Nutritional Programs and Meals on Wheels

Title IIIC
Through the Older Americans Act Title IIIC, 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.

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 IIIC 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
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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:

<table>
<thead>
<tr>
<th>Atwater Senior Center</th>
<th>East Shore Senior Center</th>
<th>Orange Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 Atwater Street</td>
<td>411 Townsend Avenue</td>
<td>535 Orange Center Road</td>
</tr>
<tr>
<td>New Haven, CT 06511</td>
<td>East Haven, CT 06512</td>
<td>Orange, CT 06577</td>
</tr>
<tr>
<td>203-946-8559</td>
<td>203-846-8549</td>
<td>203-891-4765</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Bella Vista Senior Center</th>
<th>Madison Senior Center</th>
<th>Putnam-Davenport/Dunbar Senior Housing</th>
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<tbody>
<tr>
<td>Victoria Room</td>
<td>29 Bradley Road</td>
<td>125 Putnam Avenue</td>
</tr>
<tr>
<td>321 Eastern Street</td>
<td>Madison, CT 06443</td>
<td>Hamden, CT 06517</td>
</tr>
<tr>
<td>New Haven, CT 06513</td>
<td>203-245-5686</td>
<td>203-248-3924</td>
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<table>
<thead>
<tr>
<th>Branford Senior Center</th>
<th>Meriden Senior Center</th>
<th>Surfside Senior Housing</th>
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<tbody>
<tr>
<td>11 Cherry Hill Road</td>
<td>22-26 Main Street</td>
<td>200 Oak Street</td>
</tr>
<tr>
<td>Branford, CT 06405</td>
<td>Meriden, CT 06450</td>
<td>West Haven CT 06516</td>
</tr>
<tr>
<td>203-481-3429</td>
<td>203-235-8052</td>
<td>203-934-1504</td>
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<table>
<thead>
<tr>
<th>Casa Boricua – Meriden</th>
<th>Milford Senior Center</th>
<th>The Greek Olive Restaurant (Wednesday Only)</th>
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<tbody>
<tr>
<td>204 Colony Street</td>
<td>9 Jepson Drive</td>
<td>402 Sargent Drive</td>
</tr>
<tr>
<td>Meriden, CT 06450</td>
<td>Milford, CT 06460</td>
<td>New Haven, CT 06511</td>
</tr>
<tr>
<td>203-238-0430</td>
<td>203-877-5131</td>
<td>203-495-9990</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Casa Otoñal</th>
<th>Miller Senior Center</th>
<th>Wallingford Senior Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>135 Sylvan Avenue</td>
<td>2901 Dixwell Avenue</td>
<td>238 Washington Street</td>
</tr>
<tr>
<td>New Haven, CT 06519</td>
<td>Hamden, CT 06518</td>
<td>Wallingford, CT 06492</td>
</tr>
<tr>
<td>203-773-1847 ext. 123</td>
<td>203-287-0057</td>
<td>203-265-3508</td>
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</table>

<table>
<thead>
<tr>
<th>Dixwell Senior Center</th>
<th>North Branford/Northford Senior Center</th>
<th>West Haven Senior Center</th>
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<tbody>
<tr>
<td>255 Goffe Street</td>
<td>1332 Middletown Avenue</td>
<td>201 Noble Street</td>
</tr>
<tr>
<td>New Haven, CT</td>
<td>Northford, CT 06482</td>
<td>West Haven, CT 06516</td>
</tr>
<tr>
<td>203-946-8541</td>
<td>203-484-6017</td>
<td>203-937-3507</td>
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<table>
<thead>
<tr>
<th>East Haven Senior Center</th>
<th>North Haven Senior Center</th>
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<tbody>
<tr>
<td>91 Taylor Avenue</td>
<td>189 Pool Road</td>
</tr>
<tr>
<td>East Haven, CT 06512</td>
<td>North Haven, CT 06473</td>
</tr>
<tr>
<td>203-468-3277</td>
<td>203-239-4030</td>
</tr>
</tbody>
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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 medial 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:

<table>
<thead>
<tr>
<th>Café Site</th>
<th>Availability</th>
<th>Contact for Reservation</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Joseph Doyle Senior Center – Ansonia</td>
<td>Monday, Wednesday, &amp; Friday</td>
<td>203-736-1051, the day before</td>
</tr>
<tr>
<td>The Derby Senior Center – Derby</td>
<td>Tuesday &amp; Thursday</td>
<td>203-736-1484, the day before</td>
</tr>
<tr>
<td>The Rev. A. Callahan House Seymour</td>
<td>Monday – Friday</td>
<td>203-888-4579, the day before</td>
</tr>
<tr>
<td>The Oxford Senior Center Oxford</td>
<td>A couple of days per month</td>
<td>203-881-5231</td>
</tr>
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- **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:

<table>
<thead>
<tr>
<th>Location</th>
<th>Availability</th>
<th>Contact for Reservation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Griffin Hospital Dining Center Derby</td>
<td>Thursdays at 11:45am, Tuesdays, Wednesdays &amp; Thursdays at 5:00pm</td>
<td>203-736-5420, x203 before 10:00am each day</td>
</tr>
</tbody>
</table>
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
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

  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


- North Central CT Area Agency on Aging  
  151 New Park Avenue  
  Hartford, CT 06106  
  860-724-6443  
  www.ncaaact.org


- Southwestern Connecticut Agency on Aging  
  1000 Lafayette Boulevard, 9th Floor  
  Bridgeport, CT 06604  
  203-333-9288  
  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

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