

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.

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.

Seniors Home Food Delivery & Volunteer 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.

Fairfield County Health and Wellness Initiative **[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.

Senior Connection

Town of Stratford

Small group therapeutic recreational activities facilitated at various community locations. This program also provides outreach to home-bound and isolated seniors.

Shoke JFS Senior Support Program

Jewish Family Service of Stamford

Language translation and Information & Assistance provided to older adults.

Assisted Transportation

ElderHouse

Transportation provided for seniors to and from ElderHouse, and/or other appointments with door to door assistance in handicapped accessible vehicles.

Kinima Fit for Seniors

Stamford Senior Center

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.

Digital Education Pilot Project

SilverSource

Provides Stamford seniors with Continuing Education training, technical devices and internet access which connects them to critical resources.

Shopping Services

Family & Children's Agency

Shoppers will escort older adults who are able to go out into the community to shop provided by specially trained drivers.

Geriatric Counseling & Mental Health

Family Centers

The program utilizes a holistic, strength-based approach to mental health treatment, intended to improve the overall health, well-being, and functioning of people of all ages, including older adults.

Over 60 Sr. Neighborhood Socialization and Technology Program

Provides senior center participation activities and continuing education through training on tablets, smart phones and computers.

Mind and Muscle Hour

Strength Stretch and Core Hour

Westport Center for Senior

Activities

Mind Muscle Hour: A social based brain and exercise training program to help improve the speed of thinking, improve short and long-term memory and improve the senior's physical condition.

Strength Stretch and Core: A program designed to build strength, increase flexibility, and strengthen abdominal and back muscles to stabilize the trunk or core. The goal of this program is to decrease the risk of falls for seniors.

Utility Support Services

Person to Person

Assists seniors with their utility needs and helps with a variety of other needs including fresh groceries, quality clothing, budget counseling, referrals, and guidance for those navigating the social services network.

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.

Tai Chi for Arthritis

Westport Center for Senior

Activities

An exercise class to improve movement, balance, strength, flexibility, and relaxation. The goal is to decrease pain and falls for seniors with arthritis.

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.

Westport Center for Senior
Activities

Caregiver Support Group at the
WCSA

Caregivers will receive group counseling twice a month for one hour facilitated by a Counselor.

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
 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.