

# Resources for Seniors

In West Hartford, CT and Surrounding Towns



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# Introduction

This manual has been developed to assist those who may be experiencing challenges associated with aging. The information presented is meant to be a compilation of helpful suggestions. Because of rapid changes in the field of senior services, some information could become outdated, but it is hoped that what is presented will serve as a beginning point for further investigation.

Where specific vendors are referenced, the citation is meant only for information, and does not represent any endorsement by the First Church, West Hartford. Where pamphlets have been inserted, they also are meant to be illustrative and perhaps useful as a prompt for further independent exploration. Where websites are listed, the reader is reminded that First Church is not responsible for the site's manner of presentation or content.

The manual is tabulated by topic sections. It is meant to be a dynamic source of information. To that end, each section has space reserved for input from congregants who may wish to pass along information that they have found to be personally helpful.

As we all become older, there is a possibility that we, or those we love and care for, may need assistance. Our hope is that you find this support at First Church, West Hartford “whoever you are and wherever you are on your life’s journey.”

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# Care Options



## Overview

There is an abundance of information available from a variety of sources to assist families in their exploration of care alternatives. It is impossible to reference them all. What follows is a description of various options along with selected associated web sites that may serve as a starting point for research.

## Home Care

Some people may need assistance in order to live and thrive in their home environments. Generally speaking, an inability to independently eat, bathe, dress, toilet, groom, get in or out of bed, get in or out of a chair, or walk; all signal that assistance is probably needed. Furthermore, some who are physically independent may have challenges that still put them at risk such as: shopping for one-self; preparing meals; maintaining housekeeping; doing laundry; managing medications; making phone calls; running errands; keeping appointments; and handling finances (Gawande, Atul (2014), *Being Mortal*. New York: Metropolitan Books).

Please see the Section on **Aging at Home** for information about available services. In addition, the following web site may be helpful:

- Connecticut Department of Social Services: Connecticut Home Care Program for Elders (CHCPE)

<https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders/Connecticut-Home-Care-Program-for-Elders-CHCPE>

This website explains the CT Home Care Program for Elders (CHCPE) including who is eligible for the program, what services are available, how to apply for services, and how to contact the program. To be eligible, applicants must be 65 years of age or older, be a Connecticut resident, be at risk of nursing home placement, and meet the program's financial eligibility criteria.

## **Adult Day Care**

Adult Day Centers are defined by the state of Connecticut as agencies that provide a variety of services during the day to elderly persons who may be socially isolated, in need of some support and/or care, or may have functional and/or cognitive impairments. Postponing or preventing institutional care is a key goal in these programs, which allows residents to function in the least restrictive environments and to stay within their own communities. Programs are often located in a community center and services may include transportation. There is much information online about adult day care. An example of an Adult Day Care Center is Senior Care:

<https://www.seniorcare.com/>

## Assisted Living

Generally speaking, assisted living refers to managed residential communities that provide their residents with support services. The State of Connecticut further defines assisted living on its website for Aging Services [www.ct.gov/agingservices](http://www.ct.gov/agingservices) (see “Housing Options”):

*An assisted living designation in this housing directory is reserved for managed residential communities that provide their residents with support services through an entity that is licensed by the Connecticut Department of Public Health as an Assisted Living Services Agency (ALSA). Each managed residential community may be the licensee or it may provide services through a contract with a licensed, assisted-living provider.*

*The ALSA provides residents with assistance with activities of daily living, including nursing services and medication supervision; it does not typically provide skilled-medical services. Staff members typically oversee and monitor residents and are available twenty-four hours a day to meet residents’ unscheduled needs. They develop individualized service plans tailored to the needs of each resident. A nurse is on call twenty-four hours a day.*

*Residents may be independent upon admission or they may have chronic and stable conditions as determined by a physician or health-care practitioner. These conditions may be physical or medical; they may also include chronic and stable mental-health and cognitive conditions. Residents are usually able to stay in assisted-living*

*facilities until twenty-four-hour skilled care becomes necessary. Residents typically have private, apartment-like living units and pay monthly fees.*

*Along with employing a service coordinator, residential communities must provide core services that include meals, laundry, transportation, housekeeping, maintenance, and recreational activities. Among other services they must provide are twenty-four-hour security, emergency call systems, on-site washers and dryers and sufficient common space to accommodate fifty percent of each community's resident population.*

*ALSAs are responsible for providing assisted-living services and ensuring that the required core services are provided by the managed residential communities.*

*It is important to note that the ALSA license pertains to the provision of services as provided in a managed residential community; it does not pertain to the community itself (Section 19-13-D105 of the Regulation of Connecticut State Agencies). To be listed as an assisted-living community in this directory, the community must have on-site, assisted-living services provided by a licensed ALSA or expect to have such services in the near future (from "Housing Options Available for CT Seniors").*

View this directory at [https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Community-Options/Elderly-Homecare/CHC\\_ProviderDirectory.pdf](https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Community-Options/Elderly-Homecare/CHC_ProviderDirectory.pdf).



For more details on Assisted Living Services, scroll to the bottom of the Connecticut Home Care Program for Elders (CHCPE) page at

<https://portal.ct.gov/DSS/Health-And-Home-Care/Connecticut-Home-Care-Program-for-Elders/Connecticut-Home-Care-Program-for-Elders-CHCPE>.

## **Nursing Homes**

Nursing homes provide skilled care and assistance 24 hours daily and are for those who have many care requirements and cannot live independently. Nursing homes provide rehabilitative care on both a short-term basis and a long-term basis for those with health care needs that other housing cannot accommodate. Alzheimer's care units may be located within Nursing Homes and are designed to provide a higher level of security and safety.

Medicare provides a helpful site that presents comparative data for local nursing homes. Go to the site and type in your zip code. Several homes will be listed with general contact information and ratings for overall facility, health inspections, staffing, quality measures, and distance.

<https://www.medicare.gov/care-compare/>.

# Aging at Home

Issues to Consider



## ***Overview***

The following services and websites contain general information that may be helpful to you or a loved one who chooses to age at home. You may find the same websites listed in other sections of this manual, since many organizations offer varied services.

### **Area Agency on Aging**

North Central Area Agency on Aging,  
151 New Park Avenue, Hartford, CT 06106  
860-724-6443

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

The North Central Area Agency on Aging (NCAAA) is a regional non-profit organization based in Hartford, CT, that provides planning, management of funding and advocacy services to older persons and their caregivers in the 38-town North Central Connecticut region.

For help and assistance, please contact us online or call our office directly, Monday-Friday, 8:30am-4:30pm at 860-724-6443.

### **CCCI (Connecticut Community Care Incorporated)**

43 Enterprise Drive  
Bristol, Connecticut 06010-7472  
Phone: 860-589-6226

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

Connecticut Community Care Incorporated (CCCI) is a care management organization that partners with individuals, families, and supporters so that all people may remain independent and living at home. CCCI helps clients identify choices and find services. They help people of all ages, abilities, and incomes to live at home. Nurses and social services care managers look at care management from every perspective, including caregiving, housekeeping, social, emotional, medical, and financial needs.

### **Companions and Homemakers**

Companions & Homemakers

613 New Britain Ave.

Farmington, CT 06032

(860) 677-4948

Multiple other locations

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

From the Companions and Homemakers website:

*Since 1990, we have provided in-home care to thousands of satisfied clients across the state. With consistently high customer satisfaction ratings and industry awards, we are proud to be Connecticut's most trusted home provider and companion services.*

*Home care allows you or your loved one to continue to enjoy independence and the comfort of home, with just the right amount of support from a dedicated caregiver. The benefits of home care include:*

- *Maintaining independence without interrupting routines and surroundings.*

- *Personalized care by dedicated in-home caregivers, available as needed.*
- *Overall increased quality of life by continuing access to friends, family, and pets.*
- *Transportation to doctor appointments and errands.*
- *Assistance with maintaining medication schedules and personal care.*

## **Dial 211**

[www.211.org/](http://www.211.org/)

In many states, including Connecticut, dialing “211” provides individuals and families in need with a shortcut through what may be a bewildering maze of health and human service agencies’ phone numbers. By simply dialing 211, those in need of assistance are referred, and sometimes connected, to appropriate agencies and community organizations.

Dialing 211 helps the elderly, the disabled, those who do not speak English, those who are having a personal crisis, those who have limited reading skills, or those who are new to their communities, among others.

Dialing 211 works a bit like 911. Calls to 211 are routed by the local telephone company to a local or regional calling center. The 211 center’s referral specialists question callers, access databases of resources available from private and public health and human service agencies, match the callers’ needs to available resources, and link or refer them directly to an agency or organization that can help.

## **Alzheimer’s Association**

Provides information on support groups, respite care, daycare, diagnostic centers, nursing homes, and training centers related to care for someone with Alzheimer’s Disease or a related disorder.

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

Connecticut Chapter  
200 Executive Blvd., Suite 4B  
Southington, CT 06489  
860-406-3040  
24/7 Helpline: 800-272-3900

## **Medical Alert Systems**

There are many medical alert service providers that can be researched online. Simply google “Medical Alert Systems.” Medical alert systems provide a way for an elder to summon help 24/7 in the event of a fall or medical emergency. Typically, the individual wears an alert button that can be pushed for activation. Advanced technology allows for activation in the event that an individual is unable to push the button. One example of such a system is Philips Lifeline ([www.lifeline.com](http://www.lifeline.com)).

## **Medicare**

*Medicare & You 2022* – Free - (Available in English, Spanish, Braille, audio, large print, or as an eBook) – the official US Government Medicare Handbook.

Centers for Medicare and Medicaid Services (CMS)

7500 Security Blvd.  
Baltimore, MD 21244-1850  
1-800-994-9422  
[www.medicare.gov](http://www.medicare.gov)

## **Medicaid**

State of CT: <https://portal.ct.gov>

Federal Medicaid: [www.medicaid.gov](http://www.medicaid.gov)

## **Hospice Care**

Hospice embodies the concept of holistic care. Hospice Care is dedicated to providing physical, emotional, social and spiritual support to terminally ill patients, as well as their families and loved ones, while assisting patients and families to live with dignity and comfort as they cope with end-of-life issues. The reader might believe that hospice care can only be provided in a specialized facility such as the center in Branford where hospice in CT began. Palliative care can now be provided in one's home. Websites for two major networks in greater Hartford that provide such care at home follow. This information could help to further explain hospice services as you search for individualized assistance.

Hartford Health Care

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

Trinity Health of New England

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

## ***Home Safety***



**Legal Protection** The State of Connecticut Department of Consumer Protection has information about consumers' legal protections. Their literature can be accessed at [www.portal.ct.gov/dcp](http://www.portal.ct.gov/dcp)

**The Fire Department in the Town of West Hartford** will, upon request of the owner or occupant, perform residential Dwelling Inspections. Fire safety problems along with corrective suggestions are noted. For information call 561-8320. The department will assist with smoke detector placement recommendations in single- or two-family homes for West Hartford residents. For more information call 561-8320.

[www.westhartfordct.gov/town-departments/fire-department](http://www.westhartfordct.gov/town-departments/fire-department)



**The Center for Disease Control (CDC)** provides abundant information regarding emergency preparation for the elderly and their caregivers. A hard copy of selected information is found in the Senior Resource Binder. Further information can be explored online:

[www.cdc.gov/aging/emergency-preparedness/index.html](http://www.cdc.gov/aging/emergency-preparedness/index.html)

Pet safety and preparing to care for a pet during an emergency can be found at [www.ready.gov/pets](http://www.ready.gov/pets)

## Home Maintenance

Various resources are available through local, state, and federal programs that address housing and housing maintenance. The town of West Hartford ([www.westhartfordct.gov](http://www.westhartfordct.gov)) describes the Elderly Assistance Program that is funded by the US Dept. of Housing and Urban Development ([www.hud.gov](http://www.hud.gov)). From their website:

*Elderly Assistance Program: The purpose of the Elderly Assistance Program is to provide financial and technical assistance to eligible West Hartford homeowners (age 65 and over) to replace one (1) failed system or install a handicapped accommodation. (Exceptions may be made for persons under age 65 with mobility impairments.)*

*Financial assistance is available as a combined grant (50% of project cost) and a 0% interest Lifetime Mortgage Deed (50% of project cost) to qualified owners. The Lifetime Mortgage must be repaid in one lump sum upon sale or transfer of any interest in the property. Partial payments are not allowed.*

*If you own and occupy residential property in West Hartford, are age 65 or over, and fall within the income guidelines, the Town of West*

*Hartford's Housing Rehabilitation Division may be able to assist you in making necessary repairs to your home. The gross household income must be at or below 80% of median income for Hartford PMSA as prescribed by the United States Department of Housing and Urban Development (HUD).*

For more information, please call the town of West Hartford at 860-561-7500

Local maintenance contractors often advertise through free local newspapers. Examples of local newspapers are:

West Hartford News [www.ctinsider.com/westhartford](http://www.ctinsider.com/westhartford)

West Hartford Life [www.valleypressexta.com](http://www.valleypressexta.com)

General West Hartford News [www.we-ha.com](http://www.we-ha.com)

Other sources might be sought online at [www.angi.com](http://www.angi.com)

**The Senior Job Bank** (860-521-3210; [www.seniorsjobbankct.org](http://www.seniorsjobbankct.org)) is a non-profit association dedicated to helping seniors in the Greater Hartford area. The original mission in 1974 was to help people over the age of 50 find part-time work in the West Hartford community and surrounding towns. The Bank has the same mission today as it recognizes the need to help seniors stay in their homes and to remain independent. Similarly, finding the right help through the Seniors Job Bank is easy. You can find virtually any talent and skill through SJB.

## ***Nutrition***

The Town of West Hartford has information on its website ([www.westhartfordct.gov/town-departments/social-services/senior-services](http://www.westhartfordct.gov/town-departments/social-services/senior-services)) regarding nutrition and services to meet nutritional needs. From the website:

*West Hartford offers a variety of nutritional services for residents. You will find detailed information for each program.*



### **Meals on Wheels**

These programs provide nutritious home-delivered meals to registered recipients. Some are for low-income elders with age and in-

come restrictions; others serve without regard to financial circumstances. Costs vary by program, and most offer special dietary accommodations. Call individual programs for more information:

Juniper House Homecare

1086 New Britain Avenue  
West Hartford, CT 06110  
(860) 523-1418

Community Renewal Team

555 Windsor Street  
Hartford, CT 06120  
(860) 560-5825

VNA Healthcare

103 Woodland Street  
Hartford, CT 06105  
(860) 249-4862

CW Resources

200 Myrtle Street  
New Britain, CT 06053  
(860) 229-7700 ext. 233

**West Hartford Food Pantry**

The Division of Human Services maintains a large food pantry. It depends on donations of food from our community - individuals, families, neighborhoods, schools and businesses - and provides nutritious food in times of need. For information regarding the use of the food pantry, please call their office at (860) 561-7561.

## **Foodshare Mobile Van**

The West Hartford Food Pantry partners with Foodshare to provide residents with fresh produce once a month. Go to [www.ctfoodshare.org/find-help](http://www.ctfoodshare.org/find-help) for more information on the mobile Foodshare van, including locations and schedules.

## **SNAP - Food Stamps**

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is a Connecticut Department of Social Services program that helps low-income individuals and families afford the cost of food at grocery stores and farmers' markets.

West Hartford is a Screening Site for SNAP. We periodically host Foodshare Volunteers to screen and help process SNAP applications. Eligibility into the Supplemental Nutrition Assistance Program is determined by income. A family's gross monthly income must be below 185% of the FPL in order to be found eligible for the program. Expenses such as rent/mortgage and utilities are taken into consideration only after eligibility is determined. Expenses will help establish the monthly allotment for the benefit.

Call 860-561-7561 for a SNAP appointment at Bishops Corner Senior Center or Elmwood Community Center. Call Foodshare SNAP Outreach Team at 860-286-9999 x104 for information on other SNAP locations.

## **Grocery Delivery**

Many local markets may offer grocery delivery services. The reader is encouraged to google or contact his market of choice and inquire to sign up. Since the onset of the COVID pandemic, national chains also have online ordering and delivery. One example of this is Stop &

Shop's *Peapod*. Peapod's online shelves are stocked with more than 12,000 products in a range of categories: produce; meat and seafood; deli items; prepared foods; natural and organic foods; Kosher foods; office and school supplies; seasonal items; and video products; pet items; health and beauty aids; wine, beer and spirits (in specific markets) and private labels from Stop & Shop and Giant. Items are ordered online and the consumer can pick them up at curbside or have them delivered.

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

# Transportation



## **Attending Church**

Although First Church no longer has a dedicated van, every effort will be made to assist an individual who needs transportation to attend services. Call the Church office, 860-233-9605, for information.

## **Dial-a-Ride**

Dial-A-Ride is designed to assist individuals who have difficulty using public transportation. Readers are referred to the latest brochure from the Town of West Hartford ([Dial-a-Ride Brochure](#)) for specific information regarding eligibility, fees and services.

## **Older and Wiser Drivers**

You may be concerned about an elderly parent or loved one who continues to drive. Driving signifies independence for many elders and thus becomes exceedingly difficult for the individual to give up. The Department of Motor Vehicles has literature that addresses changes related to aging that can impact driving skills at:

[www.portal.ct.gov/experienced](http://www.portal.ct.gov/experienced)

See also the National Highway Traffic Safety Administration at:

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



# Illnesses and Other Challenges



# Overview

Here is an alphabetical listing of selected illnesses and other challenges that become more common as one ages. There is no attempt to provide details about each. Rather, a resource, when available, is cited. For a more in-depth overview of a condition that may be important for your greater understanding, the National Institutes of Health ([www.nih.gov/](http://www.nih.gov/)) the Centers for Disease Control ([www.cdc.gov/](http://www.cdc.gov/)) and the Mayo Clinic ([www.mayoclinic.org](http://www.mayoclinic.org)) provide ample information. As always, discuss your individual concerns with your physicians.

## Addiction and Dependency Issues

Alcoholics Anonymous ([www.aa.org](http://www.aa.org))

Narcotics Anonymous ([www.na.org](http://www.na.org))

Gamblers Anonymous ([www.gamblersanonymous.org](http://www.gamblersanonymous.org))

## Alzheimer's Disease and Related Dementias

Alzheimer's Association ([www.alz.org](http://www.alz.org))

## Anxiety

National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov))

## Arthritis

Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org))

## Balance and Fall Issues

American Physical Therapy Association ([www.apta.org](http://www.apta.org))

## Cancer

American Cancer Society ([www.cancer.org](http://www.cancer.org))

## **Chronic Obstructive Pulmonary Disease (COPD)**

American Lung Association ([www.lung.org](http://www.lung.org))

## **Dental Changes**

American Dental Association ([www.ada.org](http://www.ada.org))

## **Depression**

National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov))

## **Diabetes**

American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))

## **Elder Abuse**

State of Connecticut, Department of Social Services, Protective Services for the Elderly Program ([www.ct.gov/dss](http://www.ct.gov/dss))

## **Glaucoma / Macular Degeneration**

American Glaucoma Society ([www.americanglaucomasociety.net](http://www.americanglaucomasociety.net))

American Macular Degeneration Foundation ([www.macular.org](http://www.macular.org))

## **Heart Disease**

American Heart Association ([www.heart.org](http://www.heart.org))

## **Hearing Loss**

Connecticut Academy of Audiology ([www.ctaud.org](http://www.ctaud.org))

## **Osteoporosis**

UConn Center for Osteoporosis, UConn Health Center ([www.health.uconn.edu/osteoporosis](http://www.health.uconn.edu/osteoporosis))

## **Parkinson Disease**

American Parkinson Disease Association ([www.apdaparkinson.org](http://www.apdaparkinson.org))

## **Social Isolation**

Senior Centers in West Hartford ([www.westhartfordct.gov](http://www.westhartfordct.gov))

### **Elmwood Senior Center**

1106 New Britain Avenue  
(860) 561-8180

### **West Hartford Senior Center**

15 Starkel Road  
(860) 561-7583

## **Stroke**

American Stroke Association ([www.strokeassociation.org](http://www.strokeassociation.org))

## **Suicide**

Connecticut Suicide Hotlines ([www.suicide.org](http://www.suicide.org))

## **Swallowing Difficulty (Dysphagia)**

American Speech-Language-Hearing Association  
([www.asha.org/slp/clinical/dysphagia](http://www.asha.org/slp/clinical/dysphagia))

## **Tinnitus**

American Tinnitus Association

(<https://www.ata.org>)

# Spiritual Support



## Overview

At any point in your life's journey, you are welcome to seek spiritual support at First Church, West Hartford. This section is intended to provide you with information on how to access that support through direct contact with our pastoral staff; investigation of outside services or organizations that might be helpful to you; and/or literature sources that might offer solace and direction for your particular needs.

## Contacting First Church, West Hartford

The Church office can be reached by telephone at 860-233-9605. Generally speaking, office staff is available during the day to take your call:

The Church office can be reached by telephone at 860-233-9605. Generally speaking, office staff is available during the day to take your call:

- Rev. Fredd Ward, Senior Pastor:  
[fredd.ward@whfirstchurch.org](mailto:fredd.ward@whfirstchurch.org)
- Amanda Bethune, Director of Faith Formation:  
[Faith.Formation@whfirstchurch.org](mailto:Faith.Formation@whfirstchurch.org)
- Jennifer deSimas, John P. Webster Library:  
[jpwebsterdir@whfirstchurch.org](mailto:jpwebsterdir@whfirstchurch.org)
- General Office:  
[general.mail@whfirstchurch.org](mailto:general.mail@whfirstchurch.org)

In the event that office staff is not available to take your call, a menu of contact options is activated, and messages can be left on

voicemail for the person you are trying to reach. Furthermore, in an emergency, contact information for the pastoral clergy is available, to ensure a prompt reply.

## Church at Home

It may not be possible to physically attend church services. For those who are restricted in travel, sermons are live-streamed on the First Church [YouTube Channel](#).

If you do not have computer access, call the church office at 860-233-9605 to request that copies of sermons be mailed to you. The church is also happy to mail church news that is ordinarily posted online.

## Outside Resources

**The Spiritual Life Center** in Hartford, Connecticut may offer spiritual support that is appropriate for your specific needs. It is located at:

76 Sherman Street  
Hartford, CT 06105  
413-330-7878

From their website ([www.spiritlifectr.org](http://www.spiritlifectr.org)):

*We provide support for those who seek deeper spiritual life. We welcome all, whatever path you are on. A cornerstone of our programming is a discernment and training program for people who are interested in becoming spiritual directors. While this program anchors*

*us, we have a full complement of programs designed to meet you where you are in your spiritual journey.*

**Spiritual Directors International** is another resource to explore. Information is available on its website at [www.sdiworld.org](http://www.sdiworld.org).

SDI's mission and vision statement: *Cultivating the practices of deep listening and spiritual presence across all faith traditions and spiritual orientations.*

## **JPW Library Resources**

Below is a bibliography of library books that may provide spiritual support. Many of these are currently located at, or can be obtained through, the JP Webster Library, which is located at First Church, West Hartford. Questions regarding the library catalog can be directed to the staff by calling 860-232-3893, or by email:

- Jennifer deSimas, Library Director:  
[jpwebsterdir@whfirstchurch.org](mailto:jpwebsterdir@whfirstchurch.org)
- Molly Bohman, Library Assistant:  
[jpwebsterlib@whfirstchurch.org](mailto:jpwebsterlib@whfirstchurch.org)

*Ageless Soul: The Lifelong Journey Towards Meaning and Joy.*  
Moore, Thomas

*Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser.* Richmond, Lewis

*Aging, Spirituality, and Religion: A Handbook.* Volume 1



*Aging, Spirituality, and Religion: A Handbook. Volume 2*  
*Aging Successfully: How to Enjoy, not Just Endure, the Second Half of Life.* Gallagher, David

*Another Country: Navigating the Emotional Terrain of Our Elders.* Pipher, Mary Bray

*The Art of Dying Well: A Practical Guide to a Good End of Life.* Butler, Katy

*Being Mortal: Medicine and What Matters in the End.* Gawande, Atul

*Being Mortal: Medicine and What Matters in the End.* Gawande, Atul  
(AUDIO BOOK)

*A Bittersweet Season: Caring for Our Aging Parents -- And Ourselves.* Gross, Jane

*Can't we Talk About Something More Pleasant?* Chast, Roz

*Caring for Mother: A Daughter's Long Goodbye.* Owens, Virginia

*Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World.* Bankson, Marjory Zoet

*Falling Upward: Spirituality for the Second Half of Life.* Rohr, Richard

*Falling Upward: A Spirituality for the Two Halves of Life: A Companion Journal* Rohr, Richard

*The Gift of Years: Growing Older Gracefully.* Chittister, Joan

*The Grace in Aging: Awaken as You Grow Older.* Singh, Kathleen Dowling

*How to Care for Aging Parents: A One-stop Resource for All Your Medical, Financial Housing and Emotional Issues.* Morris, Virginia

*Jewish Visions for Aging: A Professional Guide for Fostering Wholeness.* Friedman, Dayle A.

*Knocking on Heaven's Door: A Path to a Better Way of Death.* Butler, Katy

*On the Brink of Everything: Grace, Gravity and Getting Old.* Palmer, Parker

*Still Here: Embracing Aging, Changing, and Dying.* Dass, Ram

*Spirituality and Aging.* Atchley, Robert

*The Third Chapter: Passion, Risk and Adventure in the 25 Years after 50.* Lawrence-Lightfoot, Sara

*Toward a Practical Theology of Aging.* Lyon, K. Brynolf

# Downsizing



## Downsizing Suggestions

Every week, we are welcomed into worship by the familiar greeting: “Whomever you are, wherever you are on your life’s journey, you are most welcome here.”

Perhaps your life’s journey finds you considering downsizing your living space, your possessions, or your residence.

What follows is a list of companies and services, lovingly compiled by our friends who are traveling along this journey. Because every person’s experiences are unique, it is meant to be a source of information, devoid of recommendation or endorsement. Contact names may change as time passes. Services may be time sensitive, especially in times of pandemic. We hope that you find it helpful. We also hope that you will share information about resources that you have found, for the benefit of us all.

### **DOWNSIZING SPECIALISTS**

**The Dutiful Daughter** Aaron Wlochowski, Manchester, CT

860-432-5503

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

Downsizing and Estate Sale Specialist

Offers services in downsizing, along with some packing and moving.

**Home to Home** Susan Rabinovitch, West Hartford, CT

860-558-4625

[www.hometohomect.com/home.html](http://www.hometohomect.com/home.html)

“Personal consulting and hands-on assistance.”

They help one to decide what to take to a new place; make decisions what to downsize; will pack and unpack/set up; suggest real estate agents and movers.

**Premier Transitions**, Maureen Campbell, North Haven, CT

888-254-0005; 203-623-7418

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

**Marie’s Movers**, Jim Anctil, Southbury, CT

203-264-0488

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

Full-service movers and will help donate unwanted items. In particular, they work pro bono for IRIS (for example, furniture donations to IRIS) and will come to the Hartford area.

**Lotus Transitions**, Donna Finocchiaro, Marlborough, CT

860-467-4880

[www.lotustransitions.us](http://www.lotustransitions.us)

### **DONATION SITES**

**Goodwill** Various locations including Bloomfield at Copaco Shopping Center; Avon on Route 44 across from Walmart; Newington on Berlin Turnpike near the Footprints shoe store. They have a drive-up

drop-off with an extensive range of hours. They will take most items but check first about acceptable items (for example, will not take children's cribs, car seats). There is no pickup service.

**Hartsprings**, Springfield, MA office handles West Hartford area  
413-732-7111

Call to arrange a pick-up at your house; items are placed on your porch or driveway. They will take small household items and clothing, books, and records, not furniture.

**ReStore/Habitat for Humanity**, 500 Cottage Grove Road  
Bloomfield, CT 860-519-0828  
[www.hartfordhabitat.org/restore](http://www.hartfordhabitat.org/restore)

Email photos of your items to Barbara Blanchfield [barbara@hartfordhabitat.org](mailto:barbara@hartfordhabitat.org). She wants things in good shape (no white stains on table tops for example), will take a wide range of items including furniture, building supplies, hardware and supplies, canning jars, tools, workbench and garage items. Not clothing. Call the main store to see if pickup services are available.

**Salvation Army** [www.easternusa.salvationarmy.org/eastern-territory/location-search](http://www.easternusa.salvationarmy.org/eastern-territory/location-search)

**Journey Home** 635 New Park Ave, West Hartford (Building #1)  
860-808-0336  
<https://journeyhomect.org/>

Specializes in rehousing the homeless; therefore, they want items directly appropriate for this mission. Household goods, kitchen ware, kitchen tables and chairs, small bookcases, linens, etc. – but not king-size beds or whole dining room sets.

Contact Alison Scharr [Alison.Scharr@JourneyHomeCT.org](mailto:Alison.Scharr@JourneyHomeCT.org) and give her a description and/or photos of your items. Drop off days and times vary. They have trucks and volunteers who will pick up furniture at your house, appreciating a \$30 donation for this service.

**IRIS (Integrated Refugee and Immigrant Services)** New Haven, CT  
203-562-2095

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

First Church has had a relationship with this organization for many years. Currently they are helping to settle many Afghani refugees. Their needs are similar to Journey Home's – basic household goods, linens, and practical furniture. No mattresses and box springs. Marie's Movers listed above will pick up furniture for them pro bono.

**Second Chance Shop**, 175 Park Rd, West Hartford, CT

860-461-7067

[www.thevillage.org/second-chance-shops](http://www.thevillage.org/second-chance-shops)

The shop is run by volunteers to benefit the Village for Families and Children in Hartford. They are interested in clothing (but not children's), jewelry, shoes, and decorative items. No furniture. Middle ground goods - not high end, not thrift shop junk. Donations, not consignment.

## **Covenant to Care**

Contact them through the First Church Outreach Team

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

They serve children birth – age 18. Rarely will they pick up donations; the organization doesn't have a storage area so it is a bit more hit or miss depending on their immediate needs. Basic furniture, clothing, children's items, new toys and school supplies.

## **BOOKS**

Many local town libraries hold annual book and media sales. Call or check online for donation drop-off times. In general, text books, condensed books, books that are old or damaged, as well as VHS and cassette tapes are not accepted.

### **Farmington Library, Farmington, CT**

Main Library

6 Monteith Dr.

Farmington, CT 06032

**860-673-6791**

Drop off at circulation desk any time library is open

### **Prosser Library, Bloomfield**

1 Tunxis Ave.

Bloomfield CT, 06002

**860-243-9721**

Drop off at Children's circulation desk any time is open



The Simsbury and Granby Libraries hold a huge once-a-year book sale in September; therefore, they accept items only at specific times, generally for a couple of weeks in the summer. Watch their websites for the announcement.

**Simsbury Public Library**

725 Hopmeadow St.  
Simsbury, CT 06070  
860-658-7663

**Granby Public Library**

15 North Granby Rd.  
Granby, CT 06035  
860-844-5275

**West Hartford Public Library**

Noah Webster Library  
20 South Main Street  
West Hartford, CT 06107  
860-561-6950

West Hartford Public Library tends to receive more donations than they can handle; thus their willingness to accept book donations has varied. Check first.

**First Church in Windsor**

107 Palisado Avenue  
Windsor, CT 06095

860-688-7229

First Church in Windsor holds an annual fundraiser book sale in November on the weekend before Thanksgiving. They take donations of books only the week before the sale.

### **Better World Books**

Donation bins in shopping areas around the region.

[www.betterworldbooks.com/go/donate](http://www.betterworldbooks.com/go/donate)

### **Resource Books LLC**

Tami Zawistowski

East Granby, CT

860-658-1191

[www.resourcebooks.net](http://www.resourcebooks.net), [tami.resource@gmail.com](mailto:tami.resource@gmail.com)

This is a used book business; she will buy books outright and sell them online. Tami is interested in related items such as bookends, postcards, ephemera, maps, etc. and would handle a complete estate if one desired. Through an affiliated business (her husband's) **Gallery One**, they also purchase artwork, jewelry, silver, coins, and stamps and have connections with dealers for a wide variety of other items.

## **ANTIQUES: DEALERS & AUCTIONS**

### **Winters Associates**

Linda Stamm, Plainville, CT

860-793-0288

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

Contact, send photos, or call for appointment. They hold regular auctions of pretty high-end furniture, artwork, jewelry, antiques and will do appraisals. Will come to your house.

### **Nadeau Auctions**

Ed Nadeau, Windsor, CT

860-246-2444

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

Nadeau's handles items and goods with a wider range of value than Winters Associates but still focusing on antiques, fine arts, decorative accessories, and residential contents/estates. They hold their own auctions regularly and will handle whole estates or just one item. Formal or verbal appraisals available as well.

### **Antiq's**

Tom McCarthy, Farmington, CT

860-676-2670

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

Tom McCarthy has an antique shop in his barn, does evaluations and auctions. He will come to the house but he only buys the things he is interested in.

## **Selig's**

Jamie Selig, Windsor, CT

860-798-4105

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

Handles estate jewelry, coins, silver and gold, and antiques. Website says they also have delivery and removal services available.

## **Golden Gavel Auctions**

East Windsor, CT

860-623-2100

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

## **CONSIGNMENT SHOPS**

It is suggested to visit these stores to get a sense of their individual style and scope.

### **Revival Home Store**

588 New Park Avenue, West Hartford, CT

860-313-0093

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

Consignment store with more high-end and upscale furniture and décor items. Will do some appraisals.

## **Perfect Piece**

1735 Ellington Rd, South Windsor, CT

860-644-7869

[www.stores.myresaleweb.com/perfect-piece](http://www.stores.myresaleweb.com/perfect-piece)

50/50 consignment. Located in a shopping center but has a nice sized shop packed full of items. Will come to your house and select items, make recommendations for options for other pieces, tell you what sells and what doesn't. Will pick up for a fee and deduct that amount from your proceeds. You can track the sale of your items through a special account/link from their webpage. The prices drop on a regular schedule and then they donate the item if it has not sold.

## **Three Ladies Antiques**

328 Park Rd, West Hartford, CT

860-231-1678

[www.3ladiesantiques.com](http://www.3ladiesantiques.com)

They specialize in rugs, second hand furniture, and utilitarian, not elegant.

## **OTHER IDEAS**

### **West Hartford Public Works Yard Waste and Recycling Center**

25 Brixton St.

West Hartford, CT

You do need to purchase an annual \$10 permit sticker to put on your vehicle.

[www.westhartfordctgov.finalsite.com/town-departments/public-works](http://www.westhartfordctgov.finalsite.com/town-departments/public-works)

Will take:

- Electronic/anything with a cord except for air conditioners
- Metal
- Paint
- Mattresses and box springs
- Textiles can be bagged and dropped in the Bay State Textiles bin at Public Works or use the curbside pickup option. Place textiles in any bag at the curb and call **Simple Recycling** at 866-835-5068 to schedule a pick up. Simple Recycling no longer hands out those pink bags.

### ***Hazardous Waste Collection***

Periodically there are collection days scheduled in the MDC region towns. Each collecting site is open to residents in any MDC town.

See schedule at

[www.themdc.org/environment-health-safety/household-hazardous-waste-collection](http://www.themdc.org/environment-health-safety/household-hazardous-waste-collection)

### **Historical Societies and University Archives**

Smaller, locally focused organizations are more willing to take donations than a place such as the Connecticut Historical Society unless the items are very unique or special in some way. To meet the society's collection policy, items generally must have local relevance.

You should provide context, story, names and dates of former owners, grandparents, etc. Look on the organization's website and contact their curator if they have one. Expect to be asked to sign a Deed

of Gift or Donation Form; alternatively, you might proactively write a letter conveying all rights over to the organization and mail it with the items. The organization does not provide any valuation. If an item is valued over \$500 you will need to get your own appraisal for tax purposes.

### **DURABLE MEDICAL EQUIPMENT**

#### **Services for the Elderly**

Farmington Senior Center

Unionville, CT

860-673-1441

They have a small but dedicated space in the Senior Center for items such as walkers, bath chairs, and other assistive devices.

#### **Granby Senior Center**

Durable Medical Loaner Closet

Granby, CT

860-844-5350

Contact the Senior Center and they will put you in touch with a volunteer who can meet you at the Loan Closet storage area at Holcomb Farm.

# Legal Concerns





## Overview

As one ages, there often is a need for information related to legal matters. Just as the reader has been advised to consult with his or her physician regarding health issues, so also is one advised to speak with a trusted attorney or financial adviser for matters requiring specific expertise.

This section includes general comments provided by once-Interim Pastor at First Church, West Hartford, the Rev. and Attorney Edward Falsey. In replying to the writer's request, Rev. Falsey has provided the following information. Like all references in this manual, some may be time-sensitive, so please be reminded that this compilation was updated in 2022.

## Estate Planning

As of 2022, the American Bar Association housed information on its active website regarding wills. Materials include Frequently Asked Questions (FAQs), alongside the Introduction to Wills. Readers can access the information at:

[www.americanbar.org/groups/real\\_property\\_trust\\_estate/resources/estate\\_planning/an\\_introduction\\_to\\_wills](http://www.americanbar.org/groups/real_property_trust_estate/resources/estate_planning/an_introduction_to_wills)

Additionally, the American College of Trust Estate Counsel has a website that offers short (approximately 5 minute) videos covering important, timely, and emerging topics in estate planning, such as the pitfalls of using on-line forms and Do It Yourself services for Es-

tate Planning; how to choose an estate planning attorney, motivating heirs with an incentive trust and digital asset management in life and death.

Readers can access this information at: [www.actec.org/estate-planning/what-you-should-know-about-writing-a-will](http://www.actec.org/estate-planning/what-you-should-know-about-writing-a-will)

Documents produced by the state of Connecticut are included in this section. The reader may request a copy for individual review. The documents are:

[Your Rights to Make Health Care Decisions](#)

[Probate Court User Guide: Understanding Trusts](#)

[Probate Court User Guide: Administration of Decedents' Estates](#)

[Probate Court User Guide for Conservators](#)