



STATE REPRESENTATIVE

**TAMMY RUSH EXUM**

19TH ASSEMBLY DISTRICT

PROUDLY SERVING WEST HARTFORD, AVON & FARMINGTON

PHONE: 860.240.8585

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WWW.HOUSEDEMS.CT.GOV/EXUM

WWW.FACEBOOK.COM/STATEREPEXUM

## HELPFUL SERVICES & PROGRAMS IN OUR AREA

Dear Neighbor,

I want to start off by thanking you for your support and allowing me the privilege of representing you in the Connecticut General Assembly. I consider it an honor and will work hard to validate the trust you have placed in me.

The 2019 Legislative Session came to an end on June 5th and despite starting my term at the end of April, I am very satisfied with many of the results our delegation was able to produce for West Hartford. It was also a pleasure to serve as a member of the Environment Committee, the Government Administration and Elections Committee as well as the Banking Committee.

Please keep in touch and feel free to contact me with your issues, concerns and suggestions as to how I can better serve you. Your input will help make our community an even better place to live and work. Thank you for allowing me the honor of serving you.

Sincerely,

PRSRT STD  
U.S. POSTAGE  
PAID  
HARTFORD, CT  
Permit No. 3937





STATE REPRESENTATIVE  
**TAMMY  
 RUSH EXUM**  
 WEST HARTFORD, AVON & FARMINGTON

## HELPFUL SERVICES AND PROGRAMS

**Call the 2-1-1 Infoline** - Infoline is a toll-free help line that is available 24 hours a day. It's the confidential, free, and multilingual way to locate services in your area. Caseworkers are trained in crisis intervention. Infoline is not for emergency police, fire, or medical assistance.

**Bridge Family Center**- the Bridge Family Center is a comprehensive, regional nonprofit agency that assists families throughout the Greater Hartford area with programs for mental health counseling, youth and family services and residential services. The Bridge Family Center can be reached at 860.521.8035.

**Contact the Office** - If you need any assistance or have ideas on how to make West Hartford and the state of Connecticut better, feel free to contact my office. I can be reached at 860.240.8585 or by emailing Tammy.Exum@cga.ct.gov.

## FOR ADDITIONAL COMMUNITY SUPPORT SERVICES:

Connecticut 2-1-1	211 or 800.203.1234	<a href="http://www.211ct.org">www.211ct.org</a>
West Hartford Town Hall	860.561.7500	<a href="http://www.westhartfordct.gov">www.westhartfordct.gov</a>

## SERVICES FOR THE ELDERLY

Elmwood Senior Center	860.561.8180	<a href="http://www.westhartfordct.gov">www.westhartfordct.gov</a>
West Hartford Senior Center	860.561.7583	<a href="http://www.westhartfordct.gov">www.westhartfordct.gov</a>
AARP	866.295.7279	<a href="http://local.aarp.org/west-hartford-ct/">local.aarp.org/west-hartford-ct/</a>
LeadingAge Connecticut	203.678.4477	<a href="http://www.leadingagect.org">www.leadingagect.org</a>

## SERVICES FOR ENERGY & HEAT

Eversource Energy Payment Plan	800.286.2000	<a href="http://www.eversource.com">www.eversource.com</a>
CNG Matching Payment Plan	800.727.3034	<a href="http://www.cngcorp.com">www.cngcorp.com</a>
CRT Energy Assistance	860.560.5800	<a href="http://www.crtct.org/en">www.crtct.org/en</a>

## SERVICES FOR EDUCATION

West Hartford Public Schools	860.561.6600	<a href="http://www.whps.org">www.whps.org</a>
CT Department of Education	860.713.6707	<a href="http://www.state.ct.us/sde">www.state.ct.us/sde</a>
CT Parent Advocacy Center	860.739.3089	<a href="http://www.cpacinc.org">www.cpacinc.org</a>

Please sign up for my email blasts and like my page on Facebook to receive information on a daily basis. I will also be posting upcoming events in the district on my Facebook page.