

# 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

## Support Services

### **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.

### **Center for Elder Abuse Prevention** **[Jewish Senior Services](#)**

Community educational events on elder abuse prevention.

### **Personal Alert**

#### **[Family & Children's Agency](#)**

Assists in providing personal emergency response service to low-income seniors.

### **Elderly Hispanic Program** **[Bridgeport Health & Social Services](#)**

Outreach to Spanish-speaking seniors in Bridgeport; information about and assistance accessing services.

### **Senior Center Recreation** **Activities**

#### **[Bridgeport Department on Aging](#)**

Recreational activities including Tai Chi, line dancing, painting classes held at various senior centers in Bridgeport.

### **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.

### **Hartford HealthCare At Home** **[Home-Based Case Management](#)**

Provides senior home health clients with an assessment and assistance accessing needed community services.

### **Monroe Senior & Disabled** **Transportation** **[Town of Monroe](#)**

Supplements local senior transportation for medical, personal, nutritional and recreational activities.

### **Vital Services**

#### **[Norwalk Senior Center](#)**

A senior Center including bi-lingual information & assistance, personal reassurance, and translation services for low-income & minority seniors.

### **Assisted Transportation**

#### **[Family & Children's Agency](#)**

Escorted door-to-door transportation for medical appointments, grocery stores & socialization events.

### **Chore/Homemaker**

#### **[Family & Children's Agency](#)**

Assistance with housekeeping and chores to enable low-income and frail seniors to remain safely in their homes.

### **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.

### **Elderly Hispanic Program** **[Stamford Senior Center](#)**

Provides social, educational, health & wellness programs and information and assistance to the greater Stamford senior Hispanic community.

### **Friendly Connections** **[Family Centers](#)**

Friendly visitors for isolated seniors in senior housing and group activities for the seniors and visitors to share

### **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.

### **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.

### **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.

### **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.

### **Over 60 Senior Neighborhood**

Over 60 Club Inc.  
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.

## 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.

### **Caregiver Support** [ElderHouse, Inc.](#)

Offers assistance to caregivers in seeking information about services, outreach initiatives, one to one counseling and adult day services offered at ElderHouse to provide regular hours of respite to caregivers.

### **Caregiver Services** [Town of Trumbull](#)

A wide range of supports to caregivers as they face challenges in their caregiving role. Given the COVID-19 pandemic, caregivers are being challenged more than ever to care for their loved ones. Staff provide caregivers with information and assistance, bi-monthly support groups, and host educational seminars covering a variety of topics with professional instructors.

### **Caregiver Assistance** [Town of Monroe](#)

Provides caregivers with information on opportunities and services available to them and their care recipient within the community. Provides links to needed services with follow up.

### **Senior Access Fund and Education** [Fairfield County House](#)

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

### **Grandfamilies Together** [The Salvation Army](#)

Provides outreach, advocacy, caregiver education and support groups to grandparents raising their grandchildren or other relative kin. Programs will help families build trust, enhance communication and let grandparents know they are not alone in raising their grandchildren.

## 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

## GREATER BRIDGEPORT

## GREATER NORWALK & STAMFORD

### Congregate Meals

CW Resources

203-332-3264

### Congregate Meals

Catholic Charities of Fairfield County

203-324-6175

### 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

Greater Bridgeport

CW Resources

203-332-3264

### Home Delivered Meals

Greater Norwalk & Stamford

Catholic Charities of Fairfield County

203-324-6175

### 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.