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

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.

Al Anon
Supports people affected by other people’s drinking.

Narcotics Anonymous
www.na.org
Nonprofit fellowship of men and women dealing with drug problems

Recovery Now
www.coasttocoastreferral.com
A 24/7 drug and alcohol referral line.

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Women’s Center of Greater Danbury
www.womenscenterofgreaterdanbury.org

See also “Caregiver Support”

Adult Day Care

CT Association of Adult Day Care Centers
www.canpfa.org

InfoLine, Crisis Resources, now United Way of CT 211
Dial 211
Call 24/7 to learn about resources in your area

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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

ALZHEIMER’S DISEASE
Alzheimer’s Association, CT Chapter.   (203) 364-3107
www.alz.org/ct
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
- Easter Seals Center for Better
(800) 874-7687
(203) 754-5141

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

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

CAREGIVER SUPPORT, Companions, Visitors
See also “Adult Day Care”
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
www.ct.gov/aging (800) 994-9422

National Family Caregiver Support Program
Provides services to family caregivers caring for a loved one (800) 994-9422

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.

Cable Networks Community Bulletin
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C.H.O.I.C.E.S. PROGRAM
Connecticut program for health insurance assistance, outreach, information and referral, counseling, eligibility screening. www.ct.gov/aging/services/cwp

(800) 994-9422
(203) 757-5449

COMMISSION ON AGING, NEWTOWN
www.newtown-ct.gov
CONTINUING EDUCATION

See “Education”
(203) 438-7339

DIABETES - Diabetes Club of Danbury

DEMENTIA
See “ALZHEIMER’S DISEASE” or call
(800) 272-3900

DEPRESSION
Newtown Center for Support and Wellness
http://newtowncsw.org

(203) 270-4612

Newtown Youth and Family Services
www.newtownyouthandfamilyservices.org

(203) 270-4335

DIVORCE
Women’s Center of Greater Danbury
www.womenscenterofgreaterdanbury.org

Newtown Youth and Family Services

(203) 731-5200

(203) 270-4335
Alphabetical Directory of Services

www.newtowntyouthandfamilyservices.org

DRIVING
AARP Safe Driver Program
(203) 744-9457

Department of Motor Vehicles
(888) 687-2277

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

DRUG STORES
See “PHARMACIES”

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

ELDER ABUSE UNIT / MEDICAID FRAUD UNIT
Office of the Chief’s State Attorney
(860) 258-5986

Newtown Youth and Family Services
www.newtownyouthandfamilyservices.org
(203) 270-4335

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
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 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
• Connecticut Food Bank Mobile Pantry (203) 741-9751

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FUEL PROGRAMS
Contact Newtown Social Services (203) 270-4330

GERIATRIC ASSESSMENT
Danbury Hospital Geriatric Health Center, Southbury (203) 262-4240
U.S. Department of Veterans Affairs, Newington (860) 666-6951

“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 (203) 270-4612
Mental/wellness resources
http://newtowncsw.org

HEALTH SERVICES
See “MEDICAL”
See also “CAREGIVERS”

HOME CARE
Connecticut Home Care Program for Elders (800) 445-5394

HOSPICE
Regional Hospice and Home Care of (203) 702-7400

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Western CT, Danbury

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 (800) 994-9422

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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

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 residents of the Newtown Health District

Visiting Nurse Association, Newtown (Volunteers only) (203) 270-4377
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 See “FINANCIAL ASSISTANCE”
Judit DeStefano
Bongiovanni Insurance and Financial (203)906-9226
judit@bifct.com
Providing personalized Medicare consultations. NO cost to you.

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

Newtown Meals on Wheels
www.newtownmealsongheels.org (203) 426-6340
Delivers hot nutritious meals to
housebound members of the community (203) 270-1960

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

PARKINSON’S DISEASE

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

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

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

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  (203) 426-0088
www.nyasportsfitness.com

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

Senior Center, Newtown  (203) 270-4310
8 Simpson Street

REHABILITATION

IN-HOME CARE/SERVICES, RESPITE CARE  See “CAREGIVERS”

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

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

Social Services Department, NEWTOWN (203) 203-4330

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

Post 202
www.ctlegion.org

Crisis Line
24/7, confidential support services (866) 633-4259

Department of Veteran Affairs (U.S.)
www.va.gov (877) 222-8387

Veteran’s Benefit Support
www.veteransbenefitsupport.org (800) 591-7782

Post 308 Charles Howard Peck Sr. & Jr. /Eric G Blantin Post
www.vfw.org (203) 426-9316

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

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

VA Patient Advocate
VA.gov (203) 932-5711

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

VISITING NURSE ASSOCIATION (VNA),
Newtown
Bethel
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  Dial 211
Connecticut Statewide information referral/crisis intervention service (24/7)  https://www.211.org
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. (203) 270-4377
Services include: Thrift Shop
Western Connecticut Area Agency on Aging (203) 757-5449
Comprehensive services to maintain seniors in the community. (800) 994-9422  wcaaa.org
All emergencies  Dial 911
www.smart911.com
Create a safety profile online
PhysicanOne Urgent Care (open 7 days)  (203) 270-9000
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