



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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**HAPPY 3RD BIRTHDAY
TO US!!!!**

Spring is here and we were really ready for it now. Soon the cold weather will disappear and the warm sun of spring will have the robins singing.

In April, we ladies will have breakfast like the guys usually do and at Orem's Diner. We can have a great time at Orem's too.

The men will have their breakfast at Orem's on the 16th of April. Enjoy this guys. It's your only time to do your own thing.

April is full of many great things to do, see and travel to see. On the 9th we are heading out to the Bronx for lunch and shopping on Arthur Avenue. This was rescheduled due to foul weather. Van ride to the famous "Little Italy" should be about an hour.

I hear the luncheon and music provided by the Wilton High School was delightful. Quite a few members from Stay at Home in Wilton attended this annual event. (At least it should be an annual event)

The **BIG** event for April is Dr. Joe Utterback returning to the Wilton Library on

April 21st to play different music but still of the American Songbook. It is also the celebration of the third year birthday of Stay at Home in Wilton. A glorious party will be held following the concert. All members and friends are welcome to attend the party at the library following the concert.

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Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

Happenings

Calendar of events for members and their friends to attend in APRIL 2013

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, April 9 at 2:00 and Tuesday, 23 at 12:30**. The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun!

Men's Breakfast is on Tuesday, April 16

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

NEW!!!

Ladies Breakfast at Orem's Diner

All ladies invited to attend on April 30th at 9:30 am.

Tuesday, April 9

We will travel to the Bronx to Arthur Avenue for lunch and shopping. The trip was cancelled in March due to foul weather and now has been rescheduled and includes a visit to the Terranova Bakery and the Arthur Avenue Marketplace. The Parks and Recreation van will be taking us at the price of \$25 each person. Meet at the Wilton Senior Center at 9:30 to get on the van. We will return about 3:30 or so depending on traffic.

Fridays, Free Swim at the YMCA

April 5, 12, 19, and 26
from 1:30 til 3:00

***Stay at Home in Wilton, Inc.* At Board of Selectman meeting On Monday, May 6 @ 7:30**

Dick King, a member of our board, will be speaking to the BofS about Stay at Home in Wilton and the good things we do for the senior citizens of Wilton. If you would like to attend this meeting in support of Stay at Home and need a ride, please call Janet to let her know of that need. The meeting is in the Town Hall in Room B. Your support is very important and you are very welcome to attend this open meeting. Let's fill the meeting room with lots of members.

Wilton Town Meeting on Tuesday, May 7, 2013 at Middlebrook School Auditorium to vote of the Town Budget

This is your chance to tell the officials of the Town of Wilton what your feelings are about the Fiscal 2014 Town Budget. Voting will take place at this time but you if cannot make the big meeting on Tuesday, you have another chance to vote on Saturday, May 11, 2013 at the Clune Center lobby from 8:00 am to 6:00 pm

If you cannot make the meeting on May 7 and would need a ride to go vote on Saturday, May 11 please call Janet to arrange a ride.

From Corridors Town of Wilton offerings for seniors of all ages

Monday Movies at the Senior Center
They begin at 12:00 noon

On Monday the 8th the movie is *Steel Magolias*, on the 15 it's *Sleepless in Seattle*, on 22 it's *Appollo 13*, and on the 29 it's *Mr. Holland's Opus*.

And there is popcorn too!!!

Other activities at the Senior Center

Lunch at Ogden House

Lunch is served on April 3, 10, 17, and 24. The entertainment for the 3rd is about our local police dog Enzo who will be there; on the 13th the Wilton Woman's Club will have Bingo; on 17th Superbugs; and 24th the program is The Park Street Singers. Lunch is served at 12 noon in the large room at Ogden House. Give this a try, you won't be disappointed. 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.

PREZ SAYS:

As spring FINALLY approaches, it is timely to think about the past as well as the future. It was a nice spring day three years ago, when we had an information session scheduled about Stay at Home In Wilton, where we had invited all Wilton seniors. When we scheduled this, we expected to just give a progress report about our getting organized to serve the town. However, three things came together in late March that changed the propose of that meeting from just information, to offering the opportunity for membership.

In that last month, the IRS informed us that we had been certified as a public charity able to receive donations and operate without tax consequences. That same month, I met a representative of Ridgefield Visiting Nurse Service who talked of their Quality Living at Home service. These discussions lead to their offering to provide the telephone coordination that we needed to serve members. Eloise Barron became an important element of our new service to members that was later taken over by our own Executive Coordinator Janet Johnson. Finally, about three days before the meeting,

and based on a recommendation from Staying Put in New Canaan, we were able to get the necessary insurance coverage. In early planning years, we owed a great deal to the advice and counsel of Staying Put, and their Director Jane Nyce.

So on April 18, 2010, we had our information meeting but were also able to offer those attending, the opportunity to become charter members. And most of those that signed up that day are still members, who we thank for their continued support. Do help us celebrate this anniversary immediately following the Dr. Joe Utterback piano concert at the Library. That concert starts at about 4:00 on Sunday, April 21. Even if you are not going to the concert, please come to the Library about 5:15 on Sunday, April 21 for the big birthday celebration.

A reminder about future members. If a member of Stay at Home In Wilton recommends membership to another potential member and is the first to do so, when that new member joins, the existing member's renewal date is moved forward by a quarter. In other words, get four others to join, and your membership is free for a year

Phil Richards

Things I need to talk to Janet about.

1. Your name and phone number in a membership directory.
2. Men's Breakfast on April 16 at Orem's Diner.
3. Rides to various places.
4. Ogden House lunch –Reservations Call Liz 203-834-6240 Wednesdays

5. Rides to the movies at Comstock on Mondays at noon.
6. Trip to Arthur Avenue for shopping and lunch. \$25 for Parks and Recreation van ride on April 9, 2013

Future Plans for members and friends to attend
Save these dates

April 21, Saturday, is the Dr. Joe Utterback concert "American Songbook" for those who missed the first concert in January at the Wilton Library. This is a completely different concert than he did prior. Call 203-762-3950 to make a reservation.

AND ALSO

The 3rd anniversary of Stay at Home in Wilton. The concert begins at 4:00 and the birthday celebration will be following the concert. If you can't make the concert or it is overbooked again, be sure you come to the celebration of our 3rd anniversary. Make sure you make reservations now to hear the concert. Well worth it. It's free!

April 19, Friday will be the trip on the Train from Wilton Station. Train leaves at 11:28 so be sure you are there in time. It goes to Danbury for \$1.00, see the Train Museum, have lunch and return by train to Wilton. Lunch will be at

Two Steps Restaurant and \$5 for museum tour.

Splenda packets health notes

Have a healthy afternoon snack.

Start your day smart: Get enough sleep every night.

The 3 S's:
Portion smaller.
Eat slower.
No seconds.

Eat slowly to make your meal last and help reduce your urge for second helpings.

A glass of water before dinner can help keep appetites at bay.

A Brief History of Wilton

Wilton is a town nestled in the Norwalk River Valley in southwestern Connecticut in the United States. It is located in Fairfield County. As of the 2010 census, the town population was 18,062. In 2007, it was voted as one of CNN Money's "Best Places to Live" in the United States.

Located along Connecticut's Gold Coast, it is one of the most affluent communities in the United States. According to CNNMoney, Wilton has a median family income of \$194,362 and an average home price of \$1,006,017, making it one of the most expensive places to live in the country.

Wilton was officially recognized as a parish in 1726. The original 40 families of the parish began their own Congregational church and were allowed by Norwalk to hire

a minister (Robert Sturgeon, who also became the town's first schoolmaster), open schools and build roads. During the Revolutionary War, in 1777 the British used Wilton as an escape route after their successful raid on Danbury. Several homes were burned, but the town remained intact. In 1802, Wilton was granted a Town Charter by the Connecticut General Assembly and became a political entity independent from Norwalk. With a strong anti-slavery sentiment by its residents, Wilton served as a stop on the Underground Railroad.

Today, Wilton, like many other Fairfield County towns, is an expensive residential community with open lands (a testament to its colonial farming roots), historic architecture and extensive town services. Residents commonly commute to New York City, Stamford, and Norwalk, although there are a number of office buildings in town.