Thank you to the volunteers who staff the Center.

Volunteers will assist with:

- **Internet access**
- **Selecting and signing out DVDs and books**
- **Finding brochures or applications**

Monthly educational programs will be offered.

For a schedule of programs check the Senior Center newsletter, the local newspaper, or the City website at **www.meridenhealth.com** under "Senior Affairs"

Department of Health and Human Services

Schedule

Mondays & Thursdays
10 AM – 12 PM
1 PM – 3 PM

Tuesdays & Wednesdays
1 PM – 3 PM
Fridays
10 AM – 12 PM

A Social Worker is available Wednesdays from 10 AM – 12 PM or by appointment

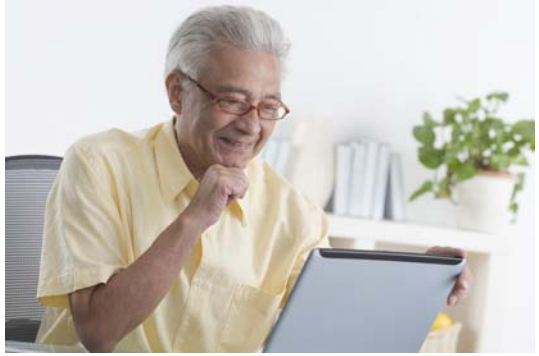
Rita Kowalchik
630-4222
Julianne Johnson
630-4244

Supported by
The Maguire Fund
and
Area Agency on Aging
South Central CT

CITY OF MERIDEN CENTER FOR SUCCESSFUL AGING

At the

Max E. Muravnick Senior Center
22 West Main Street
Meriden, CT
203-237-0066



Information, Counseling, & Assessments for Meriden Seniors and Caregivers

Center for Successful Aging

What does the ***Center for Successful Aging*** offer?

- A resource library
  - -Books
  - -DVDs
  - -Brochures
  - -Magazines
- Monthly educational programs
- Internet access
- Applications
  - -Housing
  - -Nursing Home
  - -State Entitlements
  - -ConnPACE
- Meeting room for up to 9 people
- Volunteer opportunities

What services do ***Social Workers*** offer to seniors and caregivers?

- Information and referral to community programs
- Case management to help with the coordination of services
- Health insurance counseling
- Assistance with entitlement and housing applications
- Benefits screening
- Advocacy

Mission Statement

The Center for Successful Aging is committed to promoting quality of life and healthy aging by providing resources, educational programs and counseling.

The ***Social Workers*** also conduct geriatric home assessments focusing on many aspects of functioning in the home including…

- Memory and mobility
- Home safety
- Financial management
- Ability to provide self care
- Ability to shop independently
- Medication management
- Ability to perform household tasks

Serving Meriden Seniors and Caregivers