit with elder
- Ensure that all fire alarms work (one per level)
- Schedule a free Red Cross Home Fire Safety Visit (go to redcross.org/ct/schedule-a-visit)
- Purchase life alert (or similar product)
- Install a security system
- Install deadbolts on all outside-access doors
- Ensure that landlines are easily accessible (one per room)
- Post emergency numbers by all phones
- Move space heaters away from rugs and curtains
- Place grip mats under rugs
- Ensure walkers/wheelchairs/canes are easily accessible

PREVENT EMERGENCIES: Emergency Numbers

1. Police:

911 (Emergencies Only)
Berlin Police- 860-828-7080
State Police: 860-685-8000

2. Fire Department:

911 (Emergencies Only)
Berlin Fire Department I: 860-828-7000

3. Ambulance:

911 (Emergencies Only)

4. Poison Control:

1-800-222-1222

5. Berlin Animal Control:

860-828-7055

Why is this Important?

*During an emergency, it makes it easier on the first responders if you or your loved one has a **File of Life**. This is essentially a card with all the information the police, fire, or EMS could need, complete with a bright red, magnetic pouch to be placed on the fridge. Create your own or call the Berlin VNA at 860-829-7030 (also see page 24 for the Berlin VNA).

SERVICES: Cleaning

1. Hartford Elderly Services:

753 Maple Avenue
Hartford, CT 06114
860-251-8362

Homemaker Services Include:

- General Housekeeping
- Laundry
- Meal Planning
- Shopping

Why is this Important?

* If your loved one is having a hard time taking care of their home, try contacting one of these local businesses for more information.

*If your loved one needs more than cleaning services, visit page 23 for homemaker-companion services.

2. Care.com

*This website allows you to search for someone in your area that provides the service you are looking for. You may choose whom you wish to provide the service. Services range from Alzheimer's care, personal care, companion care, (such as cleaning) and other non-senior related services.

3. Guardian Angels Homecare LLC:

203-439-7731

Homemaker Services Include:

- General Housekeeping
- Laundry
- Medications
- Shopping

*allows you to personalize what services you would like to have done

SERVICES: Lawn & Garden

1. Soneson Lawn Care, LLC

Andrew Soneson
860-559-9827

2. Central CT Lawn Service

800-780-1002
178 White Oak Drive
Berlin, CT 06037

3. Jeff Burgess Lawn Service

860-793-6997
65 Newton Ave
Plainville, CT 06062

Why is this Important?

* If your loved ones having a hard time taking care of their lawn, garden, or flowers, or if you simply don't feel comfortable with them spending hours outside, call one of these local businesses to help out!

*If you cannot find a good fit, (which is unlikely with all of these great options) ask the neighborhood teenager to do it instead!

SERVICES: Transportation

*"The CTfastrak system provides direct service to and from Waterbury, Cheshire, Southington, Bristol, Plainville, New Britain, Newington, West Hartford, Hartford and Manchester with routes that take advantage of the bus-only CTfastrak roadway."²

*"The Senior Center Buses and Van may be used by any Berlin resident, age 60 and older, OR any Person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday through Friday from 8:30 AM to 3:30 PM.

*Services include weekly shopping trips and general transportation, but appointments must be made ahead of time."³

1. Berlin Senior Center:

33 Colonial Dr
Berlin, CT 06037
860-828-7000
M-F 8:30 a.m. — 4:00 p.m.

3. Dial-A-Ride: *To certain towns

Dial-A-Ride of New Britain
860-826-3553

2. CT Transit:

For CT Fastrak: 860-522-8101

*Specific Route: Route 101 - Hartford/New Britain

*Includes 11 stops between New Britain, Newington, West Hartford, and Hartford

For Local Bus Routes: 800-704-3113

*Provides transportation directly to/from/within Berlin, CT

2. "CTfastrak Bus Rapid Transit System To Begin Express Service To UConn Football Games Starting Saturday." CTfastrak.com - CTfastrak.com. N.p., 10 Oct. 2015. Web. <<http://ctfastrak.com/component/content/article/13-media-releases/310-09-10-2015-ctfastrak-bus-rapid-transit-system-to-begin-express-service-to-uconn-football-games-starting-saturday>>.
3. "Transportation." Town of Berlin CT. N.p., n.d. Web. <<http://www.town.berlin.ct.us/topic/?topicid=115&structureid=23>>.

LIVING ARRANGEMENTS: 55+ Neighborhoods

1. Silver Island Estates:

Silver Island Way
Berlin CT 06037

From : \$425,000
44 Homes
Single Family Detached

2. Hatchery Brook :

378 Four Rod Rd
Berlin CT 06037

Single Family Detached Ranch
Homes

3. Beckley Farms:

8 Concord Drive
Berlin CT 06037

From : \$325,000
91 Homes
Single Family Detached
Golf Course Communities

Why is this Important?

*If your loved one is above 55 years old and can live independently, 55 & Up neighborhoods are the right choice. There are no services provided by the neighborhood that will take away the independence of those who live there. However, some neighborhoods provide lawn and snow removal services, with a mandatory association fee. So, be informed and aware that extra fees may apply when residing in these communities.

LIVING ARRANGEMENTS: Adult Day Care

Why is this Important?

*Adult day cares are exactly what they sound like: a place to drop off your loved one for the day. If you are concerned about them staying home during day with nothing to do, or you need to keep them out of trouble, adult day cares are a good option. These facilities can be for those that are extremely independent, but also want enrichment. Or, adult day cares can be for those that need slight assistance with everyday activities, like preparing meals, which are often provided at such facilities.

1. Connecticut Association of Adult Day Care Centers:

1340 Worthington Ridge
Berlin, CT 06037
860-828-8653

2. Juniper Day Care at Regency:

55 Spring Street
New Britain, CT 06051
860-893-1970

3. The Day Club | Adult Day Center:

32 Miner Street
Middletown, CT 06457
860-632-1119

4. Southington Adult Day Center:

732-10 West Street
Southington, CT 06489
203-276-9467

LIVING ARRANGEMENTS:

Homemaker-Companion Services

1. Companions & Homemakers:

800-346-4663
855 Berlin Turnpike
Berlin, CT 06037

860-677-4948
613 New Britain Ave
Farmington, CT 06032

2. Keep Me Home:

860-829-4500
1340 Worthington Ridge
Berlin, CT 06037

3. Kenny Homemaker & Companion:

860-225-1075
751 Maple Ave
Hartford, CT 06114

4. Eleonora's Homemaker Companion:

860-382-3088
175 Capital Blvd, 4th floor
Rocky Hill, CT 06067

5. Premium Home Aids and Companion Services:

860-372-4942
2264 Silas Deane Highway, Suite N2
Rocky Hill, CT 06067

Why is this Important?

*Homemaker-companion services provide an assistant to visit your loved one's home with a customized schedule. A companion or homemaker can help your loved one with many tasks, but some common requests are laundry, meal assistance, transportation to/from appointments, and offers peace of mind for you and your family.

*Visit page 18 if you're interested in cleaning services only.

LIVING ARRANGEMENTS: Visiting Nurses

1. Visiting Nurse Agency (VNA)— Berlin:

Berlin Town Hall
240 Kensington Road
Berlin, CT 06037
860-828-7030 (24 hour nurse on call)

2. A&D Home Health Solutions:

*Serves the Hartford Area
27 Garfield Street
Newington, CT 06111
860-667-2275

Why is this Important?

*Visiting nurses are nurses that visit your loved one in the comfort of their own home, who are commonly a part of a service agency. If your loved one is homebound, a visiting nurse can help take care of them post-operatively, after a fall/injury, if they need assistance managing their illness, after returning home from a hospital stay, or simply to assist with medications.

LIVING ARRANGEMENTS: Assisted Living

1. Atria Greenridge Place:

1 Elizabeth Court
Rocky Hill, CT 06067
860-288-5729

2. Covenant Village of Cromwell:

52 Missionary Rd
Cromwell, CT 06416
860-635-2690

3. Jerome Home:

975 Corbin Ave
New Britain, CT 06052
860-229-3707

4. Cedar Mountain Commons:

3 John H. Stewart Dr
Newington, CT 06111
860-665-7901

5. Middlewoods of Newington:

2125 Main St
Newington, CT 06111
860-667-1336

Why is this Important?

*Assisted living is housing for elderly or disabled people that provides nursing care, housekeeping, and prepared meals.

*It is not a nursing home, as there is still a level of independence that is maintained.

*An assisted living facility could be a smart choice if your loved one needs help doing day to day activities or minimal medical care.

LIVING ARRANGEMENTS: Nursing Homes

1. Apple Rehab:

156 Berlin Rd.
Cromwell, CT 06416
860-635-1010

2. Aurora Senior Living of Cromwell, LLC:

385 Main St.
Cromwell, CT 06416
860-635-5613

3. Pilgrim Manor:

52 Missionary Rd.
Cromwell, CT 06416
860-635-5511

4. Worthington Manor:

316 Berlin St.
East Berlin, CT 06023
860-828-0374

5. Ledgecrest Health Care Center:

154 Kensington Rd.
Kensington, CT 06037
860-828-0583

6. Jerome Home:

975 Corbin Ave.
New Britain, CT 06052
860-229-3707

7. Walnut Hill Care Center:

55 Grand St.
New Britain, CT 06052
860-223-3617

8. Andrew House:

66 Clinic Drive
New Britain, CT 06051
860-225-8608

Why is this Important?

*Nursing homes are for those with chronic illnesses/disabilities, are unable to care for themselves, and need more substantial medical care than an assisted living facility.

LIVING ARRANGEMENTS: Mobility

1. independentliving.com:

- Hip Savers 1-800-537-2118
- Head Savers
- Recliner Lift Chairs
- Mobility Scooters
- Power Wheelchairs
- Ramps
- Walking Aids
- Manual Wheelchairs
- & More

2. seniordepotstore.com:

- Walkers 203-775-1095
- Scooters 195 Federal Road, Suite 2
- Ramps Brookfield, CT 06804
- Lift Chairs
- Manual Wheelchairs
- Canes
- Aids for Daily Living
- Bath Safety Products

3. <http://www.apexpharm.com/home-care-products-hamden-ct.htm>:

- Manual Wheelchairs 203-281-6571
- Walking Aids 2380 Dixwell Avenue
- Lift Chairs Hamden, CT 06514
- Bathroom Access Products
- Satir Lifts
- Home Elevators

LIVING ARRANGEMENTS: Live-In Rehab Centers

1. Apple Rehab – Cocomo | Inpatient Rehab:

203-238-1606
33 Cone Ave
Meriden, CT 06450

2. Ledgecrest Health Care Center | Rehab Services:

860-828-0583
154 Kensington Road
Kensington, CT 06037

3. Maple View Manor | Inpatient Rehab:

860-563-2861
856 Maple Street
Rocky Hill, CT 06067

4. Andrew House:

66 Clinic Drive
New Britain, CT 06051
860-225-8608

5. Newington Healthcare:

240 Church Street
Newington, CT 06111
860-667-2256

Why is this Important?

*Live-in rehab centers are for those who have suffered an injury or disability, and are not in the same physical state as they once were. These facilities provide physical therapy and minimal medical care while the patient is recovering, all under one roof. These facilities may provide short-term and long-term physical rehabilitation.

6. Jerome Home:

975 Corbin Avenue
New Britain, CT 06052
860-229-3707

7. Southington Care:

45 Meriden Avenue
Southington, CT 06489
860-621-9559

LIVING ARRANGEMENTS: Resources

Why is this Important?

* Geriatric Care Managers provides assistance in finding resources, making decisions, and coordinating care of the elderly. Their aim is to ease the stressors related to aging and to be a person of guidance for you, your loved one, and your family. Essentially, they're the Elders' Encyclopedia in human form!

1. A Place for Mom:

844-306-0250
aplaceformom.com

3. Family Connections:

860-236-3700
36 Richmond Lane
West Hartford, CT 06117

2. Aging Care LLC:

860-659-9009
P.O. Box 1194
Glastonbury, CT 06033

4. VNA Healthcare, Inc:

860-249-4862
1290 Silas Deane Hwy
Suite 4B
Wethersfield, CT 06109

LIVING ARRANGEMENTS: Convincing Loved Ones

1. Be Patient:

The transition from fully independent to partially dependent is a tough time for everyone in the family. It is important to understand that, “giving up” part of your independence does not happen overnight, and do not expect your loved one to be open and accepting of this idea right out of the gate.

2. Have Regular Conversations:

Start talking about living options early. The sooner you start having normal conversations, the easier it will be to decide when the time comes. This way, your elderly loved one (or you) will not feel pressured to make important decisions in a short amount of time.

3. Make Sure Everyone is on the Same Page:

Gather the family together and have a conversation about what opinions are present and the options that are available. Don't put pressure on this conversation to cover all the bases (like financial or materialistic-based topics), as this is simply a gauge for what everyone involved thinks.

4. Tour Places with your Loved One:

Visit a few facilities with your loved one to see what is on the table and what services can be offered. Refer to pages 21-29 for different types of living facilities that are available for the elderly.

5. Push the Positives:

Negativity from your loved one is to be expected, since they will be reluctant to give up part of their independence. To help ease the transition, focus on pointing out the positives to your loved one. For example, at a 55+ neighborhood, mention the lack of noisy children, or the absence of the need to move the lawn.

6. Have the Power of Attorney:

In case actions need to be taken and your loved one will not cooperate with the decisions you and your family have made, secure the power of attorney. The power of attorney is the authority to make decisions for someone else that is incapable of making safe choices for themselves. Contact to your lawyer, or visit page 36 to find a lawyer in the Berlin, CT area.

7. Accept it:

After all, your loved one has the choice to do what they wish, and even if you have the power of attorney, you should obey their wishes. If you put them in a nursing home for their own safety, but they are not happy, then that is not the right option for them. Keep their best interest and their wishes in mind, and accept that it is ultimately their choice.

LIVING ARRANGEMENTS: How to Pay

1. A Place For Mom

A Place for Mom is an all-in-one resource for aging. They have a toll free number and a website that can be used for information on housing, assisted living, memory care, and even financial advice.

www.aplaceformom.com/financial-assistance
844-306-0250
8:00am-9:00pm

*Also see page 29 for more information on A Place for Mom.

Some Tips on How to Pay For Living Arrangements

1. "LONG TERM CARE INSURANCE:

This insurance plan helps cover medical expenses that are not covered by typical medical insurance. LTCI should be purchased before health issues become prevalent.

2. LIFE INSURANCE POLICY TO LONG TERM CARE:

Did you know your life insurance can be converted into long term care benefit plan? This is a unique insurance option because there are no restrictions on health issues, there is no requirement to be terminally ill, and many other attributes.

3. REVERSE MORTGAGES:

If you or a loved one is over the age of 62, you can apply for a reverse mortgage, which turns equity into cash. There is no restriction on how you must use the cash, but it would be a wise choice to save it for future medical expenses."⁴

4. "Guide to Paying for Senior Care." A Place for Mom. N.p., n.d. Web. <<http://www.aplaceformom.com/financial-assistance>>.

ACTIVITIES FOR SENIORS

1. Senior Center of Berlin:

33 Colonial Dr
Berlin, CT 06037
860-828-7006

Monday-Friday: 8:30 am - 4:00 pm

2. Berlin Peck Library:

234 Kensington Rd
Berlin, CT 06037
860-828-7125

Monday-Thursday: 10:00 am – 8:00 pm

Friday: 10:00 am – 5:00 pm

Saturday: 10:00 am – 4:00 pm

Sunday: Closed

3. Berlin Community Center:

240 Kensington Rd
Berlin, CT 06037
860-828-7000

Monday-Wednesday: 8:30 am - 4:30 pm

Thursday: 8:30 am - 7:00 pm

Friday: 8:30 am - 1:00 pm

ACTIVITIES FOR SENIORS

The Berlin Senior Center is the perfect place to meet people and enrich your life. We strive to improve the quality of life for the senior citizens of Berlin by providing services and connecting seniors, family members or caregivers to state and local services and resources. Stop by for a visit, take a tour. It is never too early or too late to get on the path to successful aging!

The Berlin Senior Center offers the following classes and programs:

Activities: Activities include Mahjonn, Bridge, Scrabble, Cribbage, Setback, Crafters, Photography, Book Discussion, Swedish Weaving, Bingo, Wii Bowling, Movies, Ceramics.

Classes: Exercise, Ceramics, Yoga, Tai Chi, Functional Fitness are available.

Programs: Educational, Financial, Health and Social Programs are offered.

Services: Blood Pressure Screening, Glucose Screening, Cholesterol Screening, Counseling Services, Footcare, "Free" Manicures, Dental Cleanings are offered.

Transportation: Transportation is available for Medical Appointments in Berlin and New Britain and Regular Appointments in Berlin (Banks, Pharmacies, Post Office, Hair and Nail Salons and any Town Building), Specialty Shopping Trips, and Lunch Bunch Trips. Reservations are necessary.

Travel Opportunities: The Center offers an array of day and overnight trips. Information regarding all programs, classes and services can be found on the Senior Center webpage located at www.town.berlin.ct.us and in the monthly newsletter "Center Lines."

Berlin Senior Center
33 Colonial Drive
Berlin, CT 06037

Phone #: 860-828-7006

Fax #: 860-828-7116

Director – Tina Doyle
Assistant Director – Jane
Sevigny

Email Addresses:

tdoyle@town.berlin.ct.us

jasevigny@town.berlin.ct.us

LEGAL RESOURCES: Wills

1. How to Talk About a Will:

- **Connect:**

Talk to the others that are involved; whether it be siblings, children, or grandchildren of the one in need of a will. Make sure everyone is on the same page!

- **Communicate:**

Talk with your loved one openly and honestly. Express that it is time to create an estate plan, and that it does not mean that they're coming to the end of their life. State that it is a precautionary measure, as everyone who owns a home or has a bank account should have a will made.

- **Pick an Appropriate Time and Place:**

This one is a given, but should be stated. Pick a place that is safe and allows you both to feel comfortable enough to talk about a serious matter like this. Also, make sure to bring it up during a calm and stress-free time.

- **Be Sensitive:**

Understand that some may take offense that you are trying to help them decide who will get what. Do not put pressure on your loved one on the situation. If they are truly not ready, give it a week or so.

- **Be Sincere:**

Do not approach the situation if your intentions are not sincere. If that is the case, find a lawyer or another family member to help with the estate planning. Only help your loved one if your true intentions are to be of assistance and to make sure everything has been gone over.

2. How to Make a Will:

- **Contact an Estate-Planning Lawyer:**

<http://lawyers.findlaw.com/lawyer/firm/estate-planning/Berlin/Connecticut>

*For lawyers that specialize in other topics, visit <http://lawyers.findlaw.com/lawyer/statepractice/connecticut/Berlin> for a full listing of lawyers in Berlin, CT.

- **Visit legalzoom.com:**

This is an online resource used to create legal and authentic estate plans.

www.legalzoom.com
800-773-0888

LEGAL RESOURCES: Funerals

Funeral Homes:

1. Berlin Memorial Funeral Home:

96 Main Street
Kensington, CT 06037
860-828-4730
<http://www.berlinmemorialfuneralhome.com>

2. Porter's Funeral Home:

111 Chamberlain Highway
Kensington, CT 06037
860-223-0981
<http://www.portersfuneral.com>

3. Erikson-Hansen Funeral Home:

411 S Main St
New Britain, CT 06051
860-229-5676
<http://www.ericksonhansen.com>

4. A W Carlson Funeral Home:

45 Franklin Square
New Britain, CT 06051
860-225-6361
<http://www.carlsonfuneralhome.com>

5. Farrell Funeral Home:

110 Franklin Square
New Britain, CT 06051
860-225-8464
<http://www.farrellfuneralhome.com>

6. Kennedy Luddy Funeral Home:

205 S Main St
New Britain, CT 06051
860-223-1043
<http://luddysfuneralhome.com>

LEGAL RESOURCES: Consumer Law Protection

Consumer Law Protection for Seniors:

“This free, non-profit law firm is for people 60 years of age (or older) who have questions about their rights as a consumer.

All information is confidential, and it is important to have all necessary documentation/paperwork pertaining to your problem ready when you call.

The CLPE advocate will explain your legal rights and provide advice and legal assistance. All services are free of charge.

1-800-296-1467

What are Some Examples of Consumer Problems?

- You have billing, debt, or collection problems
- You are being billed for something you never purchased
- You are considering bankruptcy
- You are a victim of identity theft, healthcare fraud, or a consumer scam
- You have a dispute over goods or services
- You have an unfair loan
- You have a problem with a contract or contractor
- You have received a summons about a court hearing involving you debt or property.”⁵

5. "Consumer Law Protection for Elders." (n.d.): n. pag. AOASCC. Web. <https://www.aoascc.org/Customer-Content/www/CMS/files/info_library/CLPE_Brochure_English.pdf>.

OTHER: PROGRAMS TO CHECK FOR ELIGIBILITY

1. Gatekeeper Program:

- “Identifies CT Senior Residents in need of medical, social, or mental health services

- Call if you or a loved one (60+) are showing any of the following signs:
 - Dirty Clothing or Skin
 - Uncombed or Dirty Hair
 - Inappropriate Clothing
 - Strong Personal Odors
 - Forgetful or Confused
 - Impaired Reasoning or Illogical Thought
 - Depressed, Angry, or Anxious
 - Delusional
 - Confused about Money
 - Socially Isolated
 - Diminished Eyesight/Hearing/Mobility
 - Incontinence
 - Dramatic Weight Loss/Gain
 - Deteriorating Living Conditions
 - Strong Household Odors
 - Uncollected Mail or Newspapers
 - Neglected Pets

- North Central Region Contact Information:
 - St. Luke’s Eldercare Gatekeeper Program
 - 760 Saybrook Road
 - Middletown, CT 06459

 - 860-347-5661 or
 - 855-ASK-GATE (Toll Free Number)
 - www.stlukeshome.org/gatekeepers⁶

6. Gatekeeper Program. Gatekeeper Program Brochure. N.p.: Gatekeeper Program, n.d. Ct.gov. Connecticut Department of Mental Health and Addiction. Web.

OTHER: PROGRAMS TO CHECK FOR ELIGIBILITY

2. Special Needs Registry: (Lillian Bolin Memorial)

- “A voluntary program which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they have in case of emergency, evacuation, or an extended time period without utilities.
- To request a form:
 - Berlin Police Department
 - Attn: Special Needs Registry
 - 240 Kensington Road
 - Berlin, CT 06037
 - 860-828-7080
 - Fax: 860-828-7590”⁷

3. 211 InfoLine:

- “Call for a wide range of services: Dial 2-1-1 (Open 24/7)
- Or visit www.211infoline.org

- Consumer Protection
- Continuing Education
- Counseling
- Crisis Intervention
- Donations
- Drug & Alcohol Programs
- Enrichment Programs
- Financial Help
- Fuel Assistance
- Grief and Loss
- Healthcare
- Home-Based Services
- Housing Options
- Medical Insurance
- Support Groups
- Transportation Options
- Utility Shut-Off
- Vocational Training
- Volunteering”⁸

7. Special Needs Registry. N.p.: n.p., n.d. Town of Berlin. The Berlin Police Department. Web. <<http://www.town.berlin.ct.us/egov/apps/document/center.egov?view=item;id=99>>.

8. "United Way 211." United Way 211. N.p., n.d. Web. <<http://211infoline.org/>>.

OTHER: PROGRAMS TO CHECK FOR ELIGIBILITY

4. Connecticut Statewide Respite Care Program:

What is it?

- “Offers daytime or overnight relief for caregivers of individuals with Alzheimer’s or related dementias.
- It is funded by the State Department of Social Services and is operated in partnership with the Connecticut Area Agencies on Aging and the Alzheimer’s Association of Connecticut.
- This Program offers families the opportunity to receive an assessment of services needed and have a care plan developed that includes provision of services for the individual with dementia. These services may include:
 - Adult Day Care
 - Cognitive Fitness Training
 - Home Health Aide
 - Homemaker
 - Companion
 - Personal Care Assistants
 - Skilled Nursing Care
 - Short Term Nursing Care

Requirements:

- The applicant or authorized agent must provide a Physician’s Statement declaring that the patient has Alzheimer’s Disease or related dementias.
- The applicant cannot be covered by the CT Homecare Program for Elders.
- The applicant must have an income of no more than \$41,000 a year and a liquid assets of \$109,000 or less.

Connecticut Chapter Alzheimer’s Association: 800-272-3900
Statewide Toll-Free Phone (via Agencies on Aging); 800-994-9422
Senior Resources (via Agencies on Aging): 860-887-3561
North Central Area Agency on Aging: 860-724-6443 ext. 272”⁹

5. Legal Services:

“Legal Services are provided by the Senior Law Program of the Greater Hartford Legal Assistance Office in Hartford offers seniors, age 60 and older, free legal advice. They handle legal issues regarding: housing, government benefits, family law, nursing home

9. "THE CONNECTICUT STATEWIDE RESPITE CARE PROGRAM." State Department on Aging. Ct Gov, n.d. Web. <<http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313026>>.

OTHER: PROGRAMS TO CHECK FOR ELIGIBILITY

rights, etc. They also prepare advance directives such as power of attorney and living wills for seniors who are unable to leave their home or who have urgent medical problems. PRIORITY IS GIVEN TO SENIORS WHO HAVE THE GREATEST ECONOMIC AND SOCIAL NEED.

Please call their Hartford Office at 860-541-5030 for more information.”¹⁰

6. Key Keeper Program:

“Attention, Attention!!! We have a program that you will want to take advantage of. It is the Key Keeper program. The purpose of this program is to assist persons in need when the family, neighbors, or friends cannot be contacted. The key keeper program is offered to persons of limited mobility and social contacts. This program is intended to reduce needless suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. You will need to fill out a form that is available at the Senior Center or Police Station. You will take your key and form to the Police Dept. This program is available for residents in Berlin. We hope you will join us to make our communities safe and to avoid tragedies.”¹⁰

7. File of Life

“The File of Life is a voluntary program designed to help your local first responders to quickly obtain in an emergency your necessary medical history, your support needs, and your emergency contact information. The File of Life is a refrigerator magnet with an attached red plastic pocket labeled “FILE OF LIFE.” In the plastic pocket is a tri-fold card on which you can record your vital emergency information. Fill in the information on the card. Remember, the information will help first responders to better assist you in an emergency. When you finish filling out the card, fold it and place it back into the “FILE OF LIFE” plastic pocket and then place the whole thing on the outside of your refrigerator. Simple as that! It could help save your life. The File of Life is also available in pocket or pocketbook size. Both styles are available at the Berlin Senior Center and have made available by Friends of the Berlin VNA.

.....*Don't forget to keep your FILE OF LIFE information up to date!!”¹⁰

10. "For Your Information." Town of Berlin CT. N.p., n.d. Web. <<http://www.town.berlin.ct.us/topic/index.php?topicid=122&structureid=23>>.

Thank You To:

- **Tina Doyle**, Director of the Berlin Senior Center

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Mom, thanks for sticking with our troop for all these years. Although we are only a troop of two now, and soon to become Adult Girl Scouts, our troop pride and friendship was created and sustained, thanks to you.

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And here the journey ends. Hope, as the only troop members left, we share a special friendship that cannot be recreated. Thank you to you and your family for the endless support and friendship.

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