

Please check the boxes below and indicate which important issues you would like more information about.

- Health Care
- Energy Reform
- Job Creation
- State Budget
- Other

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COMMENTS

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TOWN & ZIP

YOUR E-MAIL

*Reply by mail, at my website,  
or call my office:*

**[www.housedems.ct.gov/Lemar](http://www.housedems.ct.gov/Lemar)**

**800.842.8267**



Scan this QR code using your smartphone app. to directly access my website.



HOUSE DEMOCRATS of CONNECTICUT

# ROLAND LEMAR

## STATE REPRESENTATIVE

Serving New Haven/Hamden | 96th Assembly District

Legislative Office Building, Room 4028  
Hartford, CT 06106-1591

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## Senior News

Many Connecticut residents are facing tough times in this economy. However, help is available.

There are several programs that may help you in meeting your needs. I hope you find this information useful.

Please contact me if you have questions about programs or services, or any other matter of concern.

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State Representative | New Haven/Hamden

# ROLAND LEMAR



## ALLOWING SENIORS TO STAY IN THEIR HOMES

In an effort to allow more seniors to remain independent in their own homes rather than nursing homes, I supported legislation expanding access to affordable homecare support and personal care assistance services. For more information about the Connecticut Home Care Program for the Elderly, please contact me.

## HELPING WITH GROCERY BILLS

The Supplemental Nutrition Assistance Program (SNAP), the old Food Stamp program, has expanded its income requirements and benefit amounts, making it easier for more seniors to qualify for and afford their groceries. A household of two can earn up to \$2,248 monthly and still qualify for assistance. More information is available at:

[www.ct.gov/SNAP](http://www.ct.gov/SNAP) | 800.742.6906

## SENIOR DISCOUNT FOR STATE PARKS

Discount: Receive free access to State Parks and Forests with the Charter Oak Pass. No cost for pass. Allows free access for entering vehicle and passengers when pass holder is present. More information is available at: [www.ct.gov/dep](http://www.ct.gov/dep) | 860.424.3200

## GRANDPARENTS AS PARENTS SUPPORT

This statewide network promotes the creation of services and support groups for grandparents and relatives raising children. Toll-Free: 800.994.9422

## OFFICE OF THE HEALTHCARE ADVOCATE

This office assists consumers with managed care selection by providing information and referrals. It also assists with filing complaints and educating the consumer on managed care rights. Toll-Free: 866.466.4446.

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Rep. Roland Lemar  
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