

STATE REPRESENTATIVE MATT BLUMENTHAL

Dear Friends and Neighbors,

A big part of my job representing Stamford and Darien in the Connecticut General Assembly is helping answer questions or addressing concerns regarding the functions of state government and assisting residents with issues related to state agencies. If you could use such assistance, I encourage you to reach out to me. This brochure explains some of the ways my office can assist you, but there are many others—I hope you will not hesitate to contact me if you have questions.

My office can also assist you with scheduling visits to our State Capitol and with official citations for special events.

You can email me at Matt.Blumenthal@cga.ct.gov, give me a call at 1-800-842-8267, or come visit me at the Capitol in Hartford.

Thank you for the honor of serving you. I will continue to work hard to earn the trust that you have placed in me. Please consider my office at the state Capitol to be your office too—don't hesitate to reach out if I can be of assistance!

Sincerely,



One of the best ways to stay up-to-date
is by signing up for my e-blasts.
Sign up online at
www.housedems.ct.gov/Blumenthal
to get my legislative updates!

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STATE REPRESENTATIVE
MATT BLUMENTHAL

PROUDLY SERVING STAMFORD AND DARIEN



STATE REPRESENTATIVE MATT BLUMENTHAL

CONSTITUENT SERVICES GUIDE



STATE REPRESENTATIVE MATT BLUMENTHAL CONSTITUENT SERVICES GUIDE

MY OFFICE CAN PROVIDE ASSISTANCE
WITH THE FOLLOWING:

WORKFORCE DEVELOPMENT

- Finding employment opportunities: www.das.state.ct.us
- Job training: www.ctdol.state.ct.us/gendocs/training
- Connecting students with advanced education options through our university systems: www.ct.edu and trade schools www.cttech.org

HEALTHCARE ACCESS

- Resolving concerns or issues with healthcare coverage: <https://portal.ct.gov/dss>
- Understanding your healthcare rights: www.ct.gov/oha/
- Information about various social services and benefits, including Medicare: www.ssa.gov

SENIOR CARE

- Navigating available assistance programs: www.ct.gov/agingservices
- Providing support for those caring for elderly relatives: www.ct.gov/agingservices/lib/agingservices/caregiver/ctcaregiversupportgroups.pdf

RESOURCES FOR YOUTH

- Advocating for at-risk children: <https://cca-ct.org/about-us/>
- Providing care for a child or young adult with an intellectual or developmental disability: www.ct.gov/ctcdd

TRANSPORTATION

- Questions about projects on state roads and state properties

LEGAL HELP

- Referrals to legal services: <https://slsct.org/>

HOW WE CAN HELP YOU

VETERANS

As a veteran of the U.S. Marine Corps, I feel a special privilege and obligation to support and serve our state's veterans. My office stands ready to help veterans and their families navigate benefits, healthcare, and support programs they have earned from the Connecticut and U.S. Departments of Veterans Affairs.

SENIORS

Connecticut provides many resources for seniors, their caregivers, and advocates. The State Department of Aging and Disability Services is responsible for this support. I can connect you with information on health and wellness programs, heat and energy assistance, and housing initiatives all tailored for our senior residents.

HEALTHCARE

Please contact my office if you have a concern about your access to healthcare or insurance coverage. I would be glad to work with the Office of the Healthcare Advocate to try to find a resolution for you.



CONSUMER PROTECTION

If you believe you have been the victim of unfair business practices or identity theft, I would be glad to connect you with appropriate state resources. It is more important than ever to protect consumers from fraud, discrimination, and other unethical business practices.

SMALL BUSINESS ASSISTANCE

There are many programs available to facilitate moving or expanding your business in Connecticut. I am always happy to connect small business owners with the support they need.

HELPFUL PHONE NUMBERS

SOCIAL SERVICES

Stamford Social Services **203-251-9300**

Darien Social Services **203-656-7328**

Department of Social Services Winter Heating Assistance Program:
Community Action Agency of Western CT **203-357-0720**

HELP WITH BASIC NEEDS

Person to Person **203-655-0048**

Utilities, rent, food and clothing

NUTRITIONAL ASSISTANCE

Food Bank of Lower Fairfield County: **203-358-8898**

Department of Social Services Food Stamps / SNAP
(Supplemental Nutrition Assistance Program): **1-800-842-1508**

GENERAL ASSISTANCE 2-1-1 Infoline

Connecticut's statewide information, referral and intervention service. 2-1-1 can provide you with crisis support and up-to-date information on resources for children's services, shelters and housing, utility assistance, nutrition and other general assistance. Multi-lingual operators are available.