

# Multi-Disciplinary (M-Team) Membership Directory



**Coordinated by Senior Resources, Winter 2022**

**M-Team members are professionals that work with older adults. We join together to confidentially discuss challenging cases, strategize solutions, explore gaps in services and promote Elder Justice. Members can share information about services and network with colleagues.**

**Shelly Ashcom**

Social Services Director  
Town of Lebanon  
579 Exeter Road, Lebanon, CT 06249

**Ph:** 860-642-4580

***"We can't help everyone, but everyone can help someone." - Ronald Reagan***

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**Daniel Beem**

State of CT | Long Term Care Ombudsman Program  
55 Farmington Avenue, Hartford, CT 06105

**Website:** [portal.ct.gov/LTCOP](https://portal.ct.gov/LTCOP)

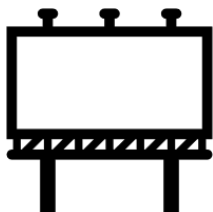
**Ph:** 860-823-3366 (Main Intake) 860-310-8653 (Confidential Work Cell)

**Towns Covered:** Brooklyn, Bozrah, Canterbury, Danielson, Dayville, East Lyme, Essex, Franklin, Griswold, Hampton, Killingly, Lebanon, Ledyard, Lisbon, Lyme, Montville, Mystic, New London, Niantic, North Stonington, Norwich, Old Lyme, Old Saybrook, Plainfield, Pomfret, Preston, Putnam, Salem, Sprague, Stonington, Scotland, Thompson, Uncasville, Voluntown, Waterford, Woodstock

**Services Provided:** The Long Term Care Ombudsman Program (LTCOP) works to improve the quality of life and quality of care of Connecticut citizens residing in nursing homes, residential care homes and assisted living communities. All Ombudsman activity is performed on behalf of, and at the direction of residents. All communication with the residents, their family members, or legal guardians, as applicable, is held in strict confidentiality. The LTCOP responds to, and investigates complaints brought forward by residents, family members, and/or other individuals acting on their behalf. Ombudsmen offer information on consultation to consumers and providers, monitor state and federal laws and regulations, and make recommendations for improvement. The program also recruits, trains, and supervises Volunteer Resident Advocates who assist residents in resolving concerns.

***"In the end, we will conserve only what we love; we will love only what we understand and we will understand only what we are taught." - Baba Dioum***

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**Care Plus More**

115 Gurleyville Road, Storrs, CT 06268

**Website:** [careplustmore.com](https://careplustmore.com)

**Ph:** 860-207-6708 (Kristin) 860-942-6157 (Heather)

**Coverage Area:** Most of Connecticut

**Services Provided:** Professional live in caregivers

***"Quality is never an accident."***



**Rebecca DeAngelis (Becky)**

Service Coordinator, AHEPA Management

110 Pukallus Avenue and 380 Hamilton Avenue, Norwich, CT 06360

**Website:** [ahepahousing.org](http://ahepahousing.org)

**Ph:** 860-204-0729

**Services Provided:** Assist low-income persons with disabilities and seniors in living independently. Collaborate with community partners and agencies to realize those goals. Develop program outreach and public awareness materials that help address physical health and social support issues for low-income adults. Conduct informal psychosocial assessments. Identify resources that can help mitigate barriers that arise from the environment, technology, communication, transportation, and more. Collaborate with agencies for effective delivery of services. Adhere to laws, regulations, and policies that safeguard vulnerable adults. Prepare and maintain accurate records and documentation.

***"Hope won't light a candle" ~ From Warrior's Ransom by Jeff Wheeler***

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**Michelle Dempsey**

Title 19 Specialist

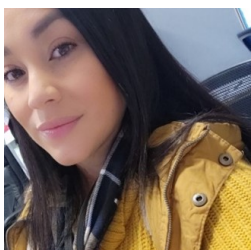
**Website:** [Title19Help.com](http://Title19Help.com)

**Ph:** 860-245-8165

Michelle Dempsey guides families through the complex Medicaid application process in CT. Medicaid or Title 19 can help the elderly and disabled pay for long term care costs, like nursing home expenses. She helps families determine what the eligibility criteria are for the program that best suits their needs, guides them through what needs to be done to become financially eligible, then she assists them in gathering the documentation and assembles an application package to submit to the State of CT.

***"Be smart enough to know when you need help and brave enough to ask for it." - Author Unknown***

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**Yari Diaz**

Eastern Connecticut Transportation Consortium (ECTC)

601 Norwich New London Tpke., Suite 1, Uncasville, CT 06382

**Website:** [ectcinc.org](http://ectcinc.org)

**Ph:** 860-848-5910

**Coverage Area:** Eastern Connecticut

We help senior citizens and people with disabilities navigate transportation options to stay connected to their community whether it be attending a family function, shopping, getting to a medical appointment or work.

***"You can do anything, but not everything."***





**Betty J Duncan**

Hartford Healthcare Center for Healthy Aging  
326 Washington Street, Norwich, CT 06360

**Website:** [hcseniorservices.org](http://hcseniorservices.org)

**Ph:** 877-424-4641 (Center for Health Aging) 860-356-6657 (Cell)

Serving Eastern Connecticut

***"We can get it done together."***

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**Alison Dvorak**

Senior Resources  
19 Ohio Avenue, Suite 2, Norwich, CT 06360

**Website:** [SeniorResourcesEC.org](http://SeniorResourcesEC.org)

**Ph:** 860-887-3561 x115

**Coverage Area:** 56 towns of Eastern CT—Windham, New London, Middlesex & part of Tolland Counties

**Services Provided:** Senior Resources is the Agency on Aging for Eastern Connecticut. We are a private non-profit managing Federal and State programs including Senior Nutrition, National Family Caregiver Support, Dementia Care Respite, Grandparents Raising Grandchildren, Money Follows the Person, CHOICES Medicare Navigation, Senior Medicare Patrol, LiveWell Self-Management programs and more.

***"Bloom where you're planted."***

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**Amy Finke**

Lifeway Mobility  
40A Weston Street, Hartford, CT 06120

**Website:** [lifewaymobility.com](http://lifewaymobility.com)

**Ph:** 860-292-1111 ext. 1011

**Coverage Area:** All of Connecticut, Massachusetts and Rhode Island.

**Services Provided:** Lifeway provides ramps, stair lifts, bath safety solutions, wheelchair lifts and home elevators to increase mobility and independence. Lifeway offers free consultations, either in-home or remote. Rental and purchase options are available for ramps and stairlifts. Fully licensed and insured. See [lifewaymobility.com/licenses](http://lifewaymobility.com/licenses) for more information.

***"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou***



**Janice Fitton**

Seniors Helping Seniors

34 Water Street, P.O. Box 382, Mystic, CT 06355

**Website:** [www.SeniorCareMystic.com](http://www.SeniorCareMystic.com)

**Ph:** 860-984-5279 (cell) 860-536-4767 (office)

**Coverage Area:** New London County (Pawcatuck to Lyme to Norwich, CT and RI shoreline to Narragansett, RI)

**Services Provided:** In-home services for SENIORS by SENIORS

***"Travel is the only expense that makes you richer."***

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**MaryLou Gannotti**

Eastern Connecticut Walk Manager

Alzheimer's Association, CT Chapter

**Ph:** 860-362-0963 (call or text)

***"Not all of us can do great things. But we can do small things with great love." - Mother Teresa***

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**Joyce Gootkin**

Senior Resources

19 Ohio Avenue, Suite 2, Norwich, CT 06360

**Website:** [SeniorResourcesEC.org](http://SeniorResourcesEC.org)

**Ph:** 860-887-3561 x111

**Coverage Area:** 56 towns of Eastern CT—Windham, New London, Middlesex & part of Tolland Counties

Senior Resources is a strong voice for Eastern Connecticut's aging population. Through our involvement at the federal, state and local level we work to enhance the quality of life for older persons. In addition to advocating legislatively, our continuing work with volunteers and citizen groups enables us to spread the word about benefits and services. We work with a strong, diversified network of community-based agencies to offer a wide range of services and supports. Our mission is to provide access to information and services to empower adults to live with dignity.

***"When life gives you lemons, make lemonade."***



**Miria Gray**

Chelsea Groton Bank  
904 Poquonnock Road, Groton, CT 06340

**Website:** [chelseagroton.com](http://chelseagroton.com)

**Ph:** 860-984-5523

**Coverage Area:** Eastern Connecticut

**Services Provided:** Financial Education

***"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."***

***- Dr. Jane Goodall***

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**Dave Harrison**

Right at Home  
49 Sherwood Terrace, Old Saybrook, CT 06475

**Website:** [rightathome.net/oldsaybrook](http://rightathome.net/oldsaybrook)

**Ph:** 860-339-5299

**Coverage Area:** Southeast Connecticut

**Services Provided:** Homemaker/Companion/Personal Care

***"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."*** - Henry David Thoreau

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**Laura B. Hoffman**

Alzheimer's Association  
200 Executive Blvd., #4B, Southington, CT 06489

**Website:** [alz.org/CT](http://alz.org/CT)

**Ph:** 860-381-4700

**Coverage Area:** Connecticut

**Services Provided:** The Alzheimer's Association leads the way to **end Alzheimer's and all other dementia**—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

***"Success is not Final; Failure is not Fatal; It is the Courage to Continue that Counts."*** - Winston Churchill

**Judy Jencks**

Jencks Network, LLC

155 Preston Allen Road, Lisbon, CT 06351

**Website:** [SeniorCenterCT.org](http://SeniorCenterCT.org)

**Ph:** 860-884-4263

**Coverage Area:** Eastern Connecticut

**Services Provided:** Collective website for Senior Centers in Eastern Connecticut. Easy to use. Easy to navigate. Filled with useful up to date information. A true one stop resource!

***"Be the change you wish to see in the world."***

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**Rosemary Kamireddy, BSN, RN**

**Clinical Community Liaison**

**Culture Ambassador**

**Website:** [www.ucfseldercare.org](http://www.ucfseldercare.org)

**Ph:** 860-889-1252

**Services Provided:** Marketing for Eldercare services (Ross Adult Day Center, a certified medical model adult day center and Sheltering Arms, a Residential Care Home for elders with Chronic conditions); back up nursing support and coordination of community clinical services.

***"A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and when they cannot do so anymore, to care for them." - Nelson Mandela***

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**Shoshana Merced, MSW**

The Access Agency

1315 Main Street, #2, Willimantic, CT 06226

**Website:** [accessagency.org](http://accessagency.org)

**Ph:** 860-207-4795

**Coverage Area:** Tolland, Brooklyn

**Services Provided:** Resident Services Coordinator; On site social work to low income, elderly and disabled adults.

***Ephesians 2:8-9***



**Cindy O'Neill**, Director of Programs  
Connecticut Council of Family Service Agencies (CCFSA)  
35 Cold Spring Road, Building 400, Suite 411, Rocky Hill, CT 06067

**Website:** [ctfsa.org](http://ctfsa.org)

**Ph:** 860-736-4389

**Coverage Area:** Connecticut

**Services Provided:** Victims of Crime Act (VOCA) case management services.

*"The journey of a thousand miles begins with one step." - Lao Tzu*

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**Vicki O'Neill**, Director of Admissions  
Harbor Village Rehabilitation & Nursing Center  
78 Viets Street, New London, CT 06320

**Website:** [www.HartborVillage-Health.com](http://www.HartborVillage-Health.com)

**Phone:** 860-437-4507

**Coverage:** Area: New London County

**Services Provided:** Rehabilitation & Skilled Nursing Care, including Secure Dementia Care

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**Kathy Pierce**

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Maya Angelou*

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**Michelle Puzzo**  
UR Community Cares  
5 Jamie Lane, Unit C, Manchester, CT 06042

**Website:** [URCommunityCares.org](http://URCommunityCares.org)

**Ph:** 860-430-4557

**Coverage Area:** Connecticut

**Services Provided:** Volunteer support older adults and people with disabilities in their homes with housework, yard work, transportation and/or companionship.

*"The way to get started is to quit talking and begin doing." - Walt Disney*



**Caleb Roseme**

Assured Quality Homecare/NursePower  
282 Franklin Street, Norwich, CT 06360

**Website:** [asqhomecare.com](http://asqhomecare.com)

**Ph:** 860-373-0428

**Coverage Area:** New London County, CT

**Services Provided:** Homecare services, 24hr in-home care for Elderly, Private Duty Nursing services, Fall prevention, Memory care, End of life care, and Transitional care.

***"People don't care how much you know until they know how much you care." - Theodore Roosevelt***

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**Coutney Scotti**

Creamery Brook Village  
36 Vina Lane, Brooklyn, CT 06234

**Website:** [piercecure.org](http://piercecure.org)

**Ph:** 860-779-8700

**Coverage Area:** Eastern Connecticut

**Services Provided:** Independent Living, Assisted Living and Memory Support

***"Let everything you do be done as if it makes a difference." - William James***

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**Candice Smith**

Caregiver Homes  
912 Silas Deane Hwy, Suite 1, Wethersfield, CT 06109

**Website:** [caregiverhomes.com](http://caregiverhomes.com)

**Ph:** 860-550-1728

**Coverage Area:** All of Connecticut

**Services Provided:** Adult Family Living - paying the caregiver living with someone 65 or older.

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**Lara Stauning**

CT Department of Aging and Disability Services, State Unit on Aging  
55 Farmington Avenue, 12th Floor, Hartford, CT 06105

**Website:** [ct.gov](http://ct.gov)

**Ph:** 860-235-7962 (cell) 860-424-5244 (office)

**Coverage Area:** Statewide Reciever

**Services Provided:** Legal Services Development

***"One person can make a difference and everyone should try." - JFK***

**Cecelia Sullivan, MS Ed., HTP**

Care Partner & Family Advocate

P.O. Box 541, Groton, CT 06340

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**Eugene Theroux**

TVCCA

81 Stockhouse Road, Bozrah, CT 06334

**Website:** [tvcca.org](http://tvcca.org)

**Ph:** 860-934-1002

**Coverage Area:** New London County, Windham County, and parts of Tolland County

**Services Provided:** Meals on Wheels and Café Program offered in Senior Centers throughout Eastern Connecticut

***"Everything happens for a reason."***

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**Manuela Vasquez**

AHEPA Senior Living 250-V

269 Roxbury Road, Niantic, CT 06357

**Website:** [piercecure.org](http://piercecure.org)

**Ph:** 860-691-0343

**Coverage Area:** AHEPA Independent Living Residents, Niantic, CT

**Services Provided:** Service Coordination

***"Choose kindness."***

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**Adele Wise**, Transition Coordinator, Money Follows the Person

Senior Resources—Agency on Aging

19 Ohio Avenue, Suite 2, Norwich, CT 06360

**Website:** [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org)

**Ph:** 860-887-3561 ext. 112

**Coverage Area:** 56 towns of Eastern CT—Windham, New London, Middlesex & part of Tolland Counties

Senior Resources is a strong voice for Eastern Connecticut's aging population. Through our involvement at the federal, state and local level we work to enhance the quality of life for older persons. In addition to advocating legislatively, our continuing work with volunteers and citizen groups enables us to spread the word about benefits and services. We work with a strong, diversified network of community-based agencies to offer a wide range of services and supports. Our mission is to provide access to information and services to empower adults to live with dignity.