

New London Senior Center

120 Broad Street
New London, CT 06320
(860) 447-5232



Dear New London Seniors,

We have made it through April! Hopefully May will bring us more sunshine, health and opportunities to do fun things! It has been wonderful speaking to many of you over the past several weeks. If you have not heard from us, and would like to talk to us, please contact the senior center at (860) 447 – 5232.

In order to support you through this COVID-19 pandemic we are offering the following services:

1. Assistance with grocery shopping for seniors.
2. Food Pantry delivery to residents (60+) who meet income guidelines.
3. Grab n' Go Meals and Meals-on-Wheels in partnership with TVCCA.
4. Over-the-phone wellbeing checks.
5. Over-the-phone resource counseling.

Stay healthy and stay safe as we look forward to opening our doors to all of you again!

We love you and miss you,

The New London Senior Center Staff

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City Updates: <http://www.ci.new-london.ct.us/>

State updates: <https://portal.ct.gov/coronavirus>

Infoline-2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you are outside Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234.

Text CTCOVID to 898211 for updates

Food Assistance

- N. L. Senior Center Food Pantry (for 60+ only), 120 Broad Street, Mon-Fri, 9am-3pm
- N. L. Senior Center (60+)– TVCCA Meals-on-Wheels and “Grab n’ Go” (860) 447 – 5232
- New London Community Meal Center, 12 Montauk Ave., (860) 444-7745
- St. Vincent De Paul Church, 120 Cliff St., Norwich, CT, (860)-889-7374 – no residency req.
- End Hunger CT-EHC! SNAP Call Center Hours (English & Spanish –1-866.974.7627)

[For referral to the following food pantries, call TVCCA \(860-444-0006, ext. 8\):](#)

- Salvation Army-11 Governor Winthrop Blvd., (860) 443-6409
- St James Episcopal Church Food Pantry + Meal Center, 76 Federal St., (860) 439-0740
 - New London Area Food Pantry (OIC), 106 Truman St., (860) 443-6680

Groceries (Delivered)

- Aldi’s – (Fee’s Vary)

Online Order Only -<https://shop.aldi.us/>

Delivery and In-Store only

- Amazon prime-online only
<https://primenow.amazon.com/>

- NSA Supermarket- (860) 437 - 7100
Will deliver groceries for free, and will take orders via phone

NOTE: Current as of March 25, 2020. Information subject to change.

- Stop & Shop – Peapod (Fees vary)

Online Order Only – <https://www.peapod.com/>

NO Pick-up available (Temporarily Paused)

In-Store open ONLY to age 60 and over as well as customers who may have weakened immune systems from 6:00 A.M. – 8:00 A.M. Daily. Open to Public for remaining hours.

- Shoprite – (Fees vary, at this time no fees for seniors)

Online Order - <https://shop.shoprite.com/store/a4214012>

Phone Service Order – 1-800- ShopRite – 1-800-746-7748

Offers Delivery

- Target– (Membership to Pay Annually/Monthly)

ONLINE ORDER ONLY - Shipt.com

Offers Delivery

- Walmart – (Fee’s Vary)

Online Order Only - <https://grocery.walmart.com/>

Offers Pick – Up

Deliveries extremely limited currently

Assistance with Rent and Utilities

- Catholic Charities, 28 Huntington St., (860) 443-5328
- New London Senior Center (Women, 62+ years only), 120 Broad Street, (860) 437 - 6339
- Salvation Army-11 Governor Winthrop Blvd., (860) 443-6409
- TVCCA, 83 Huntington Street, (860) 444 - 0006

Homeless Shelter

Call 2-1-1 in you are homeless and in need of shelter.

New London Homeless Hospitality, 325 Huntington St., (860) 439-1573

Covenant Shelter, 42 Jay St., (860) 443-0537

Medical Insurance

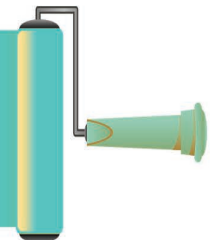
Access Health CT

New Special Enrollment Period for Uninsured Connecticut Residents

New Special Enrollment Period starts Thursday, March 19 and ends Thursday, April 2.

- Uninsured individuals can sign up for health insurance coverage through Access Health CT during the **NEW Special Enrollment Period** from Thursday, March 19 – Thursday, April 2, 2020.
- The effective date of coverage for all enrollments during the **NEW Special Enrollment Period** will be April 1, 2020.
- The only way to sign up for this **NEW Special Enrollment Period** is by calling 1-855-365-2428. Individuals, who experience a Qualifying Life Event (e.g. loss of coverage due to job change or *NOTE: Current as of March 25, 2020. Information subject to change.*

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unemployment) or qualify for Medicaid/Children's Health Program (CHIP), can **ALWAYS** enroll online, in-person or over the phone and all help is free.

Medicare- Call: 1-800-Medicare

CHOICES-Connecticut's program for Health Insurance assistance, outreach, information and referral, counseling, and eligibility screening: 1-800-690-6998.

Medical Transportation

New London Senior Center – (860) 447 - 5232-Rides are available for New London residents 55+, for essential medical appointments, pharmacy, and grocery shopping only.

Veyo Transportation for Husky clients only: 1-855-478-7350

Other Agencies

- DSS-Department of Social Services-1-855-626-6632 Assistance with SNAP (Supplemental Nutrition Assistance Program), Medical Assistance and SAGA (Cash assistance for single disabled adults with no children), TFA (Temporary Family Assistance for families with children under 18 years)
<https://connect.ct.gov/>
- Social Security Administration-1-877-409-8429
<https://www.ssa.gov/>
- Department of Labor-Filing for Unemployment (860) 263-6000
<http://www.ctdol.state.ct.us/>



PLEASE READ:

Due to a weakening of the immune system that occurs as a result of normal aging, as well as to development of various illnesses and diseases, it is extremely important for our aging residents to take the recommendations of the health experts seriously as the coronavirus (COVID-19) pandemic progresses. Now that a presence of the coronavirus (COVID-19) has been confirmed in our communities, the aging individuals are strongly encouraged to self-isolate until further notice.

Self-isolation is a precautionary measure to protect yourself and others from possibly contracting the coronavirus (COVID-19). We know it may be a stressful time, but taking these measures will help protect your own health, and the health of your family and friends. For the time being, we ask that you, please, limit your contact with others as much as possible. Furthermore, you should avoid having visitors to your home, but it is okay for friends, family or delivery drivers to drop off food and supplies. Please wash your hands with a soap and water frequently, avoid touching your face, avoid handshakes, and stand at a distance of at least 6 feet from others. You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place them in the dishwasher for cleaning or wash them in your washing machine.

Contact your family doctor's office if you are experiencing the following: fever, cough, and shortness of breath, and tell them about your symptoms. They will provide you with further care recommendations.

NOTE: Current as of March 25, 2020. Information subject to change.

 <p>FULTON THEROUX FUNERAL SERVICE</p> <p>NICHOLAS J. FULTON Manager - Funeral Director</p> <p>JONATHAN WHITE Funeral Director </p>	<p>13 Lake Avenue, Niantic, CT 860-739-7631 Fultontherouxniantic.com</p> <p>13 Beckwith Lane, Old Lyme, CT 860-434-1658 Fultontherouxoldlyme.com</p> <p>181 Ocean Ave., New London, CT 860-443-8355 Fultontherouxnewlondon.com</p>	
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