

**SOUTHWESTERN CT AGENCY ON AGING
FY 2024 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: Julia Schwartz-Leeper

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. At the same time, family caregivers benefit from time off from caregiving duties, as well as support, referrals and counseling.

[Mozaic Senior Life](#)

Mozaic Adult Day Program

Contact: Laura Snow Robinson

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.

[Mozaic Senior Life](#)

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 dementia, that they might begin to understand the next steps.

[River House Adult Day Center](#)

River House Adult Day Center Title III B Program

Contact: Peg Drenckhahn

Phone: 203-622-0079

As clients of River House, all individuals supported will receive increased socialization, therapeutic recreation and exercise, nutritious meals, transportation, and compassionate nursing care that will

increase their quality of life. Clients will remain engaged in the community and maintain their independence while caregivers and other family members benefit from respite, caregiver support and peace of mind.

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, 24/7 nursing services, and coordinated activities and care planning with their hospice and 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. The Senior Center manager will meet with the caregivers to assess problems and capacities, provide connections to available opportunities and services and follow-up with caregivers to ensure that they have received the recommended services.

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. Information sessions are held monthly to educate and support caregivers.

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. Outreach provided to identify caregivers and offer them assistance, referral services and emotional support; including referrals to licensed clinicians employed in the town. In addition, monthly seminars are provided for caregivers and their loved ones to attend.

Westport Center for Senior Activities

Caregiver Support Group

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 with two in-house social events at the WCSA 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

Family & Children's Agency

Assisted Transportation & Shopping Services

Contact: Ligia Masilamani

Phone: 203- 831-2900

Keeps older adults connected to services and support 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. Shoppers assist homebound elderly Greenwich residents to: Exercise self-determination in selection of food from local vendors; provide access to the community's extensive network of services for seniors; and monitor the clients' food, social, emotional, and physical wellbeing.

Health Services

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 10 community-partner sites to 10 participants at each site; 1 program 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.

Mozaic Senior Life

Center for Elder Abuse Prevention

Contact: Laura Snow Robinson

Phone: 203-365-6403

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

Monitor My Health

Lifestyle Care Initiative

Contact: Dana Wade

Phone: (203) 710-5519

Adults at increased risk for type 2 diabetes, heart disease, obesity, and cancer will participate in a Lifestyle Care Program that consists of evidence-based group coaching sessions, group physical activity sessions, and one-on-one nutritional counseling from a Registered Dietitian. The goals of the program are to acquire healthy habits, prevent or delay chronic diseases, such as type 2 diabetes, cardiovascular disease, and cancer, and their complications, and address the social determinants of health.

Monitor My Health

Diabetes Self-Management Southwestern

Contact: Dana Wade

Phone: (203) 710-5519

Adults with diagnosed type 1 or type 2 diabetes participate in the evidence-based Diabetes Self-Management Education and Support (DSMES) Program. The program includes one hour of individual assessment and additional nine hours of group training. The goals of the program are to acquire healthy habits, improve blood glucose monitoring and blood glucose values, achieve healthier BMI, prevent or delay type 2 diabetes complications.

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.

[Stamford Senior Center](#)

Kinima Fit for Seniors

Contact: Christina Crain

Phone: 203-977-5238

KINIMA.fit offers highly engaging exercise, incorporating a vast array of fitness content. Seniors can view themselves on a large screen with color-coded visual feedback, self-guided or supervised, and in a group or individual setting. The station consists of a large interactive screen powered by 3D technology. The content has expanded to include a vast array of physical activity offerings including: Tai Chi, Zumba, cardio, strength and stretch done with and without weights, both performed seated and standing with flexible durations. Breathing and meditation are included.

[The University of Bridgeport](#)

Senior Smiles

Contact: Maria Gomes

Phone: 203-576-4668

Serves older individuals with low income throughout the greater Bridgeport area. A Fones School dental hygienist assesses, gathers information (x-rays, photos, intraoral scans, etc.) and provides appropriate preventive care and education to patients. Individual care plans are created for each patient. Services include basic dentistry, denture prep, and dentures (partials and full, including preparation). Each senior will receive an initial screening visit of approximately one hour. Participation and services following the initial visit will depend on individual needs.

[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 who requests one so they can practice at home.

[Westport Center for Senior Activities](#)

Recreation for Mind Muscle and Body

Contact: Holly Betts

Phone: 203-341-5099

The Tech Fit for Fitness program is designed for seniors who want a more challenging strength and balance program. Tech Fit for Fitness will use senior-appropriate internet videos to teach the different exercises designed to strengthen the core, increase flexibility, and improve balance. The program will use a laptop and large-screen television or projector to bring personal training and fitness instruction in various exercise forms.

The Mind and Muscle Hour program is designed for seniors who want a gentle focus on core and balance while exercising their brains to keep their cognitive skills sharp. Mind and Muscle Hour participants will enjoy physical and mental exercise while having fun sharing laughs and making new friends and connections. Mind and Muscle Hour is the creation of fitness instructor Patty Kondub. Patty designed this social-based brain and exercise training program to help improve the speed of thinking, short- and long-term memory, and the seniors' physical condition.

In-Home Services

Family & Children's Agency

Chore Homemaking

Contact: Ligia Masilamani

Phone: 203-831-2900

FCA's Home Care programs offer a comprehensive Title III B continuum of care to support seniors to live safely and independently. Chore and Homemaker services each aim to assist seniors with routine household chores to achieve this goal. While homemaking focuses on household management functions (e.g., cooking, cleaning, laundry), chore services meet needs related to heavy house/yard work so seniors may remain in their homes.

Legal Services

CT Legal Services

Legal Services for the Elderly

Contact: Kevin Brophy

Phone: 203-721-8550

Provides a full range of legal assistance to seniors 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.

Connecticut Fair Housing Center

Legal Assistance and Public Education

Contact: Shannon Perkins

Phone: 860-263-0728

Legal assistance, advocacy and representation related to fair housing issues, foreclosure services, investigating complaints, providing legal advice, and advocating for consumers rights protections. Public education sessions provided for professionals to be better equipped to educate clients on fair housing rights and make referrals to legal services and other housing resources as needed.

Elderly Nutrition Program

Catholic Charities of Fairfield County

Congregate & Home Delivered Meals in the Greater Norwalk & Stamford Area

Contact: Maureen Neuberger

Phone: 203-324-6175

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling is also available individually and in a group setting.

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

RW Solutions

Congregate & Home Delivered Meals in the Greater Bridgeport Area

Contact: Laura Palmieri

Phone: 203-332-3264

Congregate meals served at community sites and meals delivered to homebound seniors aged 60 and older. Nutrition Education and Nutrition Counseling is also available individually and in a group setting.

Bridgeport Sites:

Bridgeport Elderly Apartments, 2400 North Avenue

East Side Senior Center, 268 Putnam 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

Monroe Sites:

Senior Dine Program: Bills-Drive-In Restaurant, 431 Monroe Turnpike

Monroe Senior Center, 235 Cutler's Farm Road

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, and exercise 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, tai chi 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

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments. The Recreation component offers a variety of programs to fulfill various needs including physical, emotional, cognitive, social, and spiritual stimulation, creativity, well-being and fun in a social open environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.

Norwalk Senior Center

Vital Services

Contact: Beatrix Lane

Phone: 203-299-1500

Staff members will provide seniors 60+ with current information on opportunities and services available in their community such as: assistive technology, behavioral health, benefits, citizenship, exercise, fall prevention, financial assistance, food, housing, legal services & transportation. Seniors are linked to available opportunities and services and staff follow up to ensure said

opportunities and services are rendered. The bilingual Outreach Counselor, Program Manager & Front Desk Coordinator provide 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 Easy Access and CT Transit bus passes for medical appointments and shopping at no cost. Members and other seniors in the community attend the congregate meal site and weekly exercise classes including line dance, Chair Yoga, general exercise, 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 as recreational programs. Multi-cultural trips are offered throughout the year to give members the opportunity to experience the arts, theatre, and nature programs that they may not otherwise have the opportunity to experience.

Town of Stratford

Senior Connection

Contact: Tamara Trojanowski

Phone: 203-385-4050

Outreach to older adults who are isolated, home-bound and/or disengaged. The program 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 Outreach Program

Contact: Marie Heller

Phone: 203-576-7201

The Elderly Hispanic Outreach 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.

City of Bridgeport Police Department

Project LifeSaver Program

Contact: Sgt. Marlon Campo

Phone: 475-422-1109

The City of Bridgeport and the Bridgeport Police Department (BPD) will provide transmitters to individuals with cognitive disabilities, including Alzheimer's Disease and Dementia, who may be at risk of wandering and becoming lost. BPD will partner with the Bridgeport Department on Aging to identify vulnerable older adults in the Bridgeport community who qualify for this critically important service. Once provided with a transmitter, the individual's family and/or caregiver will be able to notify BPD when the individual has wandered off. Using specialized radio frequency equipment, trained officers will be able to locate the individual in an average of 30 minutes after a call for help is made.

SilverSource, Inc.

SilverSource Case Management & Outreach

Contact: Alison Heim

Phone: 203-324-6584

Case management includes a thorough intake procedure with assessment of need and vulnerability. A care plan is developed with the client which may include providing immediate financial assistance, applications for programs and benefits, budget counseling, liaising with other family members and/or community partners, and referrals to outside agencies where appropriate.

Outreach serves low-income older adults by providing regular check-ins, access to information, help navigating complex systems, professional referrals, connections to additional community resources, application support and advocacy. The Outreach program staff conduct weekly conversation groups/meetings at senior housing sites, as well as reaching out *via* phone, mail, and visits. The program is designed to better engage seniors in their community and empower them with information that will help them to cope with challenges.

Jewish Family Service of Stamford

Schoke JFS Senior Support Program

Contact: Rebekah Kanefsky

Phone: 203-921-4163

Clients aged 60+ will be provided with Language Translation, specifically in Russian and Spanish. Staff will provide Case Management services to older adults with referrals and advocacy to appropriate community partners.

Wheel it Forward

Wheel it Forward

Contact: Elliot Sloyer

Phone: 203-652-8600

A community lending library for durable medical equipment like wheelchairs, hospital beds, walkers etc. Equipment is provided free of charge. Individuals can access the website, complete a liability release form, check the inventory, and reserve what is needed. When finished items are returned.

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 Ride to Wellness Medical Transportation Program

Contact: Alison Heim

Phone: 203-324-6584

Provides older residents cost-free, safe, and reliable rides to and from medical appointments, increasing access to healthcare, preserving the limited incomes of seniors who struggle financially, promoting health and well-being, and helping older residents to age in place.

Town of Monroe

Monroe Programs

Contact: Kimberly Cassia

Phone: 204-452-2815 ext. 4

Monroe Programs incorporates a transportation service that offers financial security and independence as the senior receives rides for a variety of appointments. The Recreation component offers a variety of programs to fulfill various needs including physical, emotional, cognitive, social and spiritual stimulation, creativity, well-being and fun in a social open environment. Chore service helps struggling seniors who need help inside and around their homes to maintain a safe environment, promote independence and quality of life, while using a vetted vendor and maintain financial security.