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.

**Mosaic 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.