



WELCOME!

It certainly is spring here in Wilton. The birds are chirping, the forsythia is in full bloom, grass is turning green and the Richards have returned from a wonderful cruise around South America. Just in case you are wondering, we were gone for over a month on a “back to back” cruise during March. We started in Buenos Aires, Argentina and ended our cruise in the good old U.S.A at the Fort Lauderdale, FL docks. It was a fabulous trip. It included going around the “Horn” and through the Panama Canal. It was well worth the time it took since we didn’t have to cook, clean up, do dishes, make beds, shop for groceries nor drive anywhere. It was all taken care of for us by a wonderful crew. There were about 2,000 cruisers and 1,000 crew members on board.

With Ships the Sea was Sprinkled Far and Nigh by William Wordsworth.

*With ships the sea was sprinkled far and nigh,
Like stars in heaven, and joyously it showed;
Some lying fast at anchor in the road,
Some veering up and down, one knew not why.*

NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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For more information visit our

Website www.stayathomeinwilton.org

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*A goodly vessel did I then espy
Come like a giant from a haven broad;
And lustily along the bay she strode.*

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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.

Memorial Gifts in Memory of Brita Cappel

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Comstock Community Center
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Happened & Happenings

Ladies Lunch on March 13 at Bianco Rosso in Wilton Center - 9 Ladies attended at this newest Italian restaurant.

Men's Breakfast on March 20 at Orem's Diner - 5 men attended. Don Drummond acted as "the host".

Cancelled the "4th Tuesday Gathering" at the Senior Center for March and April and instead encouraged members to attend the program on the Civil War at the Senior Center on Friday, March 23 and 30 and then again on April 13 and 20. Nine members from Stay at Home in Wilton attended on March 23rd. The program was excellent - moderated by Wilton resident David Petre.

Mah Jongg on March 13 and 27. Teacher, Kay Chann, said that 14 attended on the 27th - they are up to 3 tables each class.

Forum on Fraud! Sunday, April 29, 2012

1:30 pm to 3:30 pm

**Presented by Stay at Home in
Wilton, Inc.**

**At Trackside, 15 Station Road
All Wilton residents should attend
and are most welcome.**

**No charge for this informative
panel of experts on the subjects.**

Stay at Home in Wilton, Inc. presents a panel of expert representatives from the FBI and the Wilton Police Department who will discuss the spread of fraudulent activities happening today via email, U.S. mail, the internet, in parking lots, over the phone and even at your front door.

You have probably heard about many of these examples of potential fraud.

- An email from someone you know that points to an unrecognized website.
- A request from an old friend who needs help in a foreign country because someone stole their wallet or purse.
- A bank claiming your account is about to be closed.
- A store seeking to verify that you have won the Indonesian lottery
- An offer to share an inheritance provided that you acknowledge with a cash deposit.

You will know what to do and how best to deal with each one and where to turn for advice.

Refreshments will be served.

More information:

www.stayathomeinwilton.org

Calendar of events for members to attend

April, 2012

Mah Jongg Class at the Senior Center at Comstock Community Center 2:00 pm will be held on **April 10 and 24**. All are welcome to come and learn this very interesting game.

At the Wilton Senior Center at Comstock Community Center are two more sessions on the **Civil War**. Dates are **April 13** Battle at Gettysburg and **April 20** Battle for Atlanta. These will begin at 11:15 in the lounge.

On April 14th The Ridgefield Symphony Orchestra is presenting A Trip to the British Isles at 8:00 pm. Cost is \$20 with a reception to follow. Call Janet to make your reservations or if you need a ride.

On April 15th the Jubilate Ringers, a bell choir, will give a one hour show at the Greens starting at 3:00. This is a free show and refreshments will be available. Call Janet if you wish to go and need a ride.

On April 17th the All Member Lunch Celebrating our 2nd year of being Stay at Home in Wilton, will be held at Luca Restaurant in Wilton Center. Lunch begins at 12 noon and will cost \$27.00. Alcoholic beverages will cost extra. Please call Janet to make your reservation or if you need a ride. Monies will be collected at the restaurant.

On April 21st the Connecticut Little Symphony will be at the Wilton Library at 2:00 pm. There is not a fee for this and if you need a ride, please call Janet.

Community Health Series for Spring 2012
Held at the Greens, 435 Danbury Road
R.S.V.P. Required (203-761-1191)

- **Wednesday April 11**, 5:30 Dinner/6:00 pm “Weighing the Facts about Weight Control” with Barbara Schmidt, MS, RD, CD-N Nutrition Life Style Specialist
- **Wednesday, April 18**, 5:30 Dinner/6:00 pm “Coping with Depression” with Lateef Habib, LCSW, BCD, Clinical Coordinator
- **Wednesday, April 25**, 5:30 Dinner/6:00 pm “Polypharmacy: Keeping the Elderly Safe” Patrick Corbett, RPH, PharmD, Clinical Pharmacy Specialist.

The Wilton FamilyY is hosting a Health Fair on **Wednesday, April 25**, 10:00 to 1:00 and we are invited to participate. Stay at Home in Wilton will have a table of information. If you are available, please drop in.

Wednesdays

Luncheons at Ogden House at 12:00 noon on February 1, 8, 15 and 22. Call for reservations Liz Doty, 834-6240. Cost \$3.00

Fridays, Free Swim at the YMCA

April 13, 20, 27 from 1:30 til 3:00

Ancona's Wines and Liquors

Ancona's has designated Stay at Home in Wilton as a beneficiary of their new "Sip to Support" program. As part of the Corks for a Cause Campaign, "Sip to Support" allows 4% of your purchases at either the Wilton location or the Ridgefield location to go directly to Stay at Home in Wilton. Please let your friends know about this. Maybe they will get a card for "Sip and Support" and help out Stay at Home.

NEW! NEW! NEW! NEW! NEW! NEW!

If you are shopping and do not have an Ancona's card, you can select from a list of the 6 approved non-profits, of which Stay at Home is one of the approved ones, to donate 4% of your purchase to Stay at Home. It does not cost you more than your purchase to do this and will help Stay at Home in Wilton immensely.

Wilton Library

offers many wonderful and informative events. Below you will find several that may be of interest to you. Call 203-762-3950 to make a reservation for any of these programs.

Survivor and Caregiver Support

Wilton Breast Cancer Survivors' Support Group

Speaker: Samantha Heller

Tuesday, April 10th, 6 to 8 pm

This month we will present a very special talk by Samantha Heller, MS RD CDN, who will discuss "Everyday Choices That Can Help You Beat Cancer."

Elder Care : Laurie Giles

Tuesday, April 10th, 7 to 8:30 pm

Laurie Giles will talk about the legal issues involved in elder care, and will answer questions following the talk during a brief Q&A.

Senior Center Book Discussion: *Scoop* with Miwako Ogasawara

Tuesday, April 24th, 11 am to noon

Miwako Ogasawara will lead a discussion of *Scoop* by British writer Evelyn Waugh, a 1938 satire of sensationalist journalism and foreign correspondence. Waugh comically details the devious ways of journalists who are always trying to outwit their colleagues and deliver a scoop. Call the Senior Center for details and to register at 203-834-6240. The discussion will take place at Comstock Community Center, 180 School Road, Wilton.

Art Exhibits in April

Wilton Arts Council Focus '12

Photography Exhibition and Reception

On Friday, April 13th, 6 to 7:30 pm

join us during a reception for the artists exhibiting in the Wilton Arts Council Focus '12 Juried Photography Exhibition, an annual show featuring artists using a variety of photography media. The exhibition will run through April 28th. A portion of the proceeds from sales will benefit the Library's Art Fund. The reception is free and open to the public and requires no registration. If you need a ride call Janet.

Wilton Library's Annual Gigantic Book Sale Fundraiser

Saturday, April 28th: 7 - 9 am (Early Buyers with \$15 admissions fee), 9 am - 5 pm (free to public)
Sunday, April 29th: noon - 5 pm
Monday, April 30th: 10 am - 5 pm (books ½ price)
Tuesday, May 1st: 10 am - 2 pm (\$5 per bag)

The Library's world-class book sale features more than 70,000 items sorted in more than 50 categories-mysteries, gardening, travel, and science fiction; gently used, new, collectible, rare books, DVDs, CDs, books on tape and CDs.
On Saturday, the Rotary Club of Wilton will sell hot dogs and sodas at lunch. Proceeds of all sales benefit the Library.

Everything You Ever Wanted to Know About Annuities

Thursday, April 26th, 7 to 8:30 pm
With pensions and Social Security becoming increasingly unreliable income sources, personal investments are becoming a more important part of retirement income. One common source of investment income is through annuities. James Hawley from Nationwide will talk about the history of annuities and the three types of annuities - variable, fixed and immediate. He will complete his talk with a presentation on preparing for retirement, the risk factors involved, and how annuities address these factors by providing a lifelong income.

Wilton Parks and Recreation Call 203-834-6234

For information on programs

Just a Head's Up for 4th of July. The P&R will take our Seniors to the July 4th Celebration. This trip is limited to a total of 10 Seniors and only costs \$2.00 (All inclusive).

Another opportunity is on Monday, April 30th when the P&R is going to Mohegan Sun Casino in Montville, CT. They will be leaving at 8:45 am from Comstock Community Center and returning at 5:00pm. Call P&R to see if there are any more spaces on this trip. Cost for residents is \$25 for transportation only. The casino has 4,000 slot machines, table games, shopping in various shops and lots of eateries for lunch.

Cleaning Tips you have not heard before

- **The best way to dust blinds:** Close them, then wipe up and down with an old dryer sheet. It'll create an antistatic barrier that helps prevent dust from building up again.
- **To clean glass and mirrors:** use coffee filters, not paper towels. They leave no streaks or lint – and they are cheap.
- **To damp-mop wood floors:** use plain water or a water-based floor cleaner like Bona. Don't use vinegar. The acid in it will pit your polyurethane finish, can void your warranty and may reduce shine over time.
- **To clean away cobwebs:** use a yardstick covered by a tube sock. That also works for cleaning under stoves and refrigerators.
- **Shine your bathroom tiles:** with lemon oil. It also helps prevent mold and mildew.
- **To eliminate that ring in your toilet:** drop in a denture tablet and leave it for at least 30 minutes or overnight. The stain will come off with just a few swishes of the brush.

The Banana....an amazing fruit!!

A professor for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a school in England were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brainpower. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth.