



NEWS and REVIEWS **Stay at Home in** **Wilton, Inc.**

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WELCOME!
Spring is here and aren't we glad!

April 28, Thursday
from 3 to 5

Happy 1st Anniversary

Join us and Save this Date on your Biggest Calendar. We will be celebrating our 1st anniversary of Stay at Home in Wilton, Inc. So come and help us blow out the candle! The celebration will be held at the NEW Wilton Senior Center at Comstock Community Center from 3 to 5 in the NEW Senior Center Lounge and NEW Café. If you have not been there before, be ready for a real treat because it is beautiful. Tours will be available for those who have never been there before and food and drink will be available. Please let us know if you will be attending and how many friends you will be bringing with you. Please call

Eloise to let her know. You know her number.

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Upcoming events you will want to attend

April 14 Thursday- Wilton High School presents an artful day for the Seniors in Wilton

Seniors are invited to come to the Wilton High School Clune Auditorium. Meet in the lobby at 11:00 am for a tour of the art show in Zellner Gallery. Lunch will be served by WHS Student Government to all in attendance. During lunch the WHS Madrigals will perform. At 12:00 noon the students will present a check for the Senior Center by the WHS Student Government. The students themselves raised the money by having a Harry Potter Week fundraiser. Following the presentation everyone will go to the Clune Center Auditorium for a concert put on by the Wind Ensemble/Orchestra. Seniors will be seated up front and center. Following the concert there will be a tour of the art displays by WHS staff and students.

To attend this wonderful event please call the Wilton Senior Center to register at 203-834-6240.

April 19, Tuesday The Wilton Library has invited Stay at Home in Wilton members and their guests to be shown all the various advantages the library has to assist the seniors in Wilton, such as large print books, the computer room that has large print and classes to help you better understand the computer, and many other items too numerous to mention here. You will be very surprised at all our Wilton Library does have to offer the seniors in town.

It begins at 9:00 am before the library is open to the public so that we can have the full show and some light refreshments. Please call Eloise to arrange for rides and to let her know you will be coming.

Also, during the time we are there you can enjoy the beautiful photographs on the walls of the library. This show is sponsored by the Wilton Arts Council.

Ladies Luncheon in April will be held on **Tuesday, April 26** at Mediterranean Grill in Wilton Center. We will meet there at 11:30. Call Anne to reserve and for directions in case you have not been there before. 203-762-0033. Or let Eloise know you are planning to attend.

Weekly Walk on Tuesday mornings will begin as soon as there is a really nice Tuesday in the weather forecast. I will call if I feel it will be fair weather for a nice walk around town. There are several new stores that we should find out about like the bagel shoppe and the chocolate place and I hear there is a new women's clothing store. Please call Anne at 203-762-0033 if you would like to walk too.

Recent Donors to Stay at Home in Wilton

Thank you so much for your support of **Stay at Home in Wilton**. Your recent donation means that many of our seniors in Wilton will be able to seek and get help in many ways.

- Ancona's Wines and Liquors
- Dr. James T. Aris, D.M.D. F.A.G.D.
- Donna Atkins
- The Bauer Foundation
- Donna K. Below
- Mr. and Mrs. Peter Benin
- Grace & Robert Berg
- Jana & Richard Bertkau
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Zelie Daniels Pforzheimer
Sally and John Pinkham
Sally Poundstone
Barbara Quincy
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Dr. Russell Robbins
Sun Products Corporation
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United Way of Coastal Fairfield County

Roger Valkenburgh
Roxanne Wilke
Wilton Congregational Church
Wilton Kiwanis Club
Sally and Jay Zitz

In Kind Service Providers

Ridgefield Visiting Nurse Association
ProBono Partnership
Wilton Meadows
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Wilton News Pertinent to Wilton Seniors

Taking the "LOSS" out of Hearing Loss

This was found in the Senior bi-monthly newsletter called "CORRIDORS". Please let us know if you do not receive this important senior center newsletter. Call Social Services to make sure you are on their mailing list for the Corridors bi-monthly newsletter. The number to call is 203-834-6240

ON April 16, Saturday, HLAA Southwester CT Chapter Meeting at United Covenant Church on Route 33 in Wilton.

Please do not miss this meeting if you have had any feelings of grief and loss associated with sudden or gradual hearing loss or other physical impairment. Nanette Greens and Kristin Carpenter of Visiting Nurse & Hospice of Fairfield County will be leading discussions related to hearing loss. The program is free and open to the

public. Please call Alan Gould, 203-834-9737 if you have any questions about hearing loss.

MEMBERS: Let Us all know a little bit more about you

Janet has told us all about her life last month. It would be simply lovely if each member could take a few minutes and write up something interesting about their life here in Wilton or an experience that really made an impression on them. This article for the newsletter can be sent to me via email at: info@stayathomeinwilton.org. Hope to hear from many members so we can all get to know each other a little better.

Eat for a Healthy Heart

In the fight against heart disease, the nation's number one killer, Americans already have three powerful weapons at their disposal:

The knife, the fork and the spoon.

As evidence mounts that cardiovascular disease can be prevented, managed and even reversed with changes in diet, the American Heart Association has made eating for heart health a central theme. Of the seven behaviors the AHA endorses to ward off heart disease, five are related to diet and nutrition.

Heart Healthy Recipes

For patients newly diagnosed with heart ailments, there is more proof than ever of food's role in treatment, says Rachel Johnson, who has a

doctorate in nutrition. Johnson and her colleagues on the AHA's Nutrition Committee "went through a rigorous process of reviewing the scientific literature and narrowing down to those components of a heart-healthy diet that have been shown to be the most effective in terms of lowering cardiovascular risks," she said. The five diet components that the AHA experts consider most crucial:

- Eating plenty of fruits and vegetables — the equivalent of 4 1/2 cups a day, or more when possible. "That may sound like a lot," Johnson concedes, "but by eating a big salad with lots of dark green and orange vegetables, you can go a long way toward that goal."
- Eating fish. "We are saying at least two servings a week if not more, up to 3 1/2 servings a week," says Johnson. "And especially the oily fish, because that's where the heart-healthy omega-3 fatty acids are — fish such as salmon, mackerel and tuna."
- Eating fiber-rich whole grains, at least three servings daily of about one ounce (roughly one slice of bread). Johnson says read labels "to make sure that the first ingredient listed is whole grain. What we mean is eating grain in the most unprocessed form: brown rice instead of white, whole grain pastas instead of white flour pastas."
- Reducing sodium to less than 1,500 milligrams a day. "We've got a long way to go," says

Johnson, given that the average American's daily sodium intake is about 3,400 milligrams, more than 70 percent of which are so-called "hidden salts" in processed foods. Johnson says the AHA has been working closely with the food industry to lower the sodium content in processed foods.

- Reducing consumption of sugar-sweetened beverages to no more than 36 ounces a week for a total of 450 calories. "Americans are consuming way more added sugars than we should," says Johnson — not the sugars that occur naturally in foods such as milk and fruits, but those that are added in processing and preparation. "The average American consumes about 22 teaspoons a day of added sugar," she says, "and sugar-sweetened beverages are the number one source of those added sugars." The AHA recommends limiting added sugars to no more than six teaspoons a day for women and nine teaspoons a day for men — and drinking water instead of sweetened beverages.

Several of the specific steps also advance an overall AHA goal for a heart-healthy diet: helping patients achieve and maintain a healthy weight. "We know that as we age, there's that creep of a couple of pounds a year and before you know it, you're out of your healthy weight range," Johnson says. "So it's critical to achieve that appropriate energy balance, which means balancing your level of physical activity and the calories you eat."

Johnson knows that even when eating more healthfully may be a life-or-death matter, heart patients can struggle with it. "To me, the take-away message is, there's not one size that fits all," says Johnson. "The key is to find what works best for you, and make changes that you're going to be able to sustain."

To get started in the right direction, the AHA shared a week's worth of recipes to help you eat for heart health.

Achievements

Some of the recent achievements of Stay at Home in Wilton are:

- More donations from many of our friends and neighbors (see page 3)
- Training our **"Friendly Visitors"** is completed and we are available to come to visit members in their homes whenever they wish. Please call Eloise to arrange a time for your Friendly Visitor to come to visit and talk with you. They can also help with taking you someplace you need to go and with small chores around your home.
- **NEED A RIDE?** We will pick you up and take you to your doctor's appointment, your hairdresser or barber, to pick up groceries, to the bank or out to lunch. We provide transportation not only in Wilton but also to Westport, Norwalk, New Canaan, or Ridgefield ---daytime or evening. Call Eloise.