



# **2016 TITLE III PROGRAM DIRECTORY**

*“Enhancing the quality of life for older adults, individuals with disabilities, and their caregivers in North Central Connecticut by ensuring that they have access to quality, cost effective services.”*

**NORTH CENTRAL AREA AGENCY ON AGING, INC.  
151 NEW PARK AVENUE, BOX 75  
HARTFORD, CT 06106**

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FAX: 860-251-6107  
WEBSITE: [www.ncaaact.org](http://www.ncaaact.org)**

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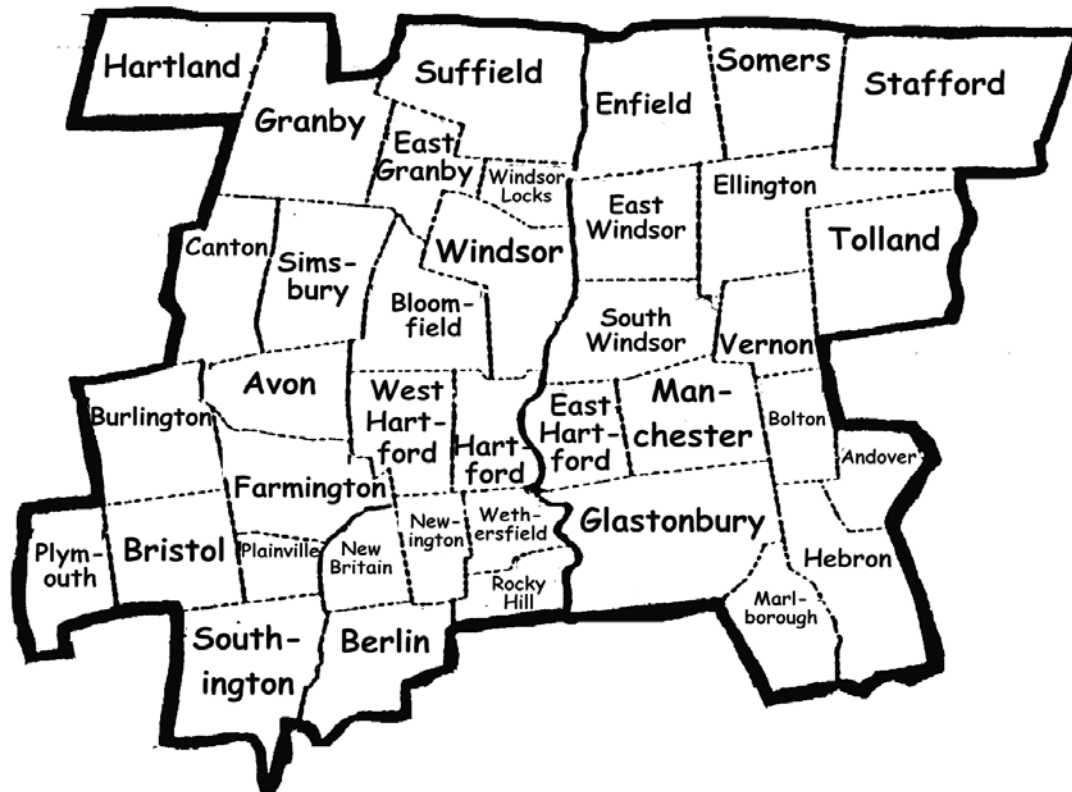
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## INTRODUCTION

The North Central Area Agency on Aging, Inc. (NCAAA) is the regional organization that provides planning and financial support to agencies serving older residents of North Central Connecticut. As one of five Area Agencies on Aging in the state – and 655 in the country, NCAAA works with the *Aging Network*, which includes older persons, government officials, service providers, planning agencies, advocacy groups, and private-sector organizations. Based in Hartford, NCAAA serves a 38-town area. NCAAA is a private, non-profit advocacy organization serving the needs of older adults and their families in the North Central Connecticut area.

### NORTH CENTRAL SERVICE AREA



## **FFY 2016 TITLE III PROGRAMS**

The North Central Area Agency on Aging, Inc. (NCAAA) receives federal funding under Title III of the Older Americans Act through the Connecticut State Department on Aging, to encourage the development of a comprehensive and coordinated system of service delivery for older persons. Awards and contracts for State and Community Programs on Aging under Title III are categorized as follows:

- Part A: General Provisions
- Part B: Supportive Services and Senior Centers
- Part C: Nutrition Services
  - Sub-part I: Congregate Nutrition Services
  - Sub-part II: Home Delivered Nutrition Services
- Part D: Disease Prevention & Health Promotion Services
- Part E: Caregiver Support Services

The local agencies supported by NCAAA provide a wide range of services including but not limited to: access services, adult day care, Alzheimer's programs, community education/counseling, community services, health services, in home services, legal services, nutrition programs, and supportive services for caregivers.

Following is a directory of programs and services funded by NCAAA under Title III for the program year, October 2015 through September 2016. The towns served by each program in addition to the services offered are noted with each program description. It also includes the Alzheimer's projects supported by state funds for the period July 2015 through June 2016.

Information about specific programs can be obtained by contacting that program directly using the phone number listed with each program description. Questions and/or comments regarding the information contained in the directory or difficulties obtaining services through the programs listed should be directed to Karen Stone, Grants Manager at 860-724-6443 ext. 288 or via email at [karen.stone@ncaaact.org](mailto:karen.stone@ncaaact.org)

## SUPPORTIVE SERVICES AND SENIOR CENTERS

### ***ACCESS SERVICES***

Access services are funded under Part B of Title III and are support programs associated with providing older persons with access to services including information and referral, health services, outreach, and transportation.

### **Health Services**

#### **Alzheimer's Resource Center of CT**

1261 South Main Street  
Plantsville, CT 06479  
860-628-9000

Bristol  
New Britain  
Southington

Caregiver Counseling  
Health Counseling  
Health Screening/Clinic  
Caregiver Support Group  
Physical Activity

#### **Managing our Minds**

Promotes overall cognitive health in seniors.  
Conducts home safety evaluations to help older persons living with dementia to remain safely at home and provides support groups for caregivers and people with early memory loss.

#### **Catholic Charities, Inc.**

New Britain Family Service Center  
90 Franklin Square  
New Britain, CT 06051  
Phone: 860-225-3561

Berlin  
Bristol  
Burlington  
New Britain  
Plainville  
Plymouth  
Southington

Family Life Education  
Mental Health Counseling  
Outreach

#### **Elderly Outreach Counseling Services**

Provides individuals with behavioral health counseling as well as education and access to community resources and entitlement programs that will ease their financial burdens and promote independent living. Counseling and supportive services are provided to families caring for elderly relatives.

#### **Community Health Center of New Britain**

One Washington Square  
New Britain, CT 06051  
Phone: 860-224-3642

Avon, Berlin,  
Bloomfield,  
Bristol, Canton,  
Farmington,  
New Britain,  
Newington,  
Plainville,  
Plymouth,  
Southington,  
Wethersfield

Dental Clinic

#### **CHC New Britain Senior Dental Program**

Provides preventive care as well as restorative and prosthetic dental services.

<p><b>Community Health Services, Inc.</b>  500 Albany Avenue  Hartford, CT 06120  Phone: 860-249-9625</p>	<p>Bloomfield  Hartford  Windsor</p>	<p>Dental Clinic</p>	<p><b>CHS Senior Smiles Dental Program</b>  Provides full dental services to patients age 60 and over. A sliding scale based upon household income, according to Federal poverty level guidelines, is offered. The clinic is open Monday and Wednesday from 8:00 a.m. to 8:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 5:00 p.m.</p>
<p><b>Town of Granby</b>  15 North Granby Road  Granby, CT 06035  Phone: 860-844-5351</p>	<p>Granby</p>	<p>Social Support Services</p>	<p><b>Granby Healthy Minds</b>  Provides counseling services. A licensed Marriage and Family Therapist (MFT) will facilitate the program. The suggested donation for a one hour session is \$20.</p>
<p><b>Town of Hebron</b>  Russell Mercier Senior Center  14 Stonecroft Drive  Hebron, CT 06248  Phone: 860-228-5971</p>	<p>Hebron</p>	<p>Physical Activity</p>	<p><b>Hebron Physical Activity &amp; Fitness Promotion</b>  Provides participants, in a group setting, the proper instruction regarding what exercise and physical activity level is/is not appropriate for them, how to exercise safely and how to stay motivated to exercise. Additionally, participants will be provided with ways they can check their progress.</p>
<p><b>Town of Newington</b>  Senior and Disabled Center  120 Cedar Street  Newington, CT 06111  Phone: 860-665-8778</p>	<p>Newington</p>	<p>Health Education  Continuing Education  Congregate Nutrition  Education</p>	<p><b>Aging Mastery Program</b>  Provides information and guidance in key areas of life to encourage small but impactful changes that improve the lives of older adults as they age. A tracking and reward system is built into the program to incent change.</p>

**Town of Plainville Senior Center**  
200 East Street  
Plainville, CT 06062  
Phone: 860-747-5728

Berlin, Bristol,  
Farmington,  
Plainville,  
New Britain,  
Plymouth,  
Southington

Physical Activity  
Dental Clinic  
Foot Care

**Plainville Health Promotion**

Offers a comprehensive fitness center. A mobile dental clinic and routine foot care are also available for senior center members and Plainville residents.

**United Way of West Central CT**  
200 Main Street  
Bristol, CT 06010  
Phone: 860-582-9559

Bristol  
Burlington  
Plainville  
Plymouth

Physical Activity

**Stand Strong – Live Long! Yoga & Stretching for Balance and Strength**

Offers a program of six-week sessions that includes two 60-minute classes each week and opportunities for individual coaching. Classes will focus on improving balance, decreasing the risks of falls and injury and encouraging physical activity outside of class.

**Information & Referral**

**North Central Area Agency on Aging, Inc.**  
151 New Park Avenue, Box 75  
Hartford, CT 06106  
Phone: 860-724-6443 or 1-800-994-9422

North Central  
Region

Information & Assistance

**CHOICES Program**

Provides free comprehensive information and assistance, outreach, counseling and eligibility screening services regarding a variety of aging issues, such as health insurance, and federal, state, and local benefits and/or support programs.

**Metropolitan Comm. Development Corp.**  
2084 Main Street  
Hartford, CT 06120  
Phone: 860-527-7087

Hartford  
(Northend)

Benefits Education

**Project Senior Knowledge**

Provides benefits counseling sessions regarding the availability of services that address health/wellness, legal and social resources available to older adults.

## **Outreach**

**Communication Advocacy Network (CAN)**  
151 New Park Avenue, Suite 101  
Hartford, CT 06106  
(860) 566-9489

North Central  
Region

Outreach  
Chore  
Homemaker  
Home Repair &  
Renovation  
Public Education  
Shopping Services

### **Deaf Elderly Outreach Center**

Provides referrals, advocacy and coordination of geriatric-based services to deaf and hard of hearing clients.

**Independence Unlimited, Inc.**  
151 New Park Avenue, Suite D  
Hartford, CT 06106  
Phone: 860-523-5021

Bloomfield  
East Hartford  
East Windsor  
Enfield  
Farmington  
Glastonbury  
Hartford  
Manchester  
New Britain  
Newington  
Rocky Hill  
Simsbury  
South Windsor  
West Hartford  
Wethersfield  
Windsor  
Windsor Locks

Information & Assistance  
Outreach  
Housing Counseling  
Family Life Education

### **Project Independence**

Provides outreach and services, including home assessments by a certified aging in place specialist and mental health counseling by a clinical mental health counselor, to lesbian, gay, bi-sexual, and transgender (LGBTQ) aging populations. Staff will provide information and referral, peer counseling, advocacy, mental health counseling and a variety of other services to enable people to remain in their own homes and/or address the specific issues related to aging for LGBTQ populations.

**Town of Enfield Neighborhood Services**  
100 High Street  
Enfield, CT 06082  
Phone: 860-253-6396

Enfield

Information & Assistance  
Outreach

### **Neighborhood Services Elderly Outreach**

Provides one stop access, information and referral services addressing a wide variety of needs to seniors in the Town of Enfield.



## **Transportation**

**Bristol Community Organization, Inc.**  
55 South Street  
Bristol, CT 06010  
Phone: 860-584-2726

Bristol  
Plainville

Transportation

**BCO Elderly Transportation Program**  
Provides rides for shopping, medical appointments, the Bristol Senior Center, and various other locations.

**City of Hartford Health & Human Services**  
Public Transportation Division  
131 Coventry Street  
Hartford, CT 06112  
Phone: 860-757-4724

Hartford

Transportation

**Hartford Dial-A-Ride/Inter Town Grocery Shuttle**  
Provides demand-response and pre-scheduled transportation services to older and disabled residents of Hartford. Service is provided to medical appointments, senior community cafés, senior centers, grocery shopping and religious services. Operates seven days a week. A weekly inter-town grocery shuttle is also offered.

**Community Renewal Team, Inc. (CRT)**  
555 Windsor Street  
Hartford, CT 06120  
Phone: 860-895-6605

Berlin  
New Britain  
Southington

Transportation

**RSVP Medical Transportation Program**  
Provides “door through door” medical transportation service through its Retired Senior Volunteer Program (RSVP) for senior citizens. CRT’s RSVP service will provide free rides (with suggested donations) that provide pick-up, appointment duration, and return-home support for convenience, companionship, safety and ease. CRT’s trained volunteers will be available Monday-Friday, 9 a.m. to 3 p.m.

**Hockanum Valley Community Council**  
27 Naek Road, Suite 5a  
Vernon, CT 06066  
Phone: 860-872-9825

Ellington  
South Windsor  
Tolland  
Vernon

Transportation

**Early Morning and Senior Inter-Town Transportation**  
Provides transportation primarily for medical purposes. Other trips may take place on a space available basis.

**Metropolitan Comm. Development Corp.**  
2084 Main Street  
Hartford, CT 06120  
Phone: 860-690-1942

Hartford  
(Northend)

Transportation

**Project Transportation**

Provides transportation, with a handicapped accessible mini-bus, to medical appointments, worship services, senior centers, cultural events and to meet other personal needs.

**RSVP of Greater New Britain**  
830 Corbin Avenue  
New Britain, CT 06050  
Phone: 860-224-7117

Berlin  
Bristol  
New Britain  
Plainville  
Southington

Medical Transportation

**Senior Medical Transportation Program**

Provides transportation to medical appointments, including dentists and ophthalmologists. There is no charge to the recipients of this service.

**Town of Ellington**  
P. O. Box 187 – 40 Maple Street  
Ellington, CT 06029  
Phone: 860-870-3133

Ellington

Transportation

**Ellington Medical Appointment Transportation Services**

Provides door-to-door services to residents for non-emergency medical appointments on a scheduled basis for individuals age 60 years and older.

**Town of Hebron**  
Russell Mercier Senior Center  
14 Stonecroft Drive  
Hebron, CT 06248  
Phone: 860-228-1700 x203

Hebron

Transportation

**Hebron Transportation**

Provides transportation in a town-owned car to individual passengers from one specific location to another at a certain time. Transportation does not follow a specific route. Advance reservations facilitate scheduling.

**Town of Manchester**  
41 Center Street, Box 191  
Manchester, CT 06045-0191  
Phone: 860-647-3093

Manchester

Transportation

**Elderly Transportation Expansion**

Provides transportation for mid-week medical appointments and weekend social and leisure activities.

**Town of Windsor, Senior Services**  
599 Matianuck Avenue  
Windsor, CT 06095  
Phone: 860-285-1992

Windsor

Transportation

**Evening and Weekends Senior Transportation**

Provides seniors an opportunity to attend a senior center activity, outing or restaurant in the evening and/or weekend.

**LEGAL**

Legal services programs are funded under Part B of Title III and provide funds to agencies that have expertise in specific areas of law affecting older persons in economic and social need and that have the capacity to provide support to other aging advocacy efforts.

**Greater Hartford Legal Aid, Inc.**  
999 Asylum Avenue, 3<sup>rd</sup> Floor  
Hartford, CT 06105  
Phone: 860-541-5000

North Central  
Region

Legal Assistance

**Senior Law Project**

Provides the following services:  
Full legal representation, brief services and legal advice to elderly individuals and groups;  
Information and referral through outreach and pamphlets; Law reform activities;  
Involvement of the private bar through its pro bono referral service; and Legislative advocacy.

**IN HOME SERVICES**

A wide range of in-home services is provided for older persons under Title III-B to improve their quality of life and prevent premature institutionalization. These services give preference to the elderly in greatest social and economic need, particularly low income, frail, homebound, and minority elderly. Preference is also given to programs that demonstrate innovative approaches to in-home service delivery.

**Bristol Community Organization, Inc.**  
55 South Street  
Bristol, CT 06010  
Phone: 860-584-2725

Bristol  
Burlington  
Farmington  
Plainville  
Plymouth  
Southington  
Terryville

Homemaker

**Bristol Homemaker Program**

Provides both long and short-term homemaker services. Short-term services are especially helpful for those who are convalescing from illness or injury and after being discharged from the hospital or similar situation.

<p><b>Catholic Charities, Inc.</b>          Institute for the Hispanic Family          45 Wadsworth Street          Hartford, CT 06106          Phone: 860-527-1124</p>	<p>Hartford</p>	<p>Social Support</p>	<p><b>Hispanic Elderly Program</b>          Provides bi-lingual/culturally sensitive in-home social support services to assist participants in adjusting to problems in their personal lives or living environment.</p>
<p><b>City of Hartford</b>          131 Coventry Street          Hartford, CT 06112          Phone: 860-757-4730</p>	<p>Hartford</p>	<p>Benefits Counseling          Chore          Homemaker          Social Support</p>	<p><b>HEART (Hartford Elderly Assessment Response Team) &amp; Home Help</b>          Provides homemaker and chore services to seniors 60 years of age and older. Social support and benefits counseling services are also provided.</p>
<p><b>Community Companion &amp; Homemaking Services</b>          90 South Park Street          Willimantic, CT 06226          Phone: 860-456-3626</p>	<p>Andover          Hebron          Marlborough</p>	<p>Homemaker</p>	<p><b>Homemakers for Andover, Hebron and Marlborough</b>          Provides homemaker services to individuals based on their ability to contribute an affordable amount. Homemaker services include general cleaning, shopping, laundry, meal preparation, medication reminder, transportation to doctor's appointments and respite for the caregivers of very frail elderly.</p>
<p><b>CT Radio Information System (CRIS)</b>          315 Windsor Avenue          Windsor, CT 06095          Phone: 860-527-8000</p>	<p>Bloomfield          Hartford          Manchester          New Britain          Newington          Rocky Hill          West Hartford</p>	<p>Elderly Services          Public Education</p>	<p><b>Audio Recording Services for Seniors</b>          Provides quality audio access services for people who are blind or print-challenged. Internet radios are installed in the common areas of assisted living, retirement communities and senior centers making audio recordings available to all residents.</p>

**Hebrew Health Care**  
1 Abrahms Boulevard  
West Hartford, CT 06117  
Phone: 860-523-2340

Avon,  
Bloomfield,  
Canton,  
East Hartford,  
East Granby,  
Farmington,  
Glastonbury,  
Hartford,  
Granby,  
New Britain,  
Newington,  
Rocky Hill,  
Simsbury,  
South Windsor,  
West Hartford,  
Wethersfield  
Windsor,  
Windsor Locks

Homemaker  
Home Health Aide  
Nursing Visits  
Personal Emergency  
Response

**Neighborhood Connections**  
Provides home care services including skilled nursing, home health aides and homemaker/companions as well as physical and occupational therapy, medical social worker and speech and language pathology. The lifeline program, which utilizes a pendant or wrist band that is worn, enables the client to safely be at home.

**Hockanum Valley Community Council, Inc.**  
29 Naek Road, Suite 5a  
Vernon, CT 06066  
Phone: 860-872-9825

Vernon

Benefits Counseling  
Food Pantry  
Mental Health Counseling  
Recreation

**HOME (Hockanum Outreach & Management for the Elderly)**  
Provides information, counseling services, and health and educational sessions. A food pantry including delivery of food pantry items to the homebound is available.

**Human Resources Agency New Britain**  
180 Clinton Street  
New Britain, CT 06053  
Phone: 860-225-8601

New Britain

Companion  
Food Pantry  
Homemaker

**Las Perlas Home and Companion**  
Provides culturally appropriate support services designed to improve adjustment to personal, health or living environment problems to Hispanic elders in New Britain.

<p><b>Metropolitan Community Development Corporation</b>  2084 Main Street, PO Box 2273  Hartford, CT 06146  Phone: 860-527-7087</p>	<p>Hartford  (North End)</p>	<p>Companion  Homemaker</p>	<p><b>Project Help</b>  Provides companion, and homemaker services. Staff is comprised of students and adults who perform general household chores.</p>
<p><b>Town of Bolton, Senior Center</b>  104 Notch Road  Bolton, CT 06043  Phone: 860-647-9196</p>	<p>Bolton</p>	<p>Chore  Homemaker  Home Repair &amp;  Renovation</p>	<p><b>Senior Needs Assistance Program (SNAP)</b>  Provides chore assistance, home help, and handyman home and yard maintenance services.</p>
<p><b>Town of East Hartford</b>  Department of Parks &amp; Rec., Sr. Services Div.  740 Main Street  East Hartford, CT 06108  Phone: 860-895-1517</p>	<p>East Hartford</p>	<p>Shopping Services</p>	<p><b>East Hartford Grocery Delivery</b>  Older Adults may place their own grocery order over the phone and groceries are delivered from a major area supermarket. There is no delivery fee.</p>
<p><b>Town of Ellington</b>  P. O. Box 187 – 40 Maple Street  Ellington, CT 06029  Phone: 860-870-3133</p>	<p>Ellington</p>	<p>Food Pantry</p>	<p><b>Ellington Nutritional Partnership</b>  Serves nutritious and delicious meals for lunch twice weekly to individuals 60 and older. Individuals will be asked to contribute a suggested donation of \$3.50 per meal.</p>
<p><b>Town of Farmington</b>  1 Monteith Drive  Farmington, CT 06032  Phone: 860-675-2390</p>	<p>Avon  Burlington  Canton  Farmington</p>	<p>Recreation  Caregiver Counseling  Physical Activity  Caregiver Support  Family Life Education</p>	<p><b>Seniors Well-Being Enhancements</b>  Provides counseling, information and programs to assist seniors and their caregivers.</p>
<p><b>Town of Manchester</b>  41 Center Street, PO Box 191  Manchester, CT 06045-0191  Phone: 860-647-3093</p>	<p>Manchester</p>	<p>Homemaker</p>	<p><b>Elderly Homecare Expansion</b>  Provides homecare services to lower-income, frail, elderly residents who do not have access to these services through other sources.</p>

<p><b>Town of Manchester</b>  41 Center Street, PO Box 191  Manchester, CT 06045-0191  Phone: 860-647-3093</p>	<p>Manchester</p>	<p>Benefits Counseling</p>	<p><b>Resident Services Coordinator</b>  Provides benefits counseling to elderly residents of Manchester Housing Authority.</p>
<p><b>Town of Plainville, Senior Center</b>  200 East Street  Plainville, CT 06062  Phone: 860-747-5728</p>	<p>Plainville</p>	<p>Adult Day Care  Social Support</p>	<p><b>Comprehensive Approach to Well-Being</b>  Provides structured small group activities and socialization for those unable to participate fully in senior center or other community functions.</p>
<p><b>Town of Rocky Hill, Human Services</b>  699 Old Main Street  Rocky Hill, CT 06067  Phone: 860-258-2724</p>	<p>Rocky Hill</p>	<p>Homemaker</p>	<p><b>Rocky Hill Homemaker Service</b>  Provides homemaker services to elderly, frail residents who cannot afford a private cost rate homemaker. Services are contracted through a licensed home health care agency.</p>
<p><b>Town of Windsor</b>  599 Matianuck Avenue  Windsor, CT 06095  Phone: 860-285-1839</p>	<p>Windsor</p>	<p>Food Pantry</p>	<p><b>Groceries to Go Program</b>  Provides groceries to seniors every other Friday.</p>
<p><b>West Hartford Housing Authority</b>  80 Shield Street  West Hartford, CT 06110  Phone: 860-953-0002</p>	<p>West Hartford</p>	<p>Social Support</p>	<p><b>Elderly Access to Services</b>  Provides outreach, information on available services and resources, and education regarding health issues to residents in West Hartford Housing Authority properties.</p>
<p><b>Wheeler Clinic, Inc.</b>  91 Northwest Drive  Plainville, CT 06062  Phone: 860-793-3500</p>	<p>Avon  Berlin  Bristol  Burlington  East Hartford  Farmington  Glastonbury  Manchester</p>	<p>Mental Health Counseling  Outreach  Social Support</p>	<p><b>Elderly Substance Abuse Project</b>  Counselors provide in-home assessments, in addition to other services such as individual and family counseling, referrals for inpatient treatment, health, social and financial services, advocacy and case management. Individualized treatment plans are completed with each client. A weekly group meeting is</p>

New Britain  
Plainville  
Plymouth  
Southington  
South Windsor  
Vernon

held at Manchester Memorial Hospital and a similar one at Wheeler, to provide education, support, therapy, and socialization.

### ***ADULT DAY CARE***

Adult Day Care programs are funded under Part B of Title III and provide a structured program of social, health, and rehabilitative services to frail older adults. Services are designed to promote the individual's maximum level of functioning and dignity while preventing premature or inappropriate institutionalization. Adult Day Care services also provide necessary respite for caregivers.

#### **Felician Adult Day Care, Inc.**

1333 Enfield Street  
Enfield, CT 06082  
Phone: 860-745-2542

Bloomfield,  
East Windsor,  
Enfield, Granby,  
Hartford,  
Somers,  
South Windsor,  
Stafford,  
Suffield,  
Windsor,  
Windsor Locks

Adult Day Care (Medical)

#### **Felician Adult Day Care**

Open Monday through Friday from 8:00 a.m. to 4:00 p.m. except major holidays. The structured program is designed to provide an atmosphere of friendliness and informality and is carried out in a relaxed and considerate manner. Transportation is provided for Enfield residents.

#### **Hebrew Health Care**

1 Abrahms Boulevard  
West Hartford, CT 06117  
Phone: 860-523-3800

Bloomfield,  
East Hartford,  
Farmington  
Hartford  
Newington  
Simsbury,  
South Windsor,  
West Hartford,  
Windsor,  
Windsor Locks

Adult Day Care (Medical)

#### **Dawn to Dusk**

Provides service six days per week, including many national and Jewish holidays. In addition, Sunday through Friday program hours are extended beyond the 7:30 a.m. to 4:30 p.m. schedule. Following the medical model, health and wellness-related services are intermingled with social programs.



**Saint Mary Home**  
2021 Albany Avenue  
West Hartford, CT 06117  
Phone: 860-570-8285

Bloomfield,  
Canton, East  
Granby,  
Farmington  
Hartford  
Newington,  
West Hartford  
Wethersfield

Adult Day Care (Medical)

**Saint Mary Adult Day Care**  
Open Monday through Friday from 8:00 a.m. to 4:00 p.m. This community-based health and social program is designed to meet the needs of adults who would benefit from a supportive, understanding and therapeutic environment. Optional on-site services such as podiatry, psychiatry and hairdressing are available.

**Town of Enfield**  
1A Beech Road  
Enfield, CT 06082  
Phone: 860-763-7485

East Windsor  
Enfield, Somers,  
Suffield  
Windsor Locks

Adult Day Care (Medical)

**Enfield Adult Day Care**  
Open Monday through Friday from 8:00 a.m. to 4:00 p.m. The center provides a comprehensive day program that gives the frail elderly and physically and mentally challenged adults a place to smile, the warmth of friends and the motivation to join in an array of activities. Each client's plan of care is personalized.

**Town of Windsor**  
330 Windsor Avenue  
Windsor, CT 06095  
Phone: 860-547-0251

Bloomfield,  
East Windsor,  
Hartford,  
Simsbury  
Windsor  
Windsor Locks

Adult Day Care (Medical)

**Caring Connection Adult Day Health Ctr.**  
Provides daily programming, health care services and respite for caregivers in a safe, structured and medically supervised community setting designed for frail elders and the disabled who otherwise might be prematurely transitioned to an institutional setting. Open Monday through Friday from 7:00 a.m. to 4:30 p.m.

## ***EDUCATION / COUNSELING SERVICES***

Community Education and Counseling services are funded under Part B of Title III and support projects that demonstrate the ability to educate the community about issues, services and products designed to assist persons 60 years and older and their caregivers. Counseling services, including but not limited to psychosocial group sessions and individual counseling may also be provided.

**Bristol Community Organization, Inc.**  
55 South Street  
Bristol, CT 06010  
Phone: 860-584-2725

Bristol  
Burlington  
Farmington  
Plainville  
Plymouth

Information & Assistance  
Housing Counseling

**Bristol Senior Housing Assistance and Community Outreach Program**  
Provides assistance with resources that support and improve seniors' knowledge of, access to and use of available services. Counsels on housing issues and seeks to find permanent housing.

**Catholic Charities, Inc.**  
Institute for the Hispanic Family  
45 Wadsworth Street  
Hartford, CT 06106  
Phone: 860-493-1841

Bristol  
East Hartford  
Manchester  
New Britain  
Windsor Locks

Assisted Transportation  
Benefits Counseling  
Language Translation  
Senior Ctr. Participation

**Southeast Asian Elder Adult Program**  
Provides services to the Asian elderly population. Program provides benefits counseling, transportation and translation services and provides opportunities for affirmation and celebration of cultural heritage.

## ***COMMUNITY SERVICES***

Community services projects are those that expand opportunities, foster independent action and provide specific services to the older adult community. These include training, re-training, volunteer/job placement, economic development, and housing support services.

**Town of Granby**  
15 North Granby Road  
Granby, CT 06035  
Phone: 860-844-5351

East Granby  
Granby  
Suffield

Volunteer Opportunities

**Granby Senior Services – Community Education**  
Provides meaningful volunteer opportunities for older adults whereby community concerns are identified, solutions are offered and strong community relations are fostered.

## ***NUTRITION SERVICES***

Nutrition programs are funded under Part C of Title III. Subpart I funds congregate meal site programs; these are meals served at senior centers, housing complexes, and various other locations, referred to as “senior community cafés”. Subpart II funds home delivered meals programs; these meals are delivered directly into the homes of homebound seniors.

### **Community Renewal Team, Inc.**

555 Windsor Street  
Hartford, CT 06120  
Phone: 860-560-5600

Almost entire  
North Central  
Region (except  
Greater New  
Britain area);  
check with  
program for  
availability

Congregate Meals  
Home Delivered Meals  
Nutrition Counseling  
Nutrition Education

### **Elderly Nutrition Program**

Provides meals at senior community cafés throughout the Capitol sub-region (Greater Hartford area) during the week. Additional meals (two per day) are delivered to homebound clients. Nutrition counseling and education is also offered.

### **CW Resources, Inc.**

200 Myrtle Street  
New Britain, CT 06053  
Phone: 860-229-7700

Berlin, Bristol,  
Burlington  
New Britain  
Plainville  
Plymouth  
Southington

Congregate Meals  
Home Delivered Meals  
Nutrition Counseling  
Nutrition Education

### **Elderly Nutrition Program**

Provides meals at senior community cafés throughout the Central sub-region (Greater New Britain area) during the week. Home delivered meals are available for homebound clients. Nutrition counseling and education is also offered.

### **Hands on Hartford**

330 Main Street, 3<sup>rd</sup> Floor  
Hartford, CT 06106  
Phone: 860-728-3201

Hartford

Congregate Meals  
Home Delivered Meals  
Nutrition Education

### **MANNA Weekend Elderly Nutrition**

Provides weekend congregate and home delivered meals. Staff prepares and serves a noontime meal on-site; social activities following the meal are offered. Home delivered meals are also available.

### **City of Hartford Health & Human Services**

131 Coventry Street  
Hartford, CT 06112  
Phone: 860-757-4700

Hartford

Congregate Meals  
Nutrition Education

### **Hartford Elderly Nutrition Program**

Provides meals at senior community cafés at locations within the City of Hartford during the week.

**Senior Community Cafés (Congregate Meal Sites) in the North Central Region**

<b>Town</b>	<b>Café Site</b>	<b>Location/ Phone Number</b>	<b>Day(s) of Operation</b>	<b>Managed By</b>
Avon	Avon Senior Center	635 West Avon Road Avon, CT 06001 860-674-4353	Tuesday, Thursday	Community Renewal Team
Berlin	Berlin Senior Center	33 Colonial Drive Kensington, CT 06037 860-670-8546	Monday – Friday	CW Resources
Bloomfield	Bloomfield Senior Center	330 Park Avenue Bloomfield, CT 06002 860-243-2535	Tuesday, Wednesday	Community Renewal Team
Bloomfield	Federation Homes	156 Wintonbury Avenue Bloomfield, CT 06002 860-243-2535	Monday – Friday	Community Renewal Team
Bristol	Bristol Senior Center	240 Stafford Avenue Bristol, CT 06010 860-582-5928	Monday – Friday	CW Resources
Bristol	Kennedy Apartments	70 Gaylord Street Bristol, CT 06010 860-583-3773	Monday – Friday	CW Resources
Canton	Canton Senior Center	40 Dyer Avenue Collinsville, CT 06022 860-693-5811	Wednesday, Friday	Community Renewal Team
East Hartford	South End Senior Center	70 Canterbury Street East Hartford, CT 06118 860-569-5655	Monday – Wednesday	Community Renewal Team

East Windsor	East Windsor Senior Center	125 Main Street Broad Brook, CT 06016 860-292-8279	Monday – Friday	Community Renewal Team
Enfield	Enfield Senior Center	299 Elm Street Enfield, CT 06082 860-763-7428	Monday – Friday	Community Renewal Team
Enfield	Mark Twain Congregate	110 South Road Enfield, CT 06082 860-749-4816	Monday – Friday	Community Renewal Team
Granby	Granby Senior Center	15-C North Granby Road Granby, CT 06035 860-844-5351	Tuesday, Thursday	Community Renewal Team
Hartford	Betty Knox Apartments	141 Woodland Street Hartford, CT 06105 860-723-8467	Saturday – Sunday	Hands on Hartford
Hartford	Hispanic Senior Center	95 Park Street Hartford, CT 06106 860-527-1127 x289	Monday – Friday	Community Renewal Team
Hartford	Horace Bushnell Congregate Homes	51 Vine Street Hartford, CT 06112 860-548-0687	Monday – Friday	City of Hartford (HHHS)
Hartford	Mahoney Village	73-79 Vine Street Hartford, CT 06112 860-723-8457	Monday – Friday	Community Renewal Team
Hartford	North End Senior Center	80 Coventry Street Hartford, CT 06112 860-757-0801	Monday – Friday	City of Hartford (HHHS)

Hartford	Parkville Senior Center	11 New Park Avenue Hartford, CT 06106 860-232-7867	Monday – Friday	Community Renewal Team
Hartford	Shepherd Park Apartments	170 Sisson Avenue Hartford, CT 06105 860-523-9159	Monday (evening)	Community Renewal Team
Hartford	Smith Towers	80 Charter Oak Avenue Hartford, CT 06106 860-723-8448	Monday – Friday Saturday – Sunday	Community Renewal Team Hands on Hartford
Hartford	South End Senior Wellness Center	830 Maple Ave Hartford, CT 06114 860-757-0840	Monday – Friday	City of Hartford (HHHS)
Hartford	Tuscan Brotherhood Homes	66 Montville Street Hartford, CT 06120 860-527-8437	Monday – Friday	Community Renewal Team
Hebron	Russell Mercier Senior Center	14 Stonecroft Drive Hebron, CT 06248 860-228-1700	Monday, Tuesday, Thursday	Community Renewal Team
Manchester	Manchester Senior Center	549 Middle Turnpike Manchester, CT 06040 860-647-3211	Monday – Friday	Community Renewal Team
Marlborough	Marlborough Senior Center	17 School Drive Marlborough, CT 06447 860-292-8279	Monday, Wednesday, Friday	Community Renewal Team
New Britain	New Britain Senior Center	55 Pearl Street New Britain, CT 06051 860-826-3553	Monday – Friday	CW Resources

New Britain	Perlas Hispanas Center	18 Armistice Street New Britain, CT 06053 860-826-2282	Monday – Friday	CW Resources
Newington	Newington Senior Center	120 Cedar Street Newington, CT 06111 860-667-5837	Monday – Friday	Community Renewal Team
Plainville	Plainville Senior Center	200 East Street Plainville, CT 06062 860-747-5728	Monday – Friday	CW Resources
Plymouth	Gosinski Park	31 Gosinski Park Terryville, CT 06786 860-670-8818	Monday – Friday	CW Resources
South Windsor	South Windsor Senior Center	150 Nevers Road South Windsor, CT 06074 860-648-6361	Monday – Friday	Community Renewal Team
Southington	Calendar House	388 Pleasant Street Southington, CT 06489 860-621-6738	Monday – Friday	CW Resources
Stafford	Stafford Springs Senior Center	3 Buckley Highway Stafford Springs, CT 06076 860-684-3906	Monday – Friday	Community Renewal Team
Vernon	Florence Mills	121 West Main Street Rockville, CT 06066 860-324-6325	Monday, Wednesday	Community Renewal Team
Vernon	Franklin Park Apartments	114 Franklin Park Rockville, CT 06066 860-913-5516	Monday – Friday	Community Renewal Team

Vernon	Highrise Apartments	21 Court Street Rockville, CT 06066 860-324-6325	Tuesday, Thursday, Friday	Community Renewal Team
West Hartford	Elmwood Community Center	1106 New Britain Avenue West Hartford, CT 06117 860-561-8167	Monday – Friday	Community Renewal Team
West Hartford	Federation Square	2 Starkel Road West Hartford, CT 06117 860-236-4136	Monday – Friday	Community Renewal Team
Wethersfield	Wethersfield Senior Center/ William Pitkin Community Center	30 Greenfield Street Wethersfield, CT 06109 860-721-2955	Monday – Friday	Community Renewal Team
Windsor	LP Wilson Community Center	599 Matianuck Avenue Windsor, CT 06095 860-285-1843	Monday – Friday	Community Renewal Team
Windsor Locks	Ettore Carniglia Senior Center	41 Oak Street Windsor Locks, CT 06096 860-627-1425	Monday – Friday	Community Renewal Team



## DISEASE PREVENTION & HEALTH PROMOTION SERVICES

Disease Prevention and Health Promotion services are funded under Part D of Title III and provide older persons with preventative health services and information not reimbursable under Medicare. These programs foster independence and allow people to remain independent. In the North Central region, all programs are evidence-based.

<b>Alzheimer's Resource Center of CT</b> 1261 South Main Street Plantsville, CT 06479 Phone: 860-628-9000	Bristol Southington	Caregiver Counseling Therapeutic Activity	<b>My Music for Life</b> Seeks to improve the well-being for families affected by dementia. Staff, student volunteers, people living with dementia and their care partners collaboratively develop personalized music playlists.
<b>City of Hartford, Health &amp; Human Services</b> 131 Coventry Street Hartford, CT 06112 Phone: 860-757-4730	Hartford	Health Screening Therapeutic Activity	<b>Keep On Living Wellness Project</b> Promotes good health, physical activity, related health information/screenings and counseling. Services include medication management, health screenings and physical activity programs to support active lifestyles.
<b>Central CT Health District</b> 505 Silas Deane Hwy. Wethersfield, CT 06109 Phone: 860-721-2822	Berlin Newington Rocky Hill Wethersfield	Dental Clinic	<b>Smiles for Life</b> Provides dental cleanings and referrals for further necessary treatment to area dentists. Dental health educational information is also provided. Appointments are scheduled through town senior centers.
<b>New Britain Health Department</b> 88 Prospect Street New Britain, CT 06051 Phone: 860-826-3466	New Britain	Physical Activity	<b>Zumba Gold</b> Provides an exercise program specifically designed for seniors, beginners and others who may require modifications to an exercise routine. The classes combine different dance styles including merengue, cha-cha, belly dance, rumba, tango and salsa in an effort to make exercising fun. The class is led by a certified Zumba Gold exercise instructor each Thursday.

## CAREGIVER SUPPORT SERVICES

Caregiver Support services, which are funded under Part E of Title III, provide information about the availability of support services, assistance in gaining access to them, and individual and group counseling to help make decisions and solve problems for family caregivers and grandparents raising grandchildren.

### Supportive Services for Grandparents/ Relatives Raising Children

**Catholic Charities, Inc.**  
Institute for the Hispanic Family  
45 Wadsworth Street  
Hartford, CT 06106  
Phone: 860-493-1841

East Hartford  
Hartford  
West Hartford

Caregiver Counseling  
Caregiver Support Groups

**Grandparents Program**  
Addresses the gaps in community-based services for bi-lingual/bi-cultural elderly primary caregivers or legal guardians of a relative child under 18 years of age. Services include: outreach, relevant support services, referrals and advocacy, benefits counseling, weekly support group sessions and other supplemental services.

**Community Renewal Team, Inc.**  
555 Windsor Street  
Hartford, CT 06120  
Phone: 860-895-6605

Hartford

Child Respite

**Grandparents Education and Respite**  
Provides a combined education and respite program for Hartford residents 55 and older who are the primary caregivers for the grandchildren and whose grandchildren are dependents of those Hartford residents.

**The Salvation Army**  
217 Washington Street  
Hartford, CT 06106  
Phone: 860-543-8413

Bloomfield  
East Hartford  
Hartford  
Manchester  
Newington  
West Hartford  
Wethersfield  
Windsor

Caregiver Counseling  
Caregiver Support Groups  
Child Respite  
Outreach  
Caregiver Training

**Parents Second Time Around**  
The support group meets on a monthly basis (childcare, dinner, and transportation to and from the group are offered). Other program components include outreach and advocacy, educational seminars, individual counseling, home visitation, social support and respite services.

**Town of Granby**  
15 North Granby Road  
Granby, CT 06035  
Phone: 860-844-5351

North Central  
Region

Caregiver Support Group

**Grandparents Support Group**

Provides a weekly support group that offers a comfortable and professional environment in which grandparents may meet other grandparents who are raising children to get one's questions answered, seek advice, learn techniques and simply share with others

**Town of Plainville**  
200 East Street  
Plainville, CT 06062  
Phone: 860-747-5728

Berlin, Bristol,  
Enfield,  
Farmington,  
Plainville, New  
Britain, Newington,  
Southington

Caregiver Training

**Plainville Grandparents Program**

Provides grandparents with an opportunity to connect on issues of raising young children in today's world as well as a way to obtain information and education on other topics that are relevant to this population. Group meets bi-monthly.

## **STATE ALZHEIMER'S AIDE**

The State of Connecticut provides funds to support special Alzheimer's Aide projects. In the North Central region, this funding has been allocated to five adult day center sites for an Alzheimer's Aide designated to attend to the needs of Alzheimer's participants.

### **The Caring Connection Adult Day Center**

330 Windsor Avenue  
Windsor, CT 06095  
Phone: 860-547-0251

### **Felician Adult Day Care**

1333 Enfield Street  
Enfield, CT 06082  
Phone: 860-745-2542

### **Hebrew Health Adult Day Services at Hebrew Health Care**

1 Abrahms Boulevard  
West Hartford, CT 06110  
Phone: 860-523-3816

### **Town of Enfield Adult Day Center**

1A Beech Road  
Enfield, CT 06082  
Phone: 860-763-7485