



Springwell FFY25 Title III Grants

October 1, 2024 – September 30, 2025

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 page for more details about grantees.

Greater Boston Chinese Golden Age Center

75 Kneeland Street, Suite 204, Boston, MA 02111

Phone: 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*.

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 GBCGAC directly for more information.

Healthy Waltham

510 Moody Street, Waltham, MA 02453

Phone: 781-314-5647

Website: <https://www.walthamconnections.org/current-projects>

Maria DiMaggio, Operations Director

Communities covered by the Springwell grant: Waltham Only

Outreach and Inclusion for Latinx & Ugandan Senior 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.

Hudson Senior Center

29 Church Street, Hudson, MA 01749

Phone: 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.

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

1 Franklin Street, Unit 1207, Boston, MA 02110

Phone: 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.

Good Shepherd Community Care

160 Wells Avenue, Newton, MA 02459

Phone: 617-969-6130

Website: 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.

MetroWest YMCA

280 Old Connecticut Path, Framingham, MA 01701

Phone: 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.

MetroWest Legal Services

63 Fountain Street, Suite 304, Framingham, MA 01702

Phone: (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

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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.

Natick Senior Center

117 East Central Street, Natick, MA 01760

Phone: 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

Phone: 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

Phone: 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.