



2018 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**

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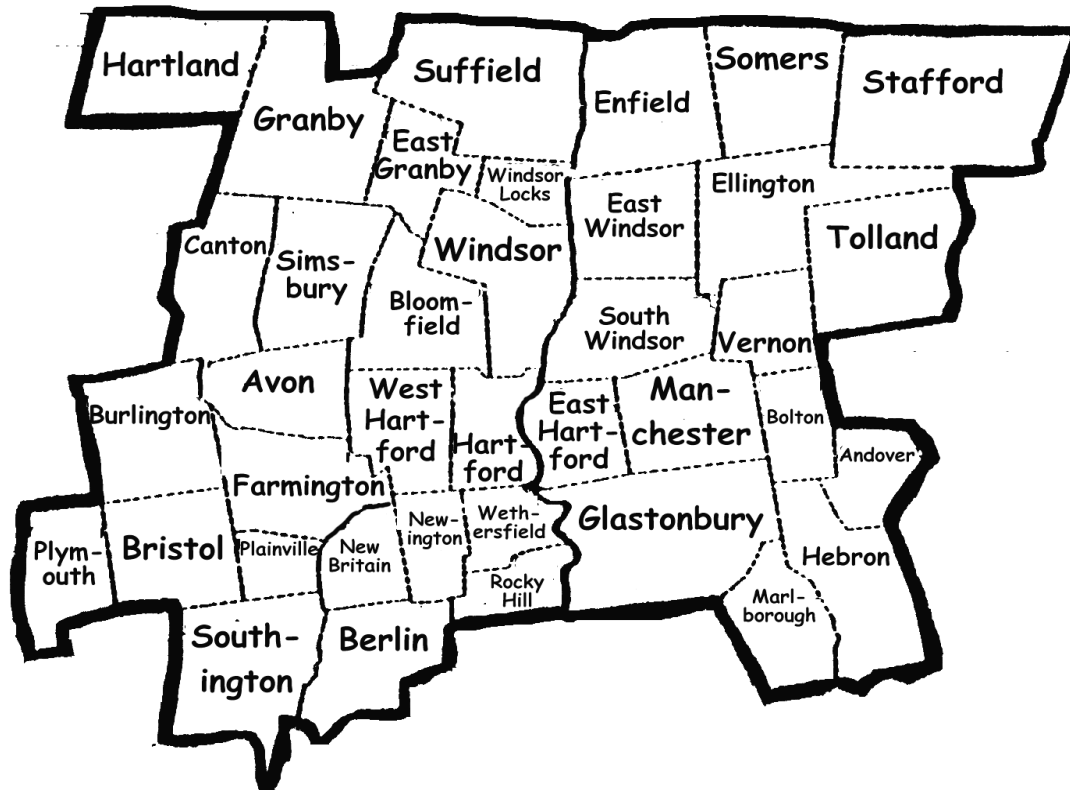
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INTRODUCTION

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 2018 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 2017 through September 2018. 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 2017 through June 2018.

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

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

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.

Central CT Health District
505 Silas Deane Hwy.
Wethersfield, CT 06109
Phone: 860-721-2822

Berlin
Newington
Rocky Hill
Wethersfield

Dental Clinic

Smiles for Life
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.

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>Community Health Services, Inc. 500 Albany Avenue Hartford, CT 06120 Phone: 860-249-9625</p>	<p>Bloomfield Hartford Windsor</p>	<p>Dental Clinic</p>	<p>CHS Senior Smiles Dental Program 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>Horace Bushnell Congregate Homes 51 Vine Street Hartford, CT 06112 860-549-4877</p>	<p>Hartford</p>	<p>Health Education</p>	<p>Healthy Living Program Provides program sessions to promote health: managing chronic diseases; smoking cessation; weight loss and control; stress management; falls prevention; physical activity and improved nutrition.</p>
<p>LiveWell Alliance, Inc. 1261 South Main Street Plantsville, CT 06479 860-628-9000</p>	<p>Bristol New Britain Southington</p>	<p>Caregiver Counseling Health Counseling Health Screening/Clinic Caregiver Support Group Physical Activity</p>	<p>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.</p>
<p>Town of Granby 15 North Granby Road Granby, CT 06035 Phone: 860-844-5351</p>	<p>Granby</p>	<p>Social Support Services</p>	<p>Granby Healthy Minds 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>

Town of New Britain Health Department
88 Prospect Street
New Britain, CT 06051
Phone: 860-826-3466

New Britain

Physical Activity

Zumba Gold

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.

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.

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.

Parkville Senior Center
11 New Park Avenue
Hartford, CT 06106
860-232-7867

Hartford

Outreach
Social Support
Benefits Counseling

Social Services Initiative
Provides information and assistance services and connects them to needed services and benefits.

Outreach

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.

Town of Enfield Social Services
110 High Street
Enfield, CT 06092
860-253-6394

Enfield

Outreach

Isolated Senior Outreach
Provides social/emotional and community information to homebound seniors.

Transportation

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

Bristol
Plainville

Transportation

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

<p>City of Hartford Health & Human Services Public Transportation Division 131 Coventry Street Hartford, CT 06112 Phone: 860-757-4724</p>	<p>Hartford</p>	<p>Transportation</p>	<p>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.</p>
<p>Community Renewal Team, Inc. (CRT) 555 Windsor Street Hartford, CT 06120 Phone: 860-895-6605</p>	<p>Berlin New Britain Southington</p>	<p>Transportation</p>	<p>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.</p>
<p>Hockanum Valley Community Council 27 Naek Road, Suite 5a Vernon, CT 06066 Phone: 860-872-9825</p>	<p>Ellington South Windsor Tolland Vernon</p>	<p>Transportation</p>	<p>Early Morning and Senior Inter-Town Transportation Provides transportation primarily for medical purposes. Other trips may take place on a space available basis.</p>
<p>Metropolitan Comm. Development Corp. 2084 Main Street Hartford, CT 06120 Phone: 860-690-1942</p>	<p>Hartford (Northend)</p>	<p>Transportation</p>	<p>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.</p>

Senior Transportation Services
830 Corbin Avenue
New Britain, CT 06050
Phone: 860-224-7117

Berlin
Bristol
New Britain
Plainville
Southington

Medical Transportation

Senior Medical Transportation Program
Provides door-to-door transportation to medical appointments, including dentists and ophthalmologists.

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 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, 3rd 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.

AHM Youth and Family Services
25 Pendleton Drive
Hebron, CT 06248
860-228-9488

Andover
Hebron
Marlborough

Chores

AHM Chores Program

An intergenerational program whereby teens provide chore services to seniors. Youth workers provide services such as light house cleaning, weeding gardening and other chores.

Catholic Charities, Inc.
Institute for the Hispanic Family
45 Wadsworth Street
Hartford, CT 06106
Phone: 860-527-1124

Hartford

Social Support

Hispanic Elderly Program

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>City of Hartford 131 Coventry Street Hartford, CT 06112 Phone: 860-757-4730</p>	<p>Hartford</p>	<p>Benefits Counseling Chore Homemaker Social Support</p>	<p>HEART (Hartford Elderly Assessment Response Team) & Home Help Provides homemaker and chore services to seniors 60 years of age and older. Social support and benefits counseling services are also provided.</p>
<p>Communication Advocacy Network (CAN) 151 New Park Avenue, Suite 101 Hartford, CT 06106 (860) 566-9489</p>	<p>North Central Region</p>	<p>Outreach Chore Homemaker Home Repair & Renovation Public Education Shopping Services</p>	<p>Deaf Elderly Outreach Center Provides referrals, advocacy and coordination of geriatric-based services to deaf and hard of hearing clients.</p>
<p>Community Companion & Homemaking Services 90 South Park Street Willimantic, CT 06226 Phone: 860-456-3626</p>	<p>Andover Hebron Marlborough</p>	<p>Homemaker</p>	<p>Homemakers for Andover, Hebron and Marlborough 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>CT Radio Information System (CRIS) 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>Audio Recording Services for Seniors 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>

<p>Hockanum Valley Community Council, Inc. 29 Naek Road, Suite 5a Vernon, CT 06066 Phone: 860-872-7727</p>	<p>Andover Bolton East Hartford East Windsor Ellington Enfield Glastonbury Hebron Marlborough Somers South Windsor Stafford Tolland Vernon</p>	<p>Caregiver Support Group</p>	<p>Caregiver Support Group Provides education and support for caregivers of elderly and disabled family members and dependent grandchildren. The group provides caregivers with information, access, and assistance to available supportive services and counsel caregivers in helping make decisions and solve problems.</p>
<p>Hockanum Valley Community Council, Inc. 29 Naek Road, Suite 5a Vernon, CT 06066 Phone: 860-872-9825</p>	<p>Vernon</p>	<p>Benefits Counseling Food Pantry Mental Health Counseling Recreation</p>	<p>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.</p>
<p>Human Resources Agency New Britain 180 Clinton Street New Britain, CT 06053 Phone: 860-225-8601</p>	<p>Bristol Burlington Farmington Plainville Plymouth Southington Terryville</p>	<p>Homemaker</p>	<p>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>
<p>LiveWell Alliance, Inc. 1261 South Main Street Plantsville, CT 06479 Phone: 860-628-9000</p>	<p>Bristol Southington</p>	<p>Caregiver Counseling Therapeutic Activity</p>	<p>My Music for Life 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.</p>

<p>Town of Bolton, Senior Center 104 Notch Road Bolton, CT 06043 Phone: 860-647-9196</p>	<p>Bolton</p>	<p>Chore Homemaker Home Repair & Renovation</p>	<p>Senior Needs Assistance Program (SNAP) Provides chore assistance, home help, and handyman home and yard maintenance services.</p>
<p>Town of East Hartford Department of Parks & 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>East Hartford Grocery Delivery 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>Town of Ellington P. O. Box 187 – 40 Maple Street Ellington, CT 06029 Phone: 860-870-3133</p>	<p>Ellington</p>	<p>Food Pantry</p>	<p>Ellington Nutritional Partnership 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>Town of Farmington 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>Seniors Well-Being Enhancements Provides counseling, information and programs to assist seniors and their caregivers.</p>
<p>Town of Manchester 41 Center Street, PO Box 191 Manchester, CT 06045-0191 Phone: 860-647-3093</p>	<p>Manchester</p>	<p>Benefits Counseling</p>	<p>Resident Services Coordinator Provides benefits counseling to elderly residents of Manchester Housing Authority.</p>
<p>Town of Plainville, Senior Center 200 East Street Plainville, CT 06062 Phone: 860-747-5728</p>	<p>Plainville</p>	<p>Adult Day Care Social Support</p>	<p>Adult Day and Social Support Program Provides structured small group activities and socialization for those unable to participate fully in senior center or other community functions.</p>

Town of Windsor
599 Matianuck Avenue
Windsor, CT 06095
Phone: 860-285-1839

Windsor

Food Pantry

Groceries to Go Program
Provides groceries to seniors every other Friday.

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.

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.

CT Coalition of Mutual Assistance Assoc.
2074 Park Street, Suite 103
Hartford, CT 06106
860-236-6452

Bloomfield
East Hartford
Hartford
Manchester
New Britain
Newington
West Hartford
Windsor
Windsor Locks

Language Translation
Social Support
Medical Transportation

Social Support, Medical Transportation and Language Translation for Elderly Refugees and Immigrants
Provides social support services to seniors representing the Laotian, Vietnamese and Karen (Burmese) communities.

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

Bristol
Burlington
Farmington
Plainville
Plymouth
Southington
Terryville

Information & Assistance
Housing Counseling

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.

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.

Parkville Senior Center

11 New Park Avenue
Hartford, CT 06106
860-232-7867

Hartford

Senior Center Participation

Cultural Heritage Celebrations

Celebrates the culture of the many members who make up the diverse center. The celebrations have recognized the Vietnamese, African American, Guyanese, Trinidadian, Irish, Portuguese, French, German, Assyrian, Hungarian, West Indian, Italian and Hispanic heritages.

Town of Granby

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

East Granby
Granby
Suffield

Volunteer Opportunities

Granby Senior Services – Civic Engagement

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.

<p>Community Renewal Team, Inc. 555 Windsor Street Hartford, CT 06120 Phone: 860-560-5600</p>	<p>Almost entire North Central Region (except Greater New Britain area); check with program for availability</p>	<p>Congregate Meals Home Delivered Meals Nutrition Counseling Nutrition Education</p>	<p>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.</p>
<p>CW Resources, Inc. 200 Myrtle Street New Britain, CT 06053 Phone: 860-229-7700</p>	<p>Berlin, Bristol, Burlington New Britain Plainville Plymouth Southington</p>	<p>Congregate Meals Home Delivered Meals Nutrition Counseling Nutrition Education</p>	<p>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.</p>
<p>Hands on Hartford 330 Main Street, 3rd Floor Hartford, CT 06106 Phone: 860-728-3201</p>	<p>Hartford</p>	<p>Congregate Meals Home Delivered Meals Nutrition Education</p>	<p>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.</p>
<p>City of Hartford Health & Human Services 131 Coventry Street Hartford, CT 06112 Phone: 860-757-4700</p>	<p>Hartford</p>	<p>Congregate Meals Nutrition Education</p>	<p>Hartford Elderly Nutrition Program Provides meals at senior community cafés at locations within the City of Hartford during the week.</p>

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

Town	Café Site	Location/ Phone Number	Day(s) of Operation	Managed By
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.

City of Hartford, Health & Human Services Hartford
131 Coventry Street
Hartford, CT 06112
Phone: 860-757-4730

Health Screening
Therapeutic Activity

Keep On Living Wellness Project
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.

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.

<p>Community Renewal Team, Inc. 555 Windsor Street Hartford, CT 06120 Phone: 860-895-6605</p>	<p>Hartford</p>	<p>Child Respite</p>	<p>Grandparents Education and Respite Provides a combined education and respite program for Hartford residents 55 and older who are the primary caregivers for their grandchildren. The grandchildren are the dependents of those Hartford residents.</p>
<p>Town of Enfield Social Services 110 High Street Enfield, CT 06092 860-253-6394</p>	<p>Enfield</p>	<p>Caregiver Support Group Child Respite</p>	<p>Grandparents Raising Grandchildren Provides support services for Enfield grandparents and other relatives who are primary caregivers for their grandchildren or other relatives.</p>
<p>Town of Granby 15 North Granby Road Granby, CT 06035 Phone: 860-844-5351</p>	<p>North Central Region</p>	<p>Caregiver Support Group</p>	<p>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</p>
<p>Town of Plainville 200 East Street Plainville, CT 06062 Phone: 860-747-5728</p>	<p>Berlin, Bristol, Enfield, Farmington, Plainville, New Britain, Newington, Southington</p>	<p>Caregiver Training</p>	<p>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.</p>

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