

COOL ENERGY SAVING TIPS

- » **REPLACE THE AIR FILTER IN YOUR AC**
Clogged and dirty air filters block normal airflow. Replacing the dirty filter lowers your energy usage.
- » **BE SMART WITH YOUR THERMOSTAT**
Every degree of cooling will result in a notable difference in your energy bill. Keep the temperature warmer than normal when you or your family are away and lower it back once you return.
- » **USE FANS WITH YOUR AC**
Running a fan with your AC is much more efficient than running it alone. The wind chill effect will help you feel cooler, so you could set your thermostat slightly higher.
- » **CLOSE YOUR BLINDS**
Closing your blinds or drapes keeps out the heat from the sun that makes your AC work harder. South and west facing windows take in most of the heat, but north facing ones can be left open.
- » **GET AN ENERGY EFFICIENT DEHUMIDIFIER**
Another helpful partner for your AC, a dehumidifier removes the moisture in your home so that your AC doesn't have to.
- » **SEAL YOUR HOME**
Sealing your home to prevent air leaks is very cost effective, and easy to do. Apply caulk to seal cracks and openings on door frames and window frames, and apply weather-stripping on window sashes and doors.
- » For more info, visit justenergy.com



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STATE REPRESENTATIVE
Maryam Khan

Proudly Serving Hartford and Windsor



CONSTITUENT SERVICES GUIDE

FROM STATE REPRESENTATIVE

MARYAM KHAN

Proudly Serving Hartford and Windsor

Dear Neighbor,

On March 7th, I was sworn in to represent you, the 5th House District in the towns of Hartford and Windsor, for the remainder of Connecticut's 2022 legislative session. As an educator and community activist, I plan on utilizing my unique experiences to address a number of community- and state-wide disparities I have witnessed. As your new state representative, I am ready to get to work to better address your needs.

This pamphlet is meant to be utilized as a resource guide with useful information to help you find services. Whether you are in need of mental health resources, assistance with your health insurance, or just want someone to hear your concerns, it's important to know that you're not on your own. And if you ever need help navigating these resources, my team and I are happy to answer your questions.

As always, please do not hesitate to reach out to me if I can be of any assistance to you or your family. I can be reached by email at Maryam.Khan@cga.ct.gov, or you can give me a call at 860-240-8585. I look forward to hearing from you, and hope this spring and summer treat you kindly.

Sincerely,

A handwritten signature in black ink that reads "Maryam Khan".

Maryam Khan

Legislative Office Building, Hartford, CT 06106-1591
860-240-8585 | Maryam.Khan@cga.ct.gov | housedems.ct.gov/Khan
facebook.com/StateRepKhan

GENERAL ASSISTANCE

My office is available to help connect residents to social services and programs to help individuals and families stabilize and improve their lives.

The Community Renewal Team can assist you with basic needs such as food, housing, and employment, and also serve children, seniors, and veterans. Call 860-560-5600 to get started. 2-1-1 Connecticut can also connect you to important resources. Dial 2-1-1 from your phone to receive assistance.

MENTAL HEALTH SERVICES

If you are struggling for any reason, please know that you're not alone. Reach out to one of the resources below and they'll be happy to help.

- » DV Resources: [CTSafeConnect.org](https://www.ctsafeconnect.org), 888-774-290
- » Suicide Hotline: 800-273-8255
- » Children's mental health services: www.connectingtocarect.org/support-services
- » Capitol Region Mental Health Center (serving Hartford and Windsor):
500 Vine Street, Hartford, CT 06112
PH: 860-297-0800
24 Hour Crisis Service: 860-297-0999
- » CHR (serving the Greater Hartford region)
Hartford location: 999 Asylum Ave.
Suite 502, Hartford, CT 06105
PH: 1-877-884-3571

BUSINESS AND EMPLOYMENT

If you're an employer looking to fill a need, or you're struggling to find work, please utilize the resources below.

- » Are you a small business owner in need of assistance? Call the Small Business Administration at 860-240-4700
- » Need help finding a job? Visit [Cthires.com](https://www.cthires.com)
- » Need to apply for unemployment? Go to portal.ct.gov/dolui

STATE REPRESENTATIVE

MARYAM KHAN

HELPING RESIDENTS GET THE RESOURCES THEY NEED



CONTACT REPRESENTATIVE KHAN

Legislative Office Building, Hartford, CT 06106
860-240-8585 | Maryam.Khan@cga.ct.gov
www.housedems.ct.gov/Khan
www.facebook.com/StateRepKhan

HEALTHCARE RESOURCES

If you are looking for affordable health care, need to understand your health care rights, or want to learn about various social services and benefits, please refer to the contact information below or reach out to my office.

- » Access Health CT: 1-855-805-4325
- » Office of the Healthcare Advocate: 1-866-466-4446
Email: healthcare.advocate@ct.gov
- » SSA website: ssa.gov
- » SSA phone number: 1-800-772-1213

SERVICES FOR VETERANS

There are many resources in the state to help serve those who served, from healthcare to obtaining benefits.

- » Veterans Crisis Hotline: 1-800-273-8255, press "1".
- » Closest VA Clinic: Newington VA Clinic
555 Willard Ave., Newington, CT 06111
Main line: 860-666-6951
- » CT Department of Veterans Affairs Office of Advocacy and Assistance
287 West St., Rocky Hill, CT 06067
PH: 860-616-3683
- » CHR, help for mental health and substance abuse
PH: 1-877-884-3571



Learn about local events, happenings at the Capitol, important updates and other helpful programs by signing up for email updates at: www.housedems.ct.gov/Khan