



NEWS and REVIEWS August 2015

Volume 5 Issue 8

August 1, 2015

Annual Summer BBQ... A Great Time!



Friday, July 24th was a perfect summer evening for all who came out to enjoy Stay at Home's Annual Summer BBQ at Merwin Meadows. It was a celebration of summer for members, volunteers, and guests and just one of many opportunities during the year for members to stay connected. Don't miss the fun; we have more events coming up in August!



Inside this issue:

- Men's Breakfast 2
- Mah Jong 2
- Hopkins Vineyard 2
- Ladies Luncheon 2
- Meet Ken Dartley 3
- Survey Results 3
- 6 Steps to a Long and Healthy Life 4

Port Jefferson Ferry Trip



Sixteen members of Stay at Home traveled to Port Jefferson, N.Y. by ferry on Tuesday, June 30th. After crossing the Long Island Sound, they lunched at The Wave restaurant, and later enjoyed specialty ice cream cones, shopping and scenic harbor view walks. It was a beautiful sunny day.

Mark Your Calendar for Stay at Home August Events

Tuesday, August 11th

Men's Breakfast Orem's Diner at 9 AM

All Men are Invited!

167 Danbury Rd.

R.S.V.P. 203-762-2600



"It is just a lot of good conversation and exchange of information about daily life!"

Tuesday, August 11th at 2 PM and August 25th at 12:30 PM
Mah Jong



Played on the 2nd and 4th Tuesday of the month at the senior center. Open to all who want to learn.

R.S.V.P.

Kay Chann
 203-762-9026

"It's really great fun!"

Wine Tasting



Hopkins Vineyard Trip
Thursday, August 13th

9:30 AM - Departure from Wilton

11 AM - Wine Tasting

12 PM - Lunch at the Inn on the patio overlooking beautiful Lake Waramug

2 PM - Shopping in scenic New Preston

R.S.V.P. Janet Johnson 203-762-2600

Sono Seaport Seafood Inc.



Ladies Luncheon
Monday, August 24th
11:45 AM

100 Water St., South Norwalk

R.S.V.P.

Janet Johnson 203-762-2600



Meet Stay at Home Member Ken Dartley

If you have a great idea, and don't know what to do, talk to Ken Dartley. Ken is an example how one person can make a difference.

In 2005, Ken happened to be speaking with George Ciaccio who along with others was heading up a group to build a residence for seniors in Wilton that was affordable. Ken joined the cause and with the help of many Wilton citizens, Wilton Commons opened and has become a model of what towns can do to take care of their seniors. He gives credit to George and many others including the many Wilton residents who donated two million dollars to help make the project go forward.

In 2006, Ken was reading an article that caught his attention. It was about Nick Madaras, a Wilton soldier who had a love for the game of soccer, a dream of bringing soccer balls to Iraqi children, but months later, his dream was cut short when he died in combat. Ken approached Nick's dad with an idea of collecting soccer balls in Nick's honor, each ball bearing Nick's name, leaving a legacy for Nick. Today "Kick for Nick", has sent over 43,000 soccer balls to the children in Iraq and Afghanistan and now soccer balls are going anywhere there is a need. Visit www.kickfornick.org to learn more.

In 2009, after reading another article, about a community outside of Boston called Beacon Hill, where seniors are helping seniors; Ken thought, "Why not here?" He and Phil Richards began to network and meet with the folks at Staying Put in New Canaan and the rest is history. Ken is one of the founders of Stay at Home in Wilton, and has heart for helping others, especially the people of Wilton.

Ken and his wife Chris moved to Wilton in 1976. Chris recently passed but Ken has since set up a fund in honor of her memory at the Wilton Historical Society to teach children embroidery, a hobby she loved and loved to teach. In his free time, Ken visits with his son, daughter-in-law and three wonderful grandsons. He also enjoys traveling, playing golf, trap shooting, and spending time with friends at Stay at Home in Wilton, the Lunch Bunch and the Coffee Gang.

Survey Results... what members are saying!

What Members Like Best: #1 is Community!

- Camaraderie, Connectedness, Companionship & Care
- Social Activities and Meeting New People
- Stay at Home is there when you need them, (Rides, Tech Help, and Home Repairs)
- Saving Money by Staying at Home
- Newsletter is attractive and informative

Members Suggestions:

- More Trips to Museums, Live Theater, and Free Concerts
- Old Time Movies and TV Showings
- A New Member Directory
- Newsletter contributions from members, more member news, pictures, and helpful hints

Thank you for all who participated in last month's survey. We welcome comments **anytime** throughout the year. Feel free to call us at 203-762-2600 or give us your suggestions in person.

**BOARD OF
DIRECTORS**

BARBARA QUINCY
PRESIDENT
ANN NEWTON
VICE PRESIDENT
PHIL RICHARDS
CHAIRMAN
DAVE SCHMITT
TREASURER
PAT WERNIG
SECRETARY

MARGE ANDERSON
KAY CHANN
PETER DODDS
BOB KELSO
LUISA KELSO
DICK KING
JUDY MABLEY
LARRY MAUER
SALLY POUNDSTONE
ANNE RICHARDS
BARBARA SAGE
JOAN STARR
FRED WERNIG

Visit our website

Stay at Home in Wilton

PO Box 46
Wilton, CT 06897

Contact:

203-423-3225

www.stayathomeinwilton.org
info@shwil.org

Janet Johnson
Executive Coordinator

Debbie McClelland
Public Relations
Coordinator & Editor

Stay at Home in Wilton



6 Steps to a Long and Healthy Life

Try these strategies to boost your longevity.

By Tom Sightings

Step 1. Eat a diet low in saturated fats. Avoid refined sugars in soft drinks. Instead, drink water or low-fat milk, and consume lots of fruits and green vegetables. Many long-lived people drink wine and coffee, but in moderation. The Mayo Clinic points out that high consumption of coffee can lead to high cholesterol levels, but the benefits outweigh the risks, coffee is associated with lower rates of diabetes, cancer and Parkinson's.

Step 2. Get plenty of sleep. A good night's sleep leads to lower blood pressure and bolsters your immune system. Lack of sleep has been associated with medical problems including obesity, diabetes, cardiovascular disease and hypertension. A Harvard Medical School study said, people who averaged less than seven hours of sleep a night were three times more likely to develop a cold.

Step 3. Get some exercise. Many studies link lack of exercise to weight gain and a shorter life span. Longevity expert Dan Buettner studied people on the Greek island of Ikaria, where men are four times more likely than Americans to live into their 90s. These people do not go to the gym or run marathons; but get a fair amount of exercise because they walk almost everywhere. And his survey revealed that three-quarters of Ikaria's seniors have sex on a regular basis.

Step 4. Maintain an active social life. A study from Brigham Young University showed that people who enjoy a close family life and have plenty of friends live longer than people who are lonely. Some researchers have suggested that being engaged in a community not only gives people a sense of connection and security, but may promote healthy behavior such as exercising, and eating well.

Step 5. Keep working, but not too hard. Seniors who stay active live twice as long as those who are fully retired. Researchers concluded staying engaged is what prolongs life. The word retirement does not exist in the long-lived Okinawans language. They typically keep working until their 70s, and when they do stop, they usually volunteer or mentor younger colleagues.

Step 6. Make it a group effort. It's more difficult to live a healthy lifestyle if you try to do it alone. It's hard to stay on a healthy diet if you live alone. So make an effort to call a friend to join you for a well-balanced meal or an evening walk.