

**SOUTHWESTERN CT AGENCY ON AGING
FY 2023 GRANTEES
COMMUNITY PROGRAMS AND SERVICES
For Older Adults 60 and Over**

***Click on the organization's name to be directed to their website**

Adult Day Centers

[ElderHouse, Inc.](#)

Adult Day for Low-Income Older Adults

Contact: Denise Cesareo

Phone: 203 847-1998

Provides low-income older adults access to ElderHouse, an accredited medical model adult day center. Once enrolled, dependent older adults will benefit from a full day of socialization, recreational activities, and memory care programs; as well as nurse monitoring, personal care assistance, meals, and counseling.

[Jewish Senior Services](#)

Grasmere on Park Adult Day

Contact: Sara Witherington

Phone: 203-365-6469

A certified medical model adult day program for older adults who are physically, cognitively or emotionally frail and often unable to remain alone during the day. Services include nursing care, case management, personal care, recreation, USDA certified meals and snacks, rehabilitation services, specialized dementia care, caregiver support groups and escorted wheelchair transportation.

[Jewish Senior Services](#)

Memory Workshop

Contact: David Magner

Phone: 203-396-1021

A unique weekly peer-to-peer support program for individuals who are experiencing changes in memory and/or, have a diagnosis of Mild Cognitive Impairment or early-stage Dementia and are independent in personal care needs. Care partners are critical to each participant and also supported by the program by helping them understand cognitive impairment and dementias, that they might begin to understand the next steps.

[River House Adult Day Center](#)

River House Adult Day Center Title III B Program

Contact: Donna Spellman

Phone: 203-622-0079

A certified medical model adult day care center, clients receive skilled nursing care, socialization, exercise and therapeutic recreation, door to door transportation, and nutritious meals. These services ensure the safety of clients, decrease isolation, prevent malnutrition, and provide respite for their caregivers.

Caregiver Support Services

Fairfield County House

Senior Access Fund and Education

Contact: Julia Portale

Phone: 203-921-6405

Provides temporary respite care including room and board, nursing services, activities, and care planning with a hospice or home care team.

Hall Senior Center

Family Caregiver Support

Contact: Cheryl Delaney

Phone: 203-345-2045

Assists family caregivers with information and assistance to continue to ensure that the client and the caregivers needs are being met by determining what their needs are and then providing solutions available to them within their community.

Salvation Army

Grandfamilies Together

Contact: Major Katherine Longcoy

Phone: 203-334-0995

Provides outreach, advocacy, social service support, caregiver education, counseling, and support groups. Programs help families build trust, enhance communication, and let grandparents know they are not alone in raising their grandchildren.

Town of Monroe

Caregiver Assistance

Contact: Kimberly A. Cassia

Phone: 203-452-2815 ext. 4

Provides information and assistance to caregivers to keep their loved ones in their homes, to help them achieve maximum independence, promote dignity, and maintain the individual's quality of life.

Town of Trumbull

Caregiver Services

Contact: Michele Jakab

Phone: 203-452-5144

A wide range of supports to caregivers as they face challenges in their caregiving role. offer them assistance, referral services and emotional support; including referrals to licensed clinicians employed in the town. In addition, the department will provide monthly seminars for caregivers and their loved ones to attend; virtually or in-person.

Westport Center for Senior Activities

Caregiver Support Group at the WCSA

Contact: Holly Betts

Phone: 203-341-5099

Caregiver support counseling group for caregivers caring for an older individual, a child under age 18, or an adult child aged 18 to 59 years of age with a disability. Meetings will take place virtually twice a month and are led by a counselor/facilitator.

Friendly Visiting

Family Centers

Friendly Connections

Contact: Karissa L. Payero

Phone: 203-684-5310

Provides vital support to isolated and/or homebound Fairfield County seniors. The program alleviates isolation by utilizing trained volunteers and master's-level interns referred to as "Friendly Visitors." Friendly Visitors provide phone and video calls and home visiting and support clients navigating "end-of-life" issues, including mental health challenges or loss.

Food and Shopping Services

Cardinal Shehan Center

Senior Cooking Club

Contact: Lorraine Gibbons

Phone: 203-336-4468

Cooking lessons on cultural dishes, baking, and healthy meals focusing on nutrition. This hands-on course will meet once per week for two hours and engage older adults in the art of cooking. The fall Senior Cooking Club session will run for 6 weeks, and the spring Senior Cooking Club will run for 7 weeks. It will be nutritious, delicious, and fun!

Family & Children's Agency

Assisted Transportation & Shopping Services

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and supports in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance, and companionship.

Jewish Family Services of Greenwich

Supermarketing for Seniors

Contact: Melissa Basile-Reolon

Phone: 203-622-1881, ext. 104

A free non-discriminatory grocery shopping and case monitoring program designed to help homebound elderly Greenwich residents who lack the ability or means to shop independently to age in place.

[Sterling House Community Center](#)

Seniors Home Food Delivery & Volunteer Program

Contact: LeAnne Reynolds

Phone: 203-378-2606

A home food delivery program for older adults in Stratford to alleviate mobility constraints especially during the COVID-19 pandemic.

Health Services

[Community Health Center Inc.](#)

Comprehensive Dental Care for Seniors

Contact: Marcia Winseck

Phone: 860-347-6971

Provides dental treatment for seniors who due to lack of insurance or underinsurance, would likely not be able to afford treatment otherwise at CHCI's Stamford and Norwalk dental sites. All participants will receive an oral exam, x-rays, and cleaning. Services may consist of restorations, extractions, root canals, bridges, crowns, partials, and/or dentures.

[Fairfield University School of Nursing](#)

Health Promotion: Fall Prevention

Contact: Jessica Alicea-Planas

Phone: 203-254-4000, ext. 2738

A Matter of Balance © (MOB) is a highest tier evidence-based program (National Council on Aging, 2022) designed to reduce the fear of falling and increase activity levels among older adults. The program will be given at 15 community-partner sites to 10 participants at each site; 2 programs will be bilingual in Spanish and English and facilitated by Fairfield University Nursing students.

[Family Centers](#)

Geriatric Counseling & Mental Health

Contact: Karissa Payero

Phone: 203-684-5310

Provides treatment, including medication management, to individuals regardless of insurance status. The program's psychotherapy and counseling capabilities address trauma, grief, and bereavement, persistent sadness and depression consuming worry and anxiety disorders, poor adjustment to academic and work demands, domestic violence, parent-child conflicts, and marital strain and discord.

[Jewish Senior Services](#)

Center for Elder Abuse Prevention

Contact: Laura Snow Robinson

Phone: 203-365-6403

Activities to increase public awareness of elder abuse and disseminates knowledge that may help in preventing and/or reporting instances of elder abuse.

[*Monitor My Health*](#)

Fairfield County Health and Wellness Initiative 2

Contact: Kate Gabova

Phone: (203) 243-2244

A 23-session long CDC recognized Diabetes Prevention Program for seniors who are at risk for type 2 diabetes and heart disease. Aerobic exercise classes and one-on-one nutritional counseling is included.

[*Norwalk Senior Center*](#)

Tai Chi Moving for Better Balance

Enhance Fitness

Contact: Beatrix Lane

Phone: 203-814-3620

Tai Chi classes are offered 3 times per week and Enhance Fitness classes are offered 4 times per week. Classes are designed to build balance, endurance, flexibility & strength in older adults. Classes are led by certified instructors. Seniors with stronger muscles can get out of a chair themselves, lift their grandchildren or walk to the store. Strong muscles help seniors prevent falls which can cause serious injuries such as fractured hips or legs.

[*Stamford Senior Center*](#)

Kinima Fit for Seniors

Contact: Christina Crain

Phone: 203-977-5238

Offers highly engaging personalized video interaction simulating exercise with an individual trainer or class instructor, incorporating a vast array of fitness content and providing real-time automated feedback.

[*Westport Center for Senior Activities*](#)

Tai Chi for Arthritis

Contact: Holly Betts

Phone: 203-341-5099

The program uses Dr. Paul Lam's sun style tai chi to improve movement, balance, strength, flexibility, and relaxation. The goal of this program is to decrease pain and falls for seniors with arthritis. This program will meet for one hour a week for sixteen weeks and will follow the curriculum set by the Tai Chi for Arthritis program. The program strongly encourages participants to practice what they learned in class for 30 minutes a day at least 4-days a week. A DVD will be supplied for each participant.

[*Westport Center for Senior Activities*](#)

Mind and Muscle Hour

Strength Stretch and Core Hour

Contact: Holly Betts

Phone: 203-341-5099

Mind and Muscle Hour participants will enjoy physical and mental exercise while having fun sharing laughs and making new friends and connections. This social-based brain and exercise training program helps improve the speed of thinking, improve short and long-term memory, and improve the seniors' physical condition.

Strength, Stretch, and Core Hour will use new computer software technology (KINIMA Seniors) to teach the different exercises designed to strengthen the core, increase flexibility, and improve balance.

In-Home Services

Family & Children's Agency

Chore, Homemaking, Personal Emergency Response

Contact: Ligia Masilamani

Phone: 203-831-2900

Support services for seniors to live safely and independently. Chore and Homemaker services each aim to assist seniors with routine household chore to achieve this goal. While homemaking focuses on household management functions (cooking, cleaning, laundry), chore services meet needs related to heavy house/yard work so seniors may remain in their homes. FCA's Personal Alert services provide older adults with an Emergency Response System to secure help in a medical, physical, emotional, or environmental emergency.

Legal Services

CT Legal Services

Legal Services for Elderly

Contact: Kevin Brophy

Phone: 203-721-8550

Provides a full range of legal assistance to seniors in order to help them address the complex legal issues that negatively impact their lives. Services include access to medical care, access or preserve urgently needed subsistence benefits, preserve housing, create health care directives and Powers of Attorney, fight against consumer fraud, overcome financial abuse and exploitation, and help enforce overall rights.

Elderly Nutrition Program

Catholic Charities of Fairfield County

Congregate & Home Delivered Meals

Greater Norwalk & Stamford

Contact: Maureen Neuberger

Phone: 203-324-6175

Congregate meals served at community sites and meals delivered to homebound seniors age 60 and older.

Norwalk Sites:

Broad River Homes, 108 New Canaan Avenue

The Marvin, 60 Gregory BLVD.

Norwalk Senior Center, 11 Allen Road

Stamford Sites:

Stamford Senior Center, 888 Washington BLVD

Jewish Community Center (Kosher), 1035 Newfield Avenue

Over 60 Club, 628 Main Street

Greenwich Site:

Hill House, 8 Riverside Avenue

Westport Site:

Westport Center for Senior Activities, 21 Imperial Avenue

CW Solutions

Congregate & Home Delivered Meals

Greater Bridgeport Area

Contact: Laura Palmieri

Phone: 203-332-3264

Congregate meals served at community sites and meals delivered to homebound seniors age 60 and older.

Bridgeport Sites:

Bridgeport Elderly Apartments, 2400 North Avenue

Eisenhower Senior Center, 307 Golden Hill Street

Hall Neighborhood House, 52 George E. Pipkins Way

Stratford Site:

Baldwin Senior Center, 1000 West Broad Street

Fairfield Site:

Bigelow Center for Senior Activities, 100 Mona Terrace

Trumbull Site:

Trumbull Senior Center, 23 Priscilla Place

Monroe Senior Dine Program:

Bills-Drive-In Restaurant, 431 Monroe Turnpike

Senior Centers and Senior Programs

Bridge House

STEP IT UP

Contact: Maureen Cuda

Phone: 203-335-5339

Wellness initiatives and strategies that benefit members of the clubhouse by addressing dietary and nutritional needs, increasing physical strength and endurance, and maintaining meaningful connections.

Bridgeport Department on Aging

Senior Center Recreation Activities

Contact: Marie Heller

Phone: 203-576-7201

Provides weekly recreational activities at three Bridgeport senior centers including painting, line dancing, Tai-Chi, Zumba, and ceramics classes.

Hall Senior Center

Senior Center Use

Contact: Cheryl Delaney

Phone: 203-345-2045

The center offers group socialization through regularly scheduled activities including nutritious continental breakfast and hot luncheons daily. Partnerships with area businesses provide presentations on identity theft and fraud, prescription drug safety, and therapeutic arts and crafts. Health & wellness programs are held weekly.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Programs to support financial security, promote independence, enhance quality of life, wellbeing, and socialization.

Transportation- allows seniors access to rides for a variety of reasons: medical appointments, employment, shopping, attending center activities, salon appointments, lunches and more.

Chore service- helps those struggling financially and who are unable to complete the activity themselves to remain safely in their homes.

Recreation- classes allow struggling seniors to engage in the many benefits of recreational programs: physical, mental, emotional, social, and spiritual stimulation.

Norwalk Senior Center

Vital Services

Contact: Beatrix Lane

Phone: 203-299-1500

Provides current information on opportunities and services available in the community such as: assistive technology, behavioral health, benefits, citizenship, exercise, fall prevention, financial assistance, food, housing, legal services, transportation and more. Seniors are linked to available opportunities and services; staff follows up to insure said opportunities and services are rendered. A bilingual Activity Coordinator provides seniors with language translation to reduce barriers in communications to assist in the social functioning of participants who do not speak English.

Over 60 Club Inc.

Over 60 Senior Neighborhood

Contact: Betty McOsker

Phone: 203-316-9335

628 Main Street, Stamford

Provides informational programs covering entitlements, health , community concerns, safety, etc. and ongoing assistance with paperwork such as Rent Rebate, Transportation, Farmers Market coupons, etc. Programs operate 5 days a week at the Senior Center which is in a relaxed and friendly atmosphere. Nutritious lunch is provided, and seniors are encouraged to take part in exercise programs which include Line Dance, Chair Yoga, General Fitness and Balance, Silver Fit, Tai Chi and Zumba gold.

Stamford Senior Center

The Hispanic Club

Contact: Christina Crain

Phone: 203-977-5238

The Hispanic Club runs Mondays through Fridays from 9:00 am to 3:00 pm providing social, educational, health & wellness programs and information and assistance to the greater Stamford senior Hispanic community. Programs include ESL classes, exercise classes, music, sewing and art classes. Monthly educational lectures are provided on a variety of topics as well recreational programs. Multi-cultural trips are offered throughout the year.

Town of Stratford

Senior Connection

Contact: Tamara Trojanowski

Phone:203-385-4050

Outreach to older adults who are isolated, home-bound and/or disengaged. Provides individualized follow-up by phone and through home-visiting. Therapeutic recreational activities are facilitated at Baldwin Center and other Town buildings, Housing Authority, and neighborhood sites.

Support Services

Bridgeport Department on Aging

Elderly Hispanic Program

Contact: Marie Heller

Phone: 203-576-7201

Elderly Hispanic Program strives to enhance the quality-of-life and self-sufficiency of Bridgeport seniors with limited English proficiency. The program offers bi-lingual information

and assistance services, as well as benefit education sessions, to low-income, Hispanic seniors aged 60+ in Bridgeport. The Elderly Hispanic Outreach Program also assists seniors through one-on-one counseling and group sessions.

SilverSource, Inc.

SilverSource Case Management & Outreach Project

Contact: Alison Heim

Phone: 203-324-6584

Case Management- Assist older adults to assess urgent needs, provide information on short and long-term solutions, assist them in accessing benefits, and provides support through critical issues.

Outreach- Provides older adults with regular check-ins, access to information, help navigating complex systems, professional referrals, connections to community programs and resources.

Jewish Family Service of Stamford

Schoke JFS Senior Support Program

Contact: Rebekah Kanefsky

Phone: 203-921-4163

Provides language translation, specifically in Russian and Spanish, case management services with referrals and advocacy to appropriate community partners, and mental health counseling.

Transportation Services

Family & Children's Agency

Assisted Transportation & Shopping Services

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and supports in the community so they can live independently. FCA's caregivers drive seniors to doctor's offices, grocery stores, socialization events and other activities that require vehicular transportation. A unique element to FCA's Assisted Transportation is that caregivers escort clients and remain with them throughout the entire service, providing assistance, guidance, and companionship.

SilverSource, Inc.

SilverSource Medical Transportation

Contact: Alison Heim

Phone: 203-324-6584

Provides older residents safe, cost-free, and reliable rides to and from medical appointments, increasing access to healthcare, preserving the limited incomes of seniors who struggle financially. A wheelchair accessible van enables the program to serve non-ambulatory clients.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Programs to support financial security, promote independence, enhance quality of life, wellbeing, and socialization.

Transportation- allows seniors access to rides for a variety of reasons: medical appointments, employment, shopping, attending center activities, salon appointments, lunches and more.

Chore service- helps those struggling financially and who are unable to complete the activity themselves to remain safely in their homes.

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