July 2020
NEWS YOU CAN USE

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19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736
Calendar of Events

- Senior Resources 101 - Senior Resources
- Medicare Savings Program Webinar - Senior Resources
- Cook Well-Eat Well 2020 - Ledge Light Health District/Senior Resources/Department of Public Health
- Medicare Bootcamp Webinar - Senior Resources
- Senior Nutrition Resources - Senior Resources
- New CHOICES Counselor Training - Senior Resources/Agency on Aging of Southcentral CT
- Chronic Disease Self-Management Tool Kit Information
- Senior Farmers Market Voucher Program Information
- Medicare Savings Program Information
- Angel Fund - Senior Resources
- Consumer Fraud Alert-Covid-19 - CT Senior Medicare Patrol
- Virtual Discover Connections - Groton Senior Center
- Virtual Mind Aerobics - Groton Senior Center
- Virtual Dementia Caregivers Support Group - Hartford Healthcare Center for Healthy Aging
- A Guide to New London County's Feeding Sites - United Way
- CCRStudies Program Information
You’re invited to
Senior Resources 101
An overview of the programs and services available through the Area Agency on Aging
July 16, 2020, 2-3 pm

Free Online Presentation and Discussion

Pre-registration required at www.seniorresourcessec.org
Medicare Savings Program and the Low Income Subsidy Program – How to make Medicare Premiums and prescription drugs more affordable!

Choose a date & time that work for you!

• July 23rd  |  10:00 – 11:00 a.m.
• July 29th  |  2:00 – 3:00 p.m.

This **FREE** presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging. No insurance will be sold.

**Session includes:**

- Overview of Medicare Premiums
- Overview of the Medicare Savings Program
  - How it helps you pay Medicare health Premiums
- Overview of the Low Income Subsidy
  - How it helps to reduce the cost of medications
- Medicare Preventive Services

**Registration is required:**

Visit [www.seniorresourcesec.org](http://www.seniorresourcesec.org)

Once registered, you’ll receive an email with information on joining the webinar.

This project was supported, in part by grant #90SAP0056, from the US Administration for Community Living, Dept. of Health & Human Services, Washington DC, 20201
Cook Well - Eat Well 2020

A Four-Session, 2-Week Cooking Class for Adults Living with Diabetes

Cook Well, Eat Well is a FREE cooking class via LIVE VIDEO Conferencing, providing hands-on, creative, fun activities, professional instruction, interesting experiences, a wonderful cookbook, and all the fresh ingredients you need to make delicious meals! This program is perfect for adults with diabetes and/or their partner/spouse or caregiver. All experience levels welcome!

We will include topics such as healthy eating, weight management, label reading, modified diets, diabetes self-management, cooking for one or two, limited mobility, budgeting and much more. Talk with a Registered Dietitian and Health Educator, who work by your side throughout the program.

Location: Live Video Conferencing (You will be invited via email to join us!)

Dates: Tuesday and Wednesdays, August 4, 5, 11, and 12,

Time: 11:00am – 1:00pm includes eating lunch together!

Sponsors: Ledge Light Health District, Waterford Senior Services, Groton Senior Center and Senior Resources

Class size is limited. Call today! To register, or for more information contact Cindy Barry at Ledge Light Health District - 860-448-4883. (space is limited)

This program is funded by the CT Department of Public Health and based on the Cooking Matters Program and the Live Well with Diabetes Program.
Medicare Bootcamp
Know your Medicare Options– WEBINAR

Choose a date & time that works for you!

• Aug 5th │ 10:00 - 12:00 p.m.
• Aug 11th │ 2:00 – 4:00 p.m.
• Aug 18th │ 5:00 – 7:00 p.m.

This FREE presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging.
No insurance will be sold.

Session includes:
• Medicare Parts A, B, C and D
• Supplemental Plans
• Enrollment
• Various Medicare Options
• Making Medicare Affordable – Medicare Financial Assistance Programs

Registration is required:
Visit www.seniorresourcesec.org
Once registered, you’ll receive an email with information on joining the webinar.
SENIOR NUTRITION RESOURCES

Join Registered Dietitian, Alison Dvorak, for a virtual review of the healthy eating opportunities for Older Adults in Eastern Connecticut and beyond. We will discuss Older Americans Act funded programs, Farmers Markets, Restaurants, SNAP, Grocery Delivery and much more! Send in your questions before or during the event.

Thursday, August 20, 2020, 2-3 pm

This is a free web-based event open to the public. Pre-registration required at www.seniorresourcesnec.org or 860-887-3561

Senior Resources
Agency on Aging
the answers you need, resources you can trust
2020 CHOICES New Team Member On-Line Trainings

CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP), is accepting applications for our 2020 New Team Member Training sessions. CHOICES is part of a national network of SHIP agencies that offers free, confidential counseling, education and assistance to Medicare beneficiaries, their caregivers and the general public. CHOICES is administered by the Dept. of Aging and Disability Services State Unit on Aging in partnership with CT's five Area Agencies on Aging and the Center for Medicare Advocacy, Inc.

CHOICES New Team Member Trainings are free for volunteers and $125 for in-kind (paid) professionals. Training participants will complete an orientation session, 5 full days of training, sign the CHOICES Memorandum of Understanding, and pass the online certification exam. Training topics include but are not limited to: Medicare Parts A, B, C and D, Medigap, eligibility, coverage, costs, coordination of benefits and transitions from other insurance, and cost assistance programs for low-income beneficiaries, including MSP, LIS and Medicaid. Training manuals will be provided.

CHOICES Team Member roles include: Counselor, Administrative Support, Open Enrollment Counselor, Outreach Counselor, and Presenter. If you would like to make a positive difference in the lives of Connecticut's Medicare beneficiaries, contact your CHOICES Regional Coordinator. **Individuals who may have a conflict of interest such as insurance agents, brokers and financial planners are unable to participate in the trainings.**

**Registration and Approval of Regional Coordinator Required to Attend Training**

<table>
<thead>
<tr>
<th>Agency on Aging</th>
<th>Dates and Registration Info</th>
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<tbody>
<tr>
<td>Senior Resources Agency on Aging</td>
<td>Orientation: Sept 1</td>
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<tr>
<td>19 Ohio Ave</td>
<td>Training Dates: Sept 8, 11, 15, 29, and Oct 5</td>
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<tr>
<td>Norwich, CT 06360</td>
<td>For more information: Contact Laura Crews at 860-887-3561 or</td>
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<td></td>
<td><a href="mailto:licrews@seniorresourcesct.org">licrews@seniorresourcesct.org</a></td>
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<tr>
<td>Agency on Aging of South Central CT (AoASC)</td>
<td>Orientation: Sept 3</td>
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<tr>
<td>117 Washington Ave, Suite 17</td>
<td>Training Dates: Sept 8, 11, 15, 29, and Oct 5</td>
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<tr>
<td>North Haven, CT 06473</td>
<td>For more information: Contact Leslie Pruitt at 203-785-8533 x3165 or</td>
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<td><a href="mailto:lpruitt@aoascct.org">lpruitt@aoascct.org</a></td>
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Due to the COVID-19 pandemic and to ensure the safety of everyone involved, Agency on Aging of South Central and Senior Resources Agency on Aging will be hosting a virtual joint training. Orientations and five training days will be provided on-line.

Applications must be received by August 21, 2020.
Active Living Everyday Toolkit

The in-home version of the popular *Live Well with Chronic Conditions workshop* is now available to seniors in the comfort of their home without having to use technology beyond the telephone. The toolkit can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CDs. Weekly phone calls from a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic.

Please note there is a limited supply of toolkits. Participants must be willing to share their name, address and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Calls are approximately 45 minutes in length and take place conference-call style to 4-6 participants. There is a 2-3 week lead time to start once participants have enrolled.

**Participants will learn about:**
- Physical activity, exercise and healthy eating
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action Planning

**Contact Lori Rygielski, Regional Coordinator**
lrygielski@seniorresourcesec.org
860-887-3561 Ext. 127

Sponsored by the Department of Rehabilitation Services ~ State Unit on Aging and Senior Resources Area Agency on Aging.
Senior Farmers’ Market
Nutrition Program
2020 Eligibility and
Information

60 years of age or older. *Individuals under the age of 60 living in subsidized senior housing where congregate nutrition services are usually provided and within the income limits are also eligible.*

Maximum household income of 185% Federal Poverty Level based on client verbal attestation.

- Household of 1 = $1,968 per month ($23,606 per year)
- Household of 2 = $2,658 per month ($31,894 per year)

One packet of vouchers per person, per season. Recipients should not accept vouchers from multiple service agencies. Each person of a married couple gets a packet.

Vouchers provided as 6 “checks” for $3 each, total value of $18.

Good for purchase of fruits, vegetables, fresh cut herbs and honey from certified CT Grown Farms at designated Farmer Markets or farm stands July through October 2020. No cash value – Farmer cannot provide change. List of redemption locations will be provided with vouchers.

Available while supplies last, first-come first-served.

Participants may allow a Proxy to receive and/or redeem the vouchers with prior notification.

Due to Covid 19, no signatures are required this year for cover page or on checks.

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Senior Resources
Agency on Aging

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736
Would you like an extra $144.60 in your pocket?
Could you use help paying Medicare premiums, co-pays and deductibles?

If You Qualify, Medicare Savings Programs May Be Able to Help.

How Do I Qualify?

If you live in Connecticut and can answer YES to these two questions, you may qualify:

1. Are you eligible for Medicare or already enrolled?
2. Is your monthly income below $2,617.44 (Single) or $3,535.02 (Couple)

   Note: Money you have in the bank (Assets) are not looked at for MSP. In some cases, not all income is counted. Call CHOICES* for details.

How Can the Medicare Savings Programs Help You?

There are three levels of Medicare Savings Programs (MSPs) which provide different amounts of help:

1. **Qualified Medicare Beneficiary (QMB)**, pays Medicare Part A Premiums, for those who have not worked long enough for free Part A, Part B premiums, Deductibles, Co-Pays and Co-Insurance, (Works like a Medigap policy) and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.

2. **Specified Low income Medicare Beneficiary (SLMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.

3. **Additional Low income Medicare Beneficiary (ALMB)** pays Part B Premiums and qualifies individuals for Extra Help/Low Income Subsidy (LIS) for Part D Prescriptions.

All of the Medicare Savings Programs Will Save You Money!

✓ Save $144.60 per month on Part B premium.
✓ Save 100% on Part D premium for basic plan or receive a subsidy on higher cost plans.
✓ Save on Part D Prescription Drugs. Pay no more than $3.60/generic or $8.95/brand name.

For Assistance and To Apply: Call the CHOICES Statewide Health Insurance Hotline

*1-800-994-9422
Senior Resources’ Angel Fund

Senior Resources has been awarded a grant from the Tufts Health Plan Foundation to support the health and wellness of our aging community. Our primary focus for these funds will be to subsidize medical transportation and durable medical equipment, but other requests will be considered.

Funds will be available in allocations of up to $150.00 to improve access to health care for residents of our 56 town region, and only after all other pay sources have been explored.

For more information or an application please contact Senior Resources at 860-887-3561.
Senior Resources’ Angel Fund Application

This program is funded by the Tufts Health Plan Foundation and administered by Senior Resources - Agency on Aging

Date: ____________________ Phone Number: ______________________

Name: ____________________
Address: ____________________

Specific Request for Use of Funds:

Transportation Request:

Date of Trip: ________________ Purpose of Trip: ____________________

Destination: ____________________ Mode of Transportation: ________________

Transportation Provider: ____________________

Cost of Trip: ____________________

Other funding sources explored: __________________________________________

Equipment Request:

Item Requested: ____________________

Prescription Needed? □ Yes □ No Prescription Obtained? □ Yes □ No

Item Vendor: ____________________

Cost of Item: ____________________

Other funding sources explored: _________________________________________

__________________________ ______________________
Printed Name Signature

I recognize that the only responsibility of Senior Resources is to approve requests as funds are available and according to priorities, and pay bills that were specifically authorized in the amount approved by Senior Resources. In making this request, the applicant assumes all liability for safety related to transportation, equipment or other goods or services funded by Senior Resources.

__________________________ ______________________
Printed Name Signature

Senior Resources
Agency on Aging

TUFTS Health Plan Foundation

19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736
SMP Consumer Fraud Alert: COVID-19

Fraud Surrounding COVID-19 is Increasing

As the number of people and communities affected by the COVID-19 pandemic grows, so do the scams associated with it. Scammers use public health emergencies as opportunities for new fraud schemes, and because older adults are at greater risk for serious illness from COVID-19, they may target older populations.

There is currently no FDA-approved vaccine for COVID-19 and although there may be treatments for symptoms, there is no “cure.” However, scammers often use fear-based tactics to convince people that a vaccine or cure is now being offered.

It’s also important to remember that although the Centers for Disease Control and Prevention (CDC) and other public health officials may contact you if they believe you may have been exposed to the virus, they will not need to ask you for insurance or financial information.

The Senior Medicare Patrol (SMP) recommends that Medicare beneficiaries:

- Contact your own doctor if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
- Be suspicious of anyone going door-to-door to offer free coronavirus or COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren’t received.
- Follow the instructions of your state or local government for other actions you should be taking in response to COVID-19.
- Contact your local SMP for help. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. Contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit https://portal.ct.gov/DORS-SMP.
Alerta de la SMP sobre el fraude al consumidor: COVID-19

Los fraudes relacionados con el COVID-19 están aumentando

Conforme aumenta el número de personas y comunidades afectadas por la pandemia del COVID-19, también están aumentando las estafas relacionadas con la misma. Los estafadores usan las emergencias de salud pública como oportunidades para crear nuevos sistemas de fraude y, debido a que los adultos mayores tienen un riesgo más alto de enfermarse gravemente debido al COVID-19, los estafadores podrían enfocarse en esta población.

Actualmente, no existe ninguna vacuna aprobada por la Administración de Alimentos y Medicamentos de Estados Unidos (FDA, por sus siglas en inglés) contra el COVID-19 y, aunque puede haber tratamientos para los síntomas, no existe una "cure". Sin embargo, los estafadores a menudo usan tácticas basadas en el miedo para convencer a las personas de que ahora se está ofreciendo una vacuna o una cura.

También es importante recordar que aunque los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) y otros funcionarios de salud pública pueden comunicarse con usted si creen que es posible que haya estado expuesto/a al virus, no necesitarán pedirle su seguro ni su información financiera.

La Patrulla de Medicare para Adultos Mayores (Senior Medicare Patrol o SMP) recomienda lo siguiente para los beneficiarios de Medicare:

- Comuníquese con su médico si está experimentando posibles síntomas del COVID-19.
- No comparta su número de Medicare, su número de Seguro Social ni su información personal en respuesta a llamadas, mensajes de texto, correos electrónicos o visitas domiciliarias no solicitadas ni en stands en ferias de salud y otros lugares públicos. Si su información personal llegara a verse comprometida, también podría utilizarse en otros sistemas de fraude.
- Desconfíe de cualquier persona que esté yendo de puerta en puerta para ofrecer pruebas, suministros o tratamientos gratuitos para el coronavirus o el COVID-19.
- Revise cuidadosamente su Aviso de Resumen de Medicare (MSN, por sus siglas en inglés) o la Explicación de Beneficios (EOB, por sus siglas en inglés) y busque cualquier error o reclamo de productos o servicios que no haya recibido.
- Siga las instrucciones de su gobierno estatal o local para cualquier otra acción que usted debería estar tomando en respuesta al COVID-19.
- Comuníquese con su SMP local para obtener ayuda. Las SMP habilitan y ayudan a los beneficiarios de Medicare, a sus familias y a los cuidadores para prevenir, detectar y reportar fraudes, errores y abusos relacionados con la atención de salud.

La Patrulla de Medicare para Adultos Mayores (SMP, por sus siglas en inglés) está lista para brindarle la información que necesita para PROTEGERSE a sí mismo/a contra los fraudes, errores y abusos de Medicare, DETECTAR fraudes, errores y abusos potenciales y REPORTAR sus preocupaciones. Las SMP ayudan a educar y a empoderar a los beneficiarios de Medicare en la lucha en contra del fraude de atención de salud. Su SMP puede ayudarle con sus preguntas, inquietudes o quejas relacionadas con posibles instancias de fraude y abuso. También proporciona información y presentaciones educativas. Para encontrar su Patrulla de Medicare para Adultos Mayores local, llame al 1-800-994-9422 o visite https://portal.ct.gov/DORS-SMP.
Virtual Discover Connections
Tuesdays and Thursdays 10:00 – 10:30 am

This virtual class is free and open to the public, you do not have to be a town resident to participate. Our class will vary by day and offers stimulating activities such as mind aerobics, music, reminiscing, poetry, exercise and more. We encourage you to join us, make new friends and have fun within the comfort of your own home.

This virtual program is designed for adults with beginning to mild cognitive challenges or anyone at risk for social isolation. If you have any questions feel free to contact Tomi at 860-441-6782.

Here is the password for the zoom class
ID 784-3589-4247
Virtual MIND AEROBICS

Groton Senior Center is now offering Mind Aerobics virtually through Zoom.

Everyone is welcome you do not need to be a Groton resident to join us. This class is going to offer things such as trivia, name that tune, math equations and much more!!! If you’re looking for something to challenge your mind than this is the class for you.

The log in ID IS 726-0483-2646

If you have questions or difficulty logging in please call 860-441-6785 and someone at Groton Senior Center would be happy to help you.
VIRTUAL
Dementia Caregivers Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support.

Topics include:
- Communication techniques
- Caregiver support
- Benefits of activities
- Stages of disease
- Family dynamics
- Safety issues

When:
Mondays: 10am, Tuesdays: 3pm, Wednesdays: 10am, & Fridays: 2pm
*Starting Wednesday, March 18, these will be offered on a week-by-week basis.

To join Hartford HealthCare's Virtual Meeting Room,
Call: 860.972.6338. Access code: 19623#.

Facilitated by:
Hartford HealthCare Center for Healthy Aging's Certified Dementia Specialists

For more information, please call 877.424.4641. No RSVP needed.
A Guide to New London County’s Feeding Sites

COMMUNITY MEAL SITES  
(TAKE OUT MEALS ONLY)  
Agencies provide hot meals, or prepared meals.

New London

**Alliance for Living Community Meals**  
(860)-447-0884 x232  
154 Broad St, New London  
Wednesday Lunch 11:30 pm-1:30 pm  
Serving: Internal Program participants

**Engaging Heaven Church**  
860-917-9799  
66 Union Street, New London  
Second Saturday of each month (Lunch: 12:00pm-1pm)  
Meals “To Go” Only  
Serving: Open to Everyone

**New London Community Meal Center**  
(860) 444-7745  
12 Montauk Ave, New London  
Lunch and Dinner Monday-Friday, 3rd, 4th & 5th Saturday lunch, and Sunday Dinner  
“Take Out” Only  
Serving: Open to Everyone

**Church of the City of New London**  
First Baptist Church of New London  
268 State Street, New London, CT, 06320  
Saturdays 9am-11am  
“Take Out” Only  
Serving: Open to Everyone

Norwich

**St Vincent De Paul Place**  
(860) 889-7374  
120 Cliff Street, Norwich  
Breakfast 8-10am, Lunch 11:30 am-1pm Mon thru Saturday  
“Take Out” Only  
Serving: Open to Everyone

Montville

**Montville Senior Social Services**  
(860)-848-0422  
310 Norwich-New London Turnpike, Montville  
Monday-Friday 8:30 am to 2:00 pm  
“Delivery for SENIORS” Call ahead  
Serving: Seniors only

Emergency Food Pantries

Agencies distribute free supplemental groceries to community members. Due to COVID-19 agencies are running by appointment only, or drive-thru distributions. Please ensure to contact the pantry program for more information.

New London/Waterford

**Adventist Community Services of CT**  
152 Bloomfield Ave., Waterford  
Serving: Open to Everyone

**Town of Waterford**  
15 Rope Ferry Rd., Waterford  
Monday-Friday 8:00am-4:00pm  
Serving: Waterford residents

**Waterford Interfaith Food Locker**  
(860)-444-5848  
200 Boston Post Rd., Waterford  
Monday-Friday 9:00 am-3:00 pm-Grab and Go Service  
Friday 11:00am-1:00pm Drive Through Service  
Serving: Waterford residents

**NI Housing Authority-202 Colman Street**  
202 Colman Street, New London  
Fourth Monday 1-2pm  
Serving: Housing residents only

**NI Housing Authority-Gordon Court**  
36 Gordon Court, New London  
Fourth Tuesday 10am-11am  
Serving: Housing residents only

**NI Housing Authority-Williams Park**  
127 Hampstead Street, New London  
Fourth Friday 1-2pm  
Serving: Housing residents only

**NI Housing Authority-Riozzi Court**  
78 Walden Avenue, New London  
Fourth Monday 10am-11am  
Serving: Housing residents only

Catholic Charities – New London  
(860)-443-5328  
28 Huntington St., New London  
Monday-Thursday by appointment only  
Appointment only pick up  
Serving: Open to Everyone

**Alliance for Living**  
(860)-447-0884 ext. 223  
154 Broad St, New London  
Wednesdays 8:30am-4:00pm  
Curbside Pick-Up Only - Call ahead, please stay in cars  
Serving: Open to Everyone

Gemma F. Moran United Way/Labor Food Center, 374 Broad Street, New London CT 06320  
P: (860)444-8050  
Please visit our webpage for more feeding site information and mobile food pantry locations:  
http://www.uwsect.org/  
Last Modified: April 14, 2020
New London/Waterford Cont.

Lord’s Pantry
76 Federal Street, New London
Monday-Friday 10:00am-12:00pm by appointment only
Curbside Pick-Up Call Ahead By appointment
Serving: Open to Everyone

New London Area Food Pantry
106 Truman Street, New London
Mondays 2:00-4:00pm; Thursdays 10:00am-12:00pm
Curbside Pick-Up Only- please stay in cars
Serving: Open to Everyone

Jewish Federation Senior and Community Services
28 Channing Street, New London
(860) 444-6333
Mon-Fri 9am-1pm
Curbside Pick-Up Only by appointment only- please stay in cars
Serving: Open to Everyone

New London Salvation Army
11 Gov. Winthrop Blvd., New London
Monday-Friday 9am-3pm
By appointment Curbside Pick-Up - please stay in cars
Serving: Residents of Clinton to Pawcatuck (Lower NL County)

Norwich Cont.

Rosalyn Allen Food Pantry At UCFS Healthcare
47 Town St. Norwich
Monday-Friday 8:00am-2:00pm
Call for Appointment, Grab & Go system
Serving: Open To Everyone

El Shaddai Worship Center
173 Hickory Street, Norwich
Friday 11:00am-1:00pm, Saturday 10:00am-1:00pm, Sunday 8am, 10:30am
Call for Appointment, Grab & Go system
Serving: Open to everyone

Estelle Evangelique PS23 Inc.
134 Boswell Ave, Norwich
Fridays 8:00am-3:00pm
Call for Appointment, Grab & Go system
Serving: Open to Everyone

Norwich Free Academy
305 Broadway, Norwich
Delivery & Pick Up By Appointment Only- Call for registration
Serving: Norwich Free Academy Students Only

Madonna Place
240 Main Street, Norwich
Monday-Friday 9:00am-3:00pm
Call for Appointment, Grab & Go system
Serving: New London County families with children under 18 in their custody only
Diapers and Baby Food available

Groton

Bent Crandall
649 Buddington Road, Groton
Monday-Friday 8am-4pm
**Call for Appointments. Grab & Go System.
Serving: New London County Residents

Groton Human Services
2 Fort Hill Road, Groton
Monday- Friday 8:30 am - 4:30 pm by appointment preferred
Curbside Pick-Up Only- please stay in cars
Serving: Groton Residents Only

MTCUAW
18 Pleasant Street, Groton
Thursdays 9:30am-11:30am
Curbside Pick-Up Only- please stay in cars
Serving: Open To Everyone

Gemma E. Moran United Way/Labor Food Center, 374 Broad Street, New London CT 06320 P: (860)444-8050
Please visit our webpage for more feeding site information and mobile food pantry locations: http://www.uwsect.org/
Last Modified: April 14, 2020
Colchester/Salem

Colchester Youth and Social Services  (860)-537-7235
127 Norwich Avenue, Colchester
Thursdays 9:00am-11:00am and 1:00 pm-4:00 pm
Emergency bags always available
Curbside Pick-Up Only- please stay in cars- call ahead for appointment
Serving: Colchester Residents

Town of Salem Food Pantry  (860)859-2773
270 Hartford Rd, Salem
Monday-Friday 8:00am-4:00 pm
Delivery Services only
Serving: Colchester, Salem and Ossipee Residents

East Lyme/Old Lyme

Shoreline Soup Kitchens
St. John's Episcopal Community Church  (860) 388-1988
400 Main Street, Niantic
Thursday 5-6pm
Curbside Pick-Up Only- please stay in cars
**Serving: Chester, Clinton, Deep River, Essex, East Lyme, Old Lyme and Lyme, Killingworth, Madison, Old Saybrook and Westbrook.

East Lyme/Old Lyme

Shoreline Soup Kitchens
First Congregational Church Old Lyme  (860)-389-1988
2 Ferry Road, Old Lyme
Saturday 9am-11am
Curbside Pick-Up Only- please stay in cars
**Serving: Chester, Clinton, Deep River, Essex, East Lyme, Old Lyme and Lyme, Killingworth, Madison, Old Saybrook and Westbrook.

Care and Share Inc. of East Lyme  (860)739-8502
12 Roxbury Rd., Niantic
Tuesday 10:00am-12:00pm
Wednesday-Friday 2:00pm-4:00pm Voicemail after hours
Curbside Pick-Up Only- Call ahead for appointment
Serving: East Lyme, Niantic, Salem Residents

Montville

Montville Senior Social Services  (860)-848-0422
12 Maple Ave, Montville
Monday-Friday 8:30am-3pm
Curbside Pick-Up Only- please stay in cars- call ahead for appointment
Serving: Montville Residents and surrounding towns

Montville Union Baptist Church  (860)-848-3570
279 Route 163, Montville
2nd and 4th Saturdays 9am-11am
Curbside Pick-Up Only- please stay in cars
Serving: Open to Everyone

Lebanon/Preston/Bozrah

Preston City Congregational Church  (860) 887-6452
321 Route 164, Preston
Third Wednesday of the month, 10am-12pm and 3pm-5pm.
By Appointment only. Call ahead.
Serving: Ledyard, Norwich, Preston, Voluntown, Gales Ferry, Jewett City, Taftville, Vantage, Griswold.

Town of Bozrah  (860)-889-2688
One River Road, Bozrah
Monday through Wednesday 9am-4pm and Thursdays 9am-6pm
Serving: Bozrah Residents only

Ledyard/Gales Ferry

New Life Christian Fellowship Food Pantry  (860)464-9098
1729 Center Groton Rd, Ledyard
2nd and 4th Saturdays 9am-11am
Curbside Pick-Up Only- please stay in cars
Serving: Open to Everyone

Pawcatuck/Stonington/North Stonington

Pawcatuck Neighborhood Center  (860)-599-3285
27 Chase Street, Pawcatuck
Monday, Tuesday, Thursday, Friday 11:00am-3:00 pm
Drive Through
Serving: Stonington, North Stonington, Westerly and surrounding towns

Baltic/Jewett City

Sisters of Charity  (860)-822-8241
54 West Main Street, Baltic
Monday, Tuesday, Friday by appointment only
Grab & Go. By appointment only- please stay in cars
Serving: Baltic Residents

Saint Mary's Church Food Pantry  (860)-376-2044
34 North Main Street, Jewett City
2nd and 4th Tuesdays of the month 10am-11am and 3pm-4pm
Drive-Through Style- please stay in your cars
Serving: Residents of Griswold, Jewett City, Lisbon, Canterbury and Voluntown

Gemma E. Moran United Way/Labor Food Center, 374 Broad Street, New London CT 06320 P: (860)444-8050
Please visit our webpage for more feeding site information and mobile food pantry locations: http://www.uwsect.org/

Last Modified: April 14, 2020
Do you experience migraines?
Do you miss work due to your migraines?

Call Now About a Migraine Research Study

(860)443-4567
or text keyword CCR to 74121

No-cost study-related migraine medication
Reimbursement up to $405 for eligible participants

Sign up online:

Coastal Connecticut Research, LLC
Montauk Ave., New London

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**Parkinson's Disease Research Study**

As Parkinson's disease progresses mild cognitive impairment can occur.

Forgetting the right words?  
Is it difficult making decisions?  
Easily distracted?

If you have been diagnosed with Parkinson's disease and have experienced mild cognitive impairment, we hope you will consider participating in this study.

Call (860)443-4567  
or text CCR to 74121  
online signup: CCRstudies.com

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No insurance needed
Time and travel reimbursement up to $700 for qualified participants
We earn $5 for every $100 in gift cards you buy!

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1. Senior Resources buys Cash for Causes gift cards at a 5% discount
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Did you know?
100 families spending just $100 on groceries each week could raise $26,000!

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Card Amount:  $50  $100  Other: ____________

If you would like to pay via credit card, please visit our website at www.SeniorResourcesEC.org/about-us/pay-your-bill-online
Account Name: Your first and last name
Invoice Number: Cash for Causes

Mall to: 19 Ohio Avenue, Norwich, CT 06360 - or - Contact: Erica (860) 887-3561 x 110