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# NEWS and REVIEWS

## June 2016

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### Stay at Home in Wilton Celebrates Six Years of Staying Together

More than sixty people attended Stay at Home in Wilton's 6th Anniversary Party on April 26th. Guests connected through shared experiences memories and stories.

Chairman, Phil Richards, and President, Barbara Quincy cut the cake. Barbara thanked everyone for being a part of an organization that helps people stay active, connected and together.



Sam Halsey, one of Stay at Home in Wilton's newer members, said he looks forward to these events because they provide an occasion for him to meet new people and reconnect with lifelong friends, like Nea Martin. Sam added, "I have known Nea for more than 55 years."

We are fortunate to be part of a generation that is living longer, has more leisure time, disposable income, academic opportunities, and mobility than any generation before. When adult children and neighbors move away, we are lucky to have an organization that helps us stay connected to our community.

# Mark Your Calendar for June Events



## Men's Breakfast

Tuesday, June 14th  
Orem's Diner 9 AM

**RSVP:**  
203-762-2600

"It's a lot of good food & great discussion about daily life!"

## Walk With Us!



### It's the perfect exercise!

Regular walks helps you stay healthy, live longer and boosts your self-esteem & mood.

**Refresh your Mind,** 'Walk and be happy, walk and be healthy,' said Charles Dickens. Walking inspires relaxation and creativity.

**Boost your Body,** Scientific evidence shows regular walking helps reduce risk of high blood pressure, raised levels of cholesterol, heart disease, stroke, type 2 diabetes and cancer.

**Enhance your Social Life,** People with strong social ties live longer, have stronger immune systems, and sharper minds.

**Walk Your Way to Better Health!**

## Play Mah Jong

June 14th, 1 PM

June 28th, 12:30 PM



**Beginner's Welcome!**

**RSVP:** 203-762-2600

## Walk & Lunch in Wilton

Tuesday, June 21st 10 AM

Walk the Norwalk River Valley Trail!

Walkers put on your sun screen, walking shoes and meet at the Portofino parking lot at 10 AM to walk, and a 11:30 AM lunch. Join us for a walk, lunch, or both!

**RSVP: 203-762-2600**



## Movie & Ice Cream Social

Tuesday, June 28th, 3 - 5 PM

**The Lady in the Van**

A true story, starring Maggie Smith, about a woman who parked her van in Bennett's London driveway and decides to live there for 15 years.

Senior Center

# Member News and Save-the-Dates

## Welcome

### New Members

Peter Kaskell  
 Peggy Lewis  
 Bill & Joan Roman

### New Volunteers

Alexis Boccanfuso  
 Ellen Kapustka

**Need a Friendly Visit, Home Repair, Household Assistance, Ride, Professional Organizer or other Service? Contact Us.**

- |                 |                     |
|-----------------|---------------------|
| Computer Help   | Home Survey         |
| Friendly Visits | Move Furniture      |
| Filing          | Prescription Pickup |
| Home Repairs    | Organizer           |
| Hang Pictures   | Replace Lightbulbs  |
| Household Help  | Transportation      |

### New Service & Volunteer: Professional Organizer

Stay at Home in Wilton introduces newest volunteer, Alexis Boccanfuso. Alexis owns her own company called Clutterphobe and can help you declutter and get organized! She can also help you identify items to sell at the Sidewalk Sale on July 16th.

## Contact

Janet Johnson 203-762-2600

All volunteers are vetted and the services provided are free to our members.



**July 16th  
 Declutter &  
 Make Money**

Members benefit on Saturday, July 16th, 10 AM - 4 PM, during Wilton's 5th Annual Summer Fair and Side Walk Sale! If you would like to declutter and make money please contact Barbara Quincy with "luggable" items you wish to sell. Limit 3 items per member. Proceeds will be split 50/50 between Stay at Home in Wilton and member. Sellers can enjoy the day and are not required to work the event.

Contact Barbara Quincy at 203-762-8904  
 Items will be accepted June 1st - July 8th.



### Annual Summer BBQ Friday, July 22nd 5 - 7 PM



**Merwin Meadows**

Hamburgers, hot dogs, chips, and dessert will be served. The ice cream truck is back this year!

Bring your favorite appetizer or side dish to share.

Invitations will be mailed.







## Meet Member Kay Chann

Kay Chann moved to CT from New York in the 60's and is one of the original members of Stay at Home in Wilton. Being one of the first Asian families to move to town, Kay found Wilton to be very welcoming. Kay and her husband Irving raised four boys in the home where she resides. After moving, she quickly got involved as PTA Treasurer

When their oldest son, Gregory, returned to Wilton to open a dental practice, he too also got involved in community affairs. Wilton has been home to 4 generations of Channs.

Kay has served many years as Stay at Home in Wilton's Treasurer and has been instrumental in spreading the word about Stay at Home. She now finds herself on the receiving end, and enjoying the benefits of membership. Kay said she was very fortunate when Marge Anderson scheduled volunteer, Jeff Miller to drive her recently, saying; "Jeff is very accommodating, very patient, and an exemplary volunteer." Kay knows she is fortunate to be able to stay in a town where the people have made her feel so welcome.

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## Meet Volunteer Jeff Miller

Jeff was born and raised in New York City. After law school he joined the US Department of Justice as one of the first trial attorneys hired to enforce the new Civil Rights Act of 1964. He spent several years working on cases in Alabama and South Carolina. Jeff later held positions in the US Civil Rights Commission, the Executive Office of the President, the US Marshal Service, and ended his 46 year career as Deputy Director of the Federal Bankruptcy Program of the Department of Justice. Jeff moved to Wilton last June when his wife, Ann, accepted a position at Greens Farms Academy. In addition to his work for Stay At Home in Wilton, Jeff attends classes at Fairfield University, and is on Weir Preserve Stewardship Committee. He hopes to become more involved in local government affairs.

He and Ann have two sons; both are involved in education - one in Burlington VT and one in Denver CO. Jeff's hobbies include travel, food, and reading about world history. Jeff loves meeting new people and thoroughly enjoys his experiences as a volunteer driver for Stay at Home in Wilton. Jeff most recently had the pleasure of driving Kay Chann and finds the time he spends volunteering so rewarding. He believes he benefits just as much as the recipients.



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