

W E L C O M E

to the

University of Connecticut School of Medicine Residency & Fellowship Programs

and the

Capital Area Health Consortium

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GENERAL INFORMATION

Maps and Information on the Greater Hartford Area

NOTE: The street system in the area can be extremely confusing. We have enclosed in your packet a good street map to save you time and energy when looking for apartments, hospitals, sightseeing or when you're just looking to explore.

Metro Hartford Alliance Chamber of Commerce (860) 525-4451 (www.metrohartford.com)
31 Pratt Street – 5th Floor
Hartford, CT 06103

You can order a relocation package (for Hartford only, Ext. 202, cost \$10). The package includes maps of the area. You can also write to the Chamber of Commerce of each individual town some of which are free of charge.

Greater Hartford Convention & Visitors Bureau (860) 728-6789 (www.EnjoyHartford.com)
31 Pratt Street – 4th Floor
Hartford, CT 06103

The Old State House (860) 522-6766 (www.ctoldstatehouse.org)
800 Main Street
Hartford, CT 06103

The Old State House offers many interesting exhibits along with a visitors center which has a large supply of maps and brochures - most of them free. (Hours: Monday – Friday, 9 a.m. – 5 p.m.)

Automobile Association of America (AAA) (860) 236-3261 (www.AAA.com)
815 Farmington Avenue
West Hartford, CT 06119

If you are a member of AAA, this is an excellent source of area maps, guidebooks and license and renewal. (Hours: M-F, 8:30 am to 5:30 pm, Saturday 9:00 am to 2pm)

MOTELS AND HOTELS

Call for rates. Some area motels will give you a reduced rate if you identify yourself as a Medical Resident at the University of Connecticut Health Center (UCONN). Some of the larger chains such as the Ramada have an 800 number for reservations. A telephone operator can assist you.

Avon Old Farms Hotel - (860) 677-1651 (Expensive)

(www.avonoldfarmshotel.com)

Located in Avon, eight miles from UCONN.

Centennial Inn All Suite Hotel - (860) 677-4647 or 1-800-852-2052

Ten minutes from UCONN in Farmington (www.centennialinn.com)

Courtyard by Marriott-Hartford/Farmington - 1-800-321-2211 or (860) 521-7100

(www.marriott.com/bdlhf)

Close to UConn Health Center

Farmington Inn - (860) 677-2821 or 1-800648-9804 (Expensive, but special rates available)

(www.farmingtoninn.com)

Two miles from UCONN.

Hilton Homewood Suites – (860) 524-0223 (116 suites with full kitchens)

(www.hartfordct.homewoodsuites.com)

Close to St. Francis Hospital & Medical Center

Holiday Inn Express – (860) 246-9900 (Reasonable)

(www.hiexpress.com/hartfordct)

Close to St. Francis Hospital & Medical Center

Homewood Suites Hotel - (860) 321-0000 (2 room suites with kitchen - good for families)

(www.homewoodsuites.com) (www.hartfordfarmington.homewoodsuites.com) (local)

Located approximately ½ mile from UCONN.

Marriott Hotels - 1-800 228-9290 or (860) 678-1000 (Expensive)

(www.marriott.com)

The Farmington Marriott is located about 2 miles from UCONN.

UTILITIES

Telephone

AT&T Customer Service **1-(800) 453-7638** or if already in the Hartford Area, call **811** (or contact nationally known telephone companies such as MCI, Sprint, etc.). (www.att.com) Once you know where you will be living, you can arrange to start phone service. They will need your Social Security number (if you have one). There is a \$65 activation fee.

ComCast - 1-800COMCAST or www.comcast.net

Electric

CT Light & Power (in-state): **1-(860) 947-2000** or from out-of-state **1-(800) 334-9561** (www.ct-lp.com)

Once you know where you will be living, you can arrange for your electricity to start. There is usually no deposit required unless there is a credit problem.

Gas

Connecticut Natural Gas Company **(860) 524-8361** (www.ctgcorp.com)

Service for Gas Utilities can be set up once residency is established. If gas has been turned off, an individual from the gas company must come to the premises to restart gas appliances.

Heat

As Connecticut tends to be cold in the winter, your heating bill may be expensive. Heat may be gas, oil or electric and some rents include the cost of heat. Check with your landlord if heat is included and what type of heat is available. There is only one gas or electric company, but for oil heat you will need to contact a private oil company and compare prices.

Cable Systems (service varies by area and towns)

AT&T Dish Network	1-866-722-7500
ComCast	1-800-COMCAST
Cox Communications	1-800-955-9515

BANKS

As an employee of the Capital Area Health Consortium, you are entitled to join the ***First New England Federal Credit Union*** (main office is located in East Hartford 860-282-0001 or the branch office in Newington 860-666-0029). There are financial advantages to joining a Credit Union such as no fee checking (with a minimum balance) and lower interest rates on loans. However, it is not as convenient as a large commercial bank with many branch offices. Information on the Credit Union will be available at orientation. Most of the area hospitals have a credit union as well. You may be eligible to join one of them. (www.firstnewengland.org)

The following banks have many branch offices and offer checking, savings, Visa card services etc. After all employment requirements are met, you can arrange for Automatic Deposit of your paycheck with the Consortium in any bank including the Credit Union. The process usually takes two payrolls. The branch offices of the following banks and additional banks are listed in the yellow pages of the telephone book.

Webster Bank (www.WebsterOnline.com)
Workplace Banking available through Webster
1-800-325-2424

The Consortium paychecks are drawn from Webster Bank. Therefore, any employee with direct deposit of his/her paycheck into a Webster account will get free checking while a resident/fellow. (Other area banks offer free checking. Please contact your bank officer.)

Bank of America (www.bankofamerica.com)
1-800-432-1000

TD Bank North (www.banknorthCT.com)
1-800-428-7000

People's United Bank (free checking within Connecticut)
1-800-772-1090

To open an account online: (www.switchtopeoples.com)

Sovereign Bank (www.sovereignbank.com)
1-877-768-2265

There are two banks which may approve a mortgage for a new Resident or Fellow before he or she receives a pay. They have a special program for Physicians in Training in which they approve the mortgage.

Bank of America – No money down and no PMI
Contact: Suzanne Savod at 866-810-4404 or Suzanne.e.savod@bankofamerica.com

Webster Bank
Contact: Betsy Shelley at 860-692-1608 or eshelley@websterbank.com

NEWSPAPERS

The Hartford Courant - (860) 525-5555 or 241-6200

285 Broad Street, Hartford, CT (www.ctnow.com)

Largest daily newspaper in the area. Sunday paper has large classified advertisement section with apartments and condos for rent as well as household items to purchase.

Bristol Press – (860) 584-0501

99 Main Street, Bristol, CT (www.bristolpress.com)

Publishers of the Newington Town Crier, Wethersfield Post and Rocky Hill Post. Smaller more local papers but with good advertisements for apartments, goods and services.

Middletown Press & West Hartford News – (860) 347-3331

New Britain Herald - (860) 225-4601 (www.ctcentral.com)

One Herald Square, New Britain, CT

Covers New Britain, Plainville, Southington, Wethersfield, Berlin, Rocky Hill, Farmington and Newington.

Other News Publications

(usually delivered free of charge -
excellent source for household goods, tag sales & needed services)

The Yankee Flyer - (860) 242-2265 (www.yflyer.com)

Covering Bloomfield, Avon, Farmington and Simsbury.

The Rare Reminder - 563-9386 (www.rarereminder.com)

Mailed free to residents of Newington, Wethersfield, Rocky Hill, Cromwell, Berlin, Kensington and parts of Middletown.

The Hartford Advocate - (860) 548-9300 (www.hartfordadvocate.com)

An "alternative" free newspaper that is published weekly, the Advocate can be picked up at most grocery and package stores.

TOWNS IN THE UCONN HEALTH CENTER AREA

The following is a short description of 13 towns in the UConn area. The phone numbers after the town are for the Town Hall where you can get more information and/or maps of the town. The term multi-family units means apartments and condominium units.

(1) **AVON (409-4300)** is a rural community 5 miles from the Health Center. Population: 17,800; 814 multi-family housing units, two elementary schools, 1 middle school, 1 high school. A variety of shopping and restaurants along Rt. 44. Express busses to West Hartford and Hartford but no local street buses. Two state parks with hiking picnicking, historic, swimming, tennis, golf, library, arts center and Talcott Mountain Science Center for student involvement. (www.town.avon.ct.us)

(2) **BLOOMFIELD (769-3500)** is a suburban town approximately 9 miles from the Health Center. Population: 20,581; 1605 multi-family housing units; 3 elementary, 1 middle, and 1 high school. Two main shopping areas. Local bus service and express bus to Hartford. Two state parks with all activities, swimming pool, tennis, library. On the town line of Bloomfield and West Hartford is the University of Hartford and the Hartt School of Music offering a variety of courses and cultural events. (www.bloomfieldct.org)

(3) **BRISTOL (584-6100)** is located about 10 miles southwest of the Health Center. Population about 61,353 with roughly 11,000 multi-family housing units. It is possible to find more reasonable rents in Bristol. There are 10 elementary, 3 middle and 2 high schools. There are many shopping areas along Route 6 offering a variety of shopping, restaurants and other activities. (www.ci.bristol.ct.us)

(4) **EAST HARTFORD (291-7100)** is located across the Connecticut river from Hartford with a population of 50,633. There are 10 elementary, 2 magnet and 2 high school. East Hartford is home to Rentschler Field, the sports stadium where the UConn Huskies football team plays. Riverfront Recapture offers events along the Connecticut riverfront in East Hartford and Hartford. (www.ci.east-hartford.ct.us)

(5) **FARMINGTON (675-2300)** has a population of 25,084 with 2,417 multi-family units. Some apartments are directly across from UConn Health Center. There are 4 elementary, 1 middle and 1 high school. Two major shopping areas (Corbins Corners and West Farms Mall) are located in a corner of West Hartford, Farmington and New Britain. Some local bus service is available as well as an express bus to Hartford. Plenty of recreation: parks, wildlife sanctuary, x-country skiing, golf and museums. (www/farmington-ct.org)

TOWNS (Cont'd)

(6) **HARTFORD (522-4888)** The city of Hartford is within easy commute to the Health Center as well as the home of three (3) of the Consortium Hospitals: St. Francis Hospital and Medical Center and its Mt. Sinai Campus, Hartford Hospital/Institute of Living and the Connecticut Children's Medical Center. The population of Hartford is approximately 121,578 and there are over 46,000 multi-family housing units. As in any large metropolitan area, Hartford has many diverse neighborhoods with a multi-cultural population. The downtown area offers excellent restaurants, outstanding regional theater, museums, shopping and the XL Center (sports events, concerts, etc.) At the Bushnell Memorial Hall one can see ballet, symphony, Broadway shows and a variety of other cultural events. The New England Dodge Music Center is the venue for entertainment (www.hartford.com)

(7) **NEW BRITAIN (826-3303)** is located about 7 miles from the Health Center with a population of over 71,538 people. There are approximately 22,000 multi-family housing units. There are 10 elementary, 3 middle and 1 high school. This is a small city with a downtown area with shops, restaurants, museums, a YMCA/YWCA, libraries, parks etc. There is bus service within the town as well as to Hartford. There is excellent highway access via I84, Routes 9 and 72. Both The Hospital of Central Connecticut and the Hospital for Special Care are located there. (www.new-britain.net)

(8) **NEWINGTON (666-4661)** Population 29,931 with over 9,000 multi-family housing units. Newington is very accessible to the Health Center Route 9. The Veteran's Hospital is located there and it is easily accessible to The Hospital of Central Connecticut. The Berlin Turnpike offers a multitude of stores and restaurants which run between the South end of Hartford and connects with I-91 closer to Meriden. There are 4 elementary, 2 middle and 1 high school. Also 2 swimming pools are available as well as skating, tennis, museums, and library. There is local bus service as well as an express bus to Hartford. (www.ci.newington.ct.us)

(9) **PLAINVILLE (793-0221)** is located off of I-84 and Route. 72 about 7 miles from the Health Center. Population is approximately 17,193. There are about 2200 multi family units. Plainville offers 3 elementary, 1 middle and 1 high school. There are several small parks, a YMCA and other recreational activities. A variety of stores and restaurants are located on Route 72. (www.plainville.ct.com)

(10) **ROCKY HILL (258-2700)** is a town southeast of Farmington with a population of 18,000. There are approximately 2,800 multi-family units and 3 elementary, 1 junior and 1 high school. There is local bus service and express bus service into Hartford. The Silas Deane Highway cuts through the middle continuing from Wethersfield and provides most of the area's shopping and restaurants. (www.ci.rocky-hill.ct.us)

TOWNS (Cont'd)

(11) **SIMSBURY (658-3200)** is a rural community 10-12 miles from the Health Center. Population is about 23,659 and there are approximately 1,200 multi-family units. There are 5 elementary schools, 1 middle and 1 high school along with 4 private schools. There is no highway access through Simsbury, but there is an express bus to Hartford. The recreation facilities are extensive with parks, golf courses, tennis, swimming pools, nature trails, and ice skating. (www.townofsimsbury.com)

(12) **WEST HARTFORD (523-3100)** is a large suburban community (pop. 63,589) centrally located to the Health Center, Newington VA Hospital, and convenient to the Hartford Hospitals. There are 7,300 multi-family residences, 10 elementary, 3 middle and 2 high schools with many private schools as well. There are 3 or 4 major shopping areas including West Hartford Center and Blue Back Square, with West Farms Mall the largest indoor mall in the area. There are many excellent restaurants as well as outstanding recreational areas with tennis, golf, swimming, ice skating, parks, etc. (www.west-hartford.com)

(13) **WETHERSFIELD (721-2800)** is a suburban community just south of Hartford with a population of about 26,831 people. There are a little over 2,000 multi-family dwellings. There are 5 elementary schools, 1 middle and 1 high school. The Silas Deane Highway runs through the middle of town offering a variety of shops, restaurants and public buildings. There are parks, cultural centers, museums, an historical district, tennis, swimming, boating, etc. There is both local bus service as well as an express bus into Hartford. (www.wethersfieldct.com)

MISCELLANEOUS INFORMATION

Library Services

Each town has a public library offering a wealth of information and services. You can find information on local facilities and services, rent tapes, CD's and even art work. Get a free library card as soon as you know what town you will live in. The card entitles you to take out books at any public library in the State.

Postal Services – To change your address online go to: www.usps.com

School Information

* Elementary

Once you know the town where you will live, contact the local Board of Education. They will inform you about what records will be needed to register your child, the school he/she will attend and whether transportation is provided. It is generally accepted in Connecticut that if you live within 1 to 1 ½ miles of school, you walk.

* Nursery School

Good nursery schools usually fill quickly. It is advised that you contact schools early.

Motor Vehicle Department - Driver's License – 860-263-5700

To get a Connecticut driver's license you will need:

- 1) your out-of-state driver's license
- 2) a letter that has been sent to you at your new address (you can send yourself a letter
- 3) additional piece of ID (your car registration, certified birth certificate, social security card – laminated card not accepted – passport, certified marriage license, etc.)

Take all this to the Motor Vehicle Department. Generally, new Connecticut residents with valid out-of-state licenses will only be given an eye test. There is a \$40 vision fee. All Motor Vehicle Departments are closed on Mondays. For more information visit (www.ct.gov/dmv).

J-1 Visa holders are required to show the DS2019, I 94 card and a passport.

MISCELLANEOUS INFORMATION (cont'd)

Public Transportation - Connecticut Transit - 525-9181 (bus schedule) (www.cttransit.com)

*Bus Service - Although some towns have bus service to Hartford, there is very little public transportation and it will be necessary to have your own transportation. Bus service is good between 8:00 AM and 7:00 PM but more erratic at night and on weekends.

Long Distance Bus Companies:

Greyhound Bus Lines: (www.greyhound.com)

For schedules and fare information call 1-800-231-2222.

Peter Pan:

For schedules and fares call 1-800-343-9999. This company offers daily express service to such locations as Boston, New York City, Baltimore and Washington.

Bonanza/Peter Pan: (www.bonanzabus.com)

For schedules and fares call (860) 677-5466. Bus leaves from Farmington.

*Train service is available in several towns throughout Connecticut.

Amtrak:

For information on schedules as well as depot locations, call 1-800-872-7245

Day Care

For those interested in day care, the following is a list of names and numbers you can contact for information at each hospital:

Kids Are Great Learning Center
Institute of Living Campus
545-8460

St. Francis Hospital & Medical Center
714-4777

Hospital of Central Connecticut
224-KIDS (5437)

Hospital for Special Care
827-1958 x5109

John Dempsey/UConn Health Center
Creative Child Center
679-2124