

## Nutritional Programs and Meals on Wheels

### Title III C

Through the Older Americans Act Title III C, funding is made available to provide nutritionally balanced meals to individuals age 60 and over. Meals are available through participation in a senior café or through home delivered meals to homebound seniors who are unable to prepare or obtain nourishing meals.

- **LifeBridge Community Services** (New Haven Area Residents). 203-752-9919 or email [seniorfoodservice@LifeBridgeCT.org](mailto:seniorfoodservice@LifeBridgeCT.org).

The Meals on Wheels program addresses the nutritional needs of the homebound elderly and disabled, and delivers state-subsidized, nutritious meals to eligible individuals residing in the New Haven area. A variety of therapeutic meals including chopped and pureed are available to satisfy specific dietary requirements. Deliveries are made Monday through Friday and weekend meals are provided as needed. Some clients qualify for financial assistance. Full fee service is also available for non-qualifying clients.

**Area(s) Served:**

New Haven County – Branford, East Haven, Madison, Meriden, Milford, North Branford, Northford, North Haven, Orange, West Haven, and Wallingford

**Fees:** vary; call for information

**Eligibility Requirement:**

- Applicants must be 60 years of age or older, or the spouse of an elderly participant
- Applicants must be homebound
- A doctor or other qualified health professional (VNA, CT Homecare Case Manager) must provide a diet order, along with other pertinent medical history.

To apply or for complete information about food delivery options, please call or email LifeBridge Services. See above.

- **Home Delivered Meals (Meals on Wheels)**  
Two organizations receive Title III C funding and can be contacted directly for more information on home delivered meals, and the Senior Dine Program.
- **Senior Dine Program – Senior Community Cafes**  
This program offers congregate dining at the senior community “cafes” at area senior center communities and offers meals at local area restaurants on specific days during the week with a fixed menu of entrees. Seniors benefit from a varied menu in a social setting that lifts their spirits as well as nurtures their body. Program is funded in part by the Area Agency of South Central CT in partnership with LifeBridge.

**Area(s) Served:**

New Haven County – Branford, East Haven, Madison, Meriden, Milford, New Haven, North Branford, Northford, North Haven, Orange, West Haven, and Wallingford

## Nutritional Programs and Meals on Wheels

**Fees:** Suggested donation \$3.00 (no one turned away if they cannot contribute)

**Eligibility Requirement:**

- Must be 60 years of age or older
- Must be a resident of Greater New Haven

To apply or for complete information about food delivery options, please call or email LifeBridge Services. See page 1.

**Reservations:** Must be made 24 hours in advance

**Availability:** Monday – Friday from 11:15a – 12:30p at most sites.

**Location of Senior Community Cafes:**

<u>Atwater Senior Center</u> 26 Atwater Street New Haven, CT 06511 203-946-8559	<u>East Shore Senior Center</u> 411 Townsend Avenue East Haven, CT 06512 203-846-8549	<u>Orange Senior Center</u> 535 Orange Center Road Orange, CT 06577 203-891-4765
<u>Bella Vista Senior Center</u> <u>Victoria Room</u> 321 Eastern Street New Haven, CT 06513 203-946-6507	<u>Madison Senior Center</u> 29 Bradley Road Madison, CT 06443 203-245-5686	<u>Putnam-Davenport/Dunbar Senior Housing</u> 125 Putnam Avenue Hamden, CT 06517 203-248-3924
<u>Branford Senior Center</u> 11 Cherry Hill Road Branford, CT 06405 203-481-3429	<u>Meriden Senior Center</u> 22-26 Main Street Meriden, CT 06450 203-235-8052	<u>Surfside Senior Housing</u> 200 Oak Street West Haven, CT 06516 203-934-1504
<u>Casa Boricua – Meriden</u> 204 Colony Street Meriden, CT 06450 203-238-0430	<u>Milford Senior Center</u> 9 Jepson Drive Milford, CT 06460 203-877-5131	<u>The Greek Olive Restaurant (Wednesday Only)</u> 402 Sargent Drive New Haven, CT 06511 203-495-9990
<u>Casa Otoñal</u> 135 Sylvan Avenue New Haven, CT 06519 203-773-1847 ext. 123	<u>Miller Senior Center</u> 2901 Dixwell Avenue Hamden, CT 06518 203-287-0057	<u>Wallingford Senior Center</u> 238 Washington Street Wallingford, CT 06492 203-265-3508
<u>Dixwell Senior Center</u> 255 Goffe Street New Haven, CT 203-946-8541	<u>North Branford/Northford Senior Center</u> 1332 Middletown Avenue Northford, CT 06482 203-484-6017	<u>West Haven Senior Center</u> 201 Noble Street West Haven, CT 06516 203-937-3507
<u>East Haven Senior Center</u> 91 Taylor Avenue East Haven, CT 06512 203-468-3277	<u>North Haven Senior Center</u> 189 Pool Road North Haven, CT 06473 203-239-4030	

## Nutritional Programs and Meals on Wheels

- **Team, Inc.,** - 30 Elizabeth Street, Derby, CT 06418. 203-736-5420 or for application, 203-538-5886, ext. 4225

The Meals on Wheels program is intended to offer support to seniors who are unable to provide good nutrition for themselves. Meals are typically delivered for short periods of time during an illness or while recuperating after a hospital stay. Occasionally, services are used for longer periods.

Nutritional balanced hot lunches are delivered Monday through Friday. Frozen meals are available and delivered once a week. Meals on Wheels is available on a referral basis by hospitals, family, friends, and clients themselves.

**Area(s) Served:** Ansonia, Derby, Oxford, Seymour

**Fees:** Suggested donation \$3.00 per meal. If person is unable to make donation, service will not be denied.

### **Eligibility Requirement:**

- Applicants must be 60 years of age or older, or the spouse of an elderly participant
- Applicants must be homebound and unable to eat at a congregate meal site
- Applicants are assessed as being “homebound” by the Agency on Aging of South Central Connecticut
- A doctor or other qualified health professional (VNA, CT Homecare Case Manager) must provide a diet order, along with other pertinent medical history.

**For information or application, call the above numbers.**

- **Senior Community Cafes**

Senior Cafes offer a nutritious meal and the chance to connect with old and new friends.

**Area(s) Served:** Ansonia, Derby, Oxford, Seymour

**Fees:** Suggested donation \$3.00 per meal.

### **Eligibility Requirement:**

- Applicants must be 60 years of age or older
- Reside in one of the Valley towns listed.

**Reservation:** Ansonia, Derby, Seymour – the day before  
Oxford – call Senior Center for schedule

**For information or application, call the above numbers.**

## Nutritional Programs and Meals on Wheels

### Location, availability, and contact number for reservations at Senior Center Cafes:

Café Site	Availability	Contact for Reservation
The Joseph Doyle Senior Center – Ansonia	Monday, Wednesday, & Friday	203-736-1051, the day before
The Derby Senior Center – Derby	Tuesday & Thursday	203-736-1484, the day before
The Rev. A. Callahan House Seymour	Monday – Friday	203-888-4579, the day before
The Oxford Senior Center Oxford	A couple of days per month	203-881-5231

- **The Senior Meal Choice Program at Griffin Hospital**

This is an excellent resource, providing older adults with a nutritious meal while dining with café guests in a beautiful restaurant setting. Meals consist of an entrée, side dish, vegetable, soup or salad, a piece of fruit or dessert and beverage. This is a collaborative dining program coordinated by TEAM, Inc. and Griffin Hospital.

**Area(s) Served:** Seniors living in surrounding Valley Towns

**Fees:** Suggested donation \$3.00 for those able to pay

**Eligibility Requirement:**

- 60 years of age or older
- Reside in a Valley town
- No income requirement

**Reservation:** Before 10:00am each day

### Location, availability, and contact number for reservations for the Senior Meal Choice Program:

Location	Availability	Contact for Reservation
Griffin Hospital Dining Center Derby	Thursdays at 11:45am Tuesdays, Wednesdays & Thursdays at 5:00pm	203-736-5420, x203 before 10:00am each day

## Nutritional Programs and Meals on Wheels

### Other Meals on Wheels and Congregate Meal Programs

- **Guilford Interfaith Volunteers Meals on Wheels**

Guilford Interfaith Volunteers (GIV) – Meals on Wheels (MOW). For more information call 203-453-8359.

Hot nutritious meals are delivered to the home of any Guilford resident in need of temporary or long-term assistance. Meals are delivered Monday – Friday between 10:30am and 1:00pm. Optional frozen weekend meals are delivered on Friday.

**Fees:** Based on sliding scale. \$5.00 or less.

**Eligibility Requirement:**

- No age or financial restrictions.
- Meals on Wheels is a community supported program.

For complete information about GIV Meals on Wheels, please call the above number.

#### **Senior Congregate Meals**

**Cheshire Senior Center**

240 Maple Avenue  
Cheshire, CT 06410  
203-272-0047, call for information

Offers a lunch meal, Monday – Friday, 12N.

**Fees:** suggested donation

**Eligibility Requirements:**

- 60 years of age or older
- Resident of Cheshire

**Guilford Senior Center**

32 Church Street  
Guilford, CT 06437  
203-453-8086

Hot lunches served on Monday, Tuesday, Thursday, and Friday. 12N

**Fees:** suggested donation

**Eligibility Requirements:**

- 60 years of age or older
- Resident of Guilford

## Nutritional Programs and Meals on Wheels

### Woodbridge Senior Center

4 Meeting House Lane  
Woodbridge, CT 06577  
203-389-3430, call for information

Lunches served Tuesday and Friday, 12:15pm.

**Fees:** Nominal fee

### Eligibility Requirements:

- 60 years of age or older
- Resident of Woodbridge

### Shelton Senior Center

81 Wheeler Street  
Shelton, CT 06484  
(203) 924-9324

Lunches served Tuesday and Friday, 11:45am/call by 12N the day before

**Fees:** None listed

### Eligibility Requirements:

- 60 years of age or older
- Resident of Shelton

For questions regarding Meals on Wheels, the Senior Dine Program, or Congregate Meals for Seniors and the locations of these services in your town, you can contact your local Agency on Aging. See below list:

- Agency on Aging of South Central CT  
One Long Wharf Drive  
New Haven, CT 06511  
203-785-8533  
[www.aoascc.org](http://www.aoascc.org)

Serves the following towns: Ansonia, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, Meriden, Milford, New Haven, north Haven, North Branford, orange, Oxford, Seymour, Shelton, Wallingford, West Haven and Woodbridge.

## Nutritional Programs and Meals on Wheels

- Western CT Area Agency on Aging  
84 Progress Lane  
Waterbury, CT 06705  
203-757-5449  
[www/wcaaa.org](http://www/wcaaa.org)

Serves the following towns: Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winsted, Wolcott, and Woodbury.

- North Central CT Area Agency on Aging  
151 New Park Avenue  
Hartford, CT 06106  
860-724-6443  
[www.ncaaact.org](http://www.ncaaact.org)

Serves the following towns: Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Marlborough, New Britain, Newington, Plainville, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, and Windsor Locks.

- Southwestern Connecticut Agency on Aging  
1000 Lafayette Boulevard, 9<sup>th</sup> Floor  
Bridgeport, CT 06604  
203-333-9288  
[www.swcaa.org](http://www.swcaa.org)

Serves the following towns: Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, and Wilton.

- Eastern Connecticut Area Agency on Aging dba Senior Resources  
19 Ohio Avenue  
Norwich, CT 06360  
860-887-3561  
[www.seniorresourcesec.org](http://www.seniorresourcesec.org)

Serves the following town: New London, Middlesex, Tolland, and Windham counties.