

Senior Journal

www.seniorjournal.com

Daily news and special features for seniors, which include categories such as: *Feeling Good*, *Government*, *Enjoying Life*, *Elderly Issues* and *Money*.

SeniorNet

www.seniornet.org (national)

www.seniornet.org/usa/Middletown (local)

This nonprofit organization strives to enrich the lives of seniors by providing access to and training for computer technology.

Social Security Online

www.ssa.gov

This official website of the Social Security Administration provides comprehensive information regarding benefits, services, and programs.

State of Connecticut-Department of Social Services-Elderly Services Division

www.ctelderlyservices.state.ct.us

This site provides reliable information about the extensive services offered by this Connecticut state agency to citizens over the age of 60.

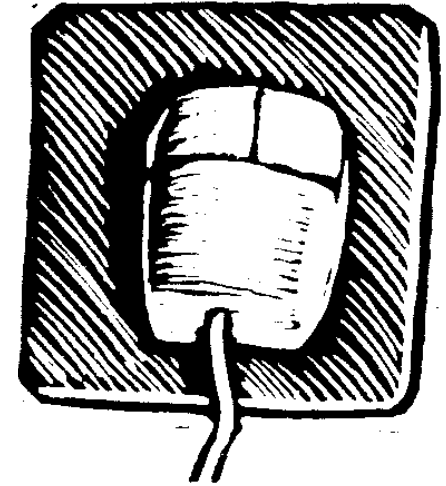
U.S Department of Veterans Affairs

www.va.gov

All kinds of information relating to benefits and programs for U.S. Veterans, such as: compensation & pension benefits, health services and benefits, and burial & memorial benefits.



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123 Broad Street
Middletown, Connecticut 06457
(860) 347-2528
www.russelllibrary.org



Internet Resources for Seniors

**Russell Library
Middletown, Connecticut**

AARP (American Association of Retired Persons)

www.aarp.org

In addition to offering information about the AARP, this website provides recent news stories that deal with issues affecting seniors, an online version of the AARP magazine, as well as links to hundreds of sites covering topics of concern to seniors.

Administration on Aging

www.aoa.gov

The primary aim of the AOA is to work with other federal agencies, organizations and the public to educate seniors and their caregivers about available services.

Alzheimer's Association

www.alz.org (National Organization)

www.alzct.org (Connecticut Chapter)

This organization is dedicated to serving the needs of people with Alzheimer's, their families and caregivers.

The Center for Medicare Advocacy

www.medicareadvocacy.org

This private, non-profit organization is dedicated to providing information and legal assistance to the elderly and people with disabilities so that they may obtain necessary healthcare.

Connecticut Elderlaw

www.ctelderlaw.org

This frequently updated website is a good source of information on elder law, government programs and legal assistance for Connecticut residents age 60 and over.

The ConnPace Program

www.connpace.com

ConnPace is a program through the Connecticut De-

partment of Social Services that helps eligible seniors and people with disabilities afford the cost of most prescription medicines.

Eldercare Locator

www.eldercare.gov

An arm of the Administration on Aging, this website can help older adults and their caregivers find services for seniors in their local area.

Elderhostel

www.elderhostel.org

Since 1975 this non-profit organization has been offering travel learning adventures for people age 55 and over.

ElderWeb

www.elderweb.com

This award-winning website is designed for those seeking information on eldercare and long-term care. In addition, this site provides numerous links to legal, financial, medical and housing issues.

FirstGov for Seniors

www.seniors.gov

The purpose of this site is to make it easy for seniors to find information about government services, health and other topics that may be of interest.

Medicare

www.medicare.gov

Available in both English and Spanish, this is the official U.S. government website offering comprehensive information for Medicaid recipients and people with disabilities.

MEDLINEplus

www.medlineplus.gov

This website provides authoritative health information from the National Institutes of Health and other reliable sources on over 500 diseases and conditions as well as lists of hospitals and physicians, a medical encyclopedia and dictionaries.

National Family Caregivers

www.nfcacares.org

This organization was created to educate, support, empower and speak up for the millions of Americans who care for the chronically ill, aged or disabled loved ones.

National Institute on Aging

www.nia.nih.gov

This website provides consumer oriented information on a wide array of topics that are of interest to senior citizens and their families.

NIH Senior Health

www.nihseniorhealth.gov

Developed by the National Institutes of Health, this website features current and reliable health information for older adults.

Nutmeg State Senior Olympic Games

www.seniorgamesct.org

These Olympic-style games are open to any willing Connecticut participant 50 or older. Individual and team sports are included on the roster of events.

Senior Corps

www.seniorcorps.org

This is a volunteer program that seeks to match the skills of older citizens with a need in their local communities.