

**COMMISSION ON AGING
SPECIAL MEETING**

OCTOBER 22, 2018 5:00 pm

THESE MINUTES ARE SUBJECT TO THE APPROVAL BY THE COMMISSION ON AGING.

The Commission on Aging held a special meeting on Monday, October 22, 2018 at 5:00 pm at the Newtown Municipal Center, Council Chambers, 3 Primrose Street, Newtown, CT.

Call to order: Ms. Wiedemann called the meeting to order at 5:01 pm.

PRESENT: Anna Wiedemann, Barbara Bloom, John Boccuzzi, LeReine Frampton, Anne Rothstein (arrived at 5:22), Ruby Ryles, Curt Symes. Alternates: Larry Passaro (left at 5:57), Claire Theune, Maureen Will.

ABSENT: George Guidera, Mae Schmidle.

ALSO PRESENT: Marilyn Place, Ann LoBosco, Officer Maryhelen McCarthy, 10 members of the public.

PUBLIC COMMENTS: *Officer Maryhelen McCarthy, 3 Main Street* - Officer McCarthy asked for a code of conduct be observed by the Commission On Aging, citing a request for a code of conduct for the public mentioned at a previous meeting. Officer McCarthy said that it was unacceptable how a person was treated at the September meeting and that if the group is going to attack each other, to excuse the public from the room, because it made for a very uncomfortable atmosphere for the public in attendance.

Vicki Boccuzzi, 57 Queen Street – Ms. Boccuzzi commended Ms. Place for the new wonderful activities at the Senior Center, compass and map reading and kayaking in particular, good that these activities are attracting more people.

Louise Zerzow, Sandy Hook – asked if anyone has taken advantage of public input sought on regional transportation systems. Ms. Zerzow shared an article from the Newtown Bee. (ATTACHMENT) Many seniors do not have transportation, she asked for the COA to consider transportation needs and that there is a need to have something better than the HART bus, which is sometimes full and has long wait times. Mr. Rosenthal pointed out that though The Bee ran the article on October 19, there was a session in Newtown on October 17, public notice was in the NewsTimes, but local papers did not know, not enough advance notice for public outreach, Mr. Rosenthal reached out to WestCOG, when he learned that the meeting was coming up and had very little coverage. The Bee noticed this and notified WestCOG, and they will probably hold more dates going forward. Ms. Wiedemann offered to reach out to them for minutes and will share.

MINUTES: MS. BLOOM MOVED TO APPROVE THE MINUTES OF THE SEPTEMBER 17, 2018 MEETING. SECOND BY MR. SYMES. Ms. Wiedemann referred to her Chair report which outlines some motions that were made that should not have been made, and are not valid. (ATTACHMENT) ALL IN FAVOR. (6-0). MOTION PASSES.

REPORTS:

CHAIR REPORT: Ms. Wiedemann distributed the monthly report. (ATTACHMENT)

COMMISSION ON AGING

VICE CHAIR REPORT: No report, Mr. Guidera was absent.

DIRECTOR OF SENIOR SERVICES: Ms. Place distributed the monthly report.

(ATTACHMENT) Ms. Place requested money from the gift account for the December 6, 2018 Holiday Party. \$200 deposit, the cost is \$37 per person, they always cover 10 seniors plus 5 staff, DJ is \$200, total amount requested is \$955.00. MR. BOCCUZZI MOVED TO FUND THE \$955.00 FROM THE GIFT FUND AS REQUESTED FOR THE HOLIDAY PARTY. SECOND BY MS. BLOOM. Ms. Frampton asked if the two people that did not show up for picnic will not be provided tickets for the dinner, Ms. Place said that was correct. ALL IN FAVOR. (7-0). MOTION PASSES.

Ms. Place said that the last flu shot clinic at the Senior Center is tomorrow from 9-11. Ms. Wiedemann asked if they were aware of insurance and medical coverage.

Ms. Frampton asked for clarification on duplicated and unduplicated within the reports. Duplicated indicates swipes. Ms. Place explained hours, if you break down classes and workshops how many hours per month is dedicated for that program, hours accumulated for the program not people. Duplicated and not duplicated represent people. September reports indicates activity for the month of September, reflecting an effort to run reports on a monthly basis. Mr. Passaro reviewed the reports and acknowledged an improvement in the reports. Ms. Place added that people are using the fobs which is helping to contribute to accurate reporting, but there is still a need to provide reminders and training to maintain accuracy. When a person signs in and participates in multiple activities, one must look carefully at the detail within the reports. As reports are reviewed and analyzed, a deeper dive into details are reflected within the reports of this new system, it takes time to review reports, discuss needs, and pull information from the system based on needs. Ms. Bloom asked about goals for the new Senior Center. Ms. Place said she would like to see attendance numbers doubled, the new Senior Center will have more space, more parking, which will have an impact on attendance.

DIRECTOR OF SOCIAL SERVICES: Ms. LoBosco distributed the Director of Social Services report. (ATTACHMENT) Ms. LoBosco said they are in energy assistance season which is keeping them busy. Renters rebate, checks will be mailed out October 26, second mailing will be at end of November, there is a 5.5 decrease in the amount people will be getting due to the OPM budget. Started First Wednesday at the Senior Center from 2-3 will be there to answer Medicare questions or check drug plan, October 15 – December 7. Ms. LoBosco mentioned the tenant landlord workshop, there will be a workshop, put together by Jennifer Crane, on Rental Property: Tenant & Landlord Rights, at the Municipal Center on October 31 from 11:00 am – 1:00 pm. (ATTACHMENT) Mr. Symes asked if the underlying problem is financial, Ms. LoBosco explained it is a combination of reasons, both emotional and financial. Mr. Symes said he saw from the state, now in the Medicare window, movement of people from Medicaid to Medicare. Ms. LoBosco said perhaps are people that are aging to 65 that are in Husky DE Medicaid. If doctors are not accepting Medicaid move to Medicare

TREASURER'S REPORT: Ms. Rothstein said that there is nothing new since September 30. Ms. Wiedemann noted Holiday Hill instead of Holiday Inn. (ATTACHMENT) MS. FRAMPTON MOVED TO FILE THE FINANCIAL REPORT FOR AUDIT. SECOND BY MS. BLOOM. ALL IN FAVOR. (7-0) MOTION PASSES.

GRANTS COMMITTEE: Mr. Boccuzzi said that they did not receive funding for two grant applications, Habitat for Humanity services and Mosaics for Life. Police department is pursuing grants for flashing lights. Ms. Place asked about pursuing the pottery arts grant, Mr. Boccuzzi

COMMISSION ON AGING

said the next round in March or April, since receiving two grants from them already, and the emphasis on public art, there may be less of a chance.

OLD BUSINESS:

Contest for Renaming Senior Center

Ms. Wiedemann asked for end date for the contest. Ms. Place said more input is needed. Ms. Frampton suggested to wait until after the December holiday party deciding on December 7 as the end date. Continue to market the renaming contest via flyers around Town. Ms. Place offered to print and Mr. Symes volunteered to distribute. Decision on naming can be part of the programming subcommittee work.

NEW BUSINESS:

As per our bylaws “Appoint Nominating Committee consisting of 3 members” in October. The slate is then presented to the full Commission in November and voted on at the December meeting.

Ms. Frampton, Ms. Ryles, and Ms. Thune will be part of the nominating committee, come back with names next month, vote in December, and start in January. Terms ending 01/06/2019 are: Ms. Bloom, Ms. Ryles, Mr. Symes, Mr. Passaro, Ms. Will. Mr. Rosenthal asked to advise him of vacated seats as soon as the person knows, giving time to try to fill positions.

Re-brand/Re-name Senior Center – publicity – discussed, reach out to The Bee and Voices

Is Resource Guide ready to be printed – Ms. Theune reviewed the working draft of the Resource Guide. (ATTACHMENT) Mr. Symes asked about including Friends of Newtown Seniors, AARP Livable Community Initiative. Mr. Boccuzzi would like to see these organizations included in the Resource Guide, some disagreed concerned that the Resource Guide should be careful of including some organizations and not all that contribute to the well-being of seniors. Some organizations work with seniors as well as other demographics. Mr. Rosenthal thought that if the organization’s interests are aligned with senior interests, take this into consideration, there could be some spot for them in the Resource Guide. There may be a special section devoted to volunteer opportunities, or advocacy, to place multiple organizations. Ms. Theune to help coordinate listings.

Are we moving forward with the bread program? Can COA run with this so as to not put further burdens on the Director?

Ms. Wiedemann proposed revisiting this discussion in the future, when we have the new Senior Center.

LPI – have we gotten 2 more bids from printers so we can move forward?

Ms. Place said all RFQs came back, no one does exactly what LPI does, so it is hard to compare. Ms. Place is looking into Constant Contact, which she explained is used by other organizations to promote events, newsletter information, center updates, which can be utilized more frequently than a printed newsletter. Mr. Rosenthal would like to see something bold and progressive with the newsletter, and be proactive in frequent outreach, consider weekly outreach with a platform like Constant Contact. Mr. Boccuzzi supported the comments by Ms. Place and Mr. Rosenthal and said Friends of Newtown Seniors uses Constant Contact and has found it effective, received positive feedback, and very cost efficient. Ms. Bloom said email reminders can also be used. Ms. Place suggested changing the format of the newsletter, online or printed, and cutting back on printed newsletter with a movement toward an email/online

COMMISSION ON AGING

newsletter that can be updated frequently and easily. Ms. Ryles would like to know what amount of seniors use email, Ms. Place estimated 85%. Ms. Place said that they would continue the effort to reach out to seniors who may not use email as much and devote a printed newsletter for this group as well as keeping a supply at the Senior Center. This would prove to be more cost effective, cut down on paper, postage. Ms. Place researched Constant Contact, which is primarily used at Redding, it is sharp and easy. Based on her research, a majority of members of the Senior Center have emails and choose that as their preferred method of communication. Ms. Wiedemann recommended for Ms. Place to move ahead with LPI for a small quantity, for Nunnawauk Meadows, the Senior Center and others, and move forward with Constant Contact, everyone agreed.

ADJOURNMENT: THERE BEING NO FURTHER BUSINESS, MS. BLOOM MADE A MOTION TO ADJOURN THE MEETING AT TIME 6:12 PM. SECOND BY MS. ROTHSTEIN. ALL IN FAVOR. (6-0). MOTION PASSES.

Respectfully submitted,

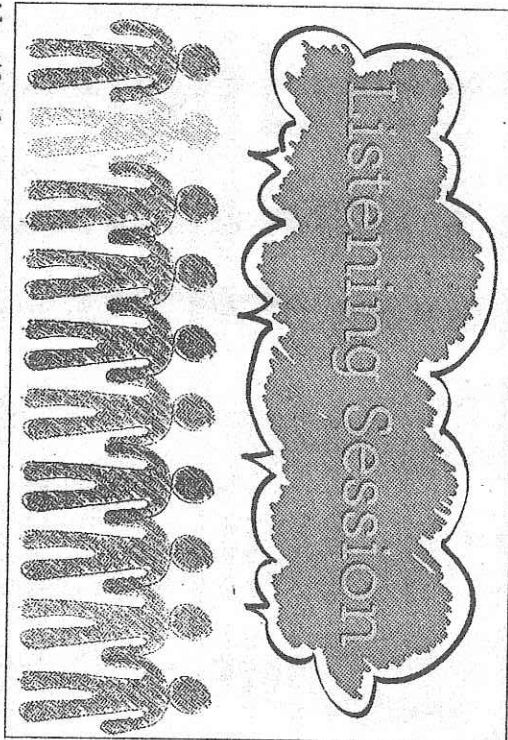
June Sgobbo, Clerk

Attachments: Newtown Bee Article, Chair Report, Director of Senior Services Report, Director of Social Services/Municipal Agent for the Elderly Report, Rental Property: Tenant & Landlord Rights event flyer, Audit Report, Draft of Senior Resources Guide.

Public Input Sought On Regional Transportation Systems

The Sandy Hook-based Western Connecticut Council of Governments (WestCOG) is seeking public input as it finalizes an update to the Long-Range Transportation Plan (LRTP) for the Housatonic Valley Metropolitan Planning Organization (MPO) and South Western Region MPO.

Per federal requirements, each MPO must prepare a Long-Range Transportation Plan (LRTP) every four years, which is a prerequisite for federal transportation funding. The LRTP serves as a guide for developing a transportation system that is accessible, safe, and reliable, thereby contributing to a higher quality of life for the region's residents. During the development of the LRTP, many topics are studied to better understand emerging demographic and transportation trends in the region. Understanding these demands allows the region to



identify short- and long-term investments that will enhance the transportation system. Based on findings from the data analysis, as well as feedback from the public and municipalities, the LRTP will develop investment strategies to guide transportation improvements. WestCOG will be hosting a

series of public listening sessions to discuss the LRTP with members of the public in the region. The purpose of these sessions is to hear experiences and perspectives on the region's transportation system from its users. Three area sessions took place on October 17, and a final listening session is set

for October 24 at 6:30 pm in the Rimer Room at the Wilton Library, 137 Old Ridgefield Road. New sessions may be scheduled in upcoming weeks. In addition, feedback can also be given through the WestCOG website and during formal public hearings on the plans, which will take place in spring 2019. WestCOG looks forward to meeting with residents of workers in, and visitors to the region for a conversation about transportation in Western Connecticut.

For more information about WestCOG and the LRTP, visit www.plan.westcog.org or call/fax 475-323-2060.

WestCOG is in the process of scheduling other sessions; they will be posted as they are confirmed. Check back frequently for the latest, most up-to-date schedule.

To receive periodic updates in your inbox, sign up for the LRTP mailing list through www.plan.westcog.org.

COA Chair Report for October 2018

I read the COA minutes from our September meeting and saw a motion was made to move public participation to the end of the meeting. Unfortunately, the motion wasn't added to the agenda so the vote was illegal. But we will not move public participation because according to Robert's Rules of Order, Public Participation at the beginning of the meeting is for items on the agenda. This allows us to move the meeting along in an orderly fashion. I always have a page at the meetings that the public is welcome to put their name and phone number and questions/concerns. I always call everyone who does so.

Another motion not added to the agenda was to send a letter to the Public Works department. This also was voted on illegally. I reached out to the Director, Fred Hurley who said roads are being done first, but that possibly by November, the SC/CAC parking lot would be redone and new lines drawn, including the parallel ones.

Work continues on suggestions for new programs. The Subcommittee is working on ideas, helping to find new teachers. Looking at in-house talent both on the COA and within the current membership of the Senior Center. The Directors of both the CC and the SC are looking at fees and ways to create affordability for all of their programs.

John and Vicki Boccuzzi were kind enough to create a flier for the contest for Renaming or Rebranding the new facility. The Director tweaked it a little. I have reached out to the Bee and Voices to help publicize this.

I went through our By-Laws and updated the Chair letter that is to go into the Resource Guide. I am hoping we are going to press soon.

I have on the agenda a question asking if there are COA members (and extending this invitation to folks who attend both our meetings and the SC – advisory members) would like to undertake the Bread Program so we don't put too much burden on the Director. We can also wait until we move into the new Center but it's something I'd like to discuss. I'm thinking this could draw in people who otherwise wouldn't come to the Center. Who knows, once there, they may be enticed to join.

I also have on the agenda a question as to whether or not we have had any response from the Printers our Director reached out to? Perhaps someone on the COA can follow up with phone calls to those printers.

I went twice to meet with Marilyn to work on reports but the meeting time was taken up with other items. I did contact My Senior Center. They did say that the program is able to print a variety of different types of reports. Some can even be exported into an excel spreadsheet. If you have questions from the Director regarding the reports or would like to see certain data on reports, please send her a note prior to the meeting.

Regards, Anna

NEWTOWN SENIOR CENTER
Director of Senior Services

PROGRAMS NUMBER OF ATTENDANTS (September)

(See Attachment)

Attendance Daily:

Monday	Tuesday	Wed.	Thurs	Friday	Monthly Attendance
171	357	222	392	317	1459

COMPLETED EVENTS:

- | | |
|--|-------------------------|
| • Comedy Cabaret w/ Lia Levitt | Sept 14 |
| • WCAAA Assistive Technology | Oct 5 |
| • Men's Karate Demo w/ Naida | Oct 10 |
| • Kayaking w/ LL Bean on Ct River | Oct 15/rain date Oct 16 |
| • How to Read a Map & Compass w/ LL Bean | Oct 19 |
| • | |

UPCOMING EVENTS:

- | | |
|--|----------------------|
| • Flu clinic's begin | Sept 18 9 am – 11 am |
| • Seasons Hospice & Pallative Care / Music Therapy | Oct 26 |
| • Halloween Bash | Oct 31 |

TRIPS:

- | | |
|---|--------|
| • Phantom @ WBT | Nov 8 |
| • Toast to the Armed Forces & Veteran's | Nov 13 |

VAN TRIPS:

- | | |
|--|---------|
| • Golf Range | Sept 12 |
| • The Acchord's @ Grand Oak Villa | Sept 13 |
| • Capt's Cove in Black Rock | Sept 26 |
| • Kayaking w/ LL Bean in Glastonbury, CT | Oct 15 |

SPEAKERS:

Lunch and Learns:

- | | |
|---|---------|
| 1. Passport in Place "Antartic" w/ Hank Meirowitz | Sept 21 |
| 2. Laugh for the Health of It Part 2 w/ John Trevor Smith | Sept 28 |

Cultural History (2nd Thursdays @ 10:30) and Wellness Series (4th Thursdays @ 10:30)

- | | |
|---|---------|
| • Growing Closer: Improving relationships with loved ones | Sept 20 |
|---|---------|

UPDATE:

5 RFQ went out in regards to newsletter to be done compare to LPi. No one does what they do.
2 gave quotes to print in b/w or color once a month for 800.
I will be doing Constant Contact every other month.

The Lunch and Learns are all very popular that we have a wait list.
These events are filled to maximum capacity.

- Fall centerpiece craft w/ Dana
- Comedy Cabaret w/ Lia Levitt

Sept 7

Sept 14

Emergency Preparedness Made Easy facilitated by Maureen Will was a huge success. It was about "go to Kits", sheltering in place, being prepare for storms and power outages and registering for Code Red and Smart 911. Many hand- outs, new faces. Thank you Maureen.

Through LL Bean "Be an Outsider" outreach program I will continue into the Spring w/ Kayaking and other variety subjects as the one we had Friday, "Reading a Map & Compass". Both are creative.

Next week-end is Borrow My Glasses from 10am to 12pm.

Friday October 26 I will be hosting a Music Therapy, Hospice and Palliative Care w/ Ethan Pope a Board Certified Music Therapist. Discussion will be on how music therapy plays a role in health and healing. Also Lisa Perelmuter from Seasons Hospice will be talking about Hospice and its role on end of life care.

I attended again the Annual Elder Abuse Conference "Financial Exploitation" with over 500 in attendance. Main Speaker was Charles Grady , Outreach specialist from FBI and agents Lucy Fontes & Justin Lehnnow , Office of Inspector General, US Dept. of Health & Human Services. Every year it gets better with speakers and training.

I will be in attendance Wednesday Oct 24 for Agency on Aging Annual Breakfast In Devon. Keynote speaker will be Attorney Sheldon Toubman. Against all Odds is topic. Outstanding partnership award "Stop Ageism Now" will be presented to Officer Mary Helen McCarthy.

Gift acct.

Annual Holiday Party is Dec 6 @ Michael's at the Grove. As from year to year earmarked Bazaar monies:

I am requesting \$200 for deposit.

(Cost is \$37.00 pp) also requesting for 10 seniors (\$370)

and for staff: Myself, Judy, Marie, Richard and Ann. (\$185.00)

Also: \$200 for DJ Total: \$955

Each event with overflow in parking lot we always utilize the SH fire dept. back parking lot.

UPCOMING FLU SHOT CLINIC @ the senior center

Tuesday	Sept 18th	9-11	Bethel	VNA
Tuesday	Oct 2nd	9-11	Bethel	VNA
Tuesday	October 23rd	9-11	Bethel	VNA

Annual Bazaar is scheduled for Nov 10.

Many volunteers are in full swing preparing for this annual event.

My Senior Center Program is in play (see attachments)

Members need to come in, re-new membership and receive their key card.

Once complete it will be an accurate source for stats etc. Also, robo calls!

Work in progress.

Marilyn

SEPT 2018	PAID CLASSES																																		
	DAY	FITNESS FUR	MORNING MED	EXERCISE TA	FLEXFIT TO	ZUMBA	YOGA	CHAIR YOGA	QI GONG	BARN DANCIN	ART	TAI CHI	BALLROOM DA	CHAIR PILAT	STRENGTH &BA	SPANISH	BIBLE	LUNCH	CARDS / CANAS	WII / PASSWOR	PING PONG	WALK INS	MANDALA	KNITTING / SE	CRAFTS / INTE	BINGO / KENO /	BLOOD PRESSES	POKER	TRIPS	ENTERTAINME	SPEAKERS	NEWSLETTER	DISCUSSION	SPECIAL EVE	TOTALS
M	3	c	l	o	s	e	d																												0
T	4		7					9	8		5	12		13				11	5									5					7		82
W	5	18				13											2	6	4			2			5				5			8			58
TH	6						12			10			4		6	11		7	5	7			2												62
F	7	14		3				16											4			1		17											55
M	10			9	16		7											6	5															11	54
T	11		8					10	7		3	14		13				10	6			3						5					12		91
W	12	18				10												10	5						5	7									55
TH	13						10			8			2		6	9		7	4	6		2			60	5	9		10						138
F	14	16		6				12											4			1	2	13							22				76
M	17			11	16		11											6	2			4											7		57
T	18		9					12	6		6	14		12				7	5			3												32	106
W	19	17				9												4	5			1			2										38
TH	20						11			10			5		5	12	3	6	6	5			3		60						14				140
F	21	19		11				13											8					12						46			9		118
M	24			7	19		10											6	6						3									9	60
T	25		9					9	8		3	12		9				10	4									5					9		78
W	26	16		10		10												9	4										8	6		8			71
TH	27						14			10			4		3	11		5	5	6			3		1							3			52
F	28	11		2				14											4			3		9									25		68

129335954427572293817521547204351109124020851136129151852441153711459

MONTUEWEDTHRFRITOTAL

1713572223923171459


Event Statistics from 09/01/2018 to 09/30/2018
Filters:

Age:>=0

Site(s):All

Gender:Female

Male

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 Guests	Hours	Tickets
Classes/Workshops	161	57	0	0	262.00	0
Health Screenings	12	10	0	0	21.00	0
Health/Fitness	588	106	0	0	562.75	0
Nutrition	128	33	0	0	128.00	0
Off Site Excursions	9	9	0	0	54.00	0
Recreation/Entertainment	46	17	0	0	93.00	0
Social Activity/Event	191	48	0	0	730.00	0
Socializing	238	59	0	0	2,023.00	0
Special Events	38	30	0	0	532.00	0
Special Groups	92	29	0	0	218.00	0
Volunteer Opportunities	3	3	0	0	40.50	0
Total Event Signins	1506	183	0	0	4,664.25	0
Total Swipes	858	179				

DIRECTOR OF SOCIAL SERVICES/MUNICIPAL AGENT FOR THE ELDERLY

October 2018

Program Statistics

Energy Assistance Applications – 2018-2019 (93 applications – 59 Senior/Disabled = 63%)

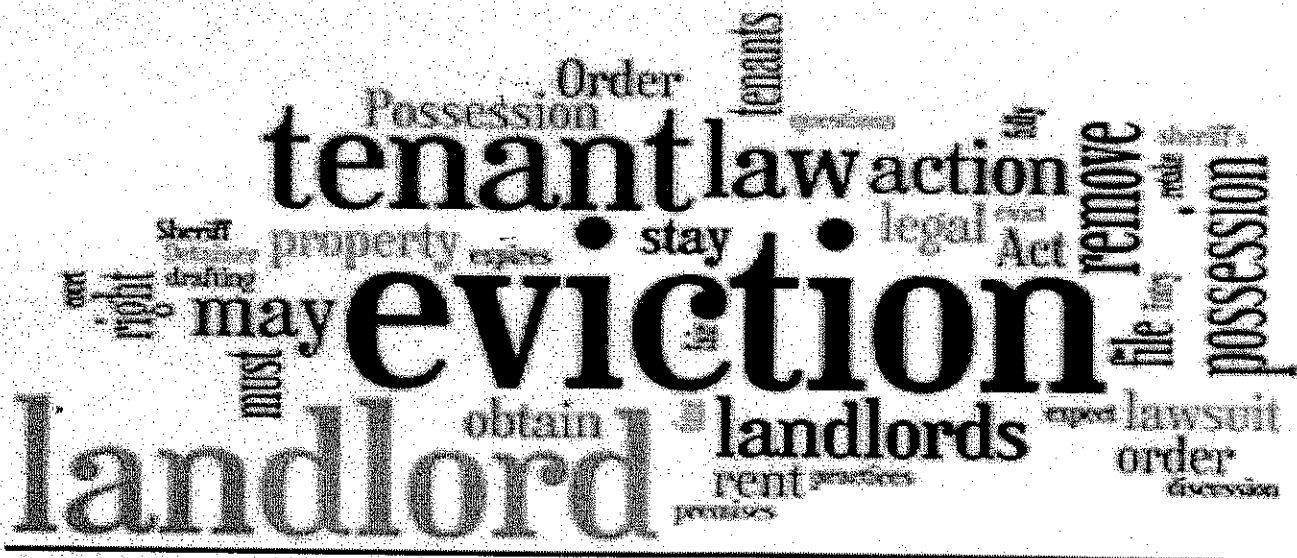
Food Pantry (56 individuals/families visit weekly – 39 Senior/Disabled = 69%)

Operation Fuel (Summer/Fall) – 10 applications – total \$3,986.62 – 4 Senior/Disabled = 40%)

Salvation Army – (43 applications to date - \$14,526.69 total – 20 Senior/Disabled = 46%)

Renter's Rebate for 2017 – 78 applications

- Found housing for two homeless individuals: one had been homeless for 3 months and with help from the Newtown Fund was able to rent a room for her. She is now working full time and can continue rent on her own. The other person had been homeless for quite some time due to a house fire. A resident offered to give him a room in his house. Still monitoring the situation to be sure it's a good fit.
- October 31st – Housing Law Workshop presented by CT Legal Services. Topics included tenant-landlord relationship, subsidized housing, evictions, and rights of disabled tenants. Municipal Center Council Chambers at 11:00 a.m. Call CSW to reserve spot – 203-270-4612.
- Renter's Rebate checks will be mailed on October 26th (second mailing end of November). There was a 5.5% decrease in amounts to stay within OPM budget.
- First Wednesday of each month will be at Senior Center from 2:00 p.m. to 3:00 p.m. to help with Medicare questions, energy assistance, etc.



Rental Property: Tenant & Landlord Rights

October 31, 2018

11:00a.m.-1:00p.m.

Municipal Chambers, 3 Primrose, Newtown

Tenants, landlords, mental health providers, first responders, and others are invited to join us for a Housing Law Workshop presented by Connecticut Legal Services. Topics will include the landlord-tenant relationship, subsidized housing, evictions, rights of disabled tenants and more. Bring your questions!

Call: 203-270-4612 to reserve your spot



Newtown Center
for Support and Wellness

COA/SENIOR SERVICES GIFT FUND

DATE	RECEIPTS/DISBURSEMENTS	C/D	C/R	FRANK KNOTTS TRUST FUND	NEW SENIOR CENTER	GRANT	BALANCE
7/1/18	Beginning Balance						45,027.86
7/18/2018	Qrtly Distribution- Knotts Trust			649.95			45,677.81
9/13/2018	Ck #33354- Newtown Labor Day Parade	(100.00)					45,577.81
9/30/2018	Aug P-Card-Holiday Inn- (13 People)	(442.00)					45,135.81

Senior Resources Guide

**A Guide to connect seniors, their
families, and caregivers to helpful
local resources.**

**Newtown Commission on Aging
Fall 2018**

**We welcome suggested improvements to future
editions of this guide.**

**Please send your ideas to
Newtown Commission on Aging
3 Primrose Street
Newtown, CT 06470**

**© Fall 2018
Newtown Commission on Aging**

HANDY WEBSITES AND PHONE NUMBERS

Agewellct	www.AgeWellCT.org
Infoline	Dial 211
Connecticut Statewide information referral/crisis intervention service (24/7)	https://www.211.org
Newtown Senior Center & Director of Senior Services	(203) 270-4310
Municipal Agent for the Elderly & Department of Social Services	(203) 270-4330
Visiting Nurse Association, Newtown. Services include: Loan Closet; Thrift Shop	(203) 270-4377
Western Connecticut Area Comprehensive services to maintain seniors in the community. Agency on Aging	(203) 757-5449 (800) 994-9422 wcaaa.org
All emergencies www.smart911.com Create a safety profile online	Dial 911
PhysicanOne Urgent Care (open 7 days)	(203) 270-9000
Code Red (registration)	www.newtown-ct.gov
Ambulance, routine calls	(203) 270-4380
Police, routine calls	(203) 426-5841
Fire, routine calls	(203) 426-5841
Danbury Hospital	(203) 739-7000
New Milford Hospital	(860) 210-5000

Using This Guide

This guide is an alphabetical listing of resources useful to senior residents and their families. It is intended as a quick reference to the phone numbers, websites, and other information. The Guide focuses on locally available resources, does not include all services, and is intended to lead to other helpful resources.

DISCLAIMER

Newtown Commission on Aging (COA) volunteers, with the help of Senior Services, the Police Department and other town personnel, have gathered this information from many sources. This guide and the information presented here is subject to interpretation and may change at any time.

The programs, organizations, and agencies listed in this guide may be fee-based, and listing does not imply endorsement or recommendation. To provide suggestions for guide improvements please see back cover.

Developed and printed by the:
Newtown COA
Newtown Senior Center Staff
Municipal Agent for the Elderly
Newtown Police Department
TRIAD representative

Revised Fall 2018
Newtown Commission on Aging
Town of Newtown, Connecticut

Message from the First Selectman

Dear Senior Resident and Family,

I am pleased to provide our 2018 *Senior Resources Guide* to help you and your family find local resources helpful to seniors.

This guide was developed by volunteers of the Newtown Commission on Aging with the help of staff at the Town's Senior Center, the Municipal Agent for the Elderly, and representatives from the Newtown Police Department and TRIAD.

As such, I believe it represents one of the best things about Newtown: people from all walks of life- residents, volunteers, town staff, police officers, civic groups, and others - collaborating to make our community a wonderful place to live.

I hope you find the guide useful. If you have suggestions for future improvements, please see the back cover.

Dan Rosenthal
First Selectman

Message from the Chair of the Commission on Aging

The Commission on Aging (COA) was created in 1979 through an ordinance adopted by Newtown's Legislative Council. Its purpose is to:

- study the needs of Newtown's Senior residents and coordinate programs for them;
- make applications for grants, along with the Director of Senior Services, to governmental agencies and prepare opinions on the merits of programs for which grants are proposed; and,
- act as an agent for other Federal, State or town boards, commissions, agencies or local private groups to carry out programs for Newtown Seniors as authorized by such entities.

The COA places primary emphasis on the needs of persons 60 years or older. The Commissioners both sponsor and conduct a number of senior related activities such as surveys, outreach and community events. We have made our presence known to other boards and commissions as well as the various 55 and over residential homes.

We look forward to welcoming you all to the new Senior Center now under construction at the Fairfield Hills Campus and scheduled to open in mid-2019. We will have more space, a greatly expanded program of inviting and exciting activities and additional opportunities for socializing with friends.

I am proud to serve on the COA, with an outstanding board and invite you to attend one of our monthly meetings which take place the third Monday of each month at the Municipal Center.

Best regards,
Anna Wiedemann
COA Chair

Message from the Director of the Newtown Senior Center

The Newtown Senior Center is open to active adults age 60 and over or age 55 and disabled. We are the focal point for senior services and link seniors and their families to resources offered through the Center and at other agencies.

There's a lot happening here! Our programming is designed to appeal to a wide variety of interests. You can take classes, join groups, exercise, listen to speakers, take advantage of seminars, health screenings, enjoy a day or overnight trip, attend special events and parties or simply socialize and make new friends.

Read about our activities and special events in local newspapers, become a member and receive our newsletter or just stop by. We look forward to meeting you.

Marilyn Place

Senior Center Director

Message from the Municipal Agent for the Elderly

As Municipal Agent for the Elderly, I serve residents over the age of 60 and disabled residents over the age of 18 by disseminating information about available resources and providing assistance with applications for State and Federal programs.

These programs include: Medicare Part D for prescriptions; Medicare Savings Plan (QMB), Medicaid, Long-Term Medical Care/Home Care; and the Supplemental Nutrition Assistance Program (SNAP).

In addition, I administer the following programs: Connecticut Energy Assistance, Operation Fuel, Emergency Food Assistance, and Renters Rebate for the elderly (over age 60) and disabled over the age of 18.

Ann M. LoBosco

Municipal Agent for the Elderly

Alphabetical Directory of Services

ABUSE/SUBSTANCE ABUSE/RECOVERY ISSUES

Alcoholics Anonymous

www.ct-aa.org

A fellowship of men and women dealing with alcohol addiction. Newspapers post regular meetings. (866) 783-7712

Al Anon

Supports people affected by other people's drinking. (800) 344-2666

Narcotics Anonymous

www.na.org

Nonprofit fellowship of men and women dealing with drug problems (818) 773-9999

Recovery Now

www.coasttocoastreferral.com (800) 281-4731

A 24/7 drug and alcohol referral line.

Substance Abuse and Mental Health Services Administration (800) 662-4357

www.samhsa.gov

Women's Center of Greater Danbury (203) 731-5200

www.womenscenterofgreaterdanbury.org

ADULT DAY CARE

See also "Caregiver Support"

CT Association of Adult Day Care Centers (860) 828-8653

www.canpfa.org

InfoLine , Crisis Resources, now United Way of CT 211 Dial 211

Call 24/7 to learn about resources in your area

Almost Home, Danbury (203) 743-6456

www.almosthomeadc.org

Old Glory Days, Sandy Hook 203) 648-5983

www.glorydaysllc.com

Senior Resources Guide - 8



Alphabetical Directory of Services

Newtown Senior Center (203) 270-4310

ADVOCACY

Municipal Agent for the Elderly (203) 270-4330

www.newtown-ct.gov

Commission on Aging, Newtown

www.newtown-ct.gov

Senior Services (203) 270-4310

AGEWELLCT.ORG (860) 845-2224

www.AgeWellCT.org

Multi-town website, up-to date resources,
news, events, senior center info

ALZHEIMER'S DISEASE (860) 828-2828

Alzheimer's Association, CT Chapter. (800) 272-3900

www.alz.org/ct (203) 364-3107

Local (New Milford) Help Line (24/7)

Newtown meetings: 2nd Tuesday of the
month

ASSISTED-LIVING FACILITIES *See "CAREGIVERS"
and "HOUSING"*

AUDIOLOGY (HEARING)

Programs that evaluate hearing loss and help
those with hearing impairments that cannot
be improved by medical or surgical means.

- Easter Seals (800) 874-7687
- Easter Seals Center for Better
Hearing, Waterbury (203) 754-5141
- Masonic Healthcare Center (203) 679-6909
- Help Line (888) 679-9997

BEREAVEMENT SUPPORT

Healing Hearts Center for Grieving (203) 792-4422

Children & Families - Danbury

Support programs for loss of spouse,
child, or general loss, meets regularly

CAREGIVER SUPPORT, Companions, Visitors

*See also "Adult Day
Care"*

Alphabetical Directory of Services

Alzheimer's State Respite Program

Provides services to assist caregivers so they can take needed vacations, etc. (800) 994-9422

Connecticut Statewide Respite Care Program (800) 994-9422

www.ct.gov/aging

National Family Caregiver Support Program (800) 994-9422

Provides services to family caregivers caring for a loved one

CARE SERVICES – IN HOME, CABLE

Community Bulletin Boards

Newtown Senior Center Information Display

Check display at Senior Center for additional information on these and other types of resources.

Newtown Social Services Department Information Display

Brochures and other information available at Department of Social Services display.

Cable Networks Community Bulletin Boards and town programming: Charter Spectrum 192 and Frontier Vantage channel 6088. www.ctv192.com (203) 304-4050

C.H.O.I.C.E.S. PROGRAM

Connecticut program for health insurance assistance, outreach, information and referral, counseling, eligibility screening. (800) 994-9422
(203) 757-5449
www.ct.gov/agingservices/cwp

Newtown Municipal Agent for the Elderly (203) 270-4330

COMMISSION ON AGING, NEWTOWN

www.newtown-ct.gov

CONTINUING EDUCATION

See "Education"

DIABETES - Diabetes Club of Danbury

(203) 438-7339

Alphabetical Directory of Services

DEMENTIA See "ALZHEIMER'S
DISEASE" or call
(800) 272- 3900

DEPRESSION
Newtown Center for Support and Wellness (203) 270-4612
<http://newtowncsw.org>
Newtown Youth and Family Services
www.newtownyouthandfamilyservices.org (203) 270-4335

DIVORCE
Women's Center of Greater Danbury (203) 731-5200
www.womenscenterofgreaterdanbury.org
Newtown Youth and Family Services
www.newtownyouthandfamilyservices.org (203) 270-4335

DRIVING
AARP Safe Driver Program (203) 744-9457

Department of Motor Vehicles (888) 687-2277

Driving Assessment Services (800) 842-8222
www.associatedneurologists.com
Assessment offered for a fee. (203) 748-2551

DRUG STORES See "PHARMACIES"

**EDUCATION, CONTINUING EDUCATION,
NEWTOWN** (203) 426-1787
www.newtowncontinuinged.org
(through Newtown High School)
25% senior discount except bus trips

**ELDER ABUSE UNIT / MEDICAID FRAUD
UNIT** (860) 258-5986

Office of the Chief's State Attorney
ELDER CARE & FACILITIES
See information display at Newtown
Senior Center and at the Municipal Agent



Alphabetical Directory of Services
for the Elderly's office.

Elders Hotline, Consumer Law Project

(800) 296-1467

ELDER LAW

Elder Law Resource Booklet available
at: www.ctappleseed.org

Elder Law Information available at
www.elderlawanswers.com

Elder Law Attorneys information
available at: www.naela.org

EMERGENCY ASSISTANCE

For all police, fire, and ambulance
emergencies

Dial 911

Police, routine calls

(203) 426-5841

Fire/Ambulance – routine calls

(203) 270-4200

ENERGY/UTILITY ASSISTANCE

See "FUEL"

FINANCIAL ASSISTANCE

- **Consumer Credit Counseling** (800) 431-8157
- **Service Rent Rebate Program** (203) 270- 4330
- **Municipal Agent for the Elderly** (203) 270-4320
- **Senior Tax Abatement** (866) 275-7821
- **Social Security Office (Danbury)** (203) 270-4330
- **Social Services Department,**
Newtown

FOOD PANTRY

See also

"Nutrition/Meals"

- **Newtown Social Services** (203) 270-4330
- **FAITH Food Pantry (message)** (203) 837-0816
- **Salvation Army Food Pantry** (203) 426-5604
- **Connecticut Food Bank Mobile**
Pantry (203) 741-9751

FUEL PROGRAMS

Contact Municipal Agent for the Elderly

(203) 270-4330

GERIATRIC ASSESSMENT

Danbury Hospital Geriatric Health Center,

(203) 262-4240

Senior Resources Guide - 12



Alphabetical Directory of Services

Southbury

U.S. Department of Veterans Affairs, (860) 666-6951
Newington

"GUIDE TO NEWTOWN" (publication)

Useful information about town services,
 government, businesses, and residents, (203) 426-3141
 also available weekly as "Senior News."

Both published by *The Newtown Bee*.

HART [SweetHART] BUS

See
 "TRANSPORTATION"

HEALING

Newtown Center for Support and (203) 270-4612
Wellness

Mental/wellness resources

<http://newtowncsw.org>

HEALTH SERVICES

See "MEDICAL"

HOME CARE

Connecticut Home Care Program for Elders
 See also
 "CAREGIVERS"
 (800) 445-5394

HOSPICE

Regional Hospice and Home Care of
Western CT, Danbury (203) 702-7400

www.regionalhospicect.org

Provides an in-home care program of
 palliative and supportive services for the
 terminally ill.

HOUSING

ASSISTED LIVING, ALZHEIMER'S, RESPITE/SHORT TERM, SKILLED NURSING

Bethel Health Care Center (203) 830-4180

Maplewood at Newtown (203) 364-5466

Newtown Rehabilitation & Health Care
 Center; (203) 426-5847

The Commons (assisted living)

River Glen Health Care Center, Southbury,
 CT (203) 264-9600

Alphabetical Directory of Services

COMMUNITIES (generally age 55 plus)

- Liberty at Newtown (203) 364-0253
- Newtown Woods (203) 364-9900
- Regency at Newtown (203) 364-9900
- Walnut Tree Village, Sandy Hook

Nunnawauk Meadows for seniors and disabled (203) 426-5000

<http://nunnawaukmeadows.com>

INDEPENDENT LIVING FOR SENIORS

Western Connecticut Area Agency on Aging (203) 757-5449

wcaaa.org (800) 994-9422

Manages and provides comprehensive services for seniors and their caregivers to help them maintain their independence.

LEGAL INFORMATION AND SERVICES

Consumer Law Project for Elders Hotline (800) 296-1467

Connecticut Legal Services Statewide (800) 453-3320

*See also "ELDER
LAW"*

LIBRARY, NEWTOWN, Cyrenius H. Booth (203) 426-4533

**LONG-TERM CARE OMBUDSMAN
PROGRAM** (860) 424-5238

MEAL SERVICES/NUTRITION

*See
"NUTRITION/MEALS"
"FOOD PANTRY"*

MEDICAID

Fraud Unit (860) 258-5986

Participating Doctors/Dentists (866) 420-2924

MEDICAL/HEALTH SERVICES

Kevin's Community Center (203) 426-0496

25 Commerce Blvd., Newtown

www.kevinscommunitycenter.org

A free medical clinic for eligible adult

Alphabetical Directory of Services

residents of the

Newtown Health District

Visiting Nurse Association,

(203) 270-4377

Newtown/Bethel

MEDICARE

(800) 633-4227

Western Connecticut Area Agency on

(203) 757-5449

Aging

(800) 994-9422

wcaaa.org

MONEY MATTERS

See "FINANCIAL
ASSISTANCE"

**MUNICIPAL AGENT FOR THE ELDERLY,
NEWTOWN**

(203) 270-4330

Assists with information about available
resources; applications for State and
Federal programs; knowledgeable about
fuel programs, property tax relief, and
other programs for seniors.

NURSING HOMES

See also "HOUSING"

Bethel Health Care

(203) 830-4180

**Newtown Rehabilitation & Health Care
Center**

(203) 426-5847

River Glen Health Care Center, Southbury
For additional information

(203) 264-9600

Call 211

Contact WCAAA for a housing directory

(800) 994-
9422

NUTRITION/MEALS

*See also "FOOD
PANTRY"*

Newtown Senior Center

Nutritious hot meals served

Monday – Thursday at 12 p.m.

(203) 270-4310

For reservations call ahead.

Newtown Meals on Wheels

www.newtownmealsonwheels.org

(203) 426-6340

Delivers hot nutritious meals to

(203) 270-1960

housebound members of the community

Alphabetical Directory of Services

**Supplemental Nutrition Assistance
Program (SNAP)** (877) 874-1612
www.connect.ct.gov

PARKINSON'S DISEASE

Parkinson Council (610) 668-4292
<http://theparkinsoncouncil.org>

Parkinson's Foundation (800) 473-4636
<http://www.parkinson.org>

**Parkinson's Support Group, meets
monthly, Southbury** (203) 262-0263

PHARMACIES (may request a discount if no insurance)

CVS Pharmacy: drive-through prescription
drop off and pick up, delivery to Newtown (203) 426-2595

Main Street RX: free delivery anywhere in
CT; may request walk-up to your car (855) 505-6779

Stop & Shop Pharmacy: in-store pharmacy (203) 270-0827

Walgreen's Pharmacy: drive-through drop
off and pick up, delivery 2 days/week (203) 270-4658

**24-hour Pharmacy: Walgreen's, 75 Main
St., Danbury, drive-through** (203) 791-0405

PROTECTIVE SERVICES FOR THE ELDERLY

Statewide Toll Free # (888) 385-4225

Danbury Area Social Services (203) 207-8900

RECREATION

Edmond Town Hall Theater (203) 426-2475
www.edmondtownhall.org

Proscenium theater offering \$3
movies, concerts, comedy, and other
entertainment.

**Newtown Youth Academy Sports and
Fitness** www.nyasportsfitness.com (203) 426-0088

**Parks & Recreation Department,
Newtown** (203) 270-4340

Senior Center, Newtown (203) 270-4310

Senior Resources Guide - 16



Alphabetical Directory of Services

REHABILITATION

Medical Equipment Closet, Newtown VNA (203) 270-4377
Used equipment available for use at no
charge for Newtown residents
IN-HOME CARE AND SERVICES, RESPITE See "CAREGIVERS"
CARE

RELIGIOUS ORGANIZATIONS

- **Baha'i Faith of Newtown** (203) 241-5525
- **Bible Church, Newtown** (203) 426-6484
- **Christ the King Lutheran Church** (203) 426-6300
- **Church of Jesus Christ of Latter
Day Saints** (203) 270-7684
- **Community Orthodox
Presbyterian Church** (203) 270-3730
- **Congregation Adath Israel** (203) 426-5188
- **Faith at Newtown** (203) 364-1448
- **Grace Family Church** (203) 270-1005
- **Newtown Christian Church** (203) 426-6189
- **Newtown Congregational Church** (203) 426-9024
- **Newtown United Methodist
Church** (203) 426-9998
- **Saint Rose of Lima Roman
Catholic Church** (203) 426-1014
- **Trinity Episcopal Church** (203) 426-9070
- **Walnut Hill Community Church** (203) 796-7373

SECURITY/SAFETY

Home Helpers by Direct Link
In-Home Emergency Monitoring (203) 364-1160
Lifeline Medical Alert Service (800) 543-3546
(800) 372-4103

NEWTOWN POLICE (203) 426-5841

Senior Services Department, Newtown (203) 270-4310

SEXUALLY TRANSMITTED DISEASES (203) 797-8330

Danbury Community Health Center

Senior Resources Guide - 17



Alphabetical Directory of Services
Social Services Department, NEWTOWN (203) 203-4330

TAX SERVICES/INFORMATION

Newtown Tax Collector (203) 270-4320
Tax Helpline (federal, IRS) (800) 829-1040

TRANSPORTATION

SweetHART Bus Service, reservations

Transportation for persons 60 plus or
persons with disabilities. \$1 each way (203) 748-2511
local when paying cash, for doctors' (203) 744-4070
appointments, shopping, etc.
Companions can ride with you on bus.
Call for reservations.

FISH of Newtown (800) 794-0034

Volunteers transport patients to medical
appointments free of charge. Call one day
ahead.

American Cancer Society (203) 563-0740

Volunteers offer some free rides to
medical appointments

AMTRAK Reduced Fare Program (800) 872-7245

15 % discount for seniors 62 and older and
disabled persons

Metro-North Discount Programs (800) 638-7646

50 % discount for seniors 65+ and disabled
persons traveling off-peak

VETERANS

American Legion the George A. Powell Sr. (203) 426-7728
Post 202

www.ctlegion.org

Crisis Line (866) 633-4259

24/7, confidential support services (877) 222-8387

Department of Veteran Affairs (U.S.)

www.va.gov

Veteran's Benefit Support

www.veteransbenefitsupport.org (800) 591-7782

Alphabetical Directory of Services

VFW of the US, Post 08 (203) 426-9316
www.vfw.org

VA Hospital – West Haven (203) 932-5711
www.connecticut.va.gov

VA Center – Danbury (203) 790-4000
Outpatient, general internal medical care
www.connecticut.va.gov

VISION CENTER, The Lions Club (800) 676-5715

VISITING NURSE ASSOCIATION (VNA),
Newtown/Bethel (203) 270-4377
Provides multiple community health
services including health screenings,
medical equipment loan closet, thrift shop,
etc.

VOLUNTEER OPPORTUNITIES

- **The Cyrenius H. Booth Library** (203) 426-4533
- **FISH of Newtown** (800) 794-0034
- **Meals on Wheels** (203) 426-6340
(203) 270-1960
- **Newtown High School Career Center** (203) 426-7679
- **Newtown Senior Center** (203) 270-4310

