



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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WELCOME to all!

Here we are in the last full month of summer and still the weather is not very cooperative. It is either too hot or is rainy or it's both at the same time. It seems that this has been a typical summer for heat-loving, rain-loving animals but not the kind we are.

We hope all that came to the picnic at the Richards' home had a great time, enjoyed the food and the entertainment. There are still some unclaimed plates and dishes that were left behind, so let us know what you are missing and we will get it or them to you as soon as possible. Thank you everyone who brought the delicious food to share with everyone. From the salads to the desserts all were delicious and, come to think of it, we could put together a really nice homemade cookbook to share with one another. If you like that idea, please let Janet know and get a recipe or two or more to her and this editor will take on another task and put a little book together.

We have a few interesting happenings coming up in August that you might be interested in coming to. A play at the Wilton Playshop put on by students in high

school and college, lunch for all at Sunset Grill in Norwalk and a cruise out to Sheffield Island and the old lighthouse there.

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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. **If you know of anyone who would support Stay at Home in Wilton with a donation, please let us know about them.**

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What our members have to say about us!

"Stay at Home in Wilton has enabled me to remain in my own home after 40 plus years instead of moving into an assisted living arrangement. I don't have to give up my neighbors. Whether it is getting a ride to the pharmacy or changing a light bulb, it's comforting to know that the Coordinator will handle it. I've also enjoyed some fun lunches and mini trips".

A REMINDER TO ALL OUR STAY AT HOME MEMBERS: The Volunteers who help you

From Ann Newton, Membership Chair

We are growing slowly, but surely. We now have 61 members and are very confident that our numbers will continually grow. We have learned that one of the best ways to add new members is to encourage our members to "Bring a Friend" on our trips and to our social events and get-togethers. Bear in mind that if a person, who is already a member, recommends someone who later becomes a member of Stay at Home in Wilton, that member who made the recommendation receives a three-month extension on their membership. So do bring your friends and acquaintances when you join us for activities and watch Stay at Home in Wilton as it

G-R-O-W-S!

Prez Says:

Stay at Home in Wilton is becoming an important aid to seniors who want to stay in the Wilton homes they love. In two years, the organization has gotten over sixty members, has been recognized for its economical approach to helping people solve their home problems. We have over thirty volunteers who help in many ways: transporting people, fixing small problems, helping with computers, etc. Perhaps the most important aspect of our group has been the activities we have together: shows, picnics, programs, etc. Recently we asked several of the members to help with planning social programs. They came up with a list of ideas four pages long, but you can easily add to that list. Just let us know what you think would be fun and interesting for the members to participate in.

From the very beginning, we have been helped by a dedicated board of directors. No rubber stamp group, they all dig in and

help out where needed. About a year ago, we brought in our executive coordinator, Janet, and she has been a terrific addition to our operation. She is also helping to plan activities that you will enjoy.

We are always open to suggestions about how to make our operation more helpful in keeping you in your homes, so just let us know at info@shwil.org, 203-423-3225, or write us at PO Box 46, Wilton, CT 06897. And thanks for being members.

Phil Richards

Happened & Happenings Stay at Home in Wilton's – 2nd annual picnic at the home of Anne and Phil Richards

We apologize to anyone who found it inconvenient to park at the old Home Equity building and we thank those who were able to provide the transportation for others to come to the picnic. As you probably noticed when you reached the house that there is not enough room for 30 or more cars here at the same time.

The day was warm but the company was even warmer. Everyone seemed to be enjoying meeting other members they have not met as yet and getting acquainted.

The lovely variety of food that was donated by everyone was simply scrumptious. The chef of the day did a wonderful job on the hot dogs and hamburgers and the quartet delighted everyone with a few songs here and there. Hope you enjoyed everything!

Calendar of events for members to attend August and a few for September

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, August 14th at 2:30 and 21st at 2:00.** This is open to all who want to learn this challenging game. It really is great fun!

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

"THE BIG EVENTS FOR AUGUST"



"Wilton's Community Theatre since 1937"

Wilton Playshop presents "Lucky Stiff", a musical, on **Sunday, August 5** at 2:00 pm. \$15 per person. 10 tickets are being held at the door for members and/or friends. Cash or check only for payment for the tickets. Please call Janet if you need a ride or want to make a reservation with her so we know how many tickets to have on hand for us.

Lunch for everyone at the **Sunset Grille** in Norwalk on the Norwalk River on **Tuesday, August 14th** beginning at 11:45.

It is a "Dutch Treat" so we will provide a means for you to figure out how much you owe.

The **Sunset Grille** is a seasonal seafood restaurant on the water in the Norwalk Cove Marina overlooking scenic Norwalk Harbor in Norwalk Connecticut. Norwalk Harbor sits at the mouth of the Norwalk River and is one of the most beautiful harbors in the State of Connecticut. They do serve other items besides seafood.

Cruise out to **Sheffield Island** on a lovely boat from the Maritime Museum in South

Norwalk. Please bring your lunch with you. We board at 10:30 and the boat waits for no one. It departs the dock exactly at 11:00 am. The trip is on August 28th. On the island is the Sheffield Lighthouse, places to sit and enjoy your lunch and some trails to walk. Cost is \$20.00 per person and hopefully it will be a wonderful day to be out on Long Island Sound. Call Janet for rides and reservations.

Sheffield Island ferry tours are a top Fairfield County CT and Long Island Sound activity, attraction, tourist site, etc. Great for kids and adults as a sightseeing, daytrip, and tourist destination.

From May through September, visitors can board the Seaport Association's 45-foot C.J. Toth catamaran for a cruise to the island then tour the lighthouse, observe wildlife in their natural habitat in the Stewart B. McKinney National Wildlife Refuge, hunt for shells along the beach, dine on a picnic lunch, play on the lawns around the lighthouse and just have a good time.

Fridays, Free Swim at the YMCA

August 3, 10, 17, 24 from 1:30 til 3:00

From Corridors

Town of Wilton offerings for seniors of all ages

Free summer events: Please call Liz at the Senior Center at **203-834-6240** to make reservations for the following luncheons. If you need a ride to any of these places, be sure to call Janet too.

An ice cream social will be held on Friday, August 10 from 3:00 to 4:00 at Brookdale Place. For a ride call Janet, our Coordinator.

Lunch and Bingo at The Greens in Wilton on August 22 at noon. Need a ride? Call Janet.

NEW at Senior Center

Creative Card Stamping

With Andrea Ragusa on Wednesday, August 15, 11:15 to 1:15 Cost: \$10 per Reservations required. Call 203-834-6240. Class limited to 6 participants. Call Janet if you need a ride.

Monday Movies at the Senior Center

They begin at 12:00 noon

August

- 6 The Fabulous Dorseys
- 7 13 Dressed to Kill
- 20 Lost in the Stratosphere
- 27 The Mandarin Mystery

And there is popcorn too!!!

Parks & Recreation Trips

Monday, August 6 when the van will go to New York for a cruise on the Circle Line. Departs at 9:00 and Returns at 5:00. Cost is \$40 for transportation and cruise only.

Monday, August 13, a van trip to the outlet stores at Clinton Crossing & Westbrook. Departs at 8:45 from Comstock Community Center and returns at 5:00. Cost is for transportation only. Wilton resident fee is \$25 and a non-resident is \$35.

6 convincing reasons you should keep carbs in your diet By Brierley Wright

I'm not naming any names, but I have a family member who rarely eats carbs. The reasoning? In their words, not mine, "they make you fat." (And chances are, thanks to the Atkins craze, you too know at least one of these no-carb eaters.)

It makes no difference to me that this person avoids carbs, but what does bother me is the misinformation "carbohydrates make you

fat.” They don’t. Sure, if eaten in unnecessarily large quantities they could contribute to weight gain, but, then again, so could too much of any food. In fact, carbohydrates are a healthy addition to your diet.

Here are 6 reasons to keep carbs in your diet:

Carbs can help boost your mood.

Researchers suspect that carbs promote the production of serotonin, a feel-good brain chemical. In a study from the Archives of Internal Medicine, people who followed a very low carbohydrate diet for a year—which allowed only 20 to 40 grams of carbs daily, about the amount in just 1/2 cup of rice plus one piece of bread—experienced more depression, anxiety and anger than those assigned to a low-fat, high-carb diet that focused on low-fat dairy, whole grains, fruit and beans.

Carbs can help prevent weight gain—and even promote weight loss.

Researchers at Brigham Young University in Utah followed the eating habits of middle-aged women for nearly two years and found that those who increased their fiber intake generally lost weight. Women who decreased the fiber in their diets gained. Many carbohydrates contain dietary fiber, which is actually an indigestible complex carbohydrate.

Carbs are good for your heart.

Research suggests that increasing your soluble-fiber intake (a type of fiber found in carb-rich foods like oatmeal and beans) by 5 to 10 grams each day could result in a 5 percent drop in “bad” LDL cholesterol. Similarly, people who eat more whole grains (think brown rice,

bulgur, quinoa) also tend to have lower LDL cholesterol and higher “good” HDL cholesterol.

Carbs will help you trim your waistline. Swapping refined grains for whole grains may help reduce total body fat and belly fat, according to new research in the Journal of Nutrition. In the study, adults who ate about 3 servings of whole grains a day had about 2.4 percent less body fat and 3.6 percent less abdominal fat than those who ate less than a quarter of a serving.

Carbs will keep your memory sharp. After overweight women followed a “low-carbohydrate” diet for a week (they were told to completely eliminate carbohydrates from their diets) they did worse on tests of working memory (i.e., why did I walk into this room?) and visuospatial memory (remembering locations on a map) than their counterparts who followed a “low-calorie” diet, based on American Dietetic Association guidelines, in a study from Tufts University.

Carbs will help you blast fat. Eating a breakfast made with “slow-release” carbohydrates, such as oatmeal or bran cereal, 3 hours before exercise may help burn more fat, according to a recent study from the Journal of Nutrition. Here’s why: in the study, eating “slow-release” carbohydrates didn’t spike blood sugar as high as eating refined carbohydrates, such as white toast. In turn, insulin levels didn’t spike as high and because insulin plays a role in signaling your body to store fat, having lower levels may help you burn fat.