

## WCAAA Direct Services

The mission of the Western Connecticut Area Agency on Aging, Inc., is to develop, manage and provide comprehensive services for seniors, caregivers and individuals with disabilities through person-centered planning in order to maintain their independence and quality of life.



A quick guide to services for seniors, caregivers and individuals with disabilities

available in Northwestern CT



## ABOUT THIS BOOKLET

This booklet is about WCAAA and the direct services available in the 41 towns in Western CT, most of which are targeted for seniors age 60+. Exclusions are noted in each section. Services may be available state wide and information can be obtained by calling the WCAAA, 1-800-994-9422, or the municipal agent in your town. Direct services provided with federal Older Americans Act Funds are free for seniors, age 60+ and, in some situations, persons below age 60. Donations are encouraged as all donations received through direct services are used to serve more seniors. However, no senior can be denied a service for failure to pay or donate. We are very grateful for every level of cash donation as are our grantees/contractors. Some programs, such as state financed Alzheimer Respite services, are available to Connecticut residents of all ages and do require a co-pay. Waivers may be sought for very low income status in most of these circumstances. Please feel free to contact the WCAAA for comments/questions on the information provided in this booklet, especially as issues relate to direct services.

## HELPFUL PHONE NUMBERS

Western CT Area Agency on Aging	203-757-5449
Toll-free	800-994-9422
WCAAA CT Home Care Program	203-465-1000
Independence Northwest	203-729-3299
Center for Independent Living	
State of CT Home Care Program	800-445-5394
Referral Line	
Infoline	2-1-1

South Waterbury Seniors  
160 Piedmont Street  
Waterbury, CT 06706  
Phone: 203-592-2081

Mt. Olive A.M.E. Zion  
Senior Center Inc.  
82-100 Pearl Street  
Waterbury, CT 06704  
Phone: 203-596-1895

Palladino Senior Center  
30 West Main Street  
Waterbury, CT 06702  
Phone: 203-755-8745

Hispanic Coalition  
135 East Liberty Street  
Waterbury, CT 06706  
Phone: 203-754-6172

Waterville Senior Center  
1443 Thomaston Avenue  
Waterbury, CT 06704  
Phone: 203-574-8352

Willow Plaza  
Community Center  
60 Elmwood Avenue  
Waterbury, CT 06710  
Phone: 203-575-1545

**WATERTOWN/  
OAKVILLE**  
Falls Avenue Senior Center  
311 Falls Avenue  
Oakville, CT 06779  
Phone: 860-945-5250

**WINSTED**  
Blanche McCarthy  
Winsted Senior Center  
80 Holabird Avenue  
Winsted, CT 06098  
Phone: 860-379-4252

**WOLCOTT**  
Charles Rietdyke Senior Center  
211 Nichols Road  
Wolcott, CT 06716  
Phone: 203-879-8133

**WOODBURY**  
Woodbury Senior Center  
281 Main Street South  
Woodbury, CT 06798  
Phone: 203-263-2828

**SENIOR CENTERS & FOCAL POINTS cont.**

**PROSPECT**

Prospect Senior Center  
6 Center  
Prospect, CT 06712  
Phone: 203-758-5300

**REDDING**

Heritage Center  
37 Lonetown Road  
Redding, CT 06875  
Phone: 203-938-9725 Ext. 13

**RIDGEFIELD**

Founders Hall Senior Center  
193 Danbury Road  
Ridgefield, CT 06877  
Phone: 203-431-7000

**ROXBURY**

Roxbury Senior Center  
7 South Street  
Roxbury, CT 06783  
Phone: 860-210-0056

**SALISBURY**

Salisbury Senior Services  
42 Ethan Allen Street  
Salisbury, CT 06068  
Phone: 860-435-5197

**SHERMAN**

Sherman Senior Center  
8 Route 37 Center  
Sherman, CT 06784  
Phone: 860-354-2414, Ext. 1

**SOUTHBURY**

Southbury Senior Center  
561 Main Street South

Southbury, CT 06488  
Phone: 203-262-0651

Jewish Federation  
444 Main Street, North  
Southbury, CT 06488  
Phone: 203-267-3177, Ext. 310

**THOMASTON**

McMahon Senior Center  
158 Main Street  
Thomaston, CT 06787  
Phone: 860-283-4421

**TORRINGTON**

Sullivan Senior Center  
88 East Albert Street  
Torrington, CT 06790  
Phone: 860-489-221

**WARREN**

Primetimers Senior Center  
12 Kent Road  
Warren, CT 06754  
Phone: 860-868-7067

**WASHINGTON/  
WASHINGTON DEPOT**

Washington Senior Center  
6 Bryan Hall Plaza  
Washington Depot, CT 06794  
Phone: 860-868-0735

**WATERBURY**

Waterbury Senior Center  
1985 East Main Street  
Waterbury, CT 06705  
Phone: 203-574-6746

**CONTENTS**

**WCAAA Direct Services**

Alzheimer Respite Care Program	4
Assistive Technology Center	4
CHOICES, Medicare Counseling	4
Community First Choice	5
Congregate Housing Services Program	5
Independence Northwest	5
Live Well, Chronic Disease Self-Management Program	5
Money Follows the Person Program	6
National Family Caregiver Support Program	6
Private Care Management	6
Senior Medicare Patrol	7
Veteran Directed Home and Community Based Services	7
WCAAA CT Home Care Program—Waterbury	7
Alternate Housing	8
Adult Day Care	8
Chore/Minor Home Repair	9
Elderly Nutrition, Home Delivered Meals and Congregate Meals	12
Fuel and Utility Assistance	14
Grandparents Raising Grandchildren	14
Legal Services	15
Health & Mental Health	15
Outreach	15
Transportation	17
Veterans Benefits	19
Senior Centers and Focal Points	20

## Alzheimer Respite Care Program

Respite Care is a short term option designed to provide a break from the physical and emotional stress from caregiving. Respite care services may include: adult day care, home health aide, homemaker, companion, skilled nursing, or short term assisted living or nursing home care. Funds may be used for day or night respite. A mandatory assessment must be completed before respite services are provided. Eligibility requirements include: person must have Alzheimer's or irreversible dementia, income cannot exceed \$44,591 a year or liquid assets more than \$118,549. The program has a 20% co-payment toward the cost of services unless waived.

## Assistive Technology Center

Sponsored by Connecticut Tech ACT project. The Assistive Technology Center is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to reduce or remove barriers and increase independence in performing tasks of daily living. The WCAAA offers free personalized or group demonstrations to help make an informed decision about which device will work best to help you or someone you know to live, work, or play more independently.

## CHOICES, Medicare Counseling

The CHOICES Program (Connecticut's programs for Health insurance, Outreach, Information and Eligibility Screening) is designated as the official State Health Insurance Program (SHIP) for Connecticut. The WCAAA serves as one-stop, no wrong door resource centers for free, confidential, unbiased information on programs and services for seniors, caregivers and individuals 18+ with disabilities. Our staff links people to the appropriate community resources, and also provides advocacy and assistance for those who have no one to help. We assist with information about: Medicare, Medicaid, Medigap, Medicare Fraud, long term support options, public senior housing, transportation services, health services, support groups, volunteering opportunities and much more. If the WCAAA does not already have the information, our staff will research and get answers.

**COLEBROOK**  
Colebrook Senior  
Community Center  
2 Schoolhouse Road  
Colebrook, CT 06021  
Phone: 860-738-9521

**DANBURY**  
Danbury Senior Center  
10 Elmwood Place  
Danbury, CT 06810  
Phone: 203-797-4686

**FALLS VILLAGE**  
Falls Village Senior Center  
108 Main Street  
Falls Village, CT 06031  
Phone: 860-824-4863

**HARWINTON**  
Harwinton Senior Center  
209 Weingart Road  
Harwinton, CT 06791  
Phone: 860-689-1951

**LITCHFIELD**  
Litchfield Senior Center  
421 Bantam Road  
Litchfield, CT 06759  
860-567-8302

**MIDDLEBURY**  
Middlebury Senior Center  
Shepardson Community Bldg.  
1172 Whittemore Road  
Middlebury, CT 06762  
Phone: 203-577-4166

**MORRIS**  
Morris Senior Center

109-21 East Street  
Morris, CT 06763  
Phone: 860-567-7437

**MORRIS**  
109 East Street  
Morris, CT 06763  
Phone: 860-567-7437

**NAUGATUCK**  
Naugatuck Senior Center  
300 Meadow Street  
Naugatuck, CT 06770  
Phone: 203-720-7069

**NEW FAIRFIELD**  
Senior Sunshine Center  
of New Fairfield  
33 State Route 37  
New Fairfield, CT 06812  
Phone: 203-312-5665

**NEW HARTFORD**  
New Hartford Senior Center  
530 Main Street  
New Hartford, CT 06057  
Phone: 860-379-3980

**NEW MILFORD**  
Richmond Senior Center  
40 Main Street  
New Milford, CT 06776  
Phone: 860-355-6076

**NEWTOWN**  
Newtown Senior Center  
14 Riverside Road  
Sandy Hook, CT 06482  
Phone: 203-270-4315

## SENIOR CENTERS & FOCAL POINTS

Senior centers exist in most of our 41 towns; some are designated Focal Points where seniors and their caregivers can access a variety of services. Most provide assistance with completing applications for various benefit programs and help to solve problems. Some senior centers offer hot meals funded through WCAAA, fitness and other interesting activities, as well as transportation directly or through other agencies. Focal Points designated in the Western CT area are underlined, but information about any senior center in the Western CT area may be obtained by calling WCAAA directly at 203-757-5449 or 1-800-994-9422.

### **BANTAM**

Litchfield Community Center  
421 Bantam Road  
Litchfield, CT 06759  
860-567-8302

### **BARKHAMSTED**

Barkhamsted Senior Center  
190 West River Road  
Barkhamsted, CT 06063  
Phone: 860-738-1264

### **BEACON FALLS**

Beacon Falls Senior Center  
57 North Main Street  
Beacon Falls, CT 06403  
Phone: 203-729-4627

### **BETHEL**

Bethel Senior Center  
1 School Street  
Bethel, CT 06801  
Phone: 203-792-3048

### **BETHLEHEM**

Bethlehem Senior Center  
36 Main Street

Bethlehem, CT 06751

Phone: 203-266-5702

### **BRIDGEWATER**

Bridgewater Senior Center  
132 Hut Hill Road  
Bridgewater, CT 06752  
Phone: 860-355-3090

### **BROOKFIELD**

Brookfield Senior Center  
100 Pocono Road  
Brookfield, CT 06804  
Phone: 203-775-5308

### **CANAAN**

Falls Village Senior Center  
108 Main Street  
Falls Village, CT 06031  
Phone: 860-824-4863

### **CHESHIRE**

Cheshire Senior Center  
240 Maple Avenue  
Cheshire, CT 06410  
Phone: 203-272-3165

## Community First Choice

Community First Choice is a new program in Connecticut offered to active Medicaid clients as part of the Affordable Care Act. This program allows individuals to receive supports and services in their home. These services may include, but are not limited to, help preparing meals and doing household chores and assistance with activities of daily living (bathing, dressing, transferring, etc.) and educational services to help increase independence, and learn how to manage in-home staff. The goal of this program is to allow clients to remain in their home.

## Congregate Housing Services Program

The Congregate Housing Program serves the following housing sites: Grace Meadows in Southbury, Greenwoods Garden and Chestnut Grove in Winsted, Nunnawauk Meadows in Newtown, George B. Lewis I & II in Naugatuck and Tarringford West in Torrington. This program provides direct supportive services for eligible seniors, persons with disabilities. Participants are involved in making choices about their services. After a home assessment, services provided may be a personal response systems, chore, homemaker, foot care, adult day care, meals, home health aide, medication monitoring or transportation.

## Independence Northwest

IN is an independent living resource for people with disabilities living in Northwest Connecticut. IN works with people with all types of disabilities and all age groups. Empowerment is a key objective of the organization. Four core services are advocacy, peer counseling, independent living skills and information and referral. As a partner of WCAAA, Independence Unlimited is an initial point of entry for those persons with disabilities, seeking information, guidance or services.

## Live Well, Chronic Self-Management Program

Attend a free Live Well workshop and learn skills to understand and take control of your long term health condition. Learn about tools to deal with pain, fatigue, difficult emotions, anxiety, stress, easy exercises

to help improve or maintain strength and energy, and ways to improve your nutrition, and appropriate use of medications and more. There is also a Diabetes specific Live Well program.

## Money Follows the Person Program

The goal of Money Follows the Person is to enable Medicaid clients, living in long term care facilities such as nursing homes to move back to the community. Transition Coordinators provide one-on-one help to connect clients, depending on their needs, to services including: community support programs and resources, housing or other living arrangements, rental assistance, accessibility modifications, assistive technology, personal care, money management and emergency backup to help clients be as independent as possible in the community.

## National Family Caregiver Support Program

National Family provides information, assistance, individual counseling, caregiver training, respite care and supplemental services such as home health aide, homemaker, companion, adult day care, minor home repair or medically necessary items not paid for by other sources. Services are aimed at keeping seniors in their home. Although there are no income or asset limits, new clients and those whose incomes are below poverty level are given high priority status. This program also offers “Powerful Tools for Caregivers”, a workshop that offers family members, friends or neighbors the tools they need to take care of themselves while caring for others.

## Private Care Management

The WCAAA routinely receives requests for private care management services. Seniors who are eligible for other programs such as the Connecticut Home Care Program, Alzheimer Respite or National Family Caregiver are immediately referred so that those benefits are maximized. When no other funds are available, the WCAAA staff can contract for care management including in-home assessment and development of care plans. Our rates are very competitive.

### Waterbury Senior Shuttle

*Receives WCAAA Funding*

City of Waterbury, Office of Community Development

24 Leavenworth Street, Waterbury, CT 06702

Phone: 203-346-2607, Fax: 203-346-3910

Provides demand-response transportation services for elderly residents of Waterbury. Requires 24-hour advance reservation.

Town served: Waterbury

## VETERANS BENEFITS

### Independence Northwest

*Receives WCAAA Funding*

1183 New Haven Road, Naugatuck, CT 06770

Phone: 203-729-3299, Fax: 729-2839

Provides assistance to elderly veterans to access VA health care benefits through outreach and education to provide veterans and their spouse additional income through access to Soldiers, Sailors and Marine Fund benefits as well as the pension claims process.

Towns served: 41 towns of Northwestern CT

## WELL BEING

Provides older adults with programs and services aimed at enhancing their physical and mental well-being through exercise, recreation and social interaction. Call the provider for more information.

### YMCA Senior Program

*Receives WCAAA Funding*

Waterbury YMCA

136 West Main Street, Waterbury, Ct 06702

Phone: 203-754-2181, Fax 203-754-9095

Towns served: Waterbury, Wolcott, Prospect and Watertown

### Naugatuck YMCA Senior Programs

*Receives WCAAA Funding*

284 Church Street, Naugatuck, CT 06770

Phone: 203-729-9622, Fax 203-723-0083

Towns served: Naugatuck and surrounding towns

## **TRANSPORTATION continued**

### **Inter-town Demand Response Transportation for Senior Citizens**

Housatonic Area Regional Transit District  
62 Federal Road, Danbury, CT 06810  
Phone: 203/744-4070, Fax 203-740-0764  
Provides demand response inter-town affordable senior transportation.  
Requires 24-hour reservation.  
Towns served: Danbury, Bethel, Brookfield, Ridgefield, New Fairfield, New Milford and Newtown

### **Naugatuck Seniors Transportation Project**

*Receives WCAAAA Funding*  
Borough of Naugatuck HRD  
229 Church Street, Naugatuck, CT 06770  
Phone: 203-729-5285, Fax 203-729-8663  
Provides transportation for the elderly and disabled persons from home to medical appointments and shopping.  
Towns served: Borough of Naugatuck

### **New Milford Senior Transportation**

*Receives WCAAAA Funding*  
40 Main Street, New Milford, CT 06776  
Phone: 860-355-6075  
Provides transportation for seniors to non-emergency medical appointments in targeted towns.  
Towns served: New Milford, Roxbury, Kent and Washington Depot

### **New Opportunities, Inc. Senior Companion Program**

*Receives WCAAAA Funding*  
232 North Elm Street, Waterbury, CT 06702  
Phone: 203-575-9799  
Provides transportation for low income senior companion volunteers to the homes of frail, homebound elders.

### **Northwestern Connecticut Rural Transit**

*Receives WCAAAA Funding*  
Municipal Building, 140 Main Street, Torrington, CT 06790  
Phone: 860-489-2535, 866-906-RIDE (7433)  
Provides transportation service for seniors throughout Northwestern Connecticut based on a reservation system.  
Towns served: Litchfield Hills and NW CT Planning regions

## **Senior Medicare Patrol**

WCAAAA's CHOICES program provides enhanced education on the issues of fraud and abuse to our network of volunteer and staff counselors. The trained Senior Medicare Patrol counselors then educate volunteers and professionals in the community to ensure that seniors are empowered to address issues of health care fraud, errors, abuse and other related health care scams such as identity theft and internet scams.

## **Veteran Directed Home and Community Based Services**

This program allows qualifying veterans to be an employer, to hire and supervise their own workers to help with their daily needs. An assessment will be completed to determine eligibility and level of need and to review the program, assist with care plan development. Services may include: assistance with personal care, household tasks, minor home repairs, skilled nursing, accompaniment to medical appointments, non-medical transportation, medical supplies, participation in adult day care and more to help veterans remain at home.

## **WCAAAA CT Home Care Program - Waterbury**

The Connecticut Home Program is designed to help elderly persons and young persons with a disability to remain safely in their homes with the proper supports and services in place rather than being institutionalized. Persons needing services must be age 65 years+, unless disabled, and require assistance in at least two areas of their daily functioning and meet the program's financial eligibility requirements. Referrals are accepted by telephone by calling the State of CT, Alternate Care Unit, at 1-800-424-4904 or by completing the online application. For more information, call the WCAAAA Home Care Program at 203-465-1000.

## ALTERNATE HOUSING

Agency funding provides assisted rehabilitative housing for elderly, homeless men and women including providing shelter, food and services for up to two years with a goal of transitioning residents into permanent, independent housing as soon as they are ready. Towns served: 41 towns of Western Connecticut area.

### **Shelter of the Cross Shelter of the Cross, Inc.**

*Receives WCAAAA Funding*

20 Aaron Samuel Drive, Danbury, CT 06810

Phone: 203-791-1050

## ADULT DAY CARE

Agency funding provides meals, therapeutic interventions, transportation, and aides who work with the Alzheimer clients through a variety of health, social and medically related programs to enhance their quality of life. Focus is respite and support for families to prevent premature nursing home placement.

### **Abbott Terrace Adult Day Care Center**

*Receives WCAAAA Funding*

Abbott Terrace Health Center

44 Abbott Terrace, Waterbury, CT 06702

Phone: 203-755-4807 x122, Fax: 203-755-9016

Towns served: Waterbury, Prospect, Wolcott and Watertown

### **Almost Home Adult Day Care**

*Receives WCAAAA Funding*

52 Federal Road, Danbury, CT 06810

Phone: 203-743-6456, Fax: 203-797-9974

Towns served: Greater Danbury Area

### **Senior Care of CT Adult Day Care**

900 Straits Turnpike, Middlebury, CT 06762

Phone: 203-598-7642, Fax: 203-598-0435

Towns served: Greater Waterbury

## TRANSPORTATION

### **Assisted Medical Transportation Program**

*Receives WCAAAA Funding*

City of Torrington, Sullivan Senior Center

88 East Albert Street, Torrington, CT 06790

Phone: 860-489-2211, Fax 860-489-2529

Provides affordable door-to-door medical transportation for seniors with disabilities or physical limitations. Requires reservation.

Towns served: Torrington, Litchfield, Harwinton and Winsted

### **Beacon Falls Senior Center Transportation**

*Receives WCAAAA Funding*

Town of Beacon Falls, Town Hall

10 Maple Avenue, Beacon Falls, CT 06403

Phone: 203-729-4340, Fax 203-720-1078

Provides transportation for seniors and disabled residents based on a reservation system; for shopping and medical appointments within the town.

Town served: Beacon Falls

### **Geer Transportation Program**

*Receives WCAAAA Funding*

99 South Canaan Road, Canaan, CT 06018

Phone: 860-824-7067

Provides non-emergency medical transportation

Towns served: Canaan, Salisbury, Sharon, Falls Village and Cornwall

### **Hispanic Coalition of Greater Waterbury**

*Receives WCAAAA Funding*

135 East Liberty Street

Waterbury, CT 06706

Phone: 203/ 754-6172

Provide in-town service for any purpose, especially for Spanish speaking seniors who require English language assistance. For seniors age 60+years.

Town served: Waterbury



## **OUTREACH continued**

### **Comprehensive Outreach Project for Elders (COPE)**

New Opportunities, Inc.

232 North Elm Street, Waterbury, CT 06702

Phone: 203-575-4244, Fax 303-755-8254

Provides seniors information and assistance to promote knowledge and use of social services including completing applications.

Towns served: All towns in the Central Naugatuck Valley

### **Danbury Outreach**

Danbury Senior Center

10 Elmwood Place, Danbury, CT 06810

Phone: 203-797-4686

Provides seniors information and assistance to promote knowledge and use of social services including completing applications.

Towns served: Danbury

### **Hispanic Coalition of Greater Waterbury**

*Receives WCAAAA Funding*

135 East Liberty Street

Waterbury, CT 06706

Phone: 203-754-6172

Multipurpose senior center assists homebound elders with applications for entitlement and benefit programs and door-to-door transportation.

Towns served: Waterbury and neighboring towns

### **Independence Northwest, Inc.**

*Receives WCAAAA Funding*

1183 New Haven Road #4

Naugatuck, CT 06770

Phone: 203-729-3299

Provide outreach for elderly veterans to ensure that eligible veterans obtain benefits that are available to them under the Federal, State and local laws.

Towns served: 41 towns of Northwestern CT

### **Daybreak of Waterbury**

161 Interstate Lane, Waterbury, CT 06705

Phone: 203-757-0106, Fax: 203-596-9264

Town served: Waterbury

### **Geer Adult Day Care**

*Receives WCAAAA Funding*

Geer Nursing & Rehabilitation Center

83 South Canaan Road, Canaan CT, 06018

Phone: 860-824-7067, Fax: 860-824-7871

Towns served: Barkhamsted, Canaan, Cornwall, Colebrook, Norfolk, North Canaan, Salisbury/Lakeville, Sharon and Winsted

## **CHORE SERVICES**

Agency funding provides for minor home maintenance, minor home repair and money management to assist the elderly in our 41 towns to be able to stay in their home.

### **CNV Chore Program**

*Receives WCAAAA Funding*

New Opportunities, Inc.

232 North Elm Street, Waterbury, CT 06702

Phone: 203-575-4268, Fax: 203-755-8254

Provides housecleaning, yard work, shopping and minor home maintenance services to assist frail elders to remain in their homes.

Towns served: Central Naugatuck Valley Region

### **Chore Service**

*Receives WCAAAA Funding*

Town of Sharon

P.O. Box 522, Lakeville, CT 06039

Phone: 860-435-9177, Fax: 860-492-0730

Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping and other minor chores, including snow removal.

Towns served: Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury, and Sharon

## CHORE SERVICES continued

### City of Torrington Chore Program

*Receives WCAAA Funding*

Sullivan Senior Center

88 East Albert Street, Torrington, CT 06790

Phone: 860-489-2211, Fax: 860-489-2580

Provides light housekeeping services for low income, frail, at-risk, disabled elders so that they can remain independent at home in their community.

Towns served: Torrington and Harwinton

### Helping Hands Chore Service

*Receives WCAAA Funding*

115 Spencer Street, Winsted, CT 06098

Phone: 860-379-4900 Fax: 860-379-1476

Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping, laundry, light yard work, errands, etc.

Towns served: Barkhamsted, Colebrook, New Hartford and Winsted and Norfolk

### Rebuilding Together

122 Stilson Hill Road, New Milford, CT 06776

Phone: 860-350-2290, Fax: 860-355-1801

Provides minor home repair and renovation for seniors and other low income homeowners in Litchfield County. Repairs are targeted for warmth, safety and/or environmental necessity.

Towns served: 41 towns in Western Connecticut area.

### Handy Dandy Handyman, Inc

26 Shamrock Drive Brookfield, CT. 06804

Phone: 203-740-1243

Provides seniors with various “handyman” type chores to maintain seniors in their homes including yard work, minor exterior or interior home repairs.

Towns served: Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford and Newtown

## LEGAL SERVICES

### Connecticut Legal Services, Inc.

*Receives WCAAA Funding*

Legal Services for the Elderly

85 Central Avenue, Waterbury, CT 06722

Phone: 203-756-8074, Fax 203-754-0504

**Consumer Law Hotline: 1-800-296-1467**

**Statewide Legal services 1-800-453-3320**

Provide seniors assistance in maintaining the maximum possible independence and autonomy by promoting and enforcing their legal rights, providing legal representation and in-depth counseling.

Towns served: 41 towns of Northwestern CT

## MENTAL HEALTH

### Project Hope

*Receives WCAAA Funding*

Family Intervention Center

22 Chase River Road, Waterbury, CT 06704

Phone: 203-753-2153, Fax 203-756-6032

Provides outreach, workshops, evaluation, counseling and referrals for people age 60+ who suffer from alcoholism, drug addiction or emotional issues.

Towns served: Central Naugatuck Valley

## OUTREACH

### BRASS Waterbury Outreach

**Waterbury Senior Center**

1985 East Main Street, Waterbury, CT 06705

Phone: 203-757-5449

Provides seniors information and assistance to promote knowledge and use of social services including completing applications.

## FUEL AND UTILITY ASSISTANCE

WCAAA's emergency fuel or utility assistance program is for seniors with limit of two payments; funds are used as a last resort, after all other funding sources are expended.

### **Elderly Emergency Fuel Program**

*Receives WCAAA Funding*

New Opportunities Inc.

232 North Elm Street, Waterbury, CT 06702

Phone: 203-575-9233, Fax: 203-575-8254

Towns served: Central Naugatuck Valley and Litchfield Hills Region

### **CACD Fuel**

*Receives WCAAA Funding*

Community Action Committee of Danbury

66 North Street, Danbury, CT 06810

Phone: 203-748-5422, Ext. 105, Fax: 203-790-9693

Towns served: Housatonic Valley and part of Northwest region

## GRANDPARENTS RAISING GRANDCHILDREN

### **Connecticut Legal Services**

*Receives WCAAA Funding*

Connecticut Legal Services, Inc.

85 Central Avenue, Waterbury, CT 06722

Phone: 203-756-8074, Fax 203-754-0504

Provide grandparents with the information and assistance to make informed decisions regarding the legal status of their roll as caregivers of grandchildren. CLS also organizes outreach events and provides direct legal counseling as well as representation for grandparents raising grandchildren.

### **Naugatuck YMCA, "Time Out to Play"**

*Receives WCAAA Funding*

284 Church Street, Naugatuck, CT 06770

Phone: 203-729-9622, Fax 203-723-0083

Assist grandparents raising grandchildren by providing activities, before and after school/camp where the primary focus is for the grandparent and their families. Support groups are also available.

Towns served: Borough of Naugatuck

### **Litchfield Hills Chore Service**

*Receives WCAAA Funding*

PO Box 294 Litchfield, CT 06759

Phone: 860-567-6121

Provides general light and heavy housekeeping, cleaning, laundry, cooking and some yard maintenance for homebound, disabled seniors. Towns served: Litchfield, Morris, Goshen, Warren, Washington and Roxbury

### **Habitat for Humanity**

PO Box 1, Salisbury, CT 06068

Phone: 860-435-4747

Provide critical home repairs to seniors such as interior/exterior work that improves the safety of homeowner.

Towns served: Canaan, Cornwall, Falls Village, Norfolk, Salisbury and Sharon

### **New Opportunities Inc. Money Management**

*Receives WCAAA Funding*

New Opportunities, Inc.

232 North Elm Street, Waterbury, CT 06702

Phone: 203-757-7738

Provide frail, at-risk elders with bill paying assistance with screened, trained and bonded volunteers.

Towns Served: Beacon Falls, Bethlehem, Bethel, Brookfield, Canaan, Cheshire, Danbury, Litchfield, Middlebury, Naugatuck, New Milford, Newtown, Prospect, Sherman, Southbury, Thomaston, Torrington, Waterbury, Watertown, Winsted, Wolcott, and Woodbury

## ELDERLY NUTRITION

### Home Delivered Meals

*Receives WCAAAA Funding*

Programs prepare and deliver hot and cold meals to elderly individuals who are unable to shop for and/or prepare their own meals or travel to a site where a meal is being served. Donations are suggested. If you are in need of home delivered meals, please call WCAAAA at 203-757-5449 or 800-994-9422.

#### Central Naugatuck Elderly Nutrition

New Opportunities, Inc.  
232 North Elm Street, Waterbury, CT 06702  
Phone: 203-757-7738

#### Housatonic Valley Elderly Nutrition

CW Resources  
15 Great Pasture Road, Suite #8, Danbury, CT 06810  
Phone: 203-628-7540

#### Litchfield Hills/Northwest Elderly Nutrition Project

City of Torrington Sullivan Senior Center  
88 East Albert Street, Torrington, CT 06790  
Phone: 860-489-4151

### Congregate Meals

*Receives WCAAAA Funding*

Regular hot meals for the elderly who may otherwise not eat properly and who can profit from an opportunity to socialize with others. Congregate meals are often combined with recreation, education and social activities.

<b>Bethlehem</b> , Painted Pony Restaurant*	203-757-7738
<b>Brookfield</b> Senior Center	203-775-5308
<b>Cheshire</b> Senior Center	203-272-0047
<b>Danbury</b> Senior Center	203-797-4686
<b>Falls Village</b> Congregational Church	860-824-0194
<b>Harwinton</b> Senior Center	860-689-1951
<b>Kent</b> , Templeton Farms Recreation Building	860-927-3403
<b>Lakeville</b> , Town Grove Recreation Building	860-435-5186

<b>Litchfield</b> , First Congregational Church	860-567-5746
<b>Middlebury</b> Senior Center	203-577-4166
<b>Morris</b> Senior Center	860-567-3210
<b>Naugatuck</b>	
George B. Lewis I Congregate Housing	203-729-3387
George B. Lewis II Congregate Housing	203-729-0508
Naugatuck Senior Center	203-720-7069
<b>New Fairfield</b> Senior Center	203-312-5665
<b>New Milford</b> Senior Center	860-355-6075
<b>New Hartford</b> Senior Center	860-379-3980
<b>Newtown</b>	
Newtown Senior Center	203-270-4310
Nunnawauk Meadows Congregate Housing	203-426-2594
<b>Norfolk</b> , Meadowbrook Housing	860-542-5434
<b>Prospect</b> Senior Center	203-758-5300
<b>Redding</b> , Heritage Senior Center	203-938-9275
<b>Sherman</b> , American Pie Company Restaurant*	860-350-0662
<b>Southbury</b>	
Grace Meadows Congregate Housing	203-267-5419
Jewish Federation	203-267-3177
Southbury Senior Center	203-262-0631
<b>Thomaston</b> , Clare Hall	203-283-5174
<b>Torrington</b>	
Sullivan Senior Center	860-482-4151
Torrington West Apartments Congregate Housing	860-489-7328
<b>Waterbury</b>	
Brass House Restaurant*	203-755-4910
Hispanic Coalition	203-754-6172
Monteiro Restaurant*	203-573-0645
Mount Olive Senior Center	203-574-1113
Seven Villages Restaurant*	203-755-4222
Waterbury Senior Center	203-574-6746
<b>Watertown</b> , Fall Avenue Senior Center	860-945-5250
<b>Winsted</b> , McCarthy Senior Center	860-379-4252
<b>Wolcott</b> , Rietdyke Senior Center	203-879-8133
<b>Woodbury</b> , Elenni's Restaurant*	203-757-7738
<b>Woodbury</b> Senior Center	203-263-2828

\* Senior Dine Program location. Please call for information and to make your reservation 24 hours in advance.