Senior Resources
AGENCY ON AGING

Mapping Our Impact: 2025 Year in Review

Senior Resources Agency on Aging

ASHFORD	EAST HAMPTON	LYME	PUTNAM
BOZRAH	EAST LYME	MANSFIELD	SALEM
BROOKLYN	EASTFORD	MIDDLEFIELD	SCOTLAND
CANTERBURY	ESSEX	MIDDLETOWN	SPRAGUE
CHAPLIN	FRANKLIN	MONTVILLE	STERLING
CHESTER	GRISWOLD	NEW LONDON	STONINGTON
CLINTON	GROTON	NORTH STONINGTON	THOMPSON
COLCHESTER	HADDAM	NORWICH	UNION
COLUMBIA	HAMPTON	OLD LYME	VOLUNTOWN
COVENTRY	KILLINGLY	OLD SAYBROOK	WATERFORD
CROMWELL	KILLINGWORTH	PLAINFIELD	WESTBROOK
DEEP RIVER	LEBANON	POMFRET	WILLINGTON
DURHAM	LEDYARD	PORTLAND	WINDHAM
EAST HADDAM	LISBON	PRESTON	WOODSTOCK

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Answers you need,
resources you can trust.

860-887-3561 www.seniorresourcesec.org

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Welcome to our Annual Report for Senior Resources Agency on Aging 2025.

We support 56 towns of Eastern Connecticut as the Area Agency on Aging managing Federal, State and other funding in ways that support Aging with Dignity, and we have done this for over 51 years. Our hope is that this Annual Report provides a high-level view of the depth and breadth of programs and services that we provide and support while also giving a personal perspective of how this impacts lives in our communities and in individual homes.

Older adults are not different from citizens of any other age in that they want to have choice and control over the decisions which impact their lives. To this, we work directly and extensively with adults and their families regarding ways to maximize their independence, empower decision-making and foster quality and quantity of life throughout the aging journey. Through our programs, we seek to provide a range of long-term care services and supports, and we advocate for and find solutions to gaps in services.

Kudos to our wonderful staff who work in all these programs and cross-pollinate to coordinate the most person-centered care for every individual and collaborate with our many community and aging network partners. We love what we do and love sharing that with others, and we hope that this is evident in the impact we have on our clients.

Thank you to our volunteers, without whom we could not function. Our Board of Directors and Advisory Council provide insight and oversight for all our activity with care, compassion and a keen perspective of how our work affects Eastern Connecticut and beyond. Volunteers in our programs such as Medicare Counseling (CHOICES), Senior Medicare Patrol (SMP), Wellness Education, and Caregiver Support bring these programs to life in their communities and enhance our ability to assist so many more people. Additionally, volunteers for our grantee agencies and programs such as Meals on Wheels, make a huge difference and connection within the aging network.

We hope that this report provides you with some useful information and some insight to the successful and meaningful work being done to help all people age well in our communities.

Please contact us with any questions, suggestions or to find out more about any of our programs and volunteer opportunities.

Staff

Alison Dvorak, Executive Director
Terrence Hickey, Chief Financial Officer
Joan Marshall, Director of Care Coordination and Service Navigator
Laura Crews, Director of Benefits Access
Kathy Chase, Director of Contracts (retired)
Sally Huck, Community Funding Manager
Nancy DiMauro, Office Manager
John O'Hara, Resident Services Coordinator Congregate Housing Services Program
Joyce Gootkin, Information Specialist
Lori Napolitano, Medicare Counselor
Jean Young, Bookkeeper
Robin Brewer, Statewide Respite Program and Veterans Directed Care Coordinator
Lori Rygielski, Evidenced Based Wellness Programs Coordinator
Deanna Reinhold, Housing Coordinator Money Follows the Person
Jill Vasington, Senior Medicare Patrol and Public Education Coordinator
Adele Wise, Transition Coordinator Money Follows the Person
Amanda Marie Taylor, Transition Coordinator Money Follows the Person
Claudia Mejia, Registered Dietitian, Nutrition and Elder Justice Coordinator
Christine Foster, Volunteer Coordinator Statewide Senior Medicare Patrol
Beth Varas, Service Navigator
Christopher Blancarte, Registered Dietitian and Nutrition Program Coordinator
Rosa Carrero, Nutrition Program Site Server
Miriam Johnson, National Family Caregiver Support Program Coordinator

Board of Directors

Susan Swain, President
Christine Picklo, Vice-President
Laurie McElwee, Secretary (end of term)
Tanisha Minnis, Secretary (start of term)
Michelle Dempsey, Treasurer
Karen Buck
Sara Denis
Andrew Ely
Thomas Wright
Rachel Labonne
Gabrielle Labonte
Catherine Lechowicz
Fran Minor

Advisory Council

Nikki Gullickson, Chair
Mark Simmons, Vice Chair
Brendan Geraghty, Secretary
Caroline Trantalis
Leigh Stearns
Sheila Horvitz
Joyce Werden
Reggie Stankaitis
Eric Rosenberg

The Eastern Connecticut Area Agency on Aging was incorporated in 1976 to administer the Older Americans Act of 1965 and now operates with the business name Senior Resources. Senior Resources is a private non-profit organization with an Advisory Council and Board of Directors that bridges management of Federal, State and other funds with direct services and collaborations in our communities. The Eastern region consists of 56 towns and 2 Tribal nations spanning 4 counties and bordering 2 states and the shoreline. Senior Resources works in close connection with the other 4 Area Agencies on Aging as AgingCT. Together, we strengthen our voice for legislative advocacy, thought leadership and professional enhancement of our network.

Mission Statement: To provide access to information and services to empower adults to live with dignity.

Core Values:

Listen to the needs of each individual as expressed by them,
Empower individuals to make informed choices,
Assist with access to affordable benefits and services,
Respect all individuals within the reach of the agency, and
Nurture to provide care, grow support, develop ideas, and succeed.

Senior Center Focal Points

Covering 56 towns is a big undertaking. Thankfully, we have an amazing network of partners in every Senior Center, Senior Housing, Library, Community Center, Healthcare Organization, Community Access Agency, professional organizations and collaborative committees. We would like to highlight the Focal Point Locations throughout our region as they provide access to aging and disability services with adherence to health, safety and accessibility standards such as Information Referral and Assistance, Meals and Nutrition services, Wellness programs, Transportation, Public Benefits access, civic engagements, social or recreational endeavors, and education and arts:

Estuary Council of Seniors – 220 Main Street, Old Saybrook | Website: yourestuary.org
Contact: Heather Milardo | Email: development@yourestuary.org | Phone: 860-388-1611

Portland Waverly Senior Center – 7 Waverly Avenue, Portland | Website: portlandct.org/senior-services
Contact: Sarah Elliott-Caratasios | Email: selliott@portlandct.org | Phone: 860-342-6760

Quinebaug Valley Senior Citizens Center – 69 South Main Street, Brooklyn | Website: qvscc.org
Contact: Sophie Charron | Email: director@qvscc.org | Phone: 860-774-1243

New London Senior Center – 10 Brainard Street, New London | Website: newlondonct.gov/senior-center
Contact: Marina Vracevic | Email: mvracevic@newlondonct.gov | Phone: 860-437-6339

Sprague Senior Center – 1 Main Street, PO Box 677, Baltic | Website: ctsprague.org
Contact: Karen Escher | Email: seniorcenter@ctsprague.org | Phone: 860-822-3000

Thrive 55+ Active Living Center – 102 Newtown Road, Groton | Website: groton-ct.gov
Contact: Mary Jo Riley | Email: mriley@groton-ct.gov | Phone: 860-441-6636

Rose City Senior Center – 8 Mahan Drive, Norwich | Website: norwichct.org/seniors
Contact: Michael Wolak | Email: mwolak@cityofnorwich.org | Phone: 860-889-5960

Colchester Senior Center – 15 Louis Lane, Colchester | Website: colchesterct.gov
Contact: Patty Watts | Email: pwatts@colchesterct.gov | Phone: 860-537-3911

East Lyme Senior Center – 37 Society Road, Niantic | Website: eltownhall.com
Contact: Kristen Caramanica | Email: kcaramanica@eltownhall.com | Phone: 860-739-5859

Montville Senior Center – 12 Maple Avenue, Uncasville | Website: townofmontville-ct.org
Contact: Kathleen Doherty-Peck | Email: kpeck@montville-ct.org | Phone: 860-848-0422

Ashford Senior Center – 25 Tremko Lane, Ashford | Website: ashfordtownhall.org/directory/senior-center
Contact: Monica Gallegos | Email: seniorcenter@ashfordtownhall.org | Phone: 860-478-5122

Lebanon Senior Center – 22 Imogene Lane, Lebanon | Website: lebanonct.gov
Contact: Darcy Battye | Email: dbattye@lebanonct.gov | Phone: 860-642-2042

Windham Senior Center – 1 Jillson Square, Willimantic | Website: windhamct.gov/173/Senior-Center
Contact: Angela Fournier | Email: afournier@windhamct.gov | Phone: 860-450-2100

Senior Centers in Eastern Connecticut

- This city/town has a senior center
- This city/town has a senior center that serves as a focal point
- Senior Resources

Senior Medicare Patrol Empowers Medicare beneficiaries, their families, and caregivers to prevent, detect, and reduce Medicare fraud, errors, and abuse.

In the past year our dedicated SMP team...

- Attended 39 Community Outreach Events in Eastern CT
- Facilitated 63 Group Presentations in Eastern CT
- Reached 8,345 people in Eastern CT
- Onboarded 10 new statewide SMP volunteers

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

Senior Resources
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Angel Fund

The Angel Fund provides compassionate, flexible assistance to older adults facing urgent or unmet needs that cannot be addressed through existing programs and services. This special fund helps fill the gaps, offering support for essential items or services that enhance safety, independence, and quality of life.

The fund pays for utility bills, document fees, probate fees, dental bills, nutrition supplies, durable medical equipment, and post-op overnight care, and more options if needed. See our "How You Can Help" page to contribute.

This past year the Angel Fund provided $11,062 of assistance and served 52 people.

Daisy Fund

The Daisy Fund provides funding to help meet essential transportation-related needs in our 56-town region. It provides financial assistance with access to transportation, vehicle repairs, and direct payment for travel, mileage reimbursement, travel vouchers, and other transportation-related expenses that benefit the 60 and older population.

The Daisy Fund provided transportation to doctor appointments, dialysis, surgeries, outpatient rehab, and mental health services. Funds were also distributed for auto insurance, auto repairs, handicap vehicle shipping, ambulance copays, ambulance to
doctor to meet Medicare homecare referral requirements, and mileage reimbursement.

This past year the Daisy Fund provided $32,960 of assistance and served 41 people.

Finances at a Glance

Projecting total Revenues in FY2026 to exceed

$7.23 Million

Revenue by Category	FY2026	Inc/(Dec)
Federal Funds	4,216,847	14,714
State Funds	2,077,276	226,202
ARPA Funds	437,104	(251,031)
Fees, Co-Pays & Other	238,572	40,757
In-Kind & Comm Support	167,407	(5,423)
Total Revenue	7,237,686	25,219

Expenses by Category	FY2026	Inc/(Dec)
Grantee Awards	3,239,192	(247,152)
Personnel	1,776,588	119,187
Community Services	1,636,767	138,079
Other Non-Salary	350,921	(12,035)
Facilities	174,176	(1,029)
Total Expenses	7,177,643	(2,950)

Finances at a Glance

ECAAA provides

$5.9 Million

In Social Service and Nutrition Programs to the Communities of Eastern CT

Social Services	Grantees	Waivered Service	Total
Transportation	170,000	104,600	274,600
Community Access	18,000	166,349	184,349
Legal	43,976		43,976
Behavioral Health	25,003		25,003
Health/Dental Services	151,867		151,867
In-Home Services	79,569		175,369
Senior Centers	81,424		81,424
Adult Day Care	52,367		52,367
Alzheimers Aide	36,367		36,367
Evidence Based Health	16,846	64,106	87,337
National Family Caregivers		357,549	357,549
Congregate Housing Services		415,769	415,769
Respite Care Program		446,001	446,001
Total Social Services	**675,419**	**1,554,374**	**2,331,978**
Nutrition			
Congregate Meals	1,617,521	215,510	1,833,032
Home Delivered Meals	944,162	530,874	1,475,036
Nutrition Education	2,090	79,260	79,260
Total Nutrition	**2,563,773**	**825,644**	**3,387,327**
Total Community Services	**3,239,192**	**2,380,018**	**5,719,305**

VETERAN-DIRECTED CARE

22 Veterans served this calendar year.

The Veteran-Directed Care Program, offered in collaboration with the Veteran's Health Care Administration, empowers eligible veterans to live independently in their own homes and communities. We assist veterans living in Eastern CT and Western RI. Through this program, veterans receive a flexible budget and the ability to hire, train, and manage their own caregivers or service providers. Assistance may include help with daily activities such as bathing, dressing, meal preparation, or household tasks, as well as support for home maintenance or modifications that enhance safety and accessibility. VDC gives veterans the freedom to choose who provides their care and how their individual needs are met, promoting dignity, independence, and quality of life.

Benefits Enrollment Center

Senior Resources' Benefits Enrollment Center helps older adults maintain their independence and improve their quality of life by connecting them with essential benefit programs, such as Medicaid, Medicare Savings Program, Low-Income Subsidy (Extra Help), Supplemental Nutrition Assistance Program (SNAP), and Senior Farmers' Market Nutrition Program.

From September 1, 2024, to August 31, 2025, Senior Resources provided personalized eligibility screenings and hands-on application assistance to 1,079 individuals.

nco national council on aging | BenefitsCheckUp

SHIP
State Health Insurance Assistance Program

Navigating Medicare

CHOICES (Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening) helps older adults and people with disabilities make informed decisions about their health insurance. Trained CHOICES counselors provide free, unbiased, and confidential assistance with Medicare, including coverage options, enrollment, and understanding benefits. The program also helps individuals identify and apply for cost-savings programs such as the Medicare Savings Program, Extra Help, and other related benefits. The CHOICES program relies on a dedicated team of staff and volunteers who complete extensive training to become certified counselors. A great deal of time and care is invested in supporting these team members so they can provide accurate information, compassionate guidance, and high-quality service to every client they assist.

Check out our monthly online educational opportunities and several on-demand programs available via You Tube.

CHOICES Program Details
Senior Resources' Eastern Region
January 1, 2024-Present

Beneficiary Contacts

3,279 Beneficiary Contacts

369 Medicare Enrollments

440 Benefit Applications Submitted

Team Members

54 Active Team Members

Team Members' Years of Experience

M-TEAMS

Our Multidisciplinary Team brings together professionals from diverse fields to address the complex needs of older adults. The Team focuses on education, resource sharing, and confidential case conferencing to enhance collaboration and improve outcomes for vulnerable seniors. By strengthening relationships among agencies and providers, the Team promotes coordinated, comprehensive services and works to improve our community's response to elder abuse, neglect, and exploitation. Through ongoing communication and shared expertise, members build a stronger network of support to protect and empower older adults.

Throughout FY 2024–2025, the Senior Resources M-Team maintained a consistent schedule of hybrid meetings, community outreach, and education on critical aging-related issues:

- visited nine different hosting sites across southeastern Connecticut
- high-caliber guest speakers, including Connecticut Attorney General William Tong; Marie Kenny, Director of Client Access & Safe Futures Project Coordinator; Sheri Vogt, Hartford HealthCare Veterans Liaison; and Kate Kleinert, national spokesperson on romance scams.

The M-Team continues to grow and welcomes new members!

Senior Nutrition Program

The Senior Nutrition Program offers nutritious meals in group or home settings. The program promotes healthy aging by providing older adults with well-balanced meals, opportunities for social connection, and access to wellness and support services. It helps reduce isolation, supports independence, and encourages participation and connection to community life.

Public Nutrition Education

Approximately 700 people participate in direct nutrition education sessions delivered by Senior Resources per year. These sessions are provided in person at community centers, senior centers, and elderly housing facilities, as well as virtually to ensure accessibility. Several sessions are conducted in Spanish, expanding outreach and engagement within the senior Spanish-speaking community across our region.

Over 400,000 Home Delivered and Congregate Meals Served per year!

"Meals on Wheels is amazing. I can't even tell you how much stress it takes off of me. It allows me to eat when I'm supposed to and take my meds when I'm supposed to. So it's really been a huge, huge help."

Seniors Farmers' Market Nutrition Program

The 2025 Farmers' Market Season was a success! Each participant received a $40 Farmers' Market Nutrition Program (FMNP) card, which provided access to fresh, local, Connecticut-grown fruits, vegetables, fresh-cut herbs, honey, and eggs. To encourage healthy eating, we created seasonal recipes to hand out at our table and provide inspiration for participants.

Program Reach and Activities:

- Visited 10 farmers markets to promote nutrition and raise awareness of Senior Resources' programs.
- Distributed and reactivated FMNP cards for 623 participants across 23 different sites, including senior centers, housing authorities, and elderly housing communities. Additional outreach was conducted through phone calls to participants.
- At $40 per card, we put $24,920 directly into the hands of seniors, supporting local Connecticut farmers while helping participants increase their consumption of fresh fruits and vegetables.

Impact:

- Encouraged healthy eating habits among seniors
- Supported local farmers and strengthened community food systems
- Increased visibility of Senior Resources' programs and services

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

2025

Caregivers often find the task of caring for another person to be consuming. An occasional break from caregiving enables an exhausted caregiver to regroup both physically and emotionally. Senior Resources offers a wide range of support services that are funded by the National Family Caregiver Support Program.

NFCSP Respite: Provided 3,093 hours of respite care to 119 caregivers and their loved ones. Cost of services: $186,706

NFCSP Supplemental: 149 care recipients received $66,322 in supplemental services ranging from personal emergency response systems, incontinence supplies, ramps, bathroom modifications, lift chairs, and stair glides.

The support group for Caregivers of Older Adults provides a safe space for caregivers to share their experiences, vent their frustrations, and learn about resources that can strengthen their well-being. Twenty-three caregivers attended the monthly support group.

"Thank you for all your help and support. The service you provide is outstanding – it makes a big difference in the lives of the elderly and their families. It is good to know that there is help out there when you need it."

Connecticut Statewide Respite Care Program

The Statewide Respite Care Program provides a much-needed break to informal/unpaid caregivers whose loved-one has a diagnosis of dementia.

From July 1, 2024 to June 30, 2025

$331,061.55 was paid to provide respite to 152 caregivers.

"This program has been crucial for my ability to shop and care for myself"

The financial relief is astounding. The emotional & physical relief is a Godsend"

Grandparents Raising Grandchildren

Part of the National Family Caregiver Support Program

Grandparents often step up without hesitation when their grandchildren need them- providing love, safety, and stability even while managing their own health and financial challenges. Senior Resources proudly supports these caregivers by facilitating support groups and providing supplemental financial assistance to help them meet their families' needs. This program also provides valuable support to senior caregivers of adult children with disabilites.

Support Group

Our Grandparents Raising Grandchildren Support Group meets monthly in Norwich and Putnam, offering a welcoming space for caregivers to share experiences, find encouragement, and connect with others facing similar challenges. Participants gain emotional support, practical resources, and information to help them navigate parenting the second time around.

16 Grandparents have participated in support groups this year.

"I love this group. There is just support, understanding, crying, and laughter"

-Support group participant

Supplemental Services

$34,037 of assistance was provided to 25 senior caregivers caring for 35 grandchildren and adult children with disabilities.

Services funded include respite through camp tuition, personal care services, sport activity fees, school clothing, utility financial aid, car repairs, and incontinence supplies.

Service Navigation

Senior Resources has two full-time Service Navigators who provide person-centered assistance and support to seniors, adults with disabilities, and their families and caregivers through these core services:

- Benefits Counseling: Assist in identifying needs and determining eligible programs, services, and supports.
- Application Assistance: Help apply for programs such as, CT Home Care Program for Elders + Community Based Options/waiver programs, Caregiver Respite, Medicare Savings Program, Medicaid LTSS, SNAP, housing applications, and more.
- Options Counseling: working with individuals with multiple, complex needs in creating a person-centered plan and in meeting these goals
- Case Consultation: Consulting with other professionals on an individual's behalf to help them gain access to services and supports. Provide counsel to municipal agents, senior center directors, and other social service staff in community to help them best support those they work with.

"Thanks to your guidance, I was able to get my mom into a comfortable place. Services like this truly make a difference. My mom is happier, and I finallly have peace of mind."

713 people were provided assistance through our Service Navigation program in fiscal year 24-25.

LiveWELL

It's Your Life...Live It Well

This fiscal year, Senior Resources continued to offer Live Well Workshops. Live Well is an evidence-based health promotion program that takes place for 2.5 hours, once a week, for six weeks. This interactive program provides education and support to help participants manage their health and live active, fulfilling lives.

Chronic Disease Self-Management	6 Workshops 46 Participants
Chronic Pain Self-Management	4 Workshops 31 Participants
Diabetes Self-Management	4 Workshops 40 Participants

"I am grateful for everything you taught me about diabetes. My A1C is down for the first time and I feel great."

-Live Well Participant

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a researched and proven program designed to give women the tools they need to take control of bladder and bowel leakage. Join a MOM workshop and learn strategies for preventing or lessening symptoms including information sharing, group activities, simple exercises, and dietary changes. This program was introduced this year and Senior Resources facilitated 4 workshops with a total of 32 participants.

"Mind Over Matter was an excellent workshop directed at women's health issues. I learned a lot including ways to improve bladder health, deal with incontinence and improve one's sense of wellbeing. Class discussion provided an opportunity to address our health issues, set goals, and share possible solutions."

-Mind Over Matter Participant

Coming Soon...

Bingocize® is an evidence-based health promotion program approved through both SNAP-Ed and The National Council on Aging (NCOA). Bingocize® combines exercise and health information with the familiar game of Bingo, which is a great and fun way to get seniors and those with disabilities moving and socializing. It's meant to be played twice a week on nonconsecutive days. Each session usually lasts 45-60 minutes. We have various "curriculum" workshops such as Exercise Only, Falls Prevention, and Nutrition, some of which are more appropriate than others depending on the physical and cognitive ability levels of your particular group of Bingocizers. Bingocize® can be implemented remotely or in a traditional face-to-face setting. Senior Resources' staff have been training to become Bingocize® facilitators and are excited to launch this program soon!

Information & Referrals

Our Consumer Information Specialist is often the first point of contact for older adults who don't know where to turn when facing a challenge or unmet need. She greets every caller with compassion and patience, answering questions, providing information, and connecting consumers with community resources that can help. She also helps spread the word about our programs by giving presentations and representing the agency at community events like health and resource fairs.

- 1295 individual contacts
- 14 presentations
- 13 community events
- 1,120 people impacted by outreach efforts

Money Follows the Person

Money Follows the Person is a federal demonstration program that helps Medicaid eligible individuals currently living in long-term care facilities – such as nursing homes, hospitals and other qualified institutions – successfully transition back into the community.

This program provides Connecticut residents access to a full range of high-quality, long-term care options that maximize autonomy, choice and dignity, while also reducing the costs of care.

Senior Resources' 3-person MFP team was involved in 31 cases in which consumers successfully transitioned out of skilled nursing facilities and into residential care homes, assisted living facilities, or their previous homes. These are frequently complex cases that require creative problem solving and multiple layers of support.

Approximate savings of $304,448

Congregate Housing Services Program

The Congregate Housing Services Program (CHSP) provides a wide variety of supportive services to help eligible seniors, temporarily disabled individuals and persons with disabilities live independently at home.

- 1,820 hours of Case Management were provided to 88 participants, valued at $106,912.
- 827 Congregate Meals were served to 11 participants, valued at $19,531.
- 7,203.62 hours of Homemaking services were provided to 68 participants, valued at $151,604.
- 761.98 hours of Personal Care Aide services were provided to 6 participants, valued at $20,026.
- 700.75 hours of Transportation services were provided to 22 participants, valued at $16,944.
- 333 months of Personal Emergency Response System services supported 38 participants, valued at $16,710.
- 254 visits of Foot Care services assisted 39 participants, valued at $12,231.

(HUD Report (1/1/24-12/31/24)

"I have no way to get to appts, shopping, errands because I don't drive – to not worry about transportation is a great stress-reliever."

"I would have to seek other help. Don't know where. CHSP has been very good to me."

FY25 Contractors and Services

Agency Name	Service
Colchester Senior Center	Therapeutic Activity
Columbia Senior Center	Foot Care
Community Companion & Homemaking Services	Homemaker
Community Health Center, Inc.	Dental
Connecticut Legal Services, Inc.	Legal
Day Kimball Homecare	Health Counseling
Estuary Council of Seniors, Inc.	Mental Health Screening & Referral
Monitor My Health, Inc.	Health Screening & Education
Montville Senior Center	Medical Transportation
Montville Senior Center	Foot Care
Montville Senior Center	Homemaker
Montville Senior Center	Mental Health Counseling
Norwich Housing Authority	Benefits Counseling
Plainfield Senior Center	Physical Activity
Plainfield Senior Center	Foot Care
Plainfield Senior Center	Transportation
Rose City Senior Center	Benefits Counseling
Rose City Senior Center	Foot Care
Senior Resources Agency on Aging	Chronic Disease Management
Senior Resources Agency on Aging	Congregate Housing Support Program
Senior Resources Agency on Aging	Information & Assistance
Senior Resources Agency on Aging	Management Information System
Senior Resources Agency on Aging	Health Education
Sprague Senior Center	Foot Care

TEEG	Benefits Counseling
Uncas Health District	Fall Prevention/Physical Activity
UCFS – Ross Adult Day	Adult Day Care
Waterford Senior Services	Foot Care
Windham Region Transit District	Transportation
Estuary Council of Seniors, Inc.	Congregate Meals, Home Delivered Meals Nutrition and Education
Senior Resources Midstate	Congregate Meals, Home Delivered Meals Nutrition and Education
Senior Resources	Congregate Meals, Home Delivered Meals Nutrition and Education
TVCCA Northeast	Congregate Meals, Home Delivered Meals Nutrition and Education
TVCCA Southeast	Congregate Meals, Home Delivered Meals Nutrition and Education
TVCCA Windham	Congregate Meals, Home Delivered Meals Nutrition and Education
Senior Resources	Other Services (Respite)
Senior Resources	Grandparents
Senior Resources	Supplemental

FY26 Contractors and Services

Agency Name	Service
Colchester Senior Center	Making Memories Program
Community Companion & Homemaking	Homemaker and Personal Care Worker Services
Connecticut Legal Service, Inc.	Legal Services for the Elderly
Estuary Council of Seniors, Inc.	Estuary Social Worker
Estuary Transit District	Dial-A-Ride
Plainfield Senior Center	Monthly Podiatry
United Community and Family Serv.	Ross Adult Day Care
Windham Senior Center	Windham Senior Center
Rose City Senior Center	Foot Care
Windham Region Transit District	Transportation
Uncas Health District	Fall Prevention - Physical Activity
Thompson Ecumenical Empowerment	Group Benefits Counseling
Montville Senior Center	Foot Care
Day Kimball Homecare	Health Counseling
Community Health Center, Inc.	Dental
Montville Senior Center	Homemaker
Senior Resources	Health Education
Estuary Council of Seniors	Congregate Meals, Home Delivered Meals, Nutrition Education
Senior Resources	Congregate Meals, Home Delivered Meals, Nutrition Education
TVCCA Northeast	Congregate Meals, Home Delivered Meals, Nutrition Education
TVCCA Southeast	Congregate Meals, Home Delivered Meals, Nutrition Education
TVCCA Windham	Congregate Meals, Home Delivered Meals, Nutrition Education

HOW CAN YOU HELP?

A donation to Senior Resources helps us continue on our mission to provide access to information and services to empower adults to live with dignity.

FOR MORE INFORMATION: 860-887-3561

SeniorInfo@seniorresourcesec.org www.seniorresourcesec.org