

## FAQ Help For Seniors Age 60+

### Food

#### Estuary Council of Seniors

220 Main St., Old Saybrook, CT 06475

Phone: 860-388-1611

Hours: Open for phone calls only 8:30am – 4pm

#### Grab and Go Meals

Monday (2 meals), Wednesday (2 meals), Friday (1 meal)

Reservation required by 11am of day of pick up. Call number above. If leaving message please give full name, phone #, Town site of pick up- Old Saybrook and dates of pick up.

Pick up is 11:30am – 12:30pm drive through, stay in car

#### Meals on Wheels

Call number above extention #217 to register. Medical order is not required.

Delivered to home address Monday – Friday. Can choose all week or 1 – 5 days a week.

Delivered approximately at noon with hot meal and additional frozen meals for weekend.

Can choose Grab and Go or Meals on Wheels delivery for each day but not both on same day.

Suggested donations are accepted of \$3 if you can but otherwise are free.

#### SSKP Food Pantry

Tuesdays from 3pm – 5pm at First Church Congregational in Old Saybrook

Curb side pickup only, bags are made for you to pick up. Stay in line in your car.

Approximately 3 days of groceries are given.

#### Supplemental Nutrition Program SNAP

State assistance can be applied for at [www.connect.ct.gov](http://www.connect.ct.gov) Apply online, state offices are closed. Paper apps will not be processed in a timely manner.

Right now benefits are not being reduced by income but are at full benefit levels for household size.

Example: Household of one with SSI of \$1500 but less than \$1900 might have gotten \$18 but now gets \$194. This is a good time to sign up for these benefits if you have not before.

#### Senior Shopping Hours at Grocery Stores

Stop & Shop: 6am – 7:30am

Big Y: 7am – 8am

## Energy Assistance and Utilities

PURA has ordered a moratorium on ALL utility shut-offs. You will NOT be shut off during this crisis.

If you are on a matching payment plan please try to keep up on your payments to get matching funds.

CRT, State Energy Assistance has been extended. Keep calling to order until your allocation is out.

Call Social Services if you are out of oil for an emergency HEAT delivery if needed.

Electric payments from CRT will not be made until May, Look for this credit on your May bill.

## Stimulus Checks

If you have not filed taxes for 2018 or 2019, you will still get your check the same way you get your SSI.

You will get \$1200 per adult earning less than \$75,000.

If you get SSI direct deposit, please check your bank account.

If you get paper SSI checks mailed to you, it will be mailed.

If you filed 2018 or 2019 taxes you may have already received this, check your direct deposit account.

## Face Coverings/Masks

Masks are now required to be worn in public unless you have a health condition that prevents this.

If you do not have one, please ask us and we will help you get one.

## Medical Appointments

Please check with your health care provider. You may not have to go into the office.

Some appointments are being held via telehealth, by phone.

If you are concerned you have COVID symptoms, call your provider for direction or call 911 in case of emergency.