

# **ROXBURY SENIOR RESOURCES GUIDE**



**A Helpful Guide to Local Resources for  
Seniors, Their Families and Caregivers**

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**2023**

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# ROXBURY SENIOR RESOURCES GUIDE

A Helpful Guide to Local  
Resources for Seniors, Their  
Families and Caregivers

Roxbury Council On Aging  
2023

## **USING THIS GUIDE**

This guide is an alphabetical listing of resources useful to senior residents and their families. It is intended as a quick reference to phone numbers, websites and other information.

The guide focuses on locally available resources, does not include all services and is intended to lead to other helpful resources.

## **DISCLAIMER**

Roxbury Council On Aging (COA) volunteers, with the help of Senior Services and other town personnel, have gathered this information from many sources. This Guide and the information provided here is subject to interpretation and may change at any time.

The programs, organizations, agencies listed in this guide may be fee-based and does not imply endorsement or recommendation.

Developed by: Roxbury Council On Aging

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## MESSAGE FROM THE FIRST SELECTMAN

Dear Senior Resident and Family,

I am pleased to present this booklet as a resource to our residents, not only to provide a directory of available options, but to unite the community. It is intended to establish a unified network to assist seniors, families and caregivers on any level with local connections, and to give local businesses the opportunity to help and serve you and your family.

Community has always been the heart of Roxbury, and this guide will contribute to everyone's quality of life. I hope you find the assistance you are looking for and make new friends along the way.

On behalf of the Roxbury Council On Aging and your Municipal Agent for the Elderly, who lovingly prepared this guide, we hope you find the information provided useful and informative.

Patrick Roy and Roxy

A handwritten signature in black ink, appearing to read "Patrick Roy".

First Selectman and Town Dog

MESSAGE FROM THE CHAIR OF THE  
COMMISSION ON AGING

Dear Senior Resident and Family,

The Roxbury Council On Aging (COA) was created in 1988. Our mission is to determine the needs of Roxbury seniors and endeavor to meet those needs. We do this with surveys, special programs, meetings, and just plain asking. We meet monthly, except during the summer, at the Roxbury Senior Center.

We have a committed group of seven individuals who care about our seniors and each other. The Municipal Agent is a regular member, and the First Selectman is an ex-officio member. I joined COA in 2007 and became the chair in 2010.

For many years we have hosted a Veterans Celebration on Veterans Day and invite every Roxbury Veteran. We provide refreshments and time for conversation. We encourage the attendees to share a personal and meaningful experience of their time in service. The event brings pride and gratitude for those who served.

This Roxbury Resource Guide was created by the Council On Aging to help you find answers to your questions.

I am proud of the Council On Aging and invite you to attend one of our monthly meetings.

Fondly,

A handwritten signature in cursive script that reads "Susan Stauffacher".

Susan Stauffacher  
Chair, Council On Aging

MESSAGE FROM THE SOCIAL SERVICES DIRECTOR,  
MUNICIPAL AGENT, VETERANS LIAISON

The issues that bring someone to the Town social worker are just about anything you can imagine, from needing food or having no heat, to having questions about Medicare, Medicaid or other State programs, to needing a little help at home to enable and support independence, to needing transportation to a doctor's appointment, to needing respite care for a loved one with dementia, to facing shutoff of one's electricity, to having to petition the Probate Court in order to protect an elder and their estate, and so on.

My job as the Municipal Agent is to assist senior and disabled residents over 18 with these and any issues that confront them, and to help solve or put a plan in place to bring the issue to a satisfactory resolution. Confidentiality is a huge component of my daily work, i.e., "what is said in my office stays in my office".

My office is on the second floor at the Senior Center. Feel free to stop in to say hello!

I look forward to meeting with you!

With all best wishes,

A handwritten signature in cursive script, appearing to read "Jerrilynn".

Jerrilynn Skene-Tiso, MS

## Alphabetical Directory of Services

### **ADVOCACY**

- AgeWell** 860-828-2828  
*Multi-town website, up-to-date resources, news, events, senior center info [www.agewellct.org](http://www.agewellct.org)*
- State Ombudsman** 860-424-5200
- Northwest Region Ombudsman** 203-597-4181  
*Advocacy for Nursing Home patients and their families, investigates complaints.*

### **BEREAVEMENT**

- Regional Hospice - The Center for Hope & Healing** 860-619-0700  
*A peaceful, nurturing space that offers caregiver & grief counseling support groups as well as spiritual renewal sessions.*
- Healing Heart Center for Grieving Children & Families** 203-792-4422
- RVNAhealth, New Milford** 203-438-5555

### **CONTINUING EDUCATION**

- New Milford High School** 860-350-6647 ext 7
- Osher Lifelong Learning Institute at UCONN (OLLI)** 813-974-5848  
*This program that offers non-credit courses and events designed by and for adults 50 years of age and better. [www.USFSeniors.org](http://www.USFSeniors.org)*
- Shepaug Valley High School** 860-868-7326  
*Occasionally runs a program. Call for information.*
- Pomperaug High School** 203-262-3200
- Woodbury High School** 203-266-4038 ext 2  
*The AgriScience department offers adult education programs every Spring at 7:00 p.m.*

### **DOMESTIC ABUSE**

- Women's Center of Greater Danbury** 203-731-5200  
[www.womenscenterofgreaterdanbury.org](http://www.womenscenterofgreaterdanbury.org)

## **DRIVER SAFETY**

- AARP CT** 866-295-7279  
*Online and classroom courses to help sharpen your skills, get insurance discount. [www.aarp.org](http://www.aarp.org)*
- Roxbury Senior Center** 860-210-0056  
*Classroom course offered in person at the Roxbury Senior Center annually, call for information.*

## **ELDER CARE**

### **ADULT DAY CARE**

- CT Association of Adult Day Care Centers** 860-828-8653  
[www.canpfa.org](http://www.canpfa.org)
- InfoLine, Crisis Resources, United Way of CT** Dial 211  
*Call 24/7 to learn about resources in your area*
- Almost Home** 203-743-6456  
[www.almosthome.org](http://www.almosthome.org)

### **ADULT PROTECTIVE SERVICES**

*The Protective Services for the Elderly Program (PSE) is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect, abandonment, and /or financial abuse and exploitation. This includes allegations of abuse or neglect of residents in long-term care facilities.*

- During Business Hours:** *In-State: 888-385-4225*  
*Out of State: 800-203-1234*
- After Hour Emergencies:** *In-State: Call 211*  
*Out of State: 800-203-1234*

### **CAREGIVING**

- National Family Caregiver Support Program** 800-994-9422  
203-757-5449  
*Provides services to family caregivers caring for a loved one.*
- Dept of Aging and Disability Services** 860-424-5055  
*Provides many programs and services to maximize opportunities for the independence and well-being of people with disabilities and older adults.*



## Elder Care Continued

CT Assn of Area Agencies on Aging 800-994-9422  
203-596-4800

*Information and referral services, nutritional services, disease prevention and health promotion services, and family caregiver support services.*

Connecticut Statewide Respite Care Program 800-994-9422  
[www.ct.gov/aging](http://www.ct.gov/aging)

**C.H.O.I.C.E.S.** 800-994-9422  
203-757-5449

*Connecticut program for health insurance assistance, outreach, information and referral, counseling, eligibility screening.*

[www.ct.gov/aging/cwp](http://www.ct.gov/aging/cwp)

## **HOME CARE**

CT Home Care Program for Elders (CHCPE) 800-445-5394  
203-596-4800

*Includes visiting nurses, companions, home health aides, chore assistance, respite and adult day care, home delivered meals, transportation, emergency response systems, and other services necessary to support independent living.*

## **PRIVATE HOME-CARE AGENCIES**

Companions and Homemakers, Middlebury 860-751-6990  
<https://companionsandhomemakers.com/senior-home-care-middlebury-ct>

Washington Home Care LLC, Washington, CT 203-577-8479  
<https://www.washingtoncthomecare.com>

Visiting Angels, Brookfield 203-349-9567  
<https://www.visitingangels.com>

Geron Nursing Registry, New Milford Office 860-354-7698  
<https://geronnursinginc.com>

Elder Care Continued

**LONG-TERM CARE/NURSING CARE**

CT Association of Health Care Facilities

CT Center for Assisted Living (CAHCF/CCAL) 860-290-9424

*Provides long-term, subacute, rehabilitative and assisted living services. CAHCF/CCAL is the leader in providing services to, and advocating for, long-term, subacute, rehabilitative and assisted living care.*

Bethel Health Care Center 203-830-4180

Candlewood Valley Health & Rehab Ctr 860-355-0971  
*New Milford*

Lutheran Home of Southbury, *Southbury* 203-264-9135

Pomperaug Woods, *Southbury* 203-262-6555

River Glen Health Care Center, *Southbury* 203-264-9600

Village Crest Center for Health & Rehab 860-354-9365  
*New Milford*

**EMERGENCY ASSISTANCE**

For all police, fire and ambulance emergencies Call 911

Roxbury Resident State Trooper 860-354-0089

**ENERGY/UTILITY ASSISTANCE**

Call Social Services for information or apply in-person at  
the Roxbury Senior Center. 860-210-0201

**FINANCIAL ASSISTANCE**

*For more information or to apply for any of these programs, contact your Municipal Agent/Social Services Director at the Roxbury Senior Center.* 860-210-0201

CT Energy Assistance Program 203-748-5422  
*Helps support primary heating source expenses.*

### **Financial Assistance Continued**

<b>Renters Rebate Program</b>	<b>860-240-8585</b>
<i>A reimbursement program based on the ratio between income and total rent/utilities paid.</i>	
<b>Homeowner Tax Relief – contact Roxbury Assessor</b>	<b>860-354-2634</b>
<b>Medicare Savings Program</b>	<b>855-626-6632</b>
<i>Helps pay for Medicare B and prescriptions.</i>	
<b>Food Program – SNAP</b>	<b>855-626-6632</b>
<i>Helps individuals and families buy food.</i>	
<b>Phone/Internet Service</b>	
<b>The Lifeline Program</b>	<b>800-234-9473</b>
<b>SafeLink Wireless</b>	<b>800-723-3546</b>
<b>Emergency Financial Assistance - Most towns' social service</b>	
<i>Departments have access to emergency funds for their residents or can quickly research non-municipal resources.</i>	

### **FOOD/MEAL SERVICES/NUTRITION**

<b>Christ Church Parish Hall 9 (W-F 9:00–1:00)</b>	<b>860-355-3695</b>
<b>CT Food Bank Mobile Pantry</b>	<b>203-741-9751</b>
<b>Meals-On-Wheels (MOW)</b>	<b>860-560-5848</b>
<i>Prepared meals delivered to a person's home for individuals 60+ who are unable to prepare or obtain nourishing meals on their own.</i>	
<b>SNAP (Supplemental Nutrition Assistance Program)</b>	<b>855-6266632</b>
<i>Apply online at <a href="http://www.portal.ct.gov">www.portal.ct.gov</a></i>	
<b>Roxbury Emergency Food Assistance</b>	<b>860-210-0201</b>

### **HEALTH SERVICES**

<b>Kevin's Community Center, Danbury</b>	<b>203-426-0496</b>
<i><a href="http://www.kevinscommunitycenter.org">www.kevinscommunitycenter.org</a></i>	
<b>RVNAhealth (VNA)</b>	<b>203-438-5555</b>
<b>DOCS Urgent Care, New Milford</b>	<b>860-717-0392</b>

## **Health Services Continued**

PhysicianOne Urgent Care, Southbury 860-650-3848

## **HOSPICE – END-OF-LIFE CARE**

Regional Hospice, Danbury 203-702-7400  
[www.regionalhospicect.org](http://www.regionalhospicect.org)

RVNA – home health and hospice care 203-438-5555  
[www.rvnahealth.org](http://www.rvnahealth.org)

## **HOUSES OF WORSHIP**

B'nai Israel Synagogue 203-267-3394

Christ Episcopal Church 860-355-3695

Roxbury Congregational Church 860-355-1978

St. Patrick Catholic Church 860-868-2600

## **HOUSING/INDEPENDENT LIVING**

### **ASSISTED LIVING**

*Assisted living is primarily for people aged 55 or older who do not need full nursing home services, but require some health care, nursing, or assistance with activities of daily living, such as dressing, eating, bathing, toileting, or transferring from a bed to a chair.*

Maplewood at Newtown, Newtown 203-364-5466

Brandywine, Litchfield 860-567-9500

Ridgefield Crossings, Ridgefield 203-431-2255

The Ivy at Watertown, Watertown 860-483-8141

### **CONTINUING CARE RETIREMENT COMMUNITIES (CCRCs)**

Pomperaug Woods, Southbury 203-262-6555  
[www.pomperaugwoods.com](http://www.pomperaugwoods.com)

Watermark at East Hill, Southbury 203-262-6868  
[www.watermarkcommunities.com](http://www.watermarkcommunities.com)

## CCRCS Continued

CT Association of Adult Day Care Centers 203-678-4649  
[www.canpfa.org](http://www.canpfa.org)

Motif by Monarch, Southbury 800-385-2527

## INDEPENDENT LIVING

Bernhardt Meadow, Roxbury 860-355-3017

Grace Meadows, Southbury 203-264-3228

Elderly Housing Management 203-230-4809  
CT Based Senior Housing <https://ehmchm.org/properties>

## RETIREMENT COMMUNITIES

Newtown Woods, Newtown 203-364-9900

Newbury Village, Brookfield 203-775-5000

Fairview at Oxford Greens, Oxford 203-587-8825

The Summit at Bethel, Bethel 203-792-3500

## SENIOR HOUSING (Also Known As Congregate Housing)

Chestnut Grove, New Milford 860-350-9950  
[www.chestnutgrove.net](http://www.chestnutgrove.net)

## SKILLED NURSING FACILITIES

River Glen, Southbury 203-264-9600

Candlewood Valley Health & Rehab, New Milford 860-355-0971

Bethel Healthcare Center, Bethel 203-830-4180

Lutheran Home of Southbury, Southbury 203-264-9135

**NOTE:** Due to lack of space only some examples have been given under each type of senior housing. For more information, call 211, the Western CT Area Agency on Aging (WCAAA) - 800-994-0422.

## **LEGAL SERVICES**

Community Law Project for Elders Hotline 800-296-1467

Connecticut Legal Services Statewide 800-453-3320

Elder Law Resource Booklet

available at [www.ctappleseed.org](http://www.ctappleseed.org)

Elder Law Information

available at [www.elderlawanswers.com](http://www.elderlawanswers.com)

Elder Law Attorneys

available at [www.naela.org](http://www.naela.org)

## **MEDICARE/MEDICAID**

Medicare

General Help 800-633-4227

Social Security Information 800-772-1213

*A government national health insurance program in the United States, begun in 1965 under the Social Security Administration and now administered by the Centers for Medicare and Medicaid Services*

Medicare and Medicaid Services 877-3850596

[www.medicare.gov](http://www.medicare.gov)

Western CT Area Agency on Aging

C.H.O.I.C.E.S Program 800-994-9422

<https://wcaaa.org/programs/choices-includes-medicare-information>

Roxbury Municipal Agent Medicare Consult 860-210-0201

## **MEDICAID (HUSKY HEALTH)**

*Medicaid is a Federal and State program that helps with healthcare costs for some people with limited income and resources. Medicaid also offers benefits not normally covered by Medicare, including nursing home care and personal care services.*

C.H.O.I.C.E.S Program 800-994-9422

CT Home Care Program for Elders (CHCPE) 800-445-5394

## Medicaid (Husky Health) Continued

### Long-Term Care Medicaid Application Center at

Department Social Services, Waterbury

855-626-6632

<https://portal.ct.gov/DSS/Health-And-Home-Care/Long-Term-Care/Long-Term-Services-and-Supports---LTSS>

## **MEDICAL/AGE-RELATED ILLNESSES**

### **ALZHEIMER'S DISEASE/ DEMENTIA**

Alzheimer's Association, CT

860-406-3040

[www.alz.org/CT](http://www.alz.org/CT)

Local (New Milford) Help Line (24/7)

800-272-3900

Alzheimer's State Respite Program

800-994-9422

*Provides services to assist caregivers so they can take needed vacations, etc.*

### **ARTHRITIS**

Arthritis Center of CT, Waterbury

203-755-5555

Arthritis Foundation

800-541-8350

### **AUDIOLOGY**

*Programs that evaluate hearing loss and help with hearing impairments that can be improved by medical*

Easter Seals

800-878-7687

Easter Seals Center for Better Hearing

203-754-5141

Waterbury

Masonic Health Center, Wallingford

203-679-5900

Help Line

888-679-9997

### **DIABETES**

CT Diabetes Prevention & Control Program (DPCP)

860-509-7737

### **GERIATRIC ASSESSMENT**

Dorothy Adler Geriatric Assessment Center at Yale

877-925-3637

<https://www.yalemedicine.org/departments/dorothy-adler-geriatric-assessment-center>

## **Geriatric Assessment Continued**

Bridgeport Hospital Center for Geriatrics 203-384-3388  
[www.bridgeporthospital.org/services/aging](http://www.bridgeporthospital.org/services/aging)

## **HEART DISEASE**

American Heart Association 800-242-8721  
[www.heart.org](http://www.heart.org)

## **IMPAIRED VISION**

CT Bureau of Education and Services for the Blind 860-602-4000  
*The State's leading bureau for the coordination and provision of services to all Connecticut residents who are legally blind or have significant visual impairments. These services include training and devices that help people who are blind to function in the home and in the community independently.*

American Optometric Association 800-365-2219

## **PARKINSON'S DISEASE**

Parkinson's Foundation 800-473-4636  
[www.parkinson.org](http://www.parkinson.org)

Parkinson's Support Group 203-262-0263  
*Meets monthly in Southbury*

American Parkinson's Disease Association 800-223-2732

## **MENTAL HEALTH/ADDICTION SERVICES**

Mental Health Crisis call 911

Danbury Hospital Crisis Intervention 203-739-7799  
888-447-3339

Suicide & Crisis Lifeline Call 988

CT State Sponsored Programs/Services, CT Region 5 860-4187-6946  
<http://DMHAS/Programs-and-Services/Region-5/Region-5>

Greenwoods Counseling & Referral Services 860-567-4437  
*Greenwoods is the only mental health referral service in Connecticut that provides personalized referrals by matching each person who comes to us with counselors, therapists or other professionals with expertise to help. Can provide financial help to those who are eligible.*



## **Mental Health/Addiction Services Continued**

Please call if you or someone you know needs help dealing with:

- Anxiety
- Depression
- Bereavement
- Children's Behavior
- Divorce
- Eating Disorders
- Family Problems
- Gender-Identity Issues
- Marital/Relationship Conflict
- Parenting
- Personal Growth/Empowerment
- Post-Traumatic Stress Disorder
- School Problems or Bullying
- Special Issues for Elderly
- Substance Abuse (alcohol or drug issues)
- Trauma

**MCCA – Danbury**

**203-792-4515**

*Primary provider of substance abuse, prevention, evaluation and treatment services that support individuals and families during the recovery process. <https://mccaonline.com>*

**Dept of Mental Health & Addiction Services**

**800-467-3135**

*Open 24/7, 365 days a year*

**Call 211**

## **SECURITY & SAFETY**

**RVNAhealth Home Safety Assessment**

**203-438-5555**

*Skilled clinicians are trained to provide home safety evaluations and develop modification plans for those in need of temporary or permanent adjustments to their homes.*

[www.RVNAhealth.org](http://www.RVNAhealth.org)

**Philips Lifeline Medical Alert Service at RVNA**

**203-438-5555**

**Lively Mobile+**

**800-650-5921**

## **TAX SERVICES**

AARP Regional Tax Assistance	203-263-2828
<i>At Woodbury Senior Center by Appointment Only</i>	
Roxbury Assessor	860-354-2634
<i>For tax relief programs &amp; exemptions</i>	
Roxbury Tax Collector	860-354-6484
IRS Helpline	800-829-1040
<a href="http://www.irs.gov">www.irs.gov</a>	

## **TRANSPORTATION**

Roxbury Dial-A-Ride Program	860-210-0201
<i>Rides for non-emergency medical appointments for seniors and persons with disabilities. Must reserve 48 hours in advance.</i>	
Wheels Program of Greater New Milford	860-354-6012
<i>Rides to non-emergency medical appointments for seniors and persons with disabilities. Must reserve 48 hours in advance.</i>	
<a href="https://www.wheelsofnewmilford.org/contact-us.php?servicerequest=1#form">https://www.wheelsofnewmilford.org/contact-us.php?servicerequest=1#form</a>	
Amtrak	800-872-7245
<a href="https://www.amtrak.com/home.html">https://www.amtrak.com/home.html</a>	
Metro-North Railroad	877-690-5114
<a href="https://new.mta.info/agency/metro-north-railroad">https://new.mta.info/agency/metro-north-railroad</a>	
American Service LLC - Taxi Service Open 24 hours	203-300-8296
Danbury Taxi Service - Taxi Service Open 24 hours	929-525-5466

## **VETERAN SERVICES**

U.S. Dept of Veterans Affairs - Info Line 24/7	800-698-2411
U.S. Dept of Veterans Affairs – Crisis Line 24/7	988 Option 1
U.S. Dept of Veterans Affairs – Benefits Hotline	800-827-1000
Available Monday – Friday 8:00am to 9:00pm	

**Veteran Services Continued**

<b>VA CT Healthcare System</b> 950 Campbell Ave., West Haven	<b>203-932-5711</b>
<b>VA CT Healthcare System</b> 555 Willard Ave., Newington	<b>860-666-6951</b>
<b>Danbury VA Clinic</b> 7 Germantown Rd.	<b>203-798-8422</b>
<b>Watertown American Legion</b> 62 Bunker Hill Rd.	<b>860-274-1035</b>
<b>American Legion</b> 6 Bryan Hall Plaza, Washington Depot	<b>860-868-9983</b>
<b>American Legion</b> 138 Triangle St., Danbury	<b>203-744-5150</b>

**VOLUNTEER OPPORTUNITIES**

<b>Roxbury Town Hall</b>	<b>860-354-9938</b>
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## **USEFUL WEBSITES**

- [2-1-1 CT \(United Way\)](#)
- [AccessHealthCT](#)
- [Addiction Center - Opioid Epidemic](#)
- [Addiction Group - Alcohol](#)
- [Center for Medicare Advocacy](#)
- [CT Coalition Against Domestic Violence](#)
- [CT Dental Health Partnership](#)
- [CT Department on Aging: Long Term Care Ombudsman Program](#)
- [CT Department of Social Services](#)
- [CT Department Veterans Affairs](#)
- [CT Energy Assistance Program](#)
- [CT Unit on Aging: LGBT Healthy Aging](#)
- [CTLawHelp: Seniors](#)
- [Elderly Housing Management](#)
- [Friendship Line](#)
- [Guide to Independent Living in Connecticut](#)
- [Healthy Aging](#)
- [Help.org Substance Abuse Rehab for Veterans](#)
- [Lifeline](#)
- [Litchfield Hills Chore Service](#) (*\*Gift certificates available*)
- [Medicare](#)
- [Medicare.gov](#) (Need a doctor or clinician)
- [Military Guide](#) (future, current & former service members)
- [National Council on Aging: Adviser](#)
- [National Council on Aging: Benefits Check Up](#)
- [Resume Builder](#)
- [SAGE USA: Adocacy of Services for LGBT Elders](#)
- [SafeLink Wireless](#)
- [Substance Abuse & Mental Health Services Administration](#)
- [Suicide & Crisis Lifeline](#)
- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [U.S. Social Security Administration](#)
- [VNANE - Visiting Nursing Association of New England](#)
- [Western Connecticut Area Agency on Aging](#)
- [Wheels Program of Greater New Milford](#)

## **USEFUL LOCAL PHONE NUMBERS**

First Selectman's Office	860-354-9938
Town Clerk	860-354-3328
Roxbury Constable/Trooper	860-354-0089
Police/Fire/Ambulance – Emergency	Call 911
State Police – Non-Emergency	203-267-2200
Center at 7 South (Senior Center)	860-210-0056
Municipal Agent/Social Services	860-210-0201
Health Department	203-270-4291
Minor Memorial Library	860-350-2181
New Milford Hospital	860-210-5000
Danbury Hospital	203-739-7000
Roxbury Post Office	860-354-0591
Roxbury Market-Deli	860-355-0733
Union Savings Bank	860-350-5491

2023  
ROXBURY COUNCIL ON AGING  
Members

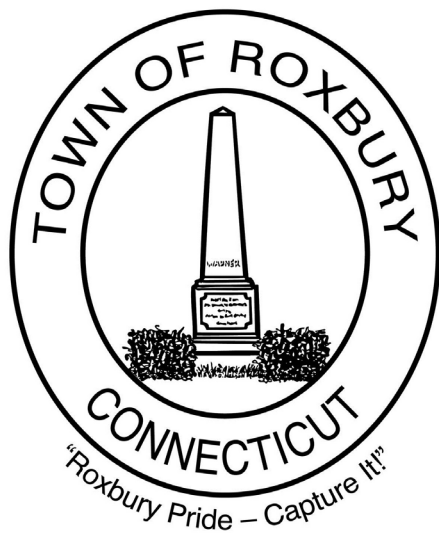
Sue Stauffacher -Chair  
Jerrilynn Skene-Tiso - Municipal Agent  
Ellen Oster - Secretary  
Bonnie Bradley  
Renee David  
Carol Goodwin  
Joanne Logan



**THE CENTER AT 7 SOUTH**  

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ROXBURY SENIOR CENTER



*Roxbury Council On Aging*