

FROM THE DESK OF
STATE REPRESENTATIVE
MICHELLE L. COOK

Dear Neighbors,

As I work with fellow legislators to address the many pressing issues facing the Connecticut General Assembly, my job is to represent the interests of Torrington residents. Currently I serve on the Education, Human Services, Legislative Management, and Public Health Committees, giving me the opportunity to shape the conversation on items of critical importance to our community.

I am asking that you continue to reach out to me with issues, concerns, or suggestions as to how I can more effectively serve you. Your input will help me make our community an even better place to live and work. My office can also assist you in other areas explained throughout this brochure.

Please, do not hesitate to contact me at Michelle.Cook@cga.ct.gov, give me a call at 860-240-8585, or come visit me at the State Capitol.

Thank you for allowing me the honor of serving you. I will continue to work hard to validate the trust that you have placed in me.

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/Cook

Follow me on Facebook at facebook.com/RepCook

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STATE REPRESENTATIVE
MICHELLE L. COOK
PROUDLY SERVING TORRINGTON



STATE REPRESENTATIVE
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CONSTITUENT SERVICES GUIDE



STATE REPRESENTATIVE MICHELLE L. COOK

CONSTITUENT SERVICES GUIDE

MY OFFICE PROVIDES ASSISTANCE WITH:

WORKFORCE DEVELOPMENT

- Finding employment opportunities: portal.ct.gov/das
- Job training: www.ctdol.state.ct.us/gendocs/training.html
- 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: portal.ct.gov/dss
- Understanding your healthcare rights: portal.ct.gov/oha
- Providing information about various social services and benefits, including Medicare: www.ssa.gov

SENIOR CARE

- Navigating available assistance programs: portal.ct.gov/aginganddisability
- Providing support for those caring for elderly relatives: bit.ly/3tZwCxl

RESOURCES FOR YOUTH

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

TRANSPORTATION

- Questions about projects on state roads and state properties
- To report a problem on or with a local road, such as potholes, please visit: bit.ly/3CAKUc7

LEGAL HELP

- Referrals to legal services: slsct.org

HOW WE CAN HELP YOU:

SENIORS

Connecticut provides many resources for seniors as well as their caregivers and advocates. The State Department on Aging (860-424-5055) is responsible for these services. I can connect you with information on health and wellness programs, heat and energy assistance, and housing initiatives all tailored for our senior residents.

VETERAN'S AFFAIRS

It is my privilege to represent and serve the brave men and women of our nation's military in Hartford. My office is ready to help veterans and their families navigate benefits, healthcare and support programs offered through the Department of Veterans Affairs (860-616-3600).

HEALTHCARE

If you have a concern about your access to healthcare or insurance coverage please call my office. The Office of the Healthcare Advocate (866-466-4446) and I will work together to find a resolution for you.



CONSUMER PROTECTION

I can assist you if you have been the victim of unfair business practices or have been the victim of identity theft through the Department of Consumer Protection (860-713-6100). With the economy moving to become more digital, it is more important than ever to protect consumers from fraud and discrimination.

SMALL BUSINESSES

There are many programs available to facilitate moving or expanding your business in Connecticut via the Office of Small Business Affairs (860) 500-2405. I am always happy to connect small business owners with the support they need.

FEDERAL RESOURCES

For matters concerning Medicare, Social Security, Immigration, and Tours of Congress, we can also put you in touch with:

Congresswoman Jahana Hayes	(860) 223-8412
Congressman John Larson	(860) 278-8888
Senator Richard Blumenthal	(860) 258-6940
Senator Chris Murphy	(860) 549-8463

LOCAL RESOURCES

For matters concerning property taxes, local roads, affordable housing, education, elderly services, waste collection or any other issues, we can also put you in touch with the appropriate office:

City Hall	(860) 489-2228
Tax Collector's Office	(860) 489-2209 ext. 6
Assessor's Office	(860) 489-2222
Sullivan Senior Center	(860) 489-2211
Torrington Housing Authority	(860) 482-3581
Board of Education	(860) 489-2327
Department of Public Works	(860) 489-2232
Torrington Area Health District	(860) 489-0436