

## SENIOR CORNER

### LONG-TERM CARE

Does your health insurance plan include a long-term care policy? If not, you may want to contact The Connecticut Partnership for Long-Term Care at 1-800-547-3443 and learn more about the policies and benefits provided by private insurance companies that will best serve your needs.

### CONNECTICUT HOME CARE PROGRAM FOR ELDERS (CHCPE)

This program is appropriate for low to moderate income families caring for someone age 65 or over at home, who would otherwise be at risk of nursing home placement. There are different levels of eligibility based on income and/or assets. For more information, call the Alternate Care Unit at CT's Department of Social Services 1-800-445-5394.

### THE CHOICES PROGRAM

Need help with understanding Medicare and other health insurance options? CHOICES (Connecticut Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening) is an information source for services available to people age 60 and over and those with disabilities. CHOICES can also provide referrals to state agencies for particular service needs. Call 1-800-994-9422 and speak to a counselor for information about your Medicare and health insurance coverage.

### THE CONSUMER LAW PROJECT FOR ELDERS

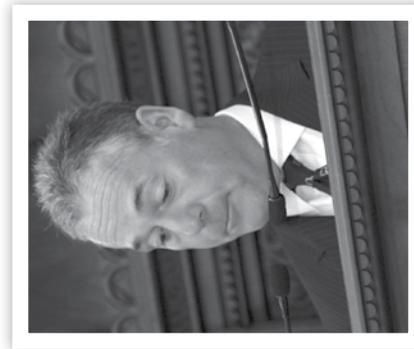
The Consumer Law Project for Elders (a project of Connecticut Legal Services, Inc.) provides free legal assistance to Connecticut residents age 60 and over who have consumer questions about consumer rights, debt or collection problems, receipt of bills for items never purchased, identity theft, bankruptcy, dispute of goods or services purchased and unfair and undisclosed loan terms. For more information, call 1-800-296-1467. Spanish-speaking staff is available.

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STATE REPRESENTATIVE

**Jeffrey Berger**

REPRESENTING WATERBURY | 73RD ASSEMBLY DISTRICT



STATE REPRESENTATIVE

# JEFFREY BERGER



*Dear Neighbor,*

*I wanted to make sure those of you who need this information have it. If you don't, please feel free to pass it along to a family who might find it useful. Times are difficult for many of our residents but there is help available. Whether it be programs that keep heating costs low and save energy or information that will help our senior community, we have much to offer in CT.*

*Sincerely,*



# CONNECTICUT ENERGY ASSISTANCE PROGRAM

Connecticut's winter heating assistance program for low-income households pays for most heating sources, including natural gas, electricity, oil, propane, coal, wood and wood pellets.

The exact level of benefits is based on the number of members in the household, the household's income, and whether it is a "vulnerable" household. Households with a lower income will be eligible for a higher amount of assistance.

## ARE YOU A HOMEOWNER OR RENTER WHO PAYS SEPARATELY FOR HEAT?

If you live in a **vulnerable household** (one or more members are age 60 or older, have a disability, are under age 6) then you may qualify for up to \$550 in winter heating assistance. If you live in a **non-vulnerable household** you may qualify for up to \$505 in winter heating assistance.

## ARE YOUR HEATING COSTS INCLUDED IN YOUR MONTHLY RENT?

You may still be eligible for up to \$80 - \$100 in winter heating assistance depending on the household's income and number of members.

TO APPLY FOR THESE PROGRAMS, SCHEDULE AN APPOINTMENT BY CALLING YOUR LOCAL COMMUNITY ACTION AGENCY OR CONTACTING **2-1-1** INFOLINE OR THE DSS OFFICE OF COMMUNITY SERVICES AT **1-800-842-1132**. FOR MORE INFO ON THESE AND OTHER STATE-ADMINISTERED PROGRAMS CHECK OUT THE HOUSING/SHELTER TAB AT **WWW.CT.GOV/DSS**

# THE WEATHERIZATION ASSISTANCE PROGRAM

If you qualify for the Energy Assistance Program you may also be eligible for the Weatherization Assistance Program that will help conserve energy and lower your household heating bills. This program helps low-income persons minimize energy-related costs and fuel usage in their homes through retrofits and home improvement measures.

Currently, the eligibility is set at 60% of state median income. Priority is given to households with members that are particularly vulnerable, such as the elderly, those with disabilities, families with children and high energy users. For multi-family dwellings, at least two-thirds of the tenants must be income-eligible.

## AVOID SHUT OFFS

Most gas and electric utility companies participate in programs for low-income residents who are falling behind on their heating bills, and a Winter Protection Program that may help avoid shutoffs.

**FOR MORE INFORMATION, CONTACT YOUR UTILITY COMPANY.**

A network of fuel banks that helps families and small businesses, Operation Fuel is committed to providing assistance to the residents of Connecticut who may have no other option to cover energy costs. While approval is income-based, their private dollars allow them to help anyone in an energy crisis.

**FOR MORE INFORMATION,  
CHECK OUT THEIR WEBSITE AT  
WWW.OPERATIONFUEL.ORG**



# ENERGY SAVING TIPS



## TURN DOWN YOUR THERMOSTAT

You can save 5% or more a year by turning your thermostat down 10° to 15° for at least 8 hours a day.



## OPEN & CLOSE YOUR BLINDS

Make sure your blinds and curtains are open during the day, allowing sunlight into the house. Close blinds at night in order to trap heat.



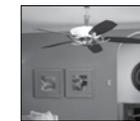
## WINTERIZE YOUR WINDOWS & DOORS

Use plastic film to cover your windows. Inspect door frames to make sure no drafts are coming into your home.



## CHECK YOUR FURNACE

Clean your air filters so that your heating system works more efficiently.



## USE YOUR CEILING FAN

Set your fan to blow air towards the ceiling. This will allow even heating in the room.



## CONTACT YOUR UTILITY COMPANY

Many offer tips by phone, email or website. Some will send a representative to your home.



## GET AN ENERGY AUDIT

Energize CT offers free home energy assessments (audits) for qualified applicants. To learn more, visit [www.energizect.com/residents/solutions](http://www.energizect.com/residents/solutions).



STATE REPRESENTATIVE  
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**FOR MORE HELP PLEASE CONTACT  
MY OFFICE OR DSS AT  
WWW.CT.GOV/STAYWARM**