Friends of Newtown Seniors (FONS)
Roundtable

November 26, 2024, **Discussion Highlights** Newtown Senior Center

Isolation

A small group of seniors met at the Senior Center to discuss physical and social isolation. Nearly everyone knows someone they consider isolated. Most of the participants do not think "isolation" and "loneliness" are the same thing. There was mixed thoughts on whether lonileness is a difficult topic to talk about. Discussion handout is attached.

Contributing factors to isolation

- Limited driving time if still driving- no after dark, 10-3 window to drive
- Lack of transportation options if you don't drive
- Fear- especially of falls
- General anxiety- so many warnings hesitant to do anything constant fraud alerts
- Shyness
- Weather and short winter days- gets dark so early
- Fear specifically of exposure to illness
- Pain that limits activities
- Handicaps

Loss of life partner and the loneliness resulting from it

Greatest needs

- Moderated discussion groups just to get people together
- Moderated discussion of grief and loss
- Transportation- what about the vans in the lot
- More activities such as a walking group- "The Morning Glories" once existed.

Systems in place

- Variety of senior programs at the center- more needed
- List of support groups some on-line
- Social get togethers at some of the senior housing locations- Walnut tree

There was great interest in continuing discussion of isolation and loneliness.

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Attachment - November Roundtable Handout

Grief & Loss

You Are Not Alone

In-Person: First and third Thursday of the month @ 4:00p
Trinity Episcopal Church / 36 Main St (2nd floor library, enter through rear glass doors)
Contact admin@trinitvnewtownct.orq for information

Kevin's Community Center

Parents Grieving the Loss of a Child
Virtual: Second and fourth Wednesday of the month @ 6:30p
Contact compassion@kevinscommunitycenter.org for the link

Support Groups

Women's Support Group

Virtual: Mondays @ 1 :00p
Call Carol Cohen at 860-799-0827 for information, email carol-cohen429@yahoo.com for the link

Take Off Pounds Sensibly (TOPS)

In Person: Mondays @ 5:30p
Newtown Congregational Church / 14 West St (Lower level library)
Call Krista 203-231-4176 or Sara 203-948-4270 for pricing and information

Western Connecticut Parkinson Group

In Person: First Wednesday of the month @ 1:30p
Newtown Senior Center / 8 Simpson St
Contact the Senior Center for information on signing up 203-270-4310

Parents and Caregivers of LGBTQ+ Youth

In Person: Second and fourth Thursday of the month @ 7:30p
Contact dds@soulfull.com for location and more information

Heart of Men Circle

In Person: Second Wednesday of the month @ 6:30p

Sticks and Stones Farm

197 Huntingtown Rd (Meet in the parking lot)
Contact Jim 203-948-1684 or Bill 203-915-0715 to RSVP or for more information

Alzheimer's Support Group

In Person: Third Wednesday of the month @ 10:00a

Newtown Senior Center / 8 Simpson St
Contact the Senior Center for information on signing up 203-270-4310

National Alliance on Mental Illness (NAMI)

Contact Sheryl 203-470-1488 or visit namict.org for local meeting information

Substance Use/Abuse/Recovery

Alcoholics Anonymous (AA)

All meetings are In Person
Call 866-STEPS12 or visit aa.org for more information
Sundays @ 2:00p - Open Speaker Discussion Meeting
Newtown Senior Center / 8 Simpson St (Use community center entrance)
Sundays @ 7:30p - Big Book Meeting
Newtown United Methodist Church / 92 Church Hill Rd

Mondays @ 7:00p - Open Newcomer Big Book Meeting
Newtown United Methodist Church / 92 Church Hill Rd
Tuesdays @ 12:15p - Closed Step Meeting

Newtown United Methodist Church / 92 Church Hill Rd

Tuesdays @ 6:30p - Open Step Meeting
Newtown Congregational Church / 14 West St (Enter from lower parking area)
Wednesdays @ 6:30p - Women's Group

CH Booth Library / 25 Main St (Community meeting room)

Wednesdays @ 8:00p - Closed Step Meeting

Newtown United Methodist Church / 92 Church Hill Rd

Thursdays @ 7:00p - Closed Speaker Discussion / Non-Smokers Meeting

Trinity Episcopal Church / 36 Main St

Fridays @ 8:00p - Beginners' Group

Newtown United Methodist Church / 92 Church Hill Rd

Al-Anon

Call 888-825-2666 or visit ctalanon.org for more information
In Person - Tuesdays @ 7:00p - Newcomer Meeting
Newtown Senior Center / 8 Simpson St (Use community center entrance)
Virtual - Email newtowntuesdaveveninqalanon@qmail.com for link

Narcotics Anonymous

Visit ctna.org for more information
In Person: Sundays @ 7:30p - Information/Discussion Meeting
Newtown Congregational Church / 14 West St (Great Room)

- **Parent Connection**

Call 203-270-1600 or visit ctparentconnection.org for more information

In Person: Thursdays @ 7:00p - Hope & Support Group
Newtown Parent Connection / 2 Washington Square

In Person: First Wednesday of the month @ 7:00p - Bereavement Group
Newtown Parent Connection / 2 Washington Square

Organizations To Know

Ann's Place

Provides comfort and support to people living with cancer and their loved ones

Call 203-790-6568 or email clientservices@annsplace.ora for more information

American Legion

Veterans getting involved in "people helping people," members working together for the country and their community

Contact americanleqionnewtown(öqmail.com for more information

Empower Together Program - Newtown Youth and Family Services

Provides individuals who are victims of elder abuse and/or neglect the resources and services they need to leave safe, healthy, and productive lives

Call 203-270-4335 or email dmight@newtownyouthandfamilyservices.org for more information

Friends of Newtown Seniors (FONS)

Provides advocacy and services to Newtown seniors

Call 203-430-0633 or email info@friendsofnewtownseniors.org for more information

Golden Opportunities

Works to enhance the quality of life for residents of eldercare facilities by providing outreach services of comfort, compassion, and support Call 203-426-3301 for more information

Veterans of Foreign Wars of the United States, Post 308

Any veteran with a campaign ribbon or medal is eligible for membership

Call 203-426-9315 for more information

Local Resources

Newtown Police Department: 203-426-5841 (non-emergency line)

Newtown Department of Human Services: 203-270-4330

FAITH Food Pantry: 203-837-0816

Danbury Crisis Intervention Team: 203-739-7799