



Resources for Newtown Residents

Affected By COVID-19

- *Prepared by the Town of Newtown's Department of Human Services*
- *This document will be updated regularly. This is not an exhaustive list nor is it an endorsement of programs/services.*

The Town of Newtown's Department of Human Services continues to provide remote services to residents Monday through Friday from 8:00am-4:30pm. We are monitoring inquiries and working closely with other departments to address the essential needs of residents in a timely fashion. DHS can be reached at 203.270.4330.

For additional up-to-date information, please go to:

- <https://www.newtown-ct.gov/covid-19-information-newtown-residents>
- [The Newtown Bee](#)
 - Facebook: <https://www.facebook.com/TheNewtownBee/>
 - Twitter: <https://twitter.com/TheNewtownBee>
 - YouTube: <https://www.youtube.com/user/TheNewtownBee>
- [CT.gov/coronavirus](https://www.ct.gov/coronavirus)
- [cdc.gov/](https://www.cdc.gov/)
- www.211.org/services/covid19

Connecticut residents can call 2-1-1 or text CTCOVID to 898211 or go to the website for 24/7 access to information, resources and COVID-19 testing.

Resources for Food

If you or a neighbor has an emergency need of food call [FAITH FOOD PANTRY](#) at 203-837-0816 or 203-426-5604 to schedule a pickup.

[Newtown Public Schools](#) is offering box lunches for families who are in need of providing students with a healthy meal. Box lunches will be available for pick up on Mondays and Wednesdays between 8 am and 12 noon at three sites:

- Head O'Meadow Elementary School, main entrance
- Newtown Middle School A Gym, horseshoe driveway
- Newtown High School, main entrance

Each box lunch will contain a sandwich, a fruit, a vegetable, and an 8 oz. bottle of water. Monday pickups are for lunches on Monday, Tuesday and Wednesday, and Wednesday pickups are for lunches on Thursday and Friday.

Every Wednesday, you will receive an email with a link to a Google survey. If you will need lunches for your child/children for the following week, please fill out the survey with the number of students in your household in need and the location you will pick the lunches up (HOM, NMS, or NHS).

[Newtown Helping Hands](#). Newtown Calls. Newtown Answers.

The COVID-19 virus has put many people out of work, and has greatly impacted our local restaurants. This effort is to support them as well as get food in the hands of the elderly, struggling families, and those at risk here in Newtown.

Meals/gift cards will be purchased from local restaurants, and groceries will be purchased to stock the shelves of FAITH Food Pantry. Food will be delivered to those without means of transportation or at risk to leave their homes.

The Department of Human Services has partnered with the Knights of Columbus and other organizations in town to coordinate efforts together as one team. Partners include Lion's Club, Rotary Club, Catherine Violet Hubbard Animal Sanctuary, Chamber of Commerce, Interfaith Council, Real Food Share, FONS

(Friends of Newtown Seniors), American Legion Post #202, and Whitsons Culinary Group.

If you or someone you know is struggling, at risk or elderly, please contact Newtown Helping Hands at 203-270-4297 or at newtownhelpinghands@gmail.com.

Newtown Meals On Wheels offers nutritional meals (regular and special) delivered at reasonable cost to homebound residents. To inquire about becoming a meal recipient call Marilyn at 203- 426-6340 or Janet at 203-270-1960.

Food Resources for Income-Eligible Residents

- Mobile Food Pantries are still operating. For details go to www.ctfoodbank.org
- **SNAP** (Supplemental Nutrition Assistance Program) - If you are dealing with food insecurity and have yet to enroll in SNAP, please call the EHC! SNAP Call Center (English & Spanish – 866.974.7627), or go to the website. Please note SNAP benefits have been increased <https://www.endhungerct.org/snap/> for more information. **UPDATE: SNAP renewals are waived through October 2020. Planning for online access to food with SNAP benefits:** DSS is working closely with the U.S. Department of Agriculture's Food and Nutrition Service and the state's EBT vendor toward SNAP online purchasing. When implemented, SNAP enrollees will be able to purchase eligible food items online for delivery or curbside pickup.
- Expensify.org will match SNAP groceries up to \$50 for Families on SNAP- For families that are already enrolled in the Supplemental Nutrition Assistance Program (SNAP), is reimbursing up to \$50 per family (one time) to help with additional grocery expenses.
- [The ALICE Emergency Fund](#) will expand the ability of individuals and families to purchase fresh produce through the [Healthy Savings](#) program.

Home Deliveries

- [Hillside Food Outreach](#) is prepared to make home deliveries to quarantined people in the Danbury area. You may contact them at 203-702-4881 or visit their website for ways to help

- Homebound Seniors: If you are a homebound senior over the age of 60 who is not participating in the CT Homecare Program and would like Meals on Wheels, call Western CT Area Agency on Aging at 800-994-9422 or 203-757-5449. They are arranging for a 2-week supply of meals to be delivered to homebound seniors.

Additional Resources

- Grocery stores have set up special hours for seniors and some are offering curbside pick-up. Call your local markets for specific hours and options.
 - ✓ [Stop & Shop](#) stores will open earlier in order to service only customers who are age 60 and over from 6:00a.m.-7:30a.m. daily.
 - ✓ [Caraluzzi's](#) is opening early 6:30-7:30am every day for shoppers aged 65 and older. **UPDATE:** Now offering curbside pick-up as well.
 - ✓ [Big Y](#) is opening from 7:00-8:00am every day for shoppers age 65 and older
- Many Newtown restaurants are offering curb-side pickup. [Click here](#) for updated information of services provided by restaurants on Newtown Sandy Hook Eats.
- [Newtown-Restaurants.com](#) also providing restaurant updates during the COVID 19 crisis, all in one place.
- Use local delivery services and/or grab-n-go situations when possible (support local businesses and/or try [instacart](#) or [Amazon Prime](#)).

***Also see curbside lunch program in [Resources for Seniors](#)**

**** [Click here](#) for the United Way Danbury-area Food Response to COVID-19**

Resources for Seniors

Curbside Lunch Pick-up

CW Resources, the meal site provider for the Senior Center, will be providing prepackaged lunches for seniors. Pre-ordering is required! Meals will be provided in containers that can be heated in your home microwaves. Curbside pick-up is between 12:30 pm and 1:00 pm, at the Senior Center. **Contact the Senior Center at 203-270-4310** to order and to verify times and dates.

Please let them know if you do not have means of transportation. Meals are provided for a suggested donation of \$3.00. If you are not registered for the congregate meal program at the Center you can complete the registration form required by CW, at the same time you pick-up your meal.

Senior's pets

Dog and cat food for pets of seniors is available for delivery through the [Catherine Violet Hubbard Foundation](#). Call Friends of Newtown Seniors at 203-430-0633 or directly to CVH Foundation at 866-620-8640.

[Friends of Newtown Seniors \(FONS\)](#)

If you or someone you know needs to have groceries or other necessities delivered to your home, call Bev, the director of our Chore Services. She has some people who will help with this. 203-430-0633

If you or someone you know needs to have a checkup call from time to time Bev at Chore Services also has the names of some groups who have volunteered to make calls. 203-430-0633

All FONS activities are cancelled till further notice and any meetings or business is being done online, phone or conference call. If you have any questions please email and they will try to answer

****Also see Resources for Food (MOW, Helping Hands Newtown, Homebound delivery, and local market hours for seniors) and Lions Cares Program***

Additional Important Information:

It is important to rely on natural supports of friends and neighbors at this time. Every resident should formulate a backup plan in case you or a family member falls ill. Seniors, and other at-risk populations, should follow CDC recommendations to practice social distancing or isolation. Some may need assistance in procuring supplies for extended self-isolation.

We encourage residents to call their neighbors to offer help, taking care to follow CDC precautions by keeping a safe social distance. Remember that even if you are feeling well, you could still be a carrier of the virus.

Emergency Financial Assistance

If financial or access issues exist for food, fuel, and/or emergency expenses, Newtown residents can call the Newtown Department of Human Services at 203-270-4330 to determine if you are eligible for one-time emergency financial assistance and/or to explore other options. Documentation will be required of newly established clients.

There are companies reporting that they are establishing relief plans for their customers. Residents are encouraged to reach out to their lenders and creditors to explore opportunities for delayed payment options or payment plans to ease financial burdens during this time. [Click here](#) to see a list of mortgage lenders with COVID 19 relief plans.

Utility Assistance

Connecticut's [Public Utilities Regulatory Authority \(PURA\)](#) has ordered a moratorium on all utility shut-offs (electric, gas, and water) for the next 30 days, or as long as the Public Health and Civil Preparedness Emergency is in effect. Residential customers are strongly encouraged to continue paying

their bills, as they will ultimately be responsible for accrued services. This ruling applies to all residential customers and is therefore unlike the Winter Protection Program where income eligible households are protected from a shut off through May 1.

For residents who have been approved for Energy Assistance, the deadline for the authorization of fuel deliveries will be extended from Monday, March 16, 2020 to June 1, 2020 for the [Connecticut Energy Assistance Program](#) (CEAP).

Information Regarding Unemployment

For workers and employers, please see Frequently Asked Questions (FAQs) regarding COVID-19 to determine if you are eligible for benefits including Unemployment Insurance (UI), Paid Sick Leave (PSL), Wages and Hours, Family Medical Leave (FML). For frequently asked questions about coronavirus for workers and employers click [here](#).

If you become unemployed due to coronavirus, you should file for unemployment benefits through [Connecticut's Department of Labor](#). Click [here](#) for more information.

[Click here](#) for information about **PUA benefits to covered individuals, who are those individuals not eligible for regular unemployment compensation or extended benefits under state or Federal law or pandemic emergency unemployment compensation (PEUC)**, including those who have exhausted all rights to such benefits. Covered individuals also include self-employed, those seeking part-time employment, individuals lacking sufficient work history, Peace Corps Volunteers whose service has been cut short due to COVID-19, and those who otherwise do not qualify for regular unemployment compensation or extended benefits under state or Federal law or PEUC.

Information for Renters

Governor Lamont signs an Executive Order providing residential rent protections. [Click here](#) for information regarding evictions and rent payment grace periods. For the State of CT Judicial Branch website [click here](#).

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Renters may be eligible for rebates up to \$900 for married couples and \$700 for single persons. The [Renter's Rebate](#) application period begins April 1st and runs through October 1st. Payments are processed in November. **At this time Human Services is collecting names of individuals who would like to complete an application when in-person appointments reopen.**

AARP and VITA Tax Prep Assistance

US Tax filing deadline extended to July 15th due to COVID-19. AARP volunteers are working to make a virtual platform available to tax filers who have been unable to complete their tax returns due to COVID 19 related interruptions in service. Please continue to call 203-341- 1050 and provide your contact info (name, email and phone number) which will be passed along to their professional tax counselors. Appointments will be scheduled once the virtual platform has been tested. [Click here](#) to check the AARP website for updates.

For information about filing your taxes with free tax software through the IRS [click here](#).

Information for Local Business

The Economic and Community Development Department is available to assist Newtown businesses:

- <https://www.newtown-ct.gov/economic-and-community-development>
- Christal.Preszler@Newtown-CT.gov
- Kimberly.Chiappetta@Newtown-CT.gov

The US Small Business Administration is working to provide [low interest targeted loans](#) to assist small businesses and nonprofits severely impacted by COVID-19. (Additional information should be expected in coming days on the SBA.gov website)

CDC recommended strategies for employers and businesses to reduce exposure and provide guidance to their employees will be updated as needed. [Click here](#) for the Business Resources guide.

The Newtown Small Business Forum can be reached [here](#).

Information Regarding Healthcare

[Physician One Urgent Care Newtown](#) is providing virtual visits for patients 203.270.9000

[Kevin's Community Center](#) provides free health care to persons over the age of 18 who are uninsured or underinsured and have limited financial resources.

Call Connecticut's 2-1-1 hotline or text CTCOVID to 898211 for information on COVID-19 for information, resources, testing and treatment options.

Healthcare providers are being granted a streamlined approval process to accelerate availability of treatment and services, including telehealth.

[Department of Social Services](#) is working with its federal partners to modify the prescription refill processes in Medicaid/HUSKY Health and offer telehealth options.

[Yale New Haven Health](#) is offering a call center for patients and the community who have questions about COVID-19. Healthcare professionals from the health system are available to answer your specific questions Monday – Friday, 7 am – 7 pm. Call 833-ASK-YNHH

COVID-19 testing is now available at several locations around Connecticut and can be accessed through the state’s 24/7, 2-1-1 hotline.

[Access Health CT](#) is opening a Special Enrollment Period starting March 19 through April 17. Coverage is available for uninsured Connecticut residents who don’t otherwise receive insurance through their job or become unemployed. The only way to sign up for this Special Enrollment Period is by calling 855-365-2428. More information [click here](#).

CT Children’s Medical Center launched a Coronavirus Pediatric Hotline for parents: <https://www.connecticutchildrens.org/>

Mental Health Resources

If you or a loved one is having a mental health crisis:

CT Information Hotline 211 or go to www.211ct.org for mobile crisis support for individuals and/or children.

NAMI (National Alliance on Mental Health): if you need to talk to someone, text [NAMI](#) to 741741 or call the NAMI Helpline at 1-800-950-NAMI (6264).

[Kids in Crisis](#) has a 24-hour hotline for assistance 203-661-1911.

[COVID-19 Loss Support Group](#), Thursdays 1:00 p.m. on Zoom. Facilitated by The Community Hospice.

Local Mental Health Resources

The [Newtown Department of Human Services](#) also provides access to a comprehensive referral system, including behavioral health providers and wellness & support services, including through telehealth, for non-emergency situations. Contact 203-270-4330 or 203-270-4612.

[Newtown Youth and Family Services](#) Newtown Youth and Family Services continues to provide mental health and substance abuse treatment services remotely utilizing a HIPPA compliant telehealth platform.

UPDATE 5/1/20:

NYFS continues to provide mental health and substance abuse counseling services via an online telehealth platform. We are actively accepting new clients with a relatively short wait time. Our youth and young adult social recreation groups (REC and Adult Social Group) are actively running remotely online and are also accepting new participants. See our website for more information www.newtownyouthandfamilyservices.org or call: 203-270-4335.

[Resiliency Center of Newtown](#) will remain operational during Covid-19. Effective immediately, RCN is closed to any in-person clinical sessions but the clinical team will be offering online sessions. We want to reassure you that we are here for you to talk about your concerns and we want to encourage you to take advantage of our online sessions options. Please reach out at 203-364-9750

[Newtown Parent Connection, Inc.](#) invites you to a scheduled virtual Zoom meeting for our Hope & Support Group meeting each Thursday from 7 - 8 PM. In addition, please feel free to contact Dorrie at any time to discuss any concerns or fears you may have. Or if you prefer to email, please send your questions to dorrie@newtownparentconnection.org.

Newtown Public Schools continue to be a valuable resource for students and parents. Each family in district is assigned a school counselor who can support you along the way. They also have school social workers and school psychologists to assist as well. To reach a school counselor please

go to the [school web page](#) where you will find their email addresses. From the NPS: “We are here for you and look forward to connecting with you”.

[Newtown Sandy Hook Community Foundation](#)

The Collaborative Recovery Fund, administered by the Newtown-Sandy Hook Community Foundation, continues to provide financial assistance for mental health treatment to victims families, SHS students and their families, SHS employees and their families, and emergency responders and their families who suffered trauma because of the tragedy at Sandy Hook School on 12/14/12. Please note that email and fax (203) 403-9491 is the best method to submit claims to the Foundation. Lucie Connell, Program Director, is available for questions and can be reached at LConnell@nshcf.org or at (203) 461-2233. For more information about the Foundation, please visit www.NSHCF.org

Newtown Helping Hands

[Newtown Helping Hands](#) Newtown Calls. Newtown Answers.

The COVID-19 virus has put many people out of work, and has greatly impacted our local restaurants. This effort and fundraiser is to help get food in the hands of the elderly, struggling families, and those at risk here in Newtown, as well as support our local restaurant community.

The Department of Human Services has partnered with the Knights of Columbus and other organizations in town to coordinate efforts together as one team. Partners include Lion's Club, Rotary Club, Catherine Violet Hubbard Animal Sanctuary, Chamber of Commerce, Interfaith Council, Real Food Share, FONS (Friends of Newtown Seniors), American Legion Post #202 and Whitsons Culinary Group.

If you or someone you know is struggling, at risk or elderly,

How to Help:

1. [Donate](#). The funds will go through the 501(c)3 organization of the Newtown Knights of Columbus, “At Our Gate.” 100% of the leftover proceeds will be donated directly to the FAITH food pantry. This is a

fully transparent fundraiser where all inbound/outbound money will be documented, and will be made available upon request.

2. **Volunteer.** We need your help. You can volunteer to assist with shopping and food delivery (for residents in need or the FAITH Food Pantry), picking up meals or gift cards from local restaurants for distribution, or be “on call” support for a single project or task. If you would like to help volunteer, please contact **203-270-4297** or at **newtownhelpinghands@gmail.com**.

The Newtown Lions- Lions Care Calls

From the Lions: The COVID-19 virus has changed the World, including Newtown overnight. Social distancing and remaining in our homes continue to affect the entire community. Many of us risk becoming isolated – seniors, single-parent households, and grandparents to name a few. The lack of social contact will impact us in different ways. As never before, we may need to depend on a phone call or e-mail from family, friends, and neighbors. Indeed, sometimes just a friendly phone call can make a day seem shorter and brighten our lives.

The Newtown Lions Care. While we too are keeping our physical distance from friends and neighbors, that’s not stopping us from networking with each other and members of our fellow townfolk. That’s why we are launching the “Lions Care” outreach program. “When there’s a need, there’s a Lion” is our motto. We know there are many residents who could use a “How Ya Doing” call and we want to hear from you. Our Lions will be making phone calls to those individuals who would like to hear a cheerful voice on the other end. It’s a chance for anyone who wishes it to talk about their day and week with a Lion. We see this initiative as a great opportunity to grow better acquainted with our neighbors by engaging in a friendly check-in with them.

If you would like a call from a Newtown Lion, or know someone who might benefit from our reaching out, please send Bruce an email. Please include the name of the person we should call and their phone number. We’ll have

a Lion reach out. Contact Bruce Walczak, Past President Newtown Lions Club at brucewalczak@me.com

Information from the C.H. Booth Library

[C.H. Booth Library \(chboothlibrary.org\)](http://chboothlibrary.org)

Through the library, community members can still...

- Read newspapers, along with articles from magazines and professional journals;
- Borrow ebooks, audiobooks, music, and movies for entertainment;
- Get up-to-date info on local, state, and national response to current events;
- Dig into resources for making these difficult work/life transitions, for keeping children active at home, for keeping minds sharp;
- And so much more!

The library has a robust online presence, and can be your one-stop-shop for all sorts of information, entertainment, education, and community connection. Visit chboothlibrary.org to explore all that the library can offer you, or email help@chboothlibrary.org with your questions. We are here to help.

Substance Recovery

[Online AA meetings](#)

[Hotlines and Online Narcotics Anonymous meetings](#)

Domestic Abuse

[Women's Center of Greater Danbury](#)

- Domestic Violence Hotline 203-731-5206
- Sexual Assault Hotline 203-731-5204
- The Women's Center offers free virtual support groups on a weekly basis. Individual counseling sessions are being offered by phone and now by video, via ZOOM.

National Domestic Violence Hotline:

- 1-800-799-7233
- 1-800-787-3224 (TTY)

Information for Those Wishing to Volunteer

Grass-roots efforts to help friends and neighbors is an essential component to our COVID-19 response.

If you have chosen to help neighbors in need on your own, please be sure to follow [CDC Guidelines](#) and honor recipients' privacy. There are many Facebook groups that have formed to help neighbors which the town cannot endorse, but we do applaud these efforts.

Governor Lamont Announces Creation of 4-CT Charitable Organization Uniting Donors with Connecticut Programs Responding to COVID-19. Connection (4-CT) was launched as a non-profit that unites donors with state-wide programs that will help make an immediate impact. To make a donation to 4-CT [click here](#).

Information Regarding Possible Legislation

[The Families First Coronavirus Response Act](#) is currently under consideration. The Bill responds to the coronavirus outbreak by providing paid sick leave and free Coronavirus testing, expanding food assistance and unemployment benefits, and requiring employers to provide additional protections for health care workers.

Helpful Covid-19 Resources

[Talking with Your Kids About Coronavirus](#) Published by CDC

[Explaining Coronavirus to Children](#) Published by ABC News

[What Parents Need to Know about Coronavirus](#) Published by NPR

[Coping During Covid-19](#) Published by The Child Mind Institute

[Guide to Wellbeing During the Shutdown](#) Published by UC Berkeley

[Advice From Teachers for Homeschooling](#) Published by the Hartford Courant

[Managing Fear and Anxiety Around the Coronavirus](#) Published by Harvard University

[Staying Safe and Helping Others During COVID-19](#) American Red Cross

[The Department of Human Services Wellness Guide](#)

Meditation videos for relaxation and breathing techniques shared by the Newtown Community Center & Department of Human Services

Meditation #1

https://youtu.be/ps3042V_nbU

Meditation #2

<https://youtu.be/FQ0SWA--qXM>

Meditation #3

https://youtu.be/N2d_yI_fvP4

Meditation #4

<https://youtu.be/yzXDJLrrxy0>

Meditation #5

<https://youtu.be/-YugDXHIS9k>

Updated: 5/8/2020