MEALS ON WHEELS is now operating in Redding and accepting new referrals. This program is available to residents who are disabled or age 60 and above. Please call the Western CT Area Agency on Aging (WCAA) at 203-757-5449 or 800-994-9422 and ask for Meals on Wheels. The following information is required: name, date of birth, Social Security number (at least last 4 digits), monthly income, and emergency contact. This federal program survives on grants and donations. A voluntary donation amount of $5 a day for 2 meals is suggested.
At the end of the month, you will receive a statement with a suggested donation. Please pay what you can afford.

The REDDING ROADHOUSE is offering an ON-LINE GROCERY service. At the moment, they offer curbside pick-up only. However, in the future, if enough people use this service, they will offer delivery to your home. Their phone number is 203-938-3388. Alternatively, you can go on their website, and look for the second tab on top that says "ROADHOUSE GROCERY". Orders placed by 5 pm will be ready for pick up the following day. Please note that the Roadhouse is closed on Sundays.

To apply for HUSKY, MEDICARE SAVINGS PROGRAM, or SNAP (Supplemental Nutritional Assistance Program), please go to the following website to find out if you are eligible: connect.ct.gov/access. The application can be done online.

We are part of CARALUZZI'S gift card donation program. Please go to their website and select "Gift Cards". You will see the option of "Gift Cards for Charity", and we are listed as "Town of Redding".

A reputable home health aide agency, FIRST LIGHT HOMECARE, is accepting new clients. Residents in our community have used their services and we feel comfortable promoting them: First Light Homecare’s contact person is Ryan Ventura, and his phone number is 203-456-4706. Website is: www.firstlighthomecare.com

RVNA Health (Ridgefield Visiting Nurse Association)
Contact Person: Michelle Stewart
203-438-5555
Website: rvnahealth.org

Bethel VNA
203-792-0864
Bethelvna.org

Please contact my office at 203-938-3580 with any questions or concerns. My staff and I are here to help you during this difficult time.
Town of Redding Covid-19 Volunteer Guidelines

During this difficult time, we are grateful to the residents who are willing to help their fellow neighbors in need. For everyone’s safety, we hope the following guidelines will ensure the smooth running of this program.

Guidelines for both Seniors and Volunteers
These guidelines are set in place to help create a relationship between the “Caring Neighbor” and “Senior/Person in Need" that is gratifying for both parties.

Safe Password:
- Establish a memorable password that you and your Caring Neighbor will use when doing business. Your unique password such as “blue bird” (use your imagination) will be used each time you talk to one another. We hope that this will help protect you from the risk of scams.

Groceries:
- Please limit your grocery requests to 20 items or less.
- Be specific. For example, milk- skim only; bread- whole wheat; chicken noodle- low sodium.
- Keep in mind that grocery stores have limited supplies.
- Volunteers please take appropriate safety measures such as wearing gloves and masks. Please wash/sanitize your hands before and after shopping.
- Seniors- please wipe or clean your groceries when you bring them in your home the same way you would do if you had done your own shopping.

Payment
- Payment is due prior to the shopping or upon delivery. Cash is preferred but a check or gift card to the specific shop are acceptable. Caraluzzi’s and other stores may take credit card payment and/or EBT over the phone (please speak to a manager in advance for this arrangement because it is sensitive information)
- Please tape the cash/check/gift card in an envelope to your front door or designated area. Groceries may be left in the place you specify, such as the front door. Please no direct contact or letting anyone in your home at this time.
- Volunteers please place any change as well as the receipt in the envelope, and place together with the groceries.

Follow-Up
- Do send us a quick email and let us know how the shopping went!
- After this pandemic is over, please have a cup of coffee with each other.
## Town of Redding Volunteer Interest Form

**Name**

**Address**

**Phone**

**e-mail**

**Years in Redding**

**Occupation**

**Reference #1**
- **Name**
- **Phone**

**Reference #2**
- **Name**
- **Phone**

**Other Information**

**Please check off volunteer job opportunity such as**
- [ ] Grocery Store errands
- [ ] Food Pantry drop off
- [ ] Friendly senior phone call service
- [ ] Other: Please Describe interest

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By signing below, I hereby give the Town Of Redding Permission to request a background check through the Redding Police Department for the purposes of verifying my eligibility to volunteer.

**Sign**

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By signing below, I acknowledge that I understand that I have voluntarily and freely elected to participate in a Town of Redding social service activity. I voluntarily and fully take responsibility for all risks associated with my participation in said activity. In exchange for the Town of Redding allowing me to participate in said social service activity, I release and hold harmless the Town of Redding from any and all legal and financial responsibility for any harm, injury or illness that I might suffer as a result of my participation, even if the harm, injury or illness is caused by the Town of Redding’s negligence.

**Sign**

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37 Lonetown Road, P.O. Box 1118, Redding, CT 06875  
Email: socialservices@townofreddingct.org  
Website: www.townofreddingct.org
Above all, stay home, stay safe, be well!

Shine on brightly,
Ruth Moran
Heritage Center Program Coordinator