

# Independent Living Day 2023

## Another Success Story



Newtown Youth & Family Services (NYFS) recently held the 23rd annual Independent Living Day event as part of a community-wide effort to assist seniors, veterans, and disabled residents at Nunnawauk Meadows to continue to live safely and independently in their homes.

This annual event has become a much anticipated activity in Newtown and a proud tradition for NYFS. Not only does it help the senior community, it also promotes team building, family bonding, and community outreach.

As part of NYFS' continuum of care, Independent Living Day gives seniors an increased chance of living longer, healthier and more productive lives by receiving assistance with basic home upkeep, free of charge. The event focuses on providing the following: mulch spreading, planting, raking, organizing closets and cabinets, clearing debris from walkways and patios, washing windows, cleaning refrigerators, discarding expired food and newspapers, and other household chores.

NYFS is grateful to community members who volunteered their time for this event and their relationship with Nunnawauk Meadows for allowing Independent Living Day to continue year after year.

**Julie Schmitter volunteered her time to help rake a resident's property during the recent Independent Living Day coordinated by Newtown Youth & Family Services.**

**—NYFS photo**