

June 2022

Cheshire Senior Center Wins National 2022 Program of Excellence Award

The Cheshire Senior Center has been recognized nationally for its Nutritional Distribution Outreach program by the National Council on Aging. The program won Best Nutrition Program in the nation from the National Institute of Senior Centers (NISC). NISC's Program of Excellence Awards are designed to honor and promote outstanding efforts made by senior centers throughout the nation that offer innovative, creative and replicable programs for older adults.

Within the past year, the Nutritional Distribution Outreach program has provided over 2400 opportunities for older adults to receive food assistance through services offered by the Cheshire Senior Center. This comprehensive program has included food pantry deliveries and rides, Grab and Go lunches, produce bag distribution, Dash and Dine meals, rides to and from the grocery stores, distribution of Senior Farmers Market Nutrition Program vouchers, and assistance with Supplemental Nutrition Assistance Program (SNAP) applications. The program was developed by the Cheshire Senior Center as a comprehensive nutritional outreach program and includes partnerships with New Opportunities, Brass City Harvest, Whitney Rehabilitation Care Center, New England Young at Heart, and the Cheshire Community Food Pantry.

Stefanie Theroux, Coordinator of Senior Services explains, "This program was created in response to the pandemic. It is a comprehensive program that has been developed to prevent and decrease food insecurity among the older adult population throughout the town of Cheshire and is a collaborative effort among many agencies. As a result of this program, our older population has increased access to food, therefore decreasing the anxiety connected to food insecurity. Also, during the pandemic, the food delivery system allowed for isolated individuals to remain connected to services. This program has been a success due to the dedication of the entire Cheshire Senior Center staff and our community partners."

The Cheshire Senior Center is a multipurpose senior center that offers programs, activities, and opportunities designed to encourage active living and optimal aging for adults ages 55 and older. The Cheshire Senior Center is located at 240 Maple Avenue, Cheshire, CT. For more information on its wide variety of programs, classes, events, and services please call 203-272-8286 or visit the Town's website at www.cheshirect.org. You can also stay up-to-date by liking the Cheshire Senior Center on Facebook.

