



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
PO Box 46
Wilton, CT 06897-0046
Volume 3, Number 9
January, 2013

info@shwil.org

For more information visit our

Website www.stayathomeinwilton.org

Phone 203-423-3225

WELCOME to all!

The Holiday Season is just over and its time to settle in and discover what 2013 will bring for us. Every year the holiday season comes around earlier than last year and seems to be harder. Maybe we are getting older and time just flies by and before we know it, the holidays are here, again and then gone. But we love the holidays and the food and the cards and the presents and the get-togethers that surround this whole season. Enjoy it and just remember why this is such a special time of the year.

2013 will be a special year starting off with a wonderful concert at the Wilton Library featuring the one and only, Dr. Joe Utterback. Stay at Home in Wilton and the Wilton Library are jointly sponsoring it on Sunday, January 6 at 2:00. Registration is required with the library so give them a call to reserve your spot today. The telephone number is 203-762-3950. Refreshments will be served following the performance.

Of course, there are the regular events that happen at the Wilton Y. Every Friday between 1:30 and 3:00 is a free swim for seniors and Wednesday lunch at Ogden House with entertainment for \$3.00. The

men's breakfast at Orem's and the ladies luncheon at Janet's house.

Board of Directors

Phil Richards, President
Ken Dartley, Vice President
Kay Chann, Treasurer
Luisa Kelso, Secretary

Bob Kelso
Dick King
Judy Mabley
Larry Mauer
Melissa Mednick
Fred Morris
Ann Newton
Sally Poundstone
Barbara Quincy
Anne Richards
Barbara Sage
Joan Starr
Jay Zitz

Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

What our members have to say about us!

“I am so happy to have this organization right by my side, always helping me and with many others things that would have been impossible to do by myself. Thank you Stay at Home in Wilton.”

Happened & Happenings

The Holiday Party at Wilton Congregational Church in Pilgrim Hall

By Anne Richards

What can I say that has not been expressed by everyone who was at this lovely affair. The food, the ambiance, the entertainment, the sing along, the wonderful camaraderie among everyone. It was a wonderful affair and we must thank Janet Johnson for working ever so hard to get it all together for our enjoyment. The man who catered the party is the same gentleman who catered it last year at Westy's. Everyone loved all the dishes and he went home with very little in the line of leftovers. That's the sign of a good chef. We thank the Wilton Congregational Church for providing the space for us to have our holiday party.

Bronx Botanical Garden Visit

By Phil Richards

Following the failure of the Parks and Recreation van, nine intrepid Garden lookers ventured by car pool to the Bronx Botanical Garden on December 6th. The parking was easy in the main parking lot, and in time to visit the train exhibit. In this exhibit, model trains wind around the re-creation of many familiar buildings in the New York area. The model buildings were more fascinating than the trains including the many familiar bridges that carried trains across the aisles. Fortunately, we did not encounter any crowds so we could take our time absorbing all the nuisances of all the exhibits.

We then had a delightful lunch in their garden cafe, followed by a tram tour of the entire garden. Lots of plants from all over the world arranged in sections devoted to each special kind of plant life. The trip concluded by a visit to the gift shop featuring the sale of many samples of the plants we had seen.

Calendar of events for members and their friends to attend in JANUARY

January 6th at the Wilton Library Stay at Home and the Wilton Library will present the great pianist, Dr. Joe Utterback who is a great storyteller with music. The performance will be in the Brubeck Room at 2:00 pm. Reservations are a must by calling the Wilton Library at 203-762-3905. There will be refreshments following the concert.

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, January 15 at 2:00 and Tuesday, 29 at 2:00.** The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun!

Men's Breakfast on Tuesday, January 15

It is held at Orem's beginning at 9:00 am. All men are invited to attend and you can "Bring a friend!"

Ladies Luncheon Tuesday, January 15

It's a potluck luncheon at Janet's home at 12 noon. All those attending should plan on a dish to bring. It can be your favorite salad, dessert, casserole but don't bring too much. Call Janet to make a reservation for lunch or to ask her to make arrangements for a ride to her house.

AARP Safe Driving Class

On Friday, January 18th the Ridgefield Visiting Nurse Association will hold a Safe Driving Class in the board room from 9:00 am until 1:00 pm. Our members, board and all volunteers have been invited to participate. Cost is \$12 for AARP members and \$14 for non-members of AARP. After taking this course, many insurance companies will give those who have completed the course up to 5% off their driving insurance premiums. Also, they serve a lovely luncheon for free. To reserve a place in the class, please call Katelyn Wise at 203-438-5555 Ext. 1119. Check with Kate for directions to the location of the RVNA office.

Fridays, Free Swim at the YMCA

January 4, 11, 18, 25
from 1:30 til 3:00

St. Matthews Church January 13

Paul Winter Consort will be performing the "Greater Symphony of the Earth" at 4:00. Cost is \$40.

A Medicare Update

Chris Crain of SWCAA will be at the Wilton Senior Center to discuss what will be happening in regards to Medicare from 3:00 until 5:00 on January 29. Refreshments will be served.

From Corridors

Town of Wilton offerings for seniors of all ages

Monday Movies at the Senior Center

They begin at 12:00 noon

January movies are selected by those who are there to see a great movie.

And there is popcorn too!!!

Other activities at the Senior Center

Lunch at Ogden House

Lunch is served on January 2, 9, 16, 23, and 30. The entertainment for the 2nd is a MUST for all Seniors, 9th, Bingo, 16th Music with Jerry King, 23rd Art Horn, the weatherman and the 30th is unknown. Lunch is served at 12 noon in the large room at Ogden House. Please make a reservation with Liz Doty at 203-834-6240. Food is always good. Bring a friend. Cost is \$3.00 for lunch and entertainment.

Lunch and Learn with Our First Selectman Bill Brennan

On January 29 at noon a complimentary lunch will be served to those attending and Bill Brennan will talk about various improvements that have been made in Wilton over the period of his 4 terms in office as First Selectman. He will also fill us in on "What's new in Wilton." Reservations at 203-834-6240.

Prez Says:

By Phil Richards

December has been an exciting month for Stay at Home Members with much fun at our yearly Christmas party that honored our volunteers who are key to our effective operation, and featured the outstanding entertainment by the Treblemakers, which include two of our members: Karen Pingarron and Anne Richards.

We are making progress on a plan to better help members during events such as Hurricane Sandy. Larry Mauer and Luisa Kelso have developed the beginning outline of improved procedures to alert our members in advance and stay in contact despite failures in some communications systems.

Coming up in early January is a terrific concert featuring the well-known pianist, Dr. Joe Utterback, at the Library on Sunday Jan. 6. Ken Dartley has organized this event, and the word from the Library is that the response has been terrific, there may only be waiting list reservations soon. Hope to see you all there. Bring friends.

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them' .
 2. Keep only cheerful friends. The grouches pull you down.
 3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain be idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.
 4. Enjoy the simple things.
 5. Laugh often, long and loud. Laugh until you gasp for breath.
 6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
 7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
 8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
 9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
 10. Tell the people you love that you love them, at every opportunity.
- AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Recent Donors to

Stay at Home in Wilton, Inc.

Thank you so much for your recent support of **Stay at Home in Wilton, Inc.** a 501(c)(3) non-profit aging in place organization. Your donation means that many of our seniors in Wilton will be able to seek and get help in many ways. **If you know of anyone who would support Stay at Home in Wilton with a donation, please let us know about them.**

Memorial Gifts in Memory of Brita Cappel

Chris & Verna Barrett
Winifred Chesley
Dol Christison
Winifred Kellogg
Irmgard LaForge
Alice N. Levin with matching gift from GE Foundation
Brian & Sharon Miller
Diana, C. T. Pace, Jr. & Family
Mrs. Shirley Perkins
Mr. & Mrs. Robert Perkins
Barbara B. Quincy
Meg & Michael Sranske
Anne & Philip Stevens

Contributions

Ancona's Wines & Liquors of Wilton Sip and Support Program
Dr. James Aris
Donna and Earl Atkins
Dolores Banta
Verna Barrett
The Bauer Foundation
Virginia and Peter Benin
Toni Boucher
Iris Busch
Robert A. & Elizabeth Butler
Greg and Patricia Caggainello
Joyce Y. Cain
Lynda and Allyn Campbell
Rob and Meg Campbell

Caraluzzi's Markets Fund
Castaldi Financial & Insurance Services,
LLC
Gregory and Deborah Chann
Katherine Chann
Winifred Chesley
Col. Jack and Julienne Daniels
Nickolas and Dorothea Davatzes
Mary and Steven DeLisi
Joseph Dionne Foundation
Marie Donahue
Richard and Anna Jo Dubow
Peter and Carol Evanson
Fairfield County Community Foundation
The Foster Family Fund
Rita Garland
Charles & Kathleen Gebbia
Mrs. and Mrs. William Glass
Glen Gate Company
Katharine Gluck
Linda and David Gortz
Jacki Gulick
Joan Jevne
Betty & Eugene Jones
Harriet Hoskinson
Dorothy and Edward Hyde
Ronald and Betsy Kahan
Karen King with a matching gift from
Pitney Bowes
Richard E. King
Andrew and Nancy Kingman
Burton Kloster
Peg Koellmer
Peter and Susan Kosche
Bill and Rose Krivoschik
Sandy LaGambina
George and Nancy Lamb
Julius and Marie Lazer
Alice N. Levin (2) and matching grant from
GE Foundation
Judy and Frank H. Mabley
Dr. Michael Maksymiuk
Elizabeth and Chip Mason
Jim and Genia Meinhold
Andy and Lynn Morin (Servco Oil Inc.)
Fred Morris

Raymond & Gail Moskow
Harlan & Phyllis Murray
Barbara and Thomas Nixon
Betty Oberstar
Gunnar Johnson Ogden Fund
Paul W. Orvis Jr.
Jim and Sue Perakis
Christina and Jeffrey Peters
Zelie and Carl Pforzheimer
Pitney Bowes
Sally Poundstone
Realty Seven, Inc.
Philip and Anne Richards
George Roberts, Jr.
Barbara Sage
Donna Sargeantson
Jerry and Beth Sprole
Joan Starr
Carol and Edward Steiner
Chris and Catherine Stroup
Ian A. & Karen Tesar
Tracy Locke
Jeffrey W. & Nadine M. Turner
Virginia and Roger Valkenburgh
Village Market in Wilton Center
Mary and George Voss
Wells Fargo Bank
Roxane Witke
Wilton Kiwanis Foundation
William and Mary Jo Zieman
Carl and Elfriede Yoder
In-Kind Services
Comstock Community Center
Kovak-Likely Communications LLC
Staples
Trackside Teen Center
Wilton Bank
Wilton Congregational Church
Wilton Historical Society
Wilton Senior Center
Wilton Family Y