

NEWTOWN COMMISSION ON AGING
Regular Meeting
Monday, December 18, 2023
Newtown Senior Center
8 Primrose Street, Newtown, CT 06470
Called to order at 4:00pm

THESE MINUTES ARE SUBJECT TO APPROVAL BY THE COMMISSION ON AGING

Present: Bill Darrin, Anne Rothstein, Claire Theune, Barbara Bloom, LeReine Frampton, Stephen Riccitelli, Patricia Bailey, Lia Levitte

Absent: Ziao Han, Tricia Gogliettino, Micheal Stern, Judit DeStefano

Also Present: Director of Human Services Natalie Jackson, Director of Nunnawauk Meadows Mary Salley and one member of the press

Public Comment: None

Minutes: L. Frampton moved to approve the minutes of the November 20, 2023 meeting. B. Darrin seconded, all in favor.

L. Frampton moved to add discussion and possible action for the slate of officers to the agenda. B. Darrin seconded, all in favor.

L. Frampton moved to add discussion and possible action of a cookie donation to the agenda. P. Bailey seconded, all in favor.

Director of Human Services: Natalie Jackson reviewed her report (att.).

Treasurer's Report: There was no change from last month.

OLD BUSINESS

Survey distributed via Newtown Neighbors Unite to assess interest in UR Community Cares – The survey is out on social media. A. Rothstein will also contact the Library and FONS to send to their contacts as well.

NEW BUSINESS

Newtown POCD survey discussion – A. Rothstein has been asked be interviewed regarding the POCD. The commission discussed the issues in the town that relates to the seniors. The following were items were discussed; *Strengths of the Town* – first responders, safety, quality of life, location and health care. *Weaknesses* – public transportation, affordable housing and taxes. *Priority of what the town should do* – expanding senior housing is high priority. *Transportation problems* – walking safety, lack of public transit, traffic congestion

Overview of strategic planning process – This be discussed after the New Year.

Cookie Donation - N. Jackson explained that during covid they got Danish cookies for seniors during the holidays. Officer McCarthy took them to homebound seniors that she knew of on Christmas Day. She has offered to do the same again this year. A. Rothstein will donate the cookies for the seniors.

Slate of officers – B. Darrin moved to accept the proposed slate of officers; Anne Rothstein for Chair, Barbara Bloom for Vice Chair and LeReine Frampton for Treasurer. P. Bailey seconded, all in favor.

Members Comments: None

Having no further business, the meeting was adjourned at 4:38pm.

Respectfully Submitted,
Arlene Miles, Clerk

Attachment: Report from Director of Human Services and Slate of Officers



Department of Human Services

Supporting a high quality of life for the Newtown community through services, programs and information that promote mental, physical and social well-being.

Commission on Aging Report: December 18, 2023

Hello Members of the COA,

With the holidays upon us I would like to focus this report on two amazing holiday events that occurred at the end of the week here in Human Services. This past Friday the Newtown Senior Center hosted the Winter Wonderland Holiday Extravaganza. The event included a delicious lunch, raffle baskets, incredible entertainment by the Matinees and Riptides, small ensembles from the larger Harmony on the Sound Woman's Chorus, and a visit from Newtown's newly elected First Selectman, Jeff Capeci, wishing our members a happy holiday. The event "sold out" with 50 members (plus a "few" walk-ins who of course we couldn't turn away).

Our second major holiday event (undertaking) is our annual holiday basket program in partnership with the Newtown Fund. This year we had 94 households receiving gifts, food, and household essentials through this program. This past Saturday was delivery day, which began with a stop to the Senior Center by donors to pick up gift cards purchased by the Fund to include with their gift delivery. My initial calculations include 62 of the overall 240 individuals served are seniors.

As they say, a picture is worth a thousand words. So in the spirit of holiday cheer and giving I will end my report simply, with some glimpses of these special Human Services holiday events!

Newtown Senior Center's Winter Wonderland Extravaganza



Harmony on the Sound's Matinees and Riptides, featuring our very own Senior Center member, Susan S.



Some of our lucky raffle winners!



Scenes from a magical event!

Holiday Gift Delivery Day with the Newtown Fund



Gift deliverers, Human Services staff and volunteers, and the Newtown Fund all gathered Saturday morning as delivers set off on deliveries to over 90 homes. This year's delivery included a surprise donation by a very young resident who raised over \$300 to purchase gift cards for those in need. He even included a gift card he won in a contest this fall (pictured in front of the tree above). Tis the season of giving!

Best wishes to you and yours for a peaceful, healthy, and happy holiday season!

Respectfully submitted,

Natalie

Natalie Jackson, LCSW
Director, Newtown Human Services

***** PLEASE SEE THE NEWLY REVISED AND PRINTED RESOURCE GUIDE FOR THE COMMUNITY ATTACHED. I WILL SHARE MORE AT OUR MEETING



YOUR HEALTH IS OUR PRIORITY

Newtown Community Resources

A quick reference guide to trusted and confidential resources to help community members in need.

24-7 RESOURCES

(If you are having a medical emergency please dial 9-1-1)

CONNECTICUT - 2-1-1

2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, and 7 days a week 365 days a year. To contact 2-1-1 simply, dial 2-1-1 from any phone. Also on the web at: www.211ct.org

National Suicide Prevention Lifeline - 9-8-8

If you or someone you know is thinking about harming themselves or attempting suicide, tell someone who can help right away. Call or text 9-8-8 to connect with the 988 Suicide & Crisis Lifeline. The Lifeline provides 24-hour, confidential support to anyone in crisis or emotional distress. www.988lifeline.org

The Center for Empowerment & Education (CEE) - 203-731-5200

For victims of interpersonal violence, CEE provides support services in the form of counseling, advocacy, crisis intervention, and emergency shelter. Sexual Assault Hotline 203-731-5204, Domestic Violence Hotline 203-731-5206. Hotlines are available 24-7, 365 days a year. www.thecenterct.org

National Domestic Violence Hotline - 1-800-799-SAFE (7233)

Trained advocates are available 24-7, 365 to talk or chat online confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. www.thehotline.org

Newtown Department of Human Services

Supporting a high quality of life for the Newtown community through services, programs, and information that promote mental, physical, and social well-being. Offering personalized assistance identifying resources that meet your specific needs.

Social Service Programs 203-270-4330

Newtown Senior Center 203-270-4310

Behavioral Health Referral 203-270-4612

Offices are open M-F 8:00 am-4:00 pm

*Printed on
5x7 card to
be distributed*



ALCOHOL & DRUG ABUSE

(Back)

CT Parent Connection - 203-270-1600

NPC offers weekly Hope & Support meetings for families whose loved ones are abusing or addicted to drugs or alcohol. A monthly bereavement meeting is hosted for those who have lost a loved one to drugs or a catastrophic circumstance. Providing assistance in navigating a loved one into treatment, inpatient or outpatient. www.ctparentconnection.org

Narcotics Anonymous - 800-627-3543

N.A. is a nonprofit fellowship of men and women for whom drugs have become a major problem. www.ctna.org

Alcoholics Anonymous - 866-STEPS12 (866-783-7712)

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. A.A.'s primary purpose is to help alcoholics achieve sobriety. Members use the Twelve Steps to maintain sobriety. Groups use the Twelve Traditions to stay unified. For a listing of AA groups and information visit www.ct-aa.org

Al-Anon/Alateen - 888-425-2666

a mutual support program for people whose lives have been affected by someone else's drinking. Alateen part of the Al-Anon Family Groups is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking. Visit www.al-anon.org

DMHAS CRISIS LINE - 800-563-4086

Substance abuse treatment and referral for detox.

BEHAVIORAL HEALTH

Newtown Youth & Family Services (NYFS)- 203-270-4335

NYFS is a non-profit youth service bureau and mental health clinic for children, teens, adults, and seniors. Specialized services include: outpatient individual, couples, and family counseling, substance abuse treatment, Autism and social skills programs, prevention initiatives and support groups. www.newtownyouthandfamilyservices.org

National Alliance of Mental Illness (NAMI) - 800-950-NAMI (6264)

NAMI works to educate, support, advocate, listen, and lead to improving the lives of people with mental illness and their loved ones. Text "HelpLine" to 62640 email at helpline@nami.org, or visit www.nami.org

Crisis Intervention

Western CT/Danbury Hospital Crisis Line 203-739-7799 or dial 2-1-1 from any phone

FOOD ASSISTANCE

F.A.I.T.H. Food Pantry- 203-837-0816 or 203-426-5604

If you need food assistance F.A.I.T.H. (Food-Assistance-Immediate-Temporary-Help) can help, no questions asked. Every visitor is treated with kindness, respect, and compassion. You will be provided with one full week's worth of groceries per month. www.newtownfoodpantry.org



People that were active between 11/17/2023 and 12/15/2023

Age Range as of 12/15/2023

	Count	Percent
Ages 55-59	1	4.2%
Ages 60-64	3	12.5%
Ages 65-69	8	33.3%
Ages 70-74	3	12.5%
Ages 75-79	2	8.3%
Ages 80-84	4	16.7%
Ages Below 55	1	4.2%
Ages Over 85	2	8.3%
Totals	24	100%
City/Town	Count	Percent
In Town	19	79.2%
Out of Town	5	20.8%
Totals	24	100%

Curent Members

Reident	497
Non Resident	96
Total	593

Event Occurrences from 11/17/2023 to 12/15/2023

Category	Event	# of Events	Hours Scheduled	Unduplica
F - Class/Workshop				
	Art Class (Tuesday 10:00 AM)	4	8	20
	Knitting	4	4	21
	Sewing Crew	4	6	5
	Spanish Class (Thursday 10:30 AM)	2	2	8
	Special Event	1	1	4
	Total	15	21	47
F - Health/Fitness				
	Broadway Burn (Friday 10:30 AM)	3	3	20
	Chair Pilates (Thursday 9:00 AM)	4	4	21
	Chair Yoga A (Monday 2:30 PM)	3	3	21
	Chair Yoga B (Thursday 1:00PM)	3	3	37
	Deep Stretch (Wednesday 9:00 AM)	3	3	14
	Fit and Fabulous	4	4	20
	Flex, Fit & Tone (Tuesday 10:00)	4	4	32
	Floor Yoga	7	7	34
	Kevins Line Dance Exercise (Thursday 10:30 AM)	3	3	19
	Line/Country Dancing (Wednesday 10:30)	3	3	22
	Move and Groove	3	3	19
	Tai Chi (Monday 10:00AM)	4	4	21
	The History of Fairfield Hills W/Ann Marie Macey	1	1	5
	Zumba (Monday 1:00 PM)	4	4	21
	Total	49	49	143
F - Nutrition				
	Daily Lunch	8	8	32
	Total	8	8	32
F - Rec./Entertain				
	Billiards	19	95	11
	Total	19	95	11
F - Social Activity/Event				
	Book Club	1	1	1
	Lunch and Learn	2	2	20
	Matts Ballroom	3	3	11
	Poker	4	12	8
	Special Event	9	10	85
	Total	19	28	104
F - Socializing				
	Socializing & Just Visiting	21	178.85	30
	Total	21	178.85	30
F - Special Events				
	Speaker	5	5	26
	Speaker AM	3	3	22
	Total	8	8	36
F - Special Groups				
	Parkinson Support Group	1	1	1
	Silver Tones	1	1.5	6
	Speaker 1:00PM	1	1	18
	Womens Discussion Group Chicken Soup for the Sol	4	4	13
	Total	7	7.5	30

Event Statistics from 11/17/2023 to 12/15/2023

Category	Duplicated	Unduplicated	Hours
F - Class/Workshop	10	3	15
F - Health/Fitness	41	11	41
F - Nutrition	15	7	15
F - Social Activity/Event	24	11	30
F - Socializing	17	4	144.78
F - Special Events	7	5	7
F - Special Groups	9	6	10
P - Health/Fitness	1	1	1
P - Trips	1	1	0
Total Event Signins	125	24	263.78

**Proposed* Slate of Officer Nominees
for the Next Commission on Aging**

Anne Rothstein Chairperson

Barbara Bloom Vice-Chair

LeReine Frampton..... Treasurer

****Interest was expressed by these candidates in various conversations.***

----Prepared by Claire Theune and LeReine Frampton of the COA
Nominating Committee.

December 18, 2023