



## **Springwell FFY24 Title III Grants**

**October 1, 2023 – September 30, 2024**

Title III grants are distributed by Springwell to community agencies in accordance with the Older Americans Act. Springwell's Title III-funded services are available to *adults aged 60 and older* who live in the following communities: Ashland, Belmont, Brookline, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Needham, Newton, Northborough, Sherborn, Southborough, Sudbury, Waltham, Watertown, Wayland, Wellesley, Westborough, and Weston.

There are *no income guidelines or cost* for these services, but a voluntary, confidential donation is requested. Older adults interested in any of these services can call the agency directly.

If anyone has questions about these agencies or services, please contact Donlyn C. Cannella, Associate Director of Community Services at Springwell, at (617) 972-5615.

Please see the following pages for more details about grantees.

## **Enhance Asian Community on Health Inc. (EACH, Inc.)**

1 Franklin Street

Unit 1207

Boston, MA 02110

857-472-3224

Website: <https://sites.google.com/site/each4asian>

Sara Tan, Executive Director

Communities covered by the Springwell grant: Newton, Waltham, Watertown

### Chronic Disease Self-Management Program

This program is two Chronic Disease Self-Management Program workshops in Chinese to Chinese-speaking older adults. The workshops are designed to help people gain self-confidence in their ability to control their symptoms in their daily living. The workshops will address both the physical and mental health impact on Asian older adults. Consumers may contact EACH directly for more information.

## **Greater Boston Chinese Golden Age Center**

75 Kneeland Street, Suite 204

Boston, MA 02111

617-357-0226

Website: <https://www.gbcbgac.org/>

Megan Cheung, Clinical Director and Lili Mei, Outreach Worker

Communities covered by the Springwell grant: Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley & Weston

### Outreach and Information & Assistance for Chinese elders

This program provides outreach, assistance with applications for health insurance and government benefits, language assistance, and social/cultural events for Mandarin and Cantonese-speaking older adults (aged 60+) in the Springwell area. Consumers may contact GBCGAC directly for latest information about the *Springwell Asian Elder Outreach Program*.

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## **Good Shepherd Community Care**

160 Wells Avenue

Newton, MA 02459

617-969-6130

Website: [www.gscommunitycare.org](http://www.gscommunitycare.org)

Jennifer Sax, Director of Business Development & Communications

Communities covered by the Springwell grant: Belmont, Brookline, Dover, Framingham, Natick, Needham, Newton, Sherborn, Sudbury, Waltham, Watertown, Wayland, Wellesley, Weston

#### Miriam Boyd Parlin House Bed Subsidy Program

The program will provide low-income, minority community members, who are in need of hospice care beyond what is possible at home, access to subsidized room and board at the Miriam Boyd Hospice Residence.

## **Healthy Waltham**

510 Moody Street

Waltham, MA 02453

781-314-5647

Maria DiMaggio, Operations Director

Communities covered by the Springwell grant: Waltham Only

#### Outreach and Inclusion for Latinx & Ugandan Seniors in Waltham

This program is providing outreach to both Latinx older adults and Ugandan older adults in Waltham, including providing Spanish-language assistance and referrals, collaborating with other providers and agencies serving Latinx and Ugandan older adults, and developing new programming. Consumers may contact the Waltham Council on Aging at 781-314-3499 directly for more information.

#### Welcome to the Digital Age

This program provides free computers, a year of free home wifi connections, and training to use both to low-income older adults in Waltham. Contact the Waltham Council on Aging at 781-314-3499 for information.

Learn more about these programs through the Waltham Connections for Healthy Aging website: [Waltham Connections for Healthy Aging](#)

## **Hudson Senior Center**

29 Church Street

Hudson, MA 01749

978-568-9638

Website: <https://www.townofhudson.org/senior-center>

Janice Long, Director

Communities covered by the Springwell grant: Framingham, Hopkinton, Hudson, Marlborough, Northborough, Southborough, Westborough

#### Helping Older Adults with Hoarding Tendencies (Hudson residents only)

This project is support and assistance to older adults living with hoarding tendencies to allow a safer living environment. Contact the Hudson Senior Center for more information.

### DayBreak Social Day Program

The DayBreak Social Day program is hosted at the Hudson, Marlborough, and Northborough Senior Centers. The program allows a structured program is 3.5 hours a week on different days allowing respite to caregivers and socialization to their loved ones who have been isolated at home. Contact the Hudson Senior Center for more information.

## **MetroWest Legal Services**

63 Fountain Street

Suite 304

Framingham, MA 01702

(800) 696-1501

Website: <https://mwlegal.org/>

*Ask for "Intake for the Senior Citizens Legal Project"*

Stephen Matthews, Advocacy Director/Program Director

Vera Ochea, Supervising Attorney – Elder Unit

Communities covered by the Springwell grant: Ashland, Belmont, Brookline, Dover, Framingham, Holliston, Hopkinton, Hudson, Marlborough, Natick, Needham, Newton, Northborough, Sherborn, Southborough, Sudbury, Waltham, Watertown, Wayland, Wellesley, Westborough, and Weston

### Legal representation, advice and counseling

This program provides legal services to older adults in need. This includes full representation through individual casework as well as information and referral. Attorneys will work with consumers at the MetroWest Legal Services office, a local Council on Aging (COA), the consumer's home, and/or by phone. *If you are calling on behalf of an older adult, please be sure to request the Springwell Senior Citizens Legal Project when speaking with the Intake Worker.*

MetroWest Legal Services also offers legal advice at Legal Clinics held at several COAs in the Springwell service area. Consumers should call their COA directly for the latest information.

## **MetroWest YMCA**

280 Old Connecticut Path

Framingham, MA 01701

508-879-4420

Website: <https://www.metrowestymca.org/>

Lauren Hanley, Senior Director Health Integration

Communities covered by the Springwell grant: Ashland, Framingham, Holliston, Hopkinton, Hudson, Natick, Sherborn, Sudbury, Wayland

The YMCA Diabetes Prevention Program is an evidence-based program designed to help someone identified as being at risk of developing type 2 diabetes, change behaviors that will support a healthier lifestyle. Contact the YMCA for more information.

## **Natick Senior Center**

117 East Central Street

Natick, MA 01760

508-647-6540

Website: <https://www.natickma.gov/786/Community-Center>

Lorraine McNally, Deputy Director, Community Services

Communities covered by the Springwell grant: Natick

### Medical (Taxi) Transportation Program

This program will provide much-needed transportation by taxi to medical appointments outside of the MetroWest area for seniors who have limited and/or no supports. Reach out to the Natick Senior Center for more information.

## **Newton Housing Authority**

82 Lincoln Street

Newton, MA 02461

617-552-5501 x140

Website: <http://www.newtonhousing.org/>

Cipher Sun, Director of Resident Services

Communities covered by the Springwell grant: Newton only

### Outreach and Information & Assistance for Chinese and Russian elders

This program provides social/recreation events, community-based resources and access to benefits information specifically for Russian, Cantonese and Mandarin-speaking residents aged 60 and older. Consumers may contact the Newton Housing Authority directly to learn more about the *Cross-Cultural Outreach and Engagement Program*.

## **Weston Council on Aging**

20 Alphabet Lane

Weston, MA 02493

781-786-6280

Website: <https://www.weston.org/1506/Council-On-Aging>

Joan Ingersoll, Director

Communities covered by the Springwell grant: Weston

### Weston Veggie Voucher Program

This project will enable older adults in financial need to produce from Lands Sake farm from June through October. Call the Weston Council on Aging for more information on this program.