

**Transportation to
Grasmere by the Sea
Now Available for More Seniors,
Routes Added for Stratford,
Shelton and Westport**

FAIRFIELD – Andrew H. Banoff, President & CEO of The Jewish Home for the Elderly, is pleased to announce the expansion of transportation from Oronoque in Stratford, Shelton, and Westport to Grasmere by the Sea, the adult day health services program at One Post Road, Fairfield.

“Seniors from Bridgeport, Easton, Fairfield, Stratford, and Trumbull have been enthusiastic participants in our adult day services programs for decades,” said Andrew H. Banoff, President and CEO of The Jewish Home. “Many of them could not attend if transportation was not available. We are grateful for the efforts of those who put together the new agreement because more people will be able to have the social and physical benefits of attending Grasmere by the Sea.”

Unlike Senior Centers, Grasmere by the Sea is a medical model provider of adult day health services. The professional team at Grasmere by the Sea includes registered nurses, certified nursing Assistants, therapeutic recreation specialists, and a social worker. They use their skills and talents to produce a holistic philosophy of care. The program offers socialization, physical activities and rehabilitation, comprehensive health and personal care services in a supportive and caring environment. A typical day might include playing cards, catching up on current events, exercising to the music, challenging trivia contests, and creative craft projects. Participants enjoy a delicious hot lunch and



snacks in a dining room with scenic waterfront views.

“In Fairfield County we are fortunate to have many Seniors Centers available to elders,” said Michael Hebert, Director of Adult Day Services for the Home. “At Grasmere by the Sea we have the clinical staff and personal care professionals who are trained to perform a higher level of care. For example, some of the people who come to our program may not be able to bathe safely in their own homes. Perhaps they can no longer get in or out of a tub safely. Maybe it has been a long time since they went to a Beauty Salon or Barber Shop. Grasmere by the Sea was designed with their needs in mind. We have an accessible shower, a unisex hair salon with weekly hair care services provided by a beautician, and many other amenities that help people remain in their community homes longer. Our nurse can help with medications, monitor blood pressure and provide diabetic treatments, and update caregivers and their primary care physicians to any changes.”

Concurrent to renovating the first floor at One Post Road for its adult day services program, formerly located on the Home’s campus at 175 Jefferson Street, Fairfield, the third floor was converted into a state-of-the-art rehabilitation center open to the

community for physical, occupational and speech therapy plus senior wellness and fitness classes.

“With all these therapies just an elevator ride away, participants at Grasmere by the Sea are easily able to have a rehab therapy session as prescribed by their physicians during their program day,” said Hebert. “I invite everyone interested in learning more about our program to come and visit. The variety of group activities, the camaraderie when we have lunch together, and the beautiful view of Ash Creek add up to a wonderful day.”

You can contact Hebert at 203-365-6470 or mhebert@jhe.org. More information is in

the Services/Community Services section of the Home’s website, www.jhe.org. Financial assistance is available for eligible seniors under the provisions of the Connecticut Home Care Program for Elders (CHCPE), through grants and foundation support from the Agency on Aging of South Central Connecticut (AASCC), the Southwest Central Area Agency on Aging (SWCAA) plus Older Americans Act funds.

“For over thirty years the Home’s Adult Day Center has provided a ‘home away from home’ for seniors,” said Banoff. “We are thrilled we will be welcoming new participants to Grasmere by the Sea from Westport, Shelton and Oronoque thanks to the new transportation arrangements.”



Grasmere by the Sea participants enjoy scenic views at One Post Road, Fairfield