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

Daniel Beem  
State of CT | Long Term Care Ombudsman Program  
55 Farmington Avenue, Hartford, CT 06105  
Website: portal.ct.gov/LTCOP  
Ph: 860-823-3366 (Main Intake)  860-310-8653 (Confidential Work Cell)  


**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

Care Plus More  
115 Gurleyville Road, Storrs, CT 06268  
Website: careplusmore.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
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

Michelle Dempsey
Title 19 Specialist
Website: 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

Yari Diaz
Eastern Connecticut Transportation Consortium (ECTC)
601 Norwich New London Tpke., Suite 1, Uncasville, CT 06382
Website: 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: hhcseniorservices.org  
Ph: 877-424-4641 (Center for Health Aging)     860-356-6657 (Cell)  
Serving Eastern Connecticut  

“We can get it done together.”

Alison Dvorak  
Senior Resources  
19 Ohio Avenue, Suite 2, Norwich, CT 06360  
Website: 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.”

Amy Finke  
Lifeway Mobility  
40A Weston Street, Hartford, CT 06120  
Website: 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 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
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.”

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

Joyce Gootkin
Senior Resources
19 Ohio Avenue, Suite 2, Norwich, CT 06360
Website: 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  
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

Dave Harrison  
Right at Home  
49 Sherwood Terrace, Old Saybrook, CT 06475  
Website: 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

Laura B. Hoffman  
Alzheimer’s Association  
200 Executive Blvd., #4B, Southington, CT 06489  
Website: 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
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.”

Rosemary Kamireddy, BSN, RN
Clinical Community Liaison
Culture Ambassador

Website: 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

Shoshana Merced, MSW
The Access Agency
1315 Main Street, #2, Willimantic, CT 06226

Website: 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: cfsa.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

Vicki O’Neill, Director of Admissions
Harbor Village Rehabilitation & Nursing Center
78 Viets Street, New London, CT 06320
Website: www.HarborVillage-Health.com
Phone: 860-437-4507
Coverage: Area: New London County

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

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

Michelle Puzzo
UR Community Cares
5 Jamie Lane, Unit C, Manchester, CT 06042
Website: 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  
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: piercecare.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  
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  
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  
TVCCCA  
81 Stockhouse Road, Bozrah, CT 06334  
Website: 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: piercecare.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  
Ph: 860-887-3561 ext. 112

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