



Stay at Home in Wilton, Inc.
PO Box 46, Wilton, CT 06897

Contact: 203-423-3225

Email: info@shwil.org

Visit: www.stayathomeinwilton.org

You're invited...

*Stay at Home in Wilton's
4th Anniversary Celebration*

At

*Ambler Farm
257 Hurlbutt St., Wilton, CT*

*For
Hors d'oeuvres and Wine Reception*

Friday, May 2nd

5-7 p.m.

RSVP by April 28, 2014

203-423-3225

*Meet the Board, Donors,
Members and Volunteers*

Decisions, Decisions, Decisions! Decisions Mean Options and Options Mean Freedom!

By Giedra Troncone
Member since 2011

As the circumstances in our life change, so do our needs. Such change is often connected with loss, be that of a relationship, of some aspect of health, or of financial circumstances. It is also often a loss of contact: we recognize that our family and friends have lives of their own. We don't want to impose. People move away but, happily, we find Stay at Home in Wilton.

Stay at Home in Wilton has filled a need of community for me. It has given me a feeling of belonging. We are a community within a community. We share a recipe in a market, recommend a book or DVD in our library, and recognize each other in the post office, as we wave and smile.

Besides the psychological comfort Stay at Home brings, this organization is extremely helpful in our daily lives: a sagging curtain rod? No need to find that ladder, to try to steady yourself by holding on to the lampshade, knowing now that you will also have to buy a new lamp and wondering where the cat went, traumatized, no doubt, by the crash. Now we know better, and we get recommendations from Janet or Debbie that are far, far better than the Yellow Pages. We get rides by calling Joan. Janet organizes many wonderful events. We go on excursions, be it to Arthur Ave. in the Bronx, to the Elizabeth Park Rose Garden in W. Hartford, a ferry crossing to L.I. and, always, lunch, lunch, lunch and so much more! Should we opt to stay home for Thanksgiving, Anne and Phil extend a gracious invitation to join them at their home before the big event, so we don't have to sit home, alone, looking at a turkey leg.

We are not just takers, however. We bring to our group our contributions, be they of ideas, or skills, and, always, our good will and gratitude. Aren't we lucky!



STAY at HOME

Mission *in Wilton* Statement:

Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to “age in place”.

For less than a dollar a day, members receive a number of services including transportation, light household repairs, referrals for reputable vendors, informative seminars, regular social activities, calls in the event of a town emergency and membership in the Stay at Home in Wilton Community.

Board of Directors

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Janet Johnson, Executive Coordinator
Debbie McClelland, Public Relations

History

**By Phil Richards
Chairman and Former President**

Stay at Home in Wilton started in April 2010 at Trackside. That very first meeting was attended by many Wilton seniors and about 20 signed up that day, along with a number of volunteer helpers. As we grew, coordinating our activities became a major effort that we couldn't handle without some focused help. We brought in Janet Johnson, our Executive Coordinator, who has become the voice of Stay at Home and created a very active social program. We have continually expanded our social program to maintain the feeling of community among our members.



Presidents Message: By Barbara Quincy

In January I had the honor of being elected the new president of the Board of Stay at Home in Wilton. Fortunately, the Board has not lost the services and expertise of its founding president, Phil Richards as he will continue to head the Board as Chairman.

I am very excited to work with Janet Johnson, Executive Coordinator, Debbie McClelland, Public Relations Consultant, and with the dedicated Board members that give so much of their time to see that we continue to provide services, help at home, rides, opportunities to connect with other members at social events, and a sense of belonging in the Stay at Home in Wilton Community.

***I encourage every senior in town to become a member of Stay at Home in Wilton. It's true:
“There is no place like home.”***

Visit: www.stayathomeinwilton.org and find out what our members are saying.



Membership

By Ann Newton

Vice President

Former

Membership Chair

Having served as Membership Chairman for the past four years, I've talked with many Wiltonians during those years about joining Stay at Home. I could always see how being a member would improve their lives, but too often I would hear "I'm not ready". I am a member and I am "not ready" either. But, I want Stay at Home in Wilton to be a strong and viable organization when I am ready, so I have joined now to help insure that result.

Please consider joining and if you aren't ready to receive assistance, perhaps you could come to some of our social or informational events - or even better perhaps you could become one of our volunteers. We could always use more drivers, handymen or friendly visitors. Our membership and volunteer applications are available on our website or feel free to contact us at **203-423-3225** and we will send you one.

As we move into a busy fifth year, I look forward to serving on the board and being an active member of Stay at Home in Wilton which provides seniors with the option and comfort of staying in their own home, neighborhood and community.

Our **4th Anniversary Celebration** is the perfect time to join us where you can meet the Board, Donors, Members and Volunteers. Come be our guest. Please **RSVP: 203-423-3225 by April 28, 2014**

Member Benefits:

- Repair Services/Vendors
- Rides
- Social Activities
- Seminars
- Emergency Calls

Repair Services/Vendors

By Larry Mauer

Repair Service and Vendor Chairman

One of the challenges Stay at Home in Wilton members can face is: "How do I keep my house in excellent working condition?" Many members already have long established connections with service providers such as septic tank cleaners and, in the winter, a reliable snow plow guy.

Yet, and invariably, a homeowner is occasionally faced with additional needs. Examples that can occur every few years are: toilet repairs, or replacing shingles blown off by high winds. Under such circumstances, the SAHW member can be faced with the challenge of finding a reliable company to provide these services. To meet this need, the SAHW maintains a list of qualified vendors. This list has been developed over the years based on member experiences. These vendors frequently will offer a 10% discount on services provided for SAHW customers.

Many times, a skilled handyman can repair or prevent a problem from becoming a larger and more expensive repair project. Our members have access to our volunteer skilled handymen who can handle light household repairs. Our Stay at Home Handymen can save our members hundreds of dollars on repairs. They also encourage members to think of "problem prevention" when it comes to the major systems areas of homeownership: plumbing, heating and air conditioning, interior and exterior remodeling, roofing, chimney and stone-mason tuck pointing, lawn maintenance and landscaping, etc.

Rides and Volunteer Drivers

By Joan Starr

Volunteer Chairperson

Stay at Home in Wilton provides rides to members so they do not have to worry about getting around or driving at night.

We rely on volunteer drivers to provide a vital service for our senior members who are no longer driving. Please contact Joan Starr at **203-762-7423** if you're interested. Commitment is no more than once a week, usually during the daytime hours within Wilton, Norwalk and surrounding communities. We have a vibrant list of volunteers but are always looking for additional people.

OBJECTIVE: To drive members to destinations either within Wilton or surrounding communities, for medical appointments, errands or shopping, so they arrive on time and safely and then return them to their homes

SKILLS NEEDED: Safe driving skills, an understanding of how to help seniors safely in and out of cars and to their destination point, patience, good listening skills, and respect for members

OTHER REQUIREMENTS: Valid driver's license, sufficient insurance coverage and a signed confidentiality agreement

TIME COMMITMENT: Flexible to driver's availability and member's needs.

Drivers very much find themselves becoming part of the Stay at Home family.

Social Activities and Seminars

By Phil Richards, Chairman and Janet Johnson, Executive Coordinator

The past year has been very busy for Stay at Home in Wilton. Besides the hundreds of rides and the many home fix-ups provided by our volunteers, there were special social events each month.



Social Activities: In between snow storms, Ken Dartley worked with the Library to put on standing-room only piano concerts.

We also managed to squeeze in concerts at the High School, shows at the Playshop and hosted movies at the Senior Center. We've had Halloween parties; an ice cream social, bingo, and shared our hobbies and passions.



Special Events & Parties: We marched in the Memorial Day parade in our Stay Home in Wilton t-shirts alongside Al

Wood's antique truck; we celebrated July 4th with our annual summer barbecue; for those that were available, we had a festive pre-Thanksgiving turkey dinner at the Richards home. To round out the year, our holiday banquet honored our volunteers, and provided an enjoyable evening for them and all our members, with grand entertainment by the Wilton Treblemakers.



Trips: We've visited Little Italy, Arthur Avenue in the Bronx, toured wineries, picked apples, and visited the Bruce Museum in

Greenwich, the Bartlett Arboretum in Stamford, the New York Botanical Garden; and took Captain Bob's boat tour around the Thimble Islands and lunched at the Chowder Pot. September found us in Port Jefferson with a smooth ride on the ferry leading up to a sumptuous lunch. Come join in the fun!!!



Dining Out:

We have men's, women's and couples outings. The men of Stay at

Home in Wilton enjoy a monthly breakfast together at Orem's Diner; the ladies often have lunch together at a different local restaurant. We've also had very special luncheons at Barcelona and recently at Bartaco; restaurants owned by a relative of one our members.



Seminars: We've had speakers and seminars on Medicare, Medical Alert systems,

Veterans' Benefits, "Decluttering" and flower arranging. We have something for everyone.

The Benefits of Aging in Place

By Jane Bennett Clark, Senior Editor
Kiplinger's Personal Finance, August 2013

Local leaders are recognizing the benefits of providing services that allow people to stay in their homes and communities.

Like most people, I occasionally dream about retiring somewhere fun—say, to a houseboat in Seattle, or a one-bedroom rental in Brooklyn, or maybe a chateau in Provence. But I have another fantasy, this one involving a place closer to home as in my home. In this scenario, I stay exactly where I am. No downsizing. No pulling up roots. No making new friends or finding new grocery stores.

This particular fantasy puts me in good company. Almost 90% of people over 65

want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home until they die. For some, friends and a familiar setting is the main draw, and for others, it's an emotional attachment to the house, says Jeffrey Lubell, of the Center for Housing Policy. "This is their home, and you're going to have to pry them out with a can opener."

Aging in place: Keeping the family house can be sensible (can-opener threats aside) if you've retired your mortgage or have enough income to pay it, and if you're relatively healthy and mobile. Eventually, however, staying at home turns into "aging in place," a term that generally means you'll need help living on your own. Increasingly, policymakers and local leaders are recognizing the benefits of providing services that allow people to stay in their homes and communities. "To society, it costs a lot less for someone to age in their home than to go into a care facility," says Marty Bell, of the National Aging in Place Council.

Many communities use the "village" concept to provide services and support to seniors living in the neighborhood. The idea, which originated in the Beacon Hill neighborhood of Boston, is to create a nonprofit organization that arranges services—including transportation, home repair and social activities—for members. About 85 such villages have sprung up around the country, with 120 more in the works. The annual membership fee for a single member runs \$430, on average, according to a report by the Rutgers School of Social Work. Most villages offer a discount to members with a financial need.

Another way to stay put and get help with home maintenance, errands and other chores is to share your home with someone who will provide those services in exchange for below-market rent. This arrangement offers not only household help and a way to cover the bills but also companionship, says Kirby Dunn, of HomeShare Vermont, which has been setting up home-share matches for 30 years. Most seniors who go this route say they feel happier, safer and less lonely, says Dunn.

So far, community-based programs that bring services to seniors are available mostly in cities and suburbs, and they're scattershot at that. Still, expect to see more coming along as baby-boomers march into old age. "There's a shift from being institution-centric to person-family-community-centric," says Larry Minnix, of LeadingAge, a consortium of aging-services groups. "It's a good thing but a whole new era."

FUNDRAISING

By Dick King
Fundraising Chairman

Stay at Home in Wilton keeps its annual membership dues very low at \$360 for a single and \$480 for a couple. We do this in order to include a wide cross-section of Wilton senior citizens. While we are very frugal with our spending, the dues cover only about one-third of the income needed.

Fundraising provides the remaining money required to balance our budget. We receive no federal, state or local government funding. Since our inception four years ago, local foundations, people and business organizations have been very responsive to our requests for donations to help our members to age-in-place, in

their own homes and the in town they love. In 2013 there were over one hundred local Wilton donors. In addition, many local businesses and organizations provide "in-kind" services – the use of meeting space, professional services and reduced charges for products.



2013 DONORS

Stay at Home in Wilton is possible because of the generous support of people, businesses and organizations.

Thank you:

*The Dionne Foundation
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P.O. Box 46, Wilton, CT 06897

Or Visit Our Website:

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