

# **Senior Resources Guide**

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

**Newtown Commission on Aging**

**May 2021**

## 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 May 2021  
Newtown Commission on Aging  
Town of Newtown, Connecticut

## **Message from the First Selectman**

Dear Senior Resident and Family,

I am pleased to provide our *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 inside 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 55 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 Senior Center on Simpson Street adjacent to the Community Center. 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 Senior Center.

Best regards,  
**Anna Wiedemann**  
**COA Chair**

### **Message from the Director of Human Services**

As Director of Human Services, 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.

I also direct The Newtown Senior Center, open to adults age 55 and over or disabled individuals. 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.

## Alphabetical Directory of Services

### **A**BUSE/SUBSTANCE ABUSE/RECOVERY ISSUES

#### **Alcoholics Anonymous**

[www.ct-aa.org](http://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](http://www.na.org)

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

#### **Recovery Now**

[www.coasttocoastreferral.com](http://www.coasttocoastreferral.com)

A 24/7 drug and alcohol referral line. (800) 281-4731

#### **Substance Abuse and Mental Health Services**

**Administration**

[www.samhsa.gov](http://www.samhsa.gov)

#### **Women's Center of Greater Danbury**

[www.womenscenterofgreaterdanbury.org](http://www.womenscenterofgreaterdanbury.org)

(203) 731-5200

*See also "Caregiver Support"*

### **ADULT DAY CARE**

#### **CT Association of Adult Day Care Centers**

[www.canpfa.org](http://www.canpfa.org)

(860) 828-8653

#### **InfoLine , Crisis Resources, now United**

#### **Way of CT 211**

**Dial 211**

Call 24/7 to learn about resources in your area

# Alphabetical Directory of Services

Almost Home, Danbury (203) 743-6456  
www.almosthomeadc.org  
Old Glory Days, Sandy Hook 203) 648-5983  
www.glorydaysllc.com  
Newtown Senior Center (203) 270-4310

## ADVOCACY

**Social Services** (203) 270-4330  
**www.newtown-ct.gov**  
**Commission on Aging, Newtown**  
**www.newtown-ct.gov**  
**Senior Services** (203) 270-4310  
(860) 845-2224

## AGEWELLCT.ORG

www.AgeWellCT.org  
Multi-town website, up-to date resources,  
news, events, senior center info  
(860) 828-2828

## ALZHEIMER'S DISEASE

**Alzheimer's Association, CT Chapter.** (800) 272-3900  
(203) 364-3107  
www.alz.org/ct  
Local (New Milford) Help Line (24/7)  
Newtown meetings: 2<sup>nd</sup> Tuesday of the  
month

*See "CAREGIVERS" and  
"HOUSING"*

## ASSISTED-LIVING FACILITIES

## 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** (203) 754-5141

## Alphabetical Directory of Services

- Hearing, Waterbury (203) 679-6909
- Masonic Healthcare Center (888) 679-9997
- Help Line

### **B**EREAVEMENT SUPPORT

**Healing Hearts Center for Grieving Children & Families - Danbury** (203) 792-4422  
Support programs for loss of spouse, child, or general loss, meets regularly

### **C**CAREGIVER SUPPORT, Companions, Visitors

*See also "Adult Day Care"*

**Alzheimer's State Respite Program** (800) 994-9422  
Provides services to assist caregivers so they can take needed vacations, etc.

**Connecticut Statewide Respite Care Program** (800) 994-9422  
[www.ct.gov/aging](http://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** (203) 304-4050  
Check display at Senior Center for additional information on these and other types of resources.

**Cable Networks Community Bulletin**

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## Alphabetical Directory of Services

Boards and town programming: Charter  
Spectrum 192 and Frontier Vantage  
channel 6088. [www.ctv192.com](http://www.ctv192.com)

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

Connecticut program for health insurance  
assistance, outreach, information and  
referral, counseling, eligibility screening.  
[www.ct.gov/agingservices/cwp](http://www.ct.gov/agingservices/cwp)

(800) 994-9422

(203) 757-5449

### **COMMISSION ON AGING, NEWTOWN**

[www.newtown-ct.gov](http://www.newtown-ct.gov)

### **CONTINUING EDUCATION**

*See "Education"*

(203) 438-7339

## **D**DIABETES - Diabetes Club of Danbury

### **DEMENTIA**

*See "ALZHEIMER'S  
DISEASE" or call*

(800) 272- 3900

### **DEPRESSION**

(203) 270-4612

**Newtown Center for Support and  
Wellness**  
<http://newtowncsw.org>

### **Newtown Youth and Family Services**

[www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

(203) 270-4335

### **DIVORCE**

**Women's Center of Greater Danbury**

[www.womenscenterofgreaterdanbury.org](http://www.womenscenterofgreaterdanbury.org)

**Newtown Youth and Family Services**

(203) 731-5200

(203) 270-4335

## Alphabetical Directory of Services

[www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

### DRIVING

AARP Safe Driver Program (203) 744-9457

Department of Motor Vehicles (888) 687-2277

Driving Assessment Services (800) 842-8222

[www.associatedneurologists.com](http://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](http://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

### Newtown Youth and Family Services

(203) 270-4335

[www.newtownyouthandfamilyservices.org](http://www.newtownyouthandfamilyservices.org)

### ELDER CARE & FACILITIES

See information display at Newtown Senior Center and at the Municipal Agent for the Elderly's office.

# Alphabetical Directory of Services

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

## ELDER LAW

Elder Law Resource Booklet available  
at: [www.ctappleseed.org](http://www.ctappleseed.org)

Elder Law Information available at  
[www.elderlawanswers.com](http://www.elderlawanswers.com)

Elder Law Attorneys information  
available at: [www.naela.org](http://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”

## **F**INANCIAL ASSISTANCE

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

## FOOD PANTRY

See also

“Nutrition/Meals”

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

# Alphabetical Directory of Services

## FUEL PROGRAMS

Contact Newtown Social Services (203) 270-4330

## GERIATRIC ASSESSMENT

**Danbury Hospital Geriatric Health Center,  
Southbury** (203) 262-4240

(860) 666-6951

**U.S. Department of Veterans Affairs,  
Newington**

“GUIDE TO NEWTOWN” (publication) (203) 426-3141  
Useful information about town services,  
government, businesses, and residents,  
also available weekly as “Senior News.”  
Both published by *The Newtown Bee*.

## HART [SweetHART] BUS

*See*  
“TRANSPORTATION”

**HEALING**  
**Newtown Center for Support and  
Wellness**  
Mental/wellness resources  
<http://newtowncsw.org>

(203) 270-4612

## 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**

(203) 702-7400

# Alphabetical Directory of Services

## Western CT, Danbury

[www.regionalhospicect.org](http://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,	(203) 264-9600

### 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](http://wcaaa.org) (800) 994-9422

## Alphabetical Directory of Services

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

### **L**LEGAL INFORMATION AND SERVICES

<b>Consumer Law Project for Elders Hotline</b>	(800) 296-1467
<b>Connecticut Legal Services Statewide</b>	(800) 453-3320 <i>See also "ELDER LAW"</i>
<b>LIBRARY, NEWTOWN, Cyrenius H. Booth</b>	(203) 426-4533
<b>LONG-TERM CARE OMBUDSMAN PROGRAM</b>	(860) 424-5238

### **M**EAL SERVICES/NUTRITION

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

<b>MEDICAID</b>	
<b>Fraud Unit</b>	(860) 258-5986
Participating Doctors/Dentists	(866) 420-2924

### **MEDICAL/HEALTH SERVICES**

<b>Kevin's Community Center</b>	(203) 426-0496
25 Commerce Blvd., Newtown	
<a href="http://www.kevinscommunitycenter.org">www.kevinscommunitycenter.org</a>	
A free medical clinic for eligible adult residents of the Newtown Health District	

<b>Visiting Nurse Association, Newtown (Volunteers only)</b>	(203) 270-4377
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## Alphabetical Directory of Services

**MEDICARE** (800) 633-4227

**Western Connecticut Area Agency on Aging** (203) 757-5449  
wcaaa.org (800) 994-9422

Insurance and Medicare Advisor  
Judit DeStefano  
Bongiovanni Insurance and Financial  
(203)906-9226  
[judit@bifct.com](mailto:judit@bifct.com)  
Providing personalized Medicare consultations. NO cost to you.

See "FINANCIAL ASSISTANCE"

### MONEY MATTERS

## 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** (203) 264-9600  
**For additional information** Call 211  
**Contact WCAAA for a housing directory** (800) 994-9422

### NUTRITION/MEALS

*See also "FOOD PANTRY"*

**Newtown Senior Center** (203) 270-4310  
Nutritious hot meals served

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## Alphabetical Directory of Services

Monday – Thursday at 12 p.m.  
*For reservations call ahead.*

### **Newtown Meals on Wheels**

[www.newtownmealsonwheels.org](http://www.newtownmealsonwheels.org)

(203) 426-6340

Delivers hot nutritious meals to  
housebound members of the community

(203) 270-1960

### **Supplemental Nutrition Assistance Program (SNAP)**

(877) 874-1612

[www.connect.ct.gov](http://www.connect.ct.gov)

## **P**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

# Alphabetical Directory of Services

## PROTECTIVE SERVICES FOR ELDERLY

Statewide Toll Free #	(888) 385-4225
Danbury Area Social Services	(203) 207-8900

## **R**ECREATION

<b>Edmond Town Hall Theater</b> <a href="http://www.edmondtownhall.org">www.edmondtownhall.org</a> Proscenium theater offering \$3 movies, concerts, comedy, and other entertainment.	(203) 426-2475
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<b>Newtown Youth Academy Sports and Fitness <a href="http://www.nyasportsfitness.com">www.nyasportsfitness.com</a></b>	(203) 426-0088
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<b>Parks &amp; Recreation Department, Newtown</b>	(203) 270-4340
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<b>Senior Center, Newtown 8 Simpson Street</b>	(203) 270-4310
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## REHABILITATION

<b>IN-HOME CARE/SERVICES, RESPITE CARE</b>	See "CAREGIVERS"
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## RELIGIOUS ORGANIZATIONS

- **Baha'i Faith of Newtown** (203) 241-5525
- **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

## Alphabetical Directory of Services

- **Connections Church** (203) 405-3212
- **Faith Baptist Church** (203) 364-1448
- **Grace Family Church** (203) 270-1005
- **Newtown Bible Church** (203) 426-6484
- **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

### **S**ECURITY/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

**Social Services Department, NEWTOWN** (203) 203-4330

### **T**AX SERVICES/INFORMATION

**Newtown Tax Collector** (203) 270-4320

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**Tax Helpline (federal, IRS)** (800) 829-1040

## TRANSPORTATION

**SweetHART Bus Service, reservations**

Transportation for persons 60+ or persons with disabilities. \$1 each way when paying cash, doctors' appointments, shopping, etc. Companions can ride with you on bus.

Call for reservations. (203) 748-2511  
Information Line (203) 744-2034  
Call for pickup after appointment (203) 836-4399

**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 disabled

**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

## Alphabetical Directory of Services

<b>Post 202</b> <b>www.ctlegion.org</b>	
<b>Crisis Line</b> <b>24/7, confidential support services</b>	(866) 633-4259
<b>Department of Veteran Affairs (U.S.)</b> <b>www.va.gov</b>	(877) 222-8387
<b>Veteran's Benefit Support</b> <a href="http://www.veteransbenefitsupport.org">www.veteransbenefitsupport.org</a>	(800) 591-7782
Post 308 Charles Howard Peck Sr. & Jr. /Eric G Blantin Post <a href="http://www.vfw.org">www.vfw.org</a>	(203) 426-9316
VA Hospital – West Haven <a href="http://www.connecticut.va.gov">www.connecticut.va.gov</a>	(203) 932-5711
<b>VA Center – Danbury</b> <b>Outpatient, general internal medical care</b> <b>www.connecticut.va.gov</b>	(203) 790-4000
<b>VA Patient Advocate</b> <b>VA.gov</b>	(203) 932-5711
<b>VISION CENTER, The Lions Club</b>	(800) 676-5715
<b>VISITING NURSE ASSOCIATION (VNA),</b> <b>Newtown</b> <b>Bethel</b> Provides multiple community health services including health screenings, medical equipment loan closet, thrift shop, etc.	(203) 270-4377 (203) 792-0864

## Alphabetical Directory of Services

### VOLUNTEER OPPORTUNITIES

- **The Cyrenius H. Booth Library** (203) 426-4533
- **FISH of Newtown** (800) 794-0034
- **Friends of Newtown Seniors** (203) 430-0633
- **Meals on Wheels** (203) 426-6340  
(203) 270-1960
- **Newtown High School Career Center** (203) 426-7679
- **Newtown Senior Center** (203) 270-4310

## HANDY WEBSITES AND PHONE NUMBERS

Agewellct	www.AgeWellCT.org
Infoline Connecticut Statewide information referral/crisis intervention service (24/7)	Dial 211 <a href="https://www.211.org">https://www.211.org</a>
National Council on Aging	www.ncoa.org
National Institute on Aging	www.nia.nih.gov
Newtown Senior Center & Director of Human Services	(203) 270-4310
Newtown Health Department	(203) 270-4291
Visiting Nurse Association, Newtown. Services include: Thrift Shop	(203) 270-4377
Western Connecticut Area Agency on Aging Comprehensive services to maintain seniors in the community.	(203) 757-5449 (800) 994-9422 wcaaa.org
All emergencies <a href="http://www.smart911.com">www.smart911.com</a> 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

**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**

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Newtown Commission on Aging**