

# Staying Put in New Canaan

Staying Put is a member-based, volunteer-supported, nonprofit organization committed to helping seniors live independently in their homes and actively engaged in the community as they age.

Staying Put has created this Resource Guide for all residents of New Canaan as a guide to identifying resources especially useful in addressing issues related to aging.

The listings in this guidebook are for informational purposes only and do not constitute an endorsement by Staying Put. While every effort has been made to ensure the accuracy of this information, content may be subject to change at any time.

If you have any questions about any organization listed in this guidebook, please contact:

**Staying Put in New Canaan**  
**58 Pine Street**  
**PO Box 484**  
**New Canaan, CT 06840**  
**203-966-7762**

**Hours of Operation: Monday-Thursday - 9 am to 5 pm**  
**Friday - 9 am to 1 pm**

**Email: [info@stayingputnc.org](mailto:info@stayingputnc.org)**

**Website: [www.stayingputnc.org](http://www.stayingputnc.org)**

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# **EMERGENCY SERVICES**

**Ambulance.....911**

**Police.....911**

Non-Emergency.....203-594-3500

**Fire.....911**

Non-Emergency.....203-594-3140

**Suicide and Crisis Hotline.....988**

**Poison Control.....800-222-1222**

**New Canaan Emergency Operations Center (EOC).....203-594-4101**

The Town of New Canaan has established an Emergency Notification System which uses residents' phones and e-mails to send emergency messages.

To register for this service, click on the [Emergency Call Out System](#) link on the New Canaan Office of Emergency Management website at [www.newcanaan.info](http://www.newcanaan.info)

**Smart 911.....[www.smart911.com](http://www.smart911.com)**

The New Canaan Police Department encourages all residents to go online and sign up for this free national service. The user fills out a confidential online form to provide potentially life-saving information about medical conditions, allergies, medications, pets in the home, and contact information so that in an emergency responders will arrive knowing just what's needed to help.

**Infoline.....211**

This toll-free 2-1-1 resource number is part of a nationwide system providing information and referrals on local and national social service and assistance programs. The service is free and available 24 hours a day, 7 days a week.

## **LOCAL GOVERNMENT SERVICES**

**Town of New Canaan – Dept. of Human Services.....203-594-3076**

**Town Hall Annex, 77 Main St.**

**Mon.- Fri., 8am to 4pm**

- **Counseling, support, initial assessment and case management for families, individuals, and seniors**
- **Counseling on Medicare** coverage, Medigap, Medicare Saving Program, and annual enrollment for Part D prescription plans
- **Tele-Health program** promoting senior health and wellness
- **Loan Closet program** provides free, short-term loans of medical equipment. Offers wheelchairs, walkers, crutches, canes and shower chairs.
- **Food Pantry program** collects and distributes food to needy families, adults, and seniors. Call **203-594-3082**; [www.food.pantry@newcanaanct.gov](mailto:www.food.pantry@newcanaanct.gov)
- **Renter Rebate for the Elderly and Disabled program** provides a refund on yearly rentals for eligible residents
- **Energy Assistance program** provides financial aid for home heating and home weatherization to eligible residents
- **NC Veterans Service Liaison** for federal, state, and local agencies that serve veterans and their dependents

**Town of New Canaan – Dept. of Health.....203-594-3037**

**Vine Cottage, 61 Main St.**

**Mon.- Fri., 8am to 4pm**

- **COVID testing and vaccinations**
- **Home wellness visits** to seniors by Community nurse for assessments, blood pressure and wellness checks, and support

**Meals on Wheels of New Canaan.....203-594-5318**

**PO Box 321, New Canaan**

**Mon-Fri, 10am to 1pm**

**Website [www.MOWofNC.org](http://www.MOWofNC.org)**

Meals are provided to local New Canaan residents who are unable to shop or prepare adequate nutritious meals for themselves, regardless of age or income. Meals are delivered by volunteers mid-day Monday through Friday, including holidays. Call the Community Coordinator at 203-594-5318 to receive a client application or to discuss eligibility.

# **STATE GOVERNMENT SERVICES**

**CT Dept. of Aging and Disability Services.....860-424-5055**  
[www.ct.gov/agingservices](http://www.ct.gov/agingservices)

**CT Protective Services for the Elderly.....888-385-4225**  
After hours, call 211 INFOLINE. In case of EMERGENCY, please call 911.

State-run program designed to safeguard people 60 years and older living in the community or long-term care facilities from physical, mental, and emotional abuse, neglect (including self-neglect), abandonment and/or financial abuse and exploitation.

**CT Department of Social Services.....855-626-6632**  
[www.ct.gov/dss](http://www.ct.gov/dss)

The Department of Social Services (DSS) provides a wide range of services to Connecticut residents, including seniors. Programs address food/nutrition, health care (including Medicaid), financial and employment assistance, support for children, housing/shelter, and community and social needs, including aging services and Medicare.

**Southwestern Connecticut Agency on Aging .....203-333-9288**  
[www.swcaa.org](http://www.swcaa.org)  
1000 Lafayette Blvd., 9<sup>th</sup> fl., Bridgeport

Private, non-profit agency that provides senior-related advice, information, and administers a variety of programs and services in Southwestern Connecticut.

# **LOCAL RESOURCES FOR OLDER ADULTS**

**Staying Put in New Canaan.....203-966-7762**

**58 Pine St.**

**PO Box 484, New Canaan**

**Mon.-Thurs.: 9 am to 5 pm; Fri.: 9 am to 1 pm**

**[www.stayingputnc.org](http://www.stayingputnc.org)**

A private, non-profit, membership-supported organization which works to keep seniors living safely in their homes and engaged in the community as they age.

Services include:

- Transportation to medical appointments and personal activities
- Social, educational, and cultural events
- Recommendations for professional vendors
- Odd jobs and minor carpentry help
- Grocery shopping, pharmacy pick up, and other errands
- Technical assistance
- Home safety assessments
- Friendly calls and visits

**Lapham Community Center.....203-594-3620**

**663 South Ave. (Waveny Park)**

**PO Box 83, New Canaan**

**Mon.- Fri., 8:30 am to 4:30 pm**

**[www.laphamcenter.org](http://www.laphamcenter.org)**

Lapham offers a wide variety of activities for New Canaan residents including an active adult education program, health and exercise programs, and numerous special events. There is no membership fee or requirement beyond town residency to participate.

Programs include:

- Adult education: AARP Driver Safety, fine arts and crafts, games, music, languages, history and art history
- Exercise and yoga
- Health/Wellness screenings and programs

- Medicare and legal counseling
- Tech help: computers, technology, internet genealogy
- Lunch and Learn events
- Free films
- Day trips

**Lifetime Learners Institute.....203-857-3330**

**188 Richards Ave., Norwalk**

[www.lifetimelearners.org](http://www.lifetimelearners.org)

An independent, non-profit organization that provides community members 50 and older in Fairfield County the opportunity to further their pursuit of knowledge. Over 40 courses are offered in the spring and fall, and Norwalk Community College offers the organization classrooms along with use of its wellness center and library.

**New Canaan Public Library.....203-594-5000**

**151 Main St., New Canaan**

[www.newcanaanlibrary.org](http://www.newcanaanlibrary.org)

Book, video, and CD loans as well as classes, lectures, cultural events, and computer technical assistance. Museum Pass program gives library card holders free or discounted access to area museums and cultural destinations.

**New Canaan Community YMCA.....203-966-4528**

**564 South Ave., New Canaan**

[www.newcanaanymca.org](http://www.newcanaanymca.org)

Health and fitness, aquatics, family, arts, sports, and community speakers.

# **TRANSPORTATION SERVICES**

**GetAbout.....203-972-7433**

**PO Box 224  
198 Elm St., New Canaan  
[www.getaboutnc.org](http://www.getaboutnc.org)**

Door-to-door rides are provided for New Canaan seniors and those with mobility issues to any location in New Canaan and to medical destinations in Darien, Wilton, Stamford, and Norwalk. Available Monday through Friday, from 9 am to 4 pm. Most vehicles are wheelchair accessible. Doctor, dentist, and therapy appointments are free of charge; other destinations for nominal fee. Rides must be reserved a minimum of two days in advance.

**Staying Put.....203-966-7762**

**PO Box 484  
58 Pine St., New Canaan  
Mon-Thurs, 9 am to 5 pm; Fri., 9 am to 1 pm  
[www.stayingputnc.org](http://www.stayingputnc.org)**

Free rides within a 10-mile radius of New Canaan are provided by volunteer drivers to Staying Put members.

**American Cancer Society.....800-277-2345**

**38 Richards Ave., Norwalk  
[www.cancer.org/support-programs-and-services/road-to-recovery.html](http://www.cancer.org/support-programs-and-services/road-to-recovery.html)**

Free rides are provided for patients to/from their cancer treatment. A minimum of 4 business days' notice, not including the treatment day, is required. (If the treatment is on Friday, for example, the reservation must be made on Monday). System relies on volunteers, so riders need to be ambulatory. Caregivers welcome.



# **MEDICARE & MEDICAID CONTACTS**

**Medicare.....800-772-1213**

[www.medicare.gov](http://www.medicare.gov)

**Social Security Office  
2 Landmark Square, Suite #105, Stamford  
866-770-1881**

A federal health insurance program for people aged 65 and over, certain younger people with disabilities, and people with End-Stage Renal Disease.

- Part A: Hospital Insurance
  - Covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- Part B: Medical Insurance
  - Covers certain doctors' services, outpatient care, medical supplies, and preventive services.
- Part C: Medicare advantage
- Part D: Rx Drug Coverage

**Medicaid.....877-267-2323**  
**Stamford Office.....203-251-9300**

[www.ct.gov/dss](http://www.ct.gov/dss)

A program designed to provide medical coverage for persons with low income. In Connecticut, Medicaid is run by the State Department of Social Services.

## **FINANCIAL AND LEGAL ASSISTANCE**

**Center for Medicare Advocacy.....860-456-7790**  
[www.medicareadvocacy.org](http://www.medicareadvocacy.org)

**Connecticut Bar Association.....860-223-4400**  
[www.ctbar.org](http://www.ctbar.org)

**Connecticut Department of Revenue Services.....860-297-5962**  
[www.ct.gov/drs](http://www.ct.gov/drs)

Contact regarding explanation on tax collection and any question with the Department of Revenue at State level

**Connecticut Legal Services.....860-344-0447**  
[www.ctlegal.org](http://www.ctlegal.org)

1177 Summer St., 4<sup>th</sup> fl., Stamford.....203-348-9216

**Department of Consumer Protection.....800-842-2649**  
[www.ct.gov/dcp](http://www.ct.gov/dcp)

**Fairfield County Lawyer Referral Service.....203-335-4116**  
[www.fairfieldlawyerreferral.com](http://www.fairfieldlawyerreferral.com)

[www.bridgeportbar.org/fairfield-county-lawyer-referral-service](http://www.bridgeportbar.org/fairfield-county-lawyer-referral-service)

1057 Broad St., Bridgeport

**Federal Department of Revenue Services.....844-545-5640**  
[www.irs.gov](http://www.irs.gov)

761 Main Ave., suite 1000, Norwalk

Contact regarding information about tax collection at the national level.

**Legal Aid Hotline (Statewide).....800-453-3320**  
[www.slct.org](http://www.slct.org)

Free legal services in all except criminal cases for Connecticut residents. Income eligibility guidelines apply.

**New Canaan Assessor Office.....203-594-3005**

**77 Main St., 1<sup>st</sup> fl., New Canaan**

**Hours: Mon - Fri, 8:30am to 4:30pm**

The office is responsible for New Canaan's assessment records and annual calculation of the tax base.

**Social Security Administration.....866-770-1881**

[www.ssa.gov](http://www.ssa.gov)

**2 Landmark Square, suite 105, Stamford**

**Hours: Mon. - Fri., 9am to 4pm**

Helps guide and explain Social Security, Medicare and Supplemental Security Income Program.

## **EMERGENCY MEDICAL SERVICES**

**New Canaan Immediate Care.....203-594-9520**

**38 East Ave., New Canaan**

**Hours: Mon-Fri, 8am to 4:30pm; closed weekends**

New Canaan Immediate Care offers non-emergency medical care, including treatment for conditions such as broken bones, allergies, asthma, stomach viruses, minor burns, flu, and ear and respiratory infections.

**Norwalk Hospital.....203-852-2000**

**Emergency Room: 203-852-2160**

**34 Maple St., Norwalk**

**Stamford Hospital.....203-273-1000**

**Emergency Room: 203-276-7777**

**1 Hospital Plaza, Stamford**

## PHARMACIES

**CVS.....203-966-6758**

**94 Park St., New Canaan**

**Store hours: 7am to 10pm, everyday**

**Pharmacy hours: Mon-Fri, 8am to 1:30pm, 2pm to 6pm; Sat, 9am to 1:30pm, 2pm to 6pm; Sun, 10am to 1:30pm, 2pm to 6pm**

Offers curbside pickup.

**New Canaan Pharmacy.....203-966-4575**

**44 East Ave., New Canaan**

**Store and Pharmacy hours: Mon-Fri, 8am to 6pm; Sat, 9am to 5pm**

Offers free delivery service in New Canaan.

**Walgreens.....203-801-0121**

**36 Pine St., New Canaan**

**Store hours: Mon-Fri, 7am to 10pm, Sat and Sun, 8am to 10pm**

**Pharmacy hours: Mon-Fri, 9am to 1:30pm, 2pm to 7pm; Sat., 9am to 1:30pm, 2pm to 6pm; Sun. closed**

**Drive through: 9am to 1:30pm, 2pm to 6pm**

Offers curbside pickup and drive through.

## HOUSES OF WORSHIP

**Chabad of New Canaan.....203-972-7708**  
137 Putnam Rd., New Canaan

**Community Baptist Church.....203-966-0711**  
174 Cherry St., New Canaan

**The Congregational Church of New Canaan.....203-966-2651**  
23 Park St., New Canaan

**First Presbyterian Church.....203-966-0002**  
178 Oenoke Ridge Rd., New Canaan

**Grace Community Church.....203-966-7300**  
365 Luke's Wood Rd., New Canaan

**Methodist Church of New Canaan.....203-966-2666**  
165 South Ave., New Canaan

**St. Aloysius Parish.....203-966-0020**  
21 Cherry St., New Canaan

**St. Mark's Episcopal Church.....203-966-4515**  
111 Oenoke Ridge Rd., New Canaan

**Saint Michael's Lutheran Church.....203-966-3913**  
5 Oenoke Ridge Rd., New Canaan

**Stamford Islamic Center.....203-504-2800**  
379 West Ave., Stamford

## **DRIVER SAFETY**

**AARP Driver Safety Program.....800-350-7025**

[www.aarp.org/auto/driver-safety](http://www.aarp.org/auto/driver-safety)

Driving classes - classroom-based or online - are offered to AARP members and non-members that teach safe driving techniques such as how to reduce driver distraction and the effects of medication on driving. Passing the course may result in a state-mandated reduction in participants' car insurance of at least 5% for 2 years. In the past, these classes have been offered at Lapham and the New Canaan Men's Club.

**Norwalk Hospital, Driver Rehabilitation Program.....203-852-3400**

[www.norwalkhospital.org/departments/outpatient-rehabilitation-and-physical-therapy-services/specialty-rehabilitation-programs/driver-rehabilitation](http://www.norwalkhospital.org/departments/outpatient-rehabilitation-and-physical-therapy-services/specialty-rehabilitation-programs/driver-rehabilitation)

**34 Maple Street., Norwalk**

This rehabilitation program provides a medical evaluation of whether a person can safely operate a motor vehicle and maintain a driver's license with a clinical and behind the wheel assessment.

**Lewis School of Driving.....203-972-0242**

[www.lewisschoolofdriving.com](http://www.lewisschoolofdriving.com)

**28 Cross Street., New Canaan**

One hour in-vehicle assessment for \$85.

## **TIPS TO EVALUATE YOUR DRIVING**

Most people want to continue driving for as long as they can do so safely. However, for many people, a time will come when they must limit or stop driving, either temporarily or permanently.

The following are some warning signs that indicate a person should begin to limit or stop driving:

1. Almost crashing, with frequent “close calls”
2. Finding dents and scrapes on the car, fences, mailboxes, garage doors, curbs, etc.
3. Getting lost, especially in familiar locations
4. Having trouble seeing or following traffic signals, road signs, and pavement markings
5. Responding more slowly to unexpected situations, or having trouble moving their foot from the gas to the brake pedal; confusing the two pedals
6. Misjudging in traffic at intersections and on a highway entrance and exit ramps
7. Experiencing road rage or causing other drivers to honk or complain
8. Easily becoming distracted or having difficulty concentrating while driving
9. Having a hard time turning around to check the rear view while backing up or changing lanes
10. Receiving multiple traffic tickets or “warnings” from law enforcement officers

If you notice one or more of these cautionary signs in yourself, or in a loved one, you might want to register yourself or that person for a driver improvement course, such as courses offered by AARP Driver Safety or consider making an appointment for a professional evaluation through a local driving school or other driving assessment program.



# **DEMENTIA AND CAREGIVER SUPPORT**

**Alzheimer’s Association (24-hr Helpline).....800-272-3900**  
[www.alz.org](http://www.alz.org)

**Local Alzheimer’s Association Office**  
**70 New Canaan Ave., Norwalk.....203-406-3040**  
[www.alz.org/ct](http://www.alz.org/ct)

**Bridges by EPOCH.....203-523-0510**  
**123 Richards Ave., Norwalk**  
[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

Dementia care education workshops for caregivers and caregiver support groups.

**Center for Hope..... 203-655-4693**  
**590 Post Rd., Darien**  
[www.familycenters.org/Center-for-HOPE](http://www.familycenters.org/Center-for-HOPE)

Bereavement and caregiver support groups.

**Visiting Nurse and Hospice of Fairfield County.....800-898-4663**  
**22 Danbury Rd., Wilton**  
[www.visitingnurse.net](http://www.visitingnurse.net)

Bereavement and caregiver support groups.

**Waveny Care Center.....203-594-5200**  
**3 Farm Rd., New Canaan**  
[www.waveny.org](http://www.waveny.org)

Dementia caregiver support group and respite care.

# **ADULT DAY CARE SERVICES**

The State of Connecticut defines Adult Day Care Centers as agencies that provide a variety of services during the day to elderly persons who may be socially isolated, in need of some support or care, or may have functional and/or cognitive impairments. Adult day care offers relief to family members or caregivers and allows them the freedom to go to work or just relax while knowing their relative is well cared for and safe.

**Adult Day Care.....866-333-6002**  
[www.adultdaycare.org](http://www.adultdaycare.org)

The website lists all accredited adult day care centers in Connecticut, with links to centers nationwide by zip code.

**Connecticut Association of Adult Day Services .....203-678-4649**  
[www.ctadultday.org/](http://www.ctadultday.org/)

A statewide organization of adult day care providers.

**ElderHouse.....203-847-1998**  
[www.elderhouse.org](http://www.elderhouse.org)  
7 Lewis Street., Norwalk  
Mon-Fri: 8:30am to 3:30pm

**Grasmere on Park Ave Adult Day Program.....203-365-6470**  
[www.jseniors.org/services/day-services/adult-day-program](http://www.jseniors.org/services/day-services/adult-day-program)  
Jewish Senior Services, 4200 Park Ave., Bridgeport  
Mon-Fri: 8am to 4:30pm

# REHABILITATION SERVICES

**Waveny Care Center.....203-594-5340**

[www.waveny.org](http://www.waveny.org)

**3 Farm Rd., New Canaan**

Inpatient and outpatient rehab

**Autumn Lake Healthcare.....203-842-5700**

[www.autumnlakehc.com](http://www.autumnlakehc.com)

**34 Midrocks Dr., Norwalk**

Inpatient and outpatient rehab

**New Canaan YMCA - Stamford Health.....203-276-8597**

[www.newcanaanymca.org/physical-therapy](http://www.newcanaanymca.org/physical-therapy)

**564 South Ave., New Canaan**

Outpatient rehab

# **GERIATRIC ASSESSMENT CENTERS**

A geriatric assessment is a comprehensive evaluation of an older adult's cognitive, psychological, social, medical, and functional status. The goal is to help patients and their families to make appropriate short- and long-term healthcare decisions and, ultimately, to allow for an improved quality of life.

**Waveny Care Center: Brown Geriatric Clinic.....203-594-5311**

[www.waveny.org](http://www.waveny.org)

3 Farm Rd., New Canaan

**Greenwich Hospital: Center for Healthy Aging.....203-863-4373**

[www.greenwichhospital.org/services/aging/center-for-healthy-aging](http://www.greenwichhospital.org/services/aging/center-for-healthy-aging)

5 Perryridge Rd., Greenwich

**Stamford Health Geriatric Assessment Center.....203-276-2516**

[www.stamfordhealth.org](http://www.stamfordhealth.org)

90 Morgan St., suite 105, Stamford

372 Danbury Rd., suite 180, Wilton