

Energy Assistance

Need Help with your Energy Bills?

Connecticut Energy Assistance Program

For homeowners OR renters

WHAT?: This state program provides heating assistance and pays for a portion of your heat (oil, propane, or electric). Payments are made directly to your utility company or fuel vendor on your behalf. If heat is included in rent payments, you may still qualify for assistance.

WHO?: Eligibility is based on gross income and family size and will be determined when you apply. A list of important documents to bring to your appointment will be provided to you when you make your appointment.

WHEN?: Individuals and families may apply beginning August 3, 2009 for assistance starting November 2009 through spring 2010. It can take up to 45 days for applications to be processed.

WHERE? Applicants must apply in person. **Old Lyme residents** may apply through the Old Lyme Social Services office at the Lymes' Senior Center. Call to make an appointment at 434-4127. **Lyme residents** may apply through TVCCA in New London 425-6681. Homebound applications may be taken by special arrangement.

*For more information on the
Connecticut Energy Assistance Program
visit www.ct.gov/dss OR www.tvcca.org
Or call:
Old Lyme Residents: 434-4127
Lyme Residents: 434-7733 or 425-6681*

Meals for Seniors

BREAKFAST is served!

At Estuary Council of Seniors (220 Main Street, Old Saybrook)

Monday through Friday 7:45 to 9:00 AM, and Saturday 8:00 AM to noon.

Cost: Age 60 and up: \$2.50 donation, Under Age 60: \$5.25

NO reservations are necessary for breakfast.

LUNCH is served!

At Lymes' Senior Center (26 Town Woods Road, Old Lyme)

Monday through Friday at noon

Cost: Age 60 and up: \$2.50 donation, Under Age 60: \$6.25

Reservations are required by calling 388-1611 and MUST be made by 11 a.m. a day in advance.

Meals on Wheels

Through the Estuary Council of Seniors, 388-1611

Our volunteers deliver a hot lunch during the week and evening/weekend frozen meals if requested. Meals on Wheels are available to individuals and their live-in companion (spouses) with a referral on a short-term or long-term basis. We make every effort to accommodate an individual's needs delivering daily or just a couple days a week, one or two meals a day. Suggested donation for a meal is \$2.50. No one will be denied a meal because of inability to contribute towards the meal. To sign up for Meals on Wheels call the Estuary Council for Seniors at 388-1611, or the Old Lyme Visiting Nurse at 434-7808.

*For more information on these meal programs call
the Estuary Council for Seniors at 388-1611*

***Do you need help with food?.... We can help you.**
To learn about the local Food Pantries or SNAP (food stamps) please call:
Old Lyme Social Services at 434-4127
Lyme Social Services at 434-7733*

A project of The Community Resources Roundtable

SHORELINE SOUP KITCHENS & PANTRIES

Pantries: Groceries for 3 meals for 3 days per week per household member - fresh and nonperishable food

Tuesdays
1:30 - 2:30 pm

St. Mark's Church
222 McVeagh Rd., Westbrook

Tuesdays
4:00 - 5:00 pm

Old Saybrook Congregational
366 Main St., Old Saybrook

Wednesdays
6:00 - 7:00 pm

Episcopal Church of the Holy Advent
81 East Main Street, Clinton

Saturdays
8:45 - 11:00 am

First Congregational Church of Old Lyme
2 Ferry Road, Old Lyme

**Community Suppers: One Nutritious Meal per Day,
in a Different Location**

Sundays
5:00 - 6:00 pm

United Church of Chester
9 West Main St., Chester

Mondays
5:30 - 6:30 pm

Baptist Church of Essex
10 Prospect St., Essex

Tuesdays
5:00 - 6:00 pm

St. John's Episcopal Church
23 Main St., Essex

Wednesdays
12:00 - 1:00 pm

Grace Episcopal Church
336 Main Street, Old Saybrook

Wednesdays
5:00 - 6:00 pm

United Methodist Church
12 Commerce, Clinton

Thursdays
5:00 - 6:00 pm

Deep River Baptist Church
24 River St., Deep River

Fridays
Noon - 1:00 pm

Trinty Lutheran Church
109 Main St., Centerbrook

Saturdays
9:30 - 10:30 am

First Congregational Church of Old Lyme
2 Ferry Road, Old Lyme

Shoreline Soup Kitchens & Pantries serves the towns of Chester, Clinton, Deep River, East Lyme, Lyme, Essex, Killingworth, Lyme, Madison, Old Lyme, Old Saybrook and Westbrook.

