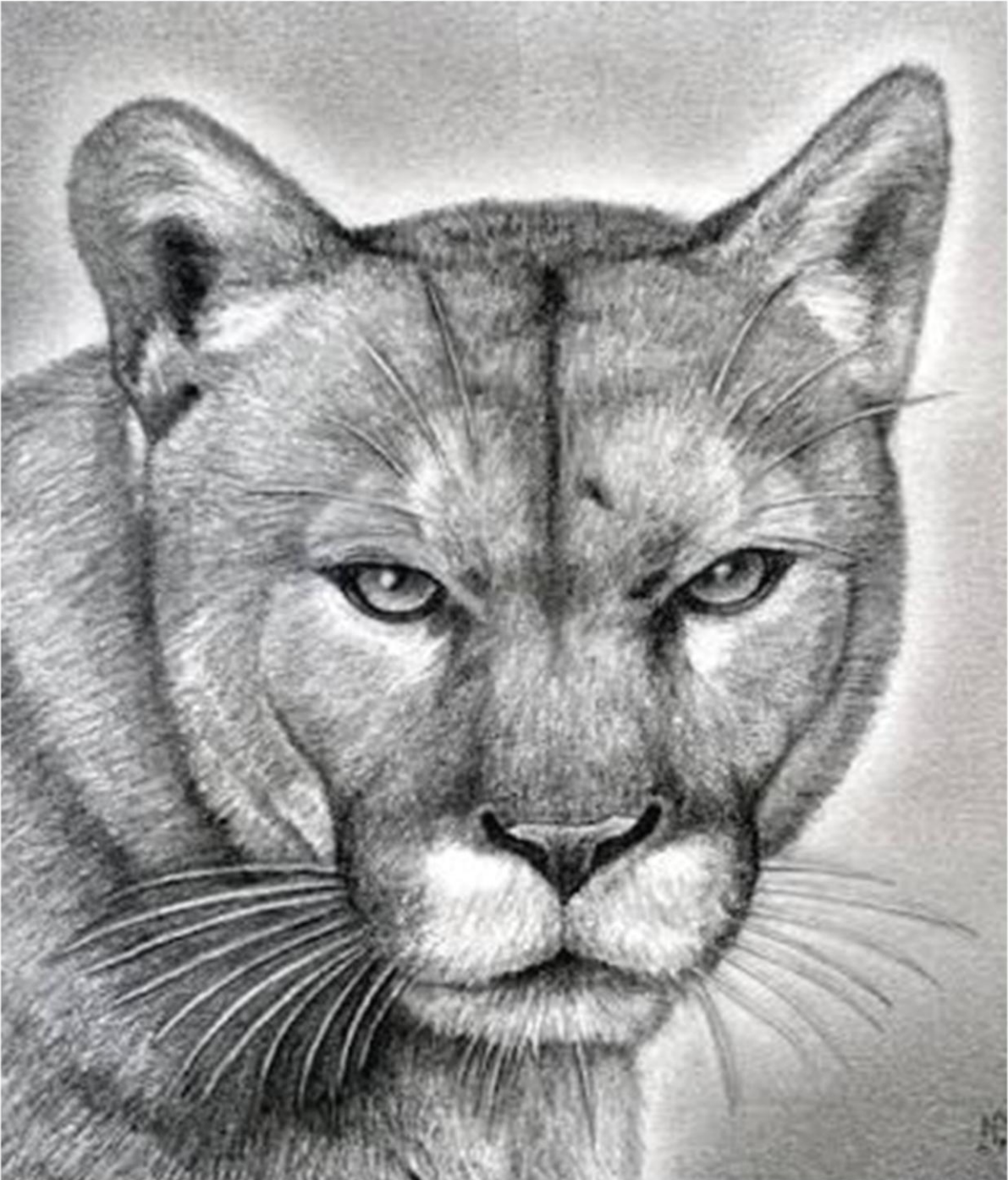


Silver Panther Newsletter

WINTER 2026 | Vol 17 Issue 1





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Hello and thank you for taking the time to read this edition of the “Silver Panther”, a newsletter brought to you by the Statewide Coalition of Presidents of Resident Councils (SCPRC) and The Long Term Care Ombudsman Program (LTCOP).

This Newsletter is designed to keep you abreast of the current issues that affect you, the residents of Connecticut nursing facilities.

We invite you to contact us with suggestions of articles you would like to see in future issues, or best practices your facility is using. You may contact us through Email at LTCOP@CT.GOV or by telephone at [1-866-388-1888](tel:1-866-388-1888).



Happy New Year from the E-Board!

As we begin 2026, we want to extend our sincere appreciation to each of you for your continued support, engagement, and commitment to strengthening resident voice across our community. Your ideas, participation, and willingness to speak up truly make a difference.

This year, we look forward to coming together to create even more opportunities for residents to make positive adjustments in living arrangements, daily life, and overall quality of care. Real change happens when residents are informed, involved, and united.

If you have a voice and want to help shape the future, we invite you to join the E-Board. Your experience matters. Your perspective matters. And your leadership can help ensure that all residents are heard.

Here's to a new year of collaboration, empowerment, and meaningful progress. We are stronger together.

With appreciation,
The E-Board



Legislative Update



2026 Connecticut legislative session overview

The 2026 Connecticut Legislative Session is now in session and began on February 4, 2026, and will adjourn on May 6, 2026, as an even numbered year short session of the Connecticut General Assembly. During the session, the General Assembly is likely to consider legislation addressing healthcare oversight, long term services and supports, workforce stability, and accountability across regulated care settings, while operating within the state's constitutional spending cap.

Committees of jurisdiction, including Aging, Public Health, and Human Services, are expected to play a central role in advancing policies that support aging in place, strengthen oversight of nursing homes and other long term care providers, and improve access to home and community based services for older adults and people with disabilities.

LTCOP 2026 legislative agenda summary

The Connecticut Long Term Care Ombudsman Program 2026 legislative agenda focuses on strengthening resident rights, improving



accountability across long term care settings, and modernizing statutory protections to reflect resident experience and evolving models of care. Core priorities include enhancing protections related to transfers and discharges, expanding and enforcing resident rights concerning technology, visitation, and freedom from retaliation, and strengthening oversight of nursing home ownership, management, and staffing practices.

The agenda also emphasizes promoting resident dignity and quality of life through updates to financial protections, advancing quality measurement initiatives that center resident and family experience, and reinforcing transparency in facility operations and reporting. Additional priorities address resident safety during facility closures, evacuations, and transitions of care, as well as alignment of state law with federal resident rights standards.

Through these legislative efforts, the Long Term Care Ombudsman Program will continue to advocate for policies that uphold dignity, safety, choice, and self determination for individuals receiving long term services and supports, while elevating resident voices and supporting their participation in shaping laws that directly affect their lives.

LTCOP Bill Tracker

During each legislative session, The Long Term Care Ombudsman Program continues to track and highlight a selection of priority focus bills as they relate to individuals who receive their Long Term Services and Supports in settings such as Skilled Nursing Facilities, Assisted Living Facilities and Residential Care Homes. The Bill Tracker is Updated Weekly and can be Accessed: <https://portal.ct.gov/ltcop/legislative-bill-tracker> .



Connecticut Resident Council Presidents Executive Board – Combined Campaign: “Got COLA? Get PNA Raised!”

Dear Long-Term Care Residents of Connecticut Nursing Homes,
As the Executive Board of Presidents of Resident Councils across Connecticut, we stand together in our commitment to protect and strengthen the well-being, dignity, and quality of life of all nursing home residents in our state.

The legislative work to improve residents’ lives is ongoing, and one critical issue remains at the center of our efforts: making sure the Personal Needs Allowance (PNA) keeps up with the rising cost of living through regular Cost of Living Adjustments (COLA). Each year, the prices of everyday essentials—like hygiene products, snacks, clothing for different seasons, and small comforts—continue to climb, while residents are expected to stretch the same limited amount further and further. This makes it harder to afford the basic personal items that support independence, self-expression, and dignity.

This year, we are joining our voices in a strong, united campaign:
“Got COLA? Get PNA Raised!”

What Are We Fighting For?

The Personal Needs Allowance (PNA) is the portion of income that Medicaid recipients in nursing homes are allowed to keep for their own personal expenses—things like clothing, toiletries, haircuts, gifts, and



other essentials that are not covered by Medicaid. Right now in Connecticut, the PNA is 75 dollars per month, an amount residents and advocates worked hard to increase a few years ago. Yet, as the cost of living climbs, 75 dollars simply does not go as far as it once did.

We believe that when prices go up, residents' allowances must go up as well. Your needs do not stay the same from year to year, and your PNA should not either. That is why we are calling for the PNA to be tied to Cost of Living Adjustments (COLA), so that when there is an increase in income based on the cost of living, your personal needs allowance automatically rises too.

What Are We Fighting For?

The Personal Needs Allowance (PNA) is a vital resource for Medicaid recipients in nursing homes, enabling us to cover personal expenses not included in Medicaid coverage, such as clothing, toiletries, and other essentials. Right now, the PNA is \$75 per month in Connecticut—a figure we fought hard to increase in 2021.

But with the rising cost of living, we know that \$75 doesn't stretch as far as it used to. Prices go up every year—shouldn't our allowance keep up, too? That's why we're demanding that PNA increases be tied to Cost of Living Adjustments (COLA). Your needs don't stay flat—your allowance shouldn't either!



Call to Action – We Need Your Help!

We are collecting testimonials from residents across Connecticut nursing homes to show lawmakers the real impact of the current PNA and the benefits of tying it to COLA in order to hopefully pass [HB 5300](#) from last year which would automatically increase our personal needs allowance every time there is a cost of living adjustment to our income. To strengthen our advocacy efforts, and to get this bill passed, **we need your help!** Lawmakers need to hear directly from residents about the importance of increasing the PNA.



How You Can Participate:

1. Share Your Experience:

- How does the current \$75 PNA affect your ability to purchase personal items and services?
- What challenges do you face with the current amount?
- How would an increase tied to COLA improve your daily life and well-being?

2. Submit Your Story:

- **Online:** Fill out our quick and easy form at <https://ads-sua-hipaaforms.ct.gov/253345810550957> or Scan this QR Code



- **By Email:** Complete the attached paper form and email it to us at LTCOP@ct.gov .

The 2026 legislative session has begun and our work isn't done.

Your input, stories, and support are essential to driving this change. If you'd prefer to share feedback in person or need help completing the



online form, please reach out to your Regional Long Term Care Ombudsman or contact us at LTCOP@ct.gov.

Together, we can secure a PNA that truly reflects the cost of living and supports the dignity and quality of life all residents deserve. Thank you for being part of this effort.

In Solidarity,

The Executive Board of Presidents of Resident Councils
Connecticut Long-Term Care Ombudsman Program (LTCOP)



Jeanette Sullivan-Martinez; President
John Balisciano Jr; Vice President
Ivette Alvarez
Robert Willis

Richard Hodges
Martha Leland
Susan Bilansky
Richard Metayer
Cindy Michaud

Got COLA? Get Heard on PNA! – Resident Feedback Form

Consent and Privacy Notice:

By submitting this form, you authorize the Executive Board of Presidents of Resident Councils and the Long-Term Care Ombudsman to use your responses in our advocacy efforts to increase the Personal Needs Allowance (PNA) in Connecticut. We value your privacy and understand that you may wish to support this cause without fully disclosing your personal information.

Your Options:



- **Full Disclosure:** Providing your full name, facility, and town allows us to demonstrate the widespread impact across the state.
- **Partial Disclosure:** If you prefer, you may share only your first name and town, or any combination of details you are comfortable with.
- **Anonymity:** You may choose to remain anonymous; however, please note that anonymous testimonials may have less impact in our advocacy efforts.

Rest assured, any information you provide will be used solely for the purpose of advocating for residents' rights and will be handled with the utmost care to protect your privacy.

If you have any questions or concerns, feel free to contact us at LTCOP@ct.gov. Thank you for your support and participation.

Online Form Questions:

Resident Name:
Nursing Facility Name:
Town:
1. Personal Impact: How does the current PNA affect your ability to buy personal items and services?
2. Challenges Faced: Have you had trouble meeting your personal needs because of the current PNA amount?



<p>3. Benefits of an Increase: How would an increase in the PNA improve your daily life and well-being?</p>
<p>4. Specific Needs: Are there specific items or services you currently can't afford that you would prioritize if the PNA were increased?</p>
<p>5. Additional Comments: Please share any other thoughts or suggestions about the PNA and how it affects your quality of life.</p>



PERSONAL NEEDS ALLOWANCE (PNA) INCREASE PETITION

**On Behalf of the Residents of _____ Nursing Home
Connecticut General Assembly**

To: Members of the Connecticut General Assembly

From: The Undersigned Residents, Family Members, and Supporters of _____ Nursing Home

Request: Support for Increasing the Personal Needs Allowance (PNA) for Nursing Home Residents

Background

The Personal Needs Allowance (PNA) is the small amount of money Medicaid recipients in nursing homes may keep each month to pay for personal items **not** covered by Medicaid; including clothing, toiletries, grooming services, phone bills, hobbies, snacks, transportation, and other essentials that support dignity and quality of life.

Connecticut’s current PNA is **\$75 per month**, an amount last increased in 2021. With rising costs of everyday goods and services, this amount no longer adequately covers basic personal needs. Residents across the state report having to choose between essentials, skipping needed items, or going without meaningful activities that support emotional well-being.

We, the residents and supporters of _____ Nursing Home, respectfully urge the Connecticut General Assembly to **increase the PNA and implement an annual Cost of Living Adjustment (COLA)** so it keeps pace with inflation.

We, the undersigned, petition the Connecticut General Assembly to pass legislation during the 2025 Session that:

1. **Increases Connecticut’s Personal Needs Allowance above the current \$75 per month**, to better reflect the real cost of personal necessities; and
2. **Establishes an annual Cost of Living Adjustment (COLA)** so the PNA does not fall behind inflation in future years.

Increasing the PNA is essential to protecting resident dignity, autonomy, self-care, and quality of life.

Signature Section

Printed Name

Signature

Resident / Family / Other





Consent and Privacy Notice

By signing this petition, you authorize your name to be included in submissions to legislators in support of increasing the PNA. Testimonial questions are optional and may be submitted with full name, partial identifying information, or anonymously. All information collected will be used solely for statewide advocacy efforts led by the Executive Board of Presidents of Resident Councils and the Office of the Long-Term Care Ombudsman.

For questions, contact: LTCOP@ct.gov



It's Your Choice — Let's Hear Your VOICE!

Join the Statewide Coalition of Presidents of Resident Councils (SCPRC)

- ✓ Are you a nursing home resident interested in making a difference?
- ✓ The SCPRC is a resident-led group of nursing home leaders from across Connecticut who work together to strengthen resident councils and advocate for the rights and quality of life of over 30,000 residents statewide.

WE'RE LOOKING FOR NEW MEMBERS!

WHAT TO EXPECT:



Just 2 hours per month to attend meetings and share your input

AS A MEMBER YOU WILL:



Be a Voice for nursing home residents



Represent your peers



Advocate for resident rights and interests

TO LEARN MORE



Talk to your Regional Ombudsman or call 1-866-388-1888



Federal advocacy priorities

The Connecticut Long Term Care Ombudsman Program supports federal legislation that protects resident rights, strengthens safety, and promotes dignity in nursing homes. Current priorities include caregiver access protections and stronger nurse staffing standards.

1. Essential Caregivers Act of 2025: H.R. 6766 and S. 3492 (119th Congress)

As resident leaders, we are reaching out to urge support for the two Essential Caregivers bills introduced in the 119th Congress: **H.R. 6766** and **S. 3492**, the **Essential Caregivers Act of 2025**. These bills recognize a lesson made painfully clear during the COVID 19 pandemic: family members and trusted support persons are not merely visitors. For many residents, they are essential to health, safety, communication, and emotional wellbeing.

Essential Caregivers Act of 2025: bill pages and one pager

- [H.R. 6766 \(House bill\) on Congress.gov: Essential Caregivers Act of 2025, all information](#)
- [S. 3492 \(Senate bill\) on Congress.gov: Essential Caregivers Act of 2025, bill information](#)
- [Essential Caregivers Act of 2025 one pager \(PDF\)](#)

What the Essential Caregivers Act would change

- Protect a resident's ability to designate an Essential Caregiver.
- Maintain in person access during public health emergencies with reasonable infection control measures.
- Reduce the risk of blanket restrictions that isolate residents.



- Support appropriate training and access to PPE when needed for safety.
- Reinforce that connection and support are core components of quality care.

Why Essential Caregivers matter to residents

Residents often rely on specific individuals for practical support and advocacy, including help with meals and mobility, communication support, cultural and language continuity, oversight of care concerns, and emotional stability. Isolation is not a neutral policy choice. It can affect physical health, mental health, and overall quality of life. The Essential Caregivers Act strengthens resident autonomy and reinforces that dignity includes meaningful human connection.

2. Nurses Belong in Nursing Homes Act

The Nurses Belong in Nursing Homes Act would restore and strengthen federal nursing home staffing standards by requiring a nurse to be on site 24 hours a day and establishing a minimum of at least three and a half hours of nursing care per resident per day. The bill also mandates regular, evidence based updates to staffing standards, provides permanent funding for inspections and enforcement, reinvests civil monetary penalties to support worker recruitment and retention, and holds facilities accountable for using taxpayer funds to support the frontline workforce. The goal is to improve safety, dignity, and quality of care for nursing home residents.

Why nurse staffing standards improve safety and dignity

From the Ombudsman perspective, insufficient staffing can contribute to delayed response to resident needs, increased falls and preventable



hospitalizations, medication errors, missed hygiene and repositioning assistance, staff burnout and turnover, and reduced time for meaningful engagement. Staffing levels shape the lived experience of residents every day.

Nurses Belong in Nursing Homes Act Resources

- [Nurses Belong in Nursing Homes Act one pager \(PDF from the Senate Finance Committee\)](#)
- [Nurses Belong in Nursing Homes Act section by section summary \(PDF from the Senate Finance Committee\)](#)



SPCRC JOINT LETTER IN SUPPORT OF THE ESSENTIAL CAREGIVERS BILLS

February 10th, 2026

Dear Senator/Congressperson,

We are writing on behalf of the Statewide Coalition of Presidents of Resident Councils (SCPRC), also known as the Executive Board (E-Board). We are an independent group made up of Resident Council Presidents from nursing homes across Connecticut, along with former Resident Council Presidents who have transitioned to community living. Our mission is to be the voices of the residents we represent and to advocate at the state and federal levels for quality care and quality of life for individuals living in skilled nursing homes and those who have transitioned to the community.

As resident leaders, we are reaching out to urge your support for the two Essential Caregivers bills introduced in the 119th Congress: H.R. 6766 and S. 3492, the Essential Caregivers Act of 2025.

Several years have passed since the height of the COVID-19 pandemic, but the lesson remains clear: when facilities restrict visitation, residents can be cut off from the people who know us best, notice changes first, help us communicate, and support our daily well-being. We lived through long periods of isolation that harmed residents physically, emotionally, and cognitively. Many of us experienced rapid decline without regular connection and support from family and trusted loved ones. We should not have to relive that again in any future outbreak, emergency, or crisis.

The Essential Caregivers Act of 2025 creates a basic, humane safeguard: it requires certain long-term care settings to allow access to “essential caregivers” during any period when regular visitation is restricted. In plain terms, it helps ensure that if a facility limits visits, residents are still allowed in-person access to at least one designated person who provides critical support.



From a resident perspective, essential caregivers are not “social visitors.” They are part of the resident’s support system. They help with communication, memory, eating, emotional stability, monitoring for changes, and making sure resident preferences are understood and respected. This is especially important for residents living with dementia or other conditions that make advocacy and communication harder without trusted support.

We respectfully ask that you:

- Support and co sponsor H.R. 6766 and or S. 3492
- Encourage committee leadership to advance the bills for consideration
- Publicly affirm that resident rights and resident well-being must remain protected during emergencies, not suspended

Connecticut’s nursing home residents are citizens with the same need for connection, dignity, and support as anyone else. These bills are one concrete way Congress can prevent the harms we experienced and help ensure that resident rights remain real even during crisis conditions.

Thank you for your time and for your service. We stand ready to share resident perspective and to work with you to advance these protections.

Respectfully,

Executive Board of Resident Council Presidents
Statewide Coalition of Presidents of Resident Councils (SCPRC)
Connecticut



The SAVE America Act Would Restrict the Right to Vote for Many Residents of Long-Term Care Facilities

On January 30, 2026, [H.R 7296](#) passed the U.S. House of Representatives. The Senate version, [S.128](#), was introduced and referred to the Committee on Rules and Administration last year.

If either version is enacted, individuals would be required to present documentary proof of U.S. citizenship, such as a birth certificate, passport, or naturalization papers, to register to vote in federal elections. For many individuals receiving long-term services and supports (LTSS), such as older adults receiving long-term care at home or in long-term care facilities, these documents are difficult or impossible to access. Many older adults no longer have their original birth certificates or are unable to buy a passport. Their medical conditions, lack of transportation, and the need for assistance will make it difficult, and in many cases impossible, for them to obtain these documents. The significant barriers created by this legislation would result in disenfranchising hundreds of thousands of older or disabled Americans living at home or in long-term care facilities.

Since these requirements would restrict Older Americans' ability to exercise their voting rights, Consumer Voice opposes the SAVE America Act.

[Take action now](#) and contact your U.S. Senator to oppose any legislation that requires residents residing in long-term care facilities to present documentary proof of U.S citizenship.

Tell your U.S. Senator that they need to protect Older American's right to vote by opposing any legislation that would restrict their voting rights. Contact your U.S. Senator by calling the U.S. Capitol Switchboard at 202-224-3121 or [send an email](#).



Thank You for Making the Annual VOICES Forum a Success!

We extend our heartfelt gratitude to all the incredible residents, staff, and advocates who joined us for the **Annual VOICES Forum**. Your presence, energy, and thoughtful contributions helped make the day one of meaningful conversation, shared wisdom, and collective empowerment. Together, we advanced the work of Resident Councils across the state and lifted up the voices that matter most.

For those who were unable to attend in person, we understand that travel and scheduling can sometimes be a challenge. The good news is—you can still be part of the experience!

We've made the **recorded sessions and presentation materials** from the day available online.

Visit: portal.ct.gov/lcop/voices2025 to watch the recording and access the PowerPoints and handouts from the event.

Thank you again for your continued commitment to resident rights and advocacy.

We're excited to announce that the **30th Annual VOICES Forum** will be held on **Friday, October 2nd, 2026**. Visit the [VOICES 2026 webpage](#) for more information and the link to RSVP beginning **August 1, 2026**.

- **Date:** Friday, October 2nd, 2026



- Time: 9:00 AM - 2:00 PM
- Location: Aqua Turf, 556 Mulberry St, Plantsville, CT 06479

CALL TO ACTION | Resident Council Presidents and Therapeutic Recreation Directors



The Statewide Coalition of Presidents of Resident Councils is excited to continue our ongoing initiative to highlight the outstanding work being done in nursing homes across our state. We know that many of you are implementing innovative and effective practices that greatly enhance the quality of life for residents. Now is your chance to share these successes with your peers!

We are calling for submissions of best practices from Resident Council Presidents and Therapeutic Recreation Directors for our upcoming



edition of *The Silver Panther*. Whether it's a unique program, an effective policy, or a creative solution to a common challenge, we want to hear about it! Your submissions will help inspire and guide other facilities in adopting practices that have been proven to work.

How to Participate:

1. **Identify** a best practice that has had a positive impact on your residents.
2. **Write** a brief description (300-500 words) detailing the practice or program, the results, and any resources or suggestions to help others implement if interested.
3. **Include** any photos, videos, or testimonials from residents and staff.
4. **Submit** your entry via email to LTCOP@ct.gov and Daniel.Beem@ct.gov as soon as possible.

Benefits of Participation:

- **Recognition:** Your facility will be highlighted in our statewide newsletter, *The Silver Panther*, and on our website.
- **Sharing Knowledge:** Contribute to a repository of best practices that others can learn from and implement.
- **Inspiration:** Motivate other facilities to innovate and improve their own resident care practices.

We believe that by sharing our successes, we help to elevate the standard of care and quality of life in all nursing homes. We look forward to receiving your submissions and showcasing the incredible work being done across our state.

Thank you for your dedication and commitment to enhancing the lives of our residents.



The Connecticut Long Term Care Ombudsman Program is now on Facebook!

**YOUR CARE
YOUR RIGHTS
YOUR VOICE**



Connecticut Long Term Care Ombudsman Program

2.1K followers • 115 following

www.Facebook.com/ctltcop



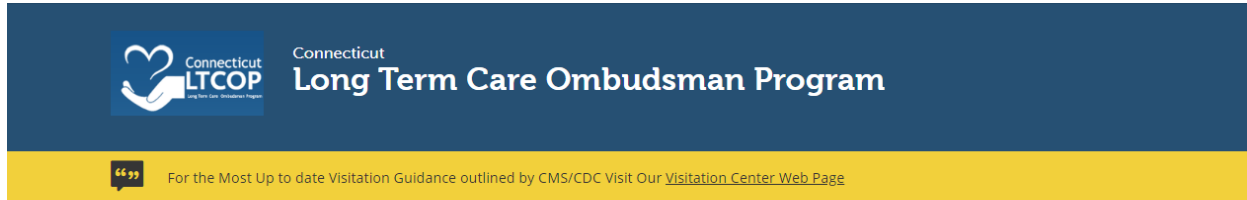
1-866-388-1888

Please visit our page and **“Like and Follow”**





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Get updates from Long Term Care Ombudsman Program straight to your inbox!

• required

First Name

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Email

<https://portal.ct.gov/LTCOP>

Please visit the CTLTCOP web page and click **“Subscribe”** to stay informed on topics that you care about most:

Legislative News

- Local and State Wide Resident Council Resources
 - Silver Panther Newsletter
- Local and State Wide Family Council Resources
 - Visitation / COVID-19 Updates
 - Educational Opportunities / Webinars



Connecticut LTCOP

Long Term Care Ombudsman Program

Community Ombudsman Program



PURPOSE

Enhance quality of life and care for Connecticut citizens who receive long term services and supports



SETTINGS

- Residential Care Homes
- Assisted Living Communities
- Private Homes



WHAT DOES THE LONG TERM CARE COMMUNITY OMBUDSMAN DO?

- **RECEIVES** and looks into complaints and assists individuals to resolve problems.
- **EDUCATES** individuals and families about their rights.
- **EMPOWERS** and supports individuals and families to discuss concerns with others providing care or services.
- **PROVIDES** information regarding long-term services and supports
- **ADVOCATES** improvements in state and federal laws and regulations.
- **REPRESENTS** the voice of individuals receiving LTSS and their interests before governmental agencies.
- **IDENTIFIES** and seeks to remedy gaps in provider, government, or community services.
- **RESPECTS** the privacy and confidentiality of individuals.

CONFIDENTIAL AND RESIDENT DIRECTED

All activities are on behalf of residents and at their direction. All communication is held in strict confidentiality. The Ombudsman does not follow up unless directed to by the individual.



SEEKING HELP

You're entitled to seek help to exercise your rights.

Visit Us On the Web at:
<https://portal.ct.gov/ltcop/lcco>
or Call

1-866-388-1888



Statewide Coalition of Presidents of Resident Councils

(SCPRC) Steering Committee Members

Sullivan-Martinez, Jeanette <i>President</i>	Pendleton Healthcare
Balisciano Jr., John <i>Vice President</i>	Hewitt Health and Rehab
Bilansky, Susan	Hebrew Home
Leland, Martha	Touchpoints of Manchester
Richard Metayer	Pendleton Healthcare
Robert Willis	West Side
Ivette Alvarez	Newtown
Cindy Michaud	Summit of Plantsville
Mariyln Cadoff	McClean
Richard Hodges	Vernon Healthcare and Rehab
Jahaira Garcia	Southport Rehab and Care Center



Games and Puzzles



Winter Fun Crossword

ACROSS

1. Shoes for ice gliding
4. Bed covering for warmth
6. Small white ice crystals
7. Toboggan
8. Many frozen crystals of water
10. Windblown pile of snow
11. Scoop for moving snow
12. Warm hand coverings
16. Sleep through cold weather
17. Open hearth
18. Hot chocolate drink
19. Parka
20. Column of ice
21. Severe, windy snowstorm

DOWN

1. Flat runners for snow gliding
2. Winter neck covering
3. Not hot
4. Outdoor winter shoes
5. Device that provides heat
6. Extreme cold
8. Individual snow crystals
9. Bright and colorless
13. Warm wool top
14. Shake from cold
15. Warm head covering

© Puzzle Cheer



Name: _____ Date: _____

Winter Word Search

- SNOWBOARDING
- SLEIGHBELLS
- JACK FROST
- BELOW ZERO
- SNOWMOBILE
- SNOWFLAKE
- FREEZING
- BLIZZARD
- SNOWBALL
- FLURRIES
- MITTENS
- SCRAPER
- FISHING
- SLIDING
- SKATING
- SNOWMAN
- TUBING
- BAKING
- HOCKEY
- SKIING
- ICICLE
- DRIFTS
- GLOVES
- JACKET
- PLOW
- SCARF
- BOOTS
- SALT
- COLD
- SNOW



F	G	S	B	W	M	T	X	H	Q	L	T	S	A	J	D	T	N	L	M	D	U	L	F
S	A	G	A	K	R	X	H	B	L	C	T	J	L	V	I	V	H	Q	V	I	Y	G	D
S	M	C	F	L	V	P	T	O	I	C	D	C	H	H	D	O	P	L	O	W	V	N	K
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G	S	L	L	E	B	H	G	I	E	L	S	S	W	T	V	I	O	Q	X	U	V	Q	E
S	L	T	E	K	C	A	J	C	S	N	O	W	B	O	A	R	D	I	N	G	L	F	L
H	K	O	L	P	S	N	W	L	E	R	T	V	G	D	W	U	G	S	O	R	Q	V	C
R	X	G	V	I	B	T	W	F	T	Y	T	W	E	L	I	B	O	M	W	O	N	S	I
M	Q	O	R	E	O	S	P	S	Q	O	Q	O	R	E	Z	W	O	L	E	B	A	E	C
D	F	I	B	T	S	N	D	R	W	M	S	N	X	N	N	Q	Z	H	L	Z	T	P	I





TOLL FREE NUMBER

1-866-388-1888

Email: ltcop@ct.gov

Facebook: www.facebook.com/CTLTCOP

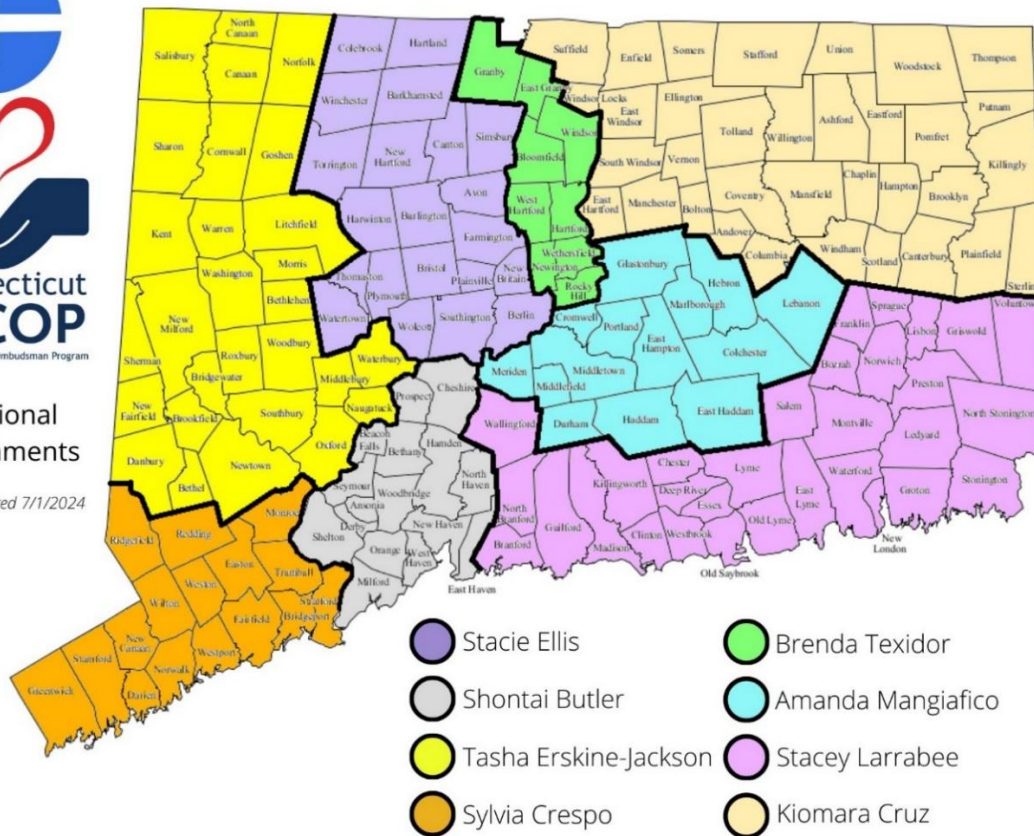
State Website: <https://portal.ct.gov/ltcop>

Contact The CT Long Term Care Ombudsman Program Toll Free 1-866-388-1888



Regional Assignments

Last Updated 7/1/2024





The Center for Medicare Advocacy

The Center for Medicare Advocacy, Inc. is a private, non-profit organization which provides education, advocacy, and legal assistance to help elders and people with disabilities obtain necessary healthcare. We focus on the needs of Medicare beneficiaries, people with chronic conditions, and those in need of long-term care. The organization is involved in education, training and litigation activities of importance to Medicare beneficiaries nationwide.

TOLL FREE NUMBER

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