COMMUNITY PROGRAMS & SERVICES

The following providers receive Federal Older Americans Act Title III funding administered by Southwestern CT Agency on Aging

Learn more about these programs and services for adults 60 years of age or older

<table>
<thead>
<tr>
<th>Support Services</th>
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| **Legal Services for Elderly**  
**CT Legal Services**  
Legal assistance in addressing complex legal issues that impact income, shelter and health care for low-income seniors. | **Monroe Senior & Disabled Transportation**  
**Town of Monroe**  
Supplements local senior transportation for medical, personal, nutritional and recreational activities. | **SilverSource Information/Assistance/Outreach**  
**SilverSource, Inc.**  
Provides information, expert help navigating complex systems, referrals, emergency assistance, and support for critical needs that create community connections. |
| **Center for Elder Abuse Prevention**  
**Jewish Senior Services**  
Community educational events on elder abuse prevention. | **Vital Services**  
**Norwalk Senior Center**  
A senior Center including bi-lingual information & assistance, personal reassurance, and translation services for low-income & minority seniors. | **River House Adult Day Center**  
**River House Adult Day Center**  
Assists in providing Adult Day Care for low-income participants including socialization, therapeutic recreation and exercise, nutritious meals, and compassionate nurse care. |
| **Personal Alert**  
**Family & Children’s Agency**  
Assists in providing personal emergency response service to low-income seniors. | **Assisted Transportation**  
**Family & Children’s Agency**  
Escorted door-to-door transportation for medical appointments, grocery stores & socialization events. | **Food-4 Seniors Home Delivery Program**  
**Sterling House Community Center**  
A home food delivery program for older adults in Stratford to alleviate mobility constraints especially during the COVID-19 pandemic. |
| **Elderly Hispanic Program**  
**Bridgeport Health & Social Services**  
Outreach to Spanish-speaking seniors in Bridgeport; information about and assistance accessing services. | **Chore/Homemaker**  
**Family & Children’s Agency**  
Assistance with housekeeping and chores to enable low-income and frail seniors to remain safely in their homes. | **Supermarketing for Seniors**  
**Jewish Family Services of Greenwich**  
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. |
| **Senior Center Recreation Activities**  
**Bridgeport Department on Aging**  
Recreational activities including Tai Chi, line dancing, painting classes held at various senior centers in Bridgeport. | **Comprehensive Dental Care for Seniors**  
**Community Health Center Inc.**  
Full-service dental program for low-income seniors at Norwalk Smiles and the Dental Center of Stamford. | **Over 60 Senior Neighborhood**  
**Over 60 Club Inc.**  
203-316-9335  
To help Stamford Seniors maintain a healthy balance both physically and mentally during the Covid-19 pandemic through wellness calls, weekly mailings and small gatherings for social activities and exercise. |
| **Senior Center Use**  
**Hall Senior Center**  
Provides programming, and information and assistance through regularly scheduled small and large group activities and a nutritious breakfast and lunch. | **Elderly Hispanic Program**  
**Stamford Senior Center**  
Provides social, educational, health & wellness programs and information and assistance to the greater Stamford senior Hispanic community. | **Hartford HealthCare At Home**  
**Home-Based Case Management**  
Provides senior home health clients with an assessment and assistance accessing needed community services. |
| **Hartford HealthCare At Home**  
**Friendly Connections**  
**Family Centers**  
Friendly visitors for isolated seniors in senior housing and group activities for the seniors and visitors to share | **Over 60 Senior Neighborhood**  
**Over 60 Club Inc.**  
628 Main Street, Stamford 203-316-9335  
**Over 60 Senior Neighborhood**  
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628 Main Street, Stamford 203-316-9335  
To help Stamford Seniors maintain a healthy balance both physically and mentally during the Covid-19 pandemic through wellness calls, weekly mailings and small gatherings for social activities and exercise. | **Southwestern CT Agency on Aging**  
**ESCORTED TRANSPORTATION**  
**Greenwich Information-Assistance/Outreach**  
**SilverSource Information/Assistance/Outreach**  
**SilverSource, Inc.**  
Provides information, expert help navigating complex systems, referrals, emergency assistance, and support for critical needs that create community connections. |
Health Promotion Services

Health Promotion: Fall Prevention
Fairfield University School of Nursing
Nursing students provide evidence-based “Matter of Balance” fall prevention workshops for community seniors.

Tai Chi Moving for Better Balance
Enhance Fitness
Norwalk Senior Center
Evidence-based health promotion fitness classes held at two Norwalk Senior Center locations.

Healthy Senior 2021
Monitor My Health
A year-long, evidence-based CDC National Diabetes Prevention Program (NDPP) for low-income seniors at an increased risk for type 2 diabetes and heart disease.

Caregiver Support Services

Family Caregiver Support
Hall Senior Center
Caregiver services, individual counseling and support/education group sessions in English and Spanish.

Caregiver Support
Family & Children’s Agency
Caregiver counseling, support, referrals and information & assistance for caregivers and their care recipients.

Memory Workshop
Jewish Senior Services
A peer-to-peer support and educational program for adults with mild cognitive impairment or early stage dementia. A program that bridges the gap between diagnosis and crisis.

Grasmere on Park Adult Day
Jewish Senior Services
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.

Congregate and Home Delivered Meal Services

Congregate & Home Delivered Meals
CW Resources
Congregate meals served at seven community sites and meals delivered to homebound seniors.

Congregate & Home Delivered Meals
Catholic Charities of Fairfield County
Congregate meals served at eight community sites and meals delivered to homebound seniors.

See next page for complete listing of meal site locations and contact information.
Title III-C Congregate and Home Delivered Meals

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<th>GREATER BRIDGEPORT</th>
<th>GREATER NORWALK &amp; STAMFORD</th>
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<td><strong>Congregate Meals</strong></td>
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<td>Catholic Charities of Fairfield County 203-324-6175</td>
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**Client Eligibility for Title III Congregate Meals**

- Persons age 60 or older
- The accompanying spouse of an eligible participant, regardless of age
- Persons with disabilities who have not reached 60 years of age, but who reside in housing facilities occupied primarily by older persons at which congregate services are provided
- Persons providing volunteer services during meal hours
- Persons receiving home delivered meals are not eligible to receive a congregate meal on the same day

**Bridgeport Sites:**
- Bridgeport Elderly Apartments, 2400 North Avenue
- East Side Senior Center, 1057 East Main Street
- 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

**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 Ave.

**Home Delivered Meals**

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**Client Eligibility for Title III Home Delivered Meals**

- Persons age 60 or older who are homebound because of illness or an incapacitating disability, or who are otherwise isolated;
- The spouse of a person age 60 or older, regardless of age, if the receipt of the meal is in the best interest of the person age 60 or older; and
- Persons less than 60 years old with disabilities who are members of the household of a person age 60 or older who is a Title III-C home delivered meal recipient.
- Persons receiving a congregate meal are not eligible to receive home delivered meals on the same day.
- Persons who are Medicaid or CT Home Care Program eligible should not utilize Title III funds to receive Medicaid-eligible services.