



NEWS and REVIEWS Stay at Home in Wilton

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For more information visit our
Website www.stayathomeinwilton.org

WELCOME!

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

- Getting donations from many of our friends and neighbors (see page 3)
- Training our "Friendly Visitors" coming up soon
- Creating an Advisory Board to assist with major decisions.
- Signing up some new members
- An invitation is extended to come to the Wilton/Norwalk AARP Chapter #3929 meetings held the fourth Thursday of the month from September to June. There is no December meeting. The programs are interesting and the refreshments are delicious. It is held in the Gallagher Mansion in Cranberry Park just over the Wilton/Norwalk line on Grumman Avenue. Membership is \$8.00 a year.
- On December 5 at Trackside at 2:00 will be a **Wilton Forum** for seniors. Many Wilton public services will be described that are available right now from the Wilton Police Dept.,

- Dec. 5 Forum, Con't
Wilton Fire Dept., Wilton Parks and Recreation, Social Services, and Stay at Home in Wilton. Parking is plentiful, refreshments will be served and the Grandmas and Grandpas will sing some holiday songs to open the Holiday season.

Board of Directors

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How to become a member of Stay at Home in Wilton

Membership in **Stay at Home in Wilton** is open to any senior who lives in Wilton. A senior can be 50 or 90 or even older. You are welcome to become a member. If you are already a member, please let people know about what we can do for them. There are no prerequisites or a physical exam. Just say, "Yes, I would like to become a member". Our Membership Chair is Ann Newton and she would like to let you know that you can get the membership application on our website, www.stayathomeinwilton.org. A Charter Membership is available that extends to December 31, 2011. The annual membership fee is \$360 for a single senior person living in a household (that means less than a 99 cents a day) and \$480 for two senior people living in a household. The membership is renewed annually. All memberships are good for one year from date of purchase, except those who take advantage of the Charter Membership. Just mail your check and the completed membership form to: **Stay at Home in Wilton, PO Box 46, Wilton, CT 06897-0046**.

Recent Happenings

On a recent review of the services provided, the number one item was providing driving for at least 5 members a week. Other tasks that were tackled by our vendors was one who helped a member get her Cablevision box replaced, a light

bulb was changed for another member and many more. Members, do not be afraid to ask for help. That is why we are here to assist you and make life as comfortable as it can be.

The male members had a very good time at Orem's for a breakfast and they found out a lot about each other. But the ladies came back with a lovely luncheon at Tom-E-Toes Restaurant and will have another luncheon in January.

Upcoming events you will want to attend

A Wilton Forum for Seniors will be held at Trackside on December 5 at 2:00. Various municipal groups will present what they can do for seniors in Wilton. The Wilton Police Department, Wilton Fire Department, Social Services, Parks and Recreation and Stay at Home in Wilton will all be present to help us stay in our homes in Wilton. Each will be able to provide information about what they do for Wilton's senior population. Do come to hear the Grandmas and Grandpas, a barbershop quartet, open up your holiday season with some familiar holiday songs.

If you enjoy walking or need a little more exercise, it was suggested that we have a Weekly Walk on a Tuesday morning. Maybe a stroll

around town to see all the new benches and the recently dedicated memorial for our fallen soldiers, sailors, marines and air force, would be to your liking. We could meet at a designated location and walk from there. Let me know what you would like to do or maybe another day would be good for you too. Please call Anne at 203-762-0033.

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.

- Donna Atkins
- Donna K. Below
- Mr. and Mrs. Peter Benin
- Jana & Richard Bertkau
- Mr. & Mrs. Allen Brings
- Susan Chalons-Brown
- Joyce Y. Cain
- Gregory & Deborah Chann
- Kay Chann
- Dr. Kevin J. Craw
- Nickolas & Dorothea Davatzes
- Joe Dionne Foundation
- Marie Donahue
- Ray & Mildred Dovell
- Don Drummond
- Dr. Arthur D'Souza
- John Foster
- Katharine & Stephen Gluck
- Gunnar Johnson Ogden Fund
- Edward Greene
- Edward & Dorothy Hyde
- Eugene & Betty Jones
- Dr. & Mrs. Ronald Kahan
- Luisa and Bob Kelso
- Dick King
- Burton J. Kloster, Jr.

- Mr. & Mrs. Wayne Kohman
- Marie and Jules Lazer
- Alice N. Levin
- Larry & Karen Mauer
- Fred Morris
- Harlan & Phyllis Murray
- Ann Newton
- Thomas & Barbara Nixon
- Zelie Daniels Pforzheimer
- Sally Poundstone
- Barbara Quincy
- Anne and Phil Richards
- Robert & V. Elaine Richter
- Dr. Russell Robbins
- Sun Products Corporation
- Suzanne R. Schintzius
- Marilyn Spence
- Joan Starr
- Mr. & Mrs. Chris Stroup
- United Way of Coastal Fairfield County
- Roxanne Wilke
- Wilton Kiwanis Club

In Kind Service Providers

- Ridgefield Visiting Nurse Association
- ProBono Partnership
- Wilton Meadows

Anyone can enter this contest Name this newsletter

Please give this newsletter a better name. It has been suggested that the name for our newsletter is not very good. We need a new name that will give us meaning and say what we are. If you have a name or names that you think might "fill the bill", please submit it/them with a call to Eloise. She will collect the names and then give them to our Board of Directors to discuss. We really need your help.

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Emergency Kits for all Members

Around Thanksgiving all members who were in town, received a really big red canvas bag filled to the brim with lots of useful items to use in case of blizzard, loss of electricity or any other kind of disaster.

The items were selected based on information from our local CERT organization and FEMA.

In the Big Red Canvas Duffle Bag were:

First Aid Kit

A pair of scissors

Paper towels in a garbage bag

A Ridgefield VNA pad of paper, pen, a hand sanitizer and a RVNA magnetic card

Map of Wilton and brochure from FEMA

A pair of protective eye wear glasses

2 garbage bags

A can opener

An LED flashlight

Box of matches

3 towelettes

A roll of duct tape

A recycling bag from Town of Wilton

A whistle in the flashlight handle

A dust mask

2 power bars

2 bottles of water

1 plastic cup

Some of the items were doubled for the couples who are members. It was recommended that the red bags could contain more food items such as cans of tuna or other canned items and that the

big red bags should be kept in an easily accessible location.

Seven Safety Tips for Fall Prevention

Written By : John Nunnally with comments from your editor

From the Internet in Seniors List

Trips and falls are the leading cause of injury related hospitalizations and deaths according to the Center for Disease Control and Prevention (CDC). Learning to prevent these falls can help seniors lead more active and independent lives. These great tips will help prevent falls and help seniors become more aware of potential hazards and how to avoid them. In fact, recently your editor entered a room that contained lots of the grandchildren's toys that were left there for them to play with when visiting grandma and grandpa. Wouldn't you know I took my eyes off where my feet were and landed right in the middle of all the toys that were strewn around the room. That was a shock to me. Also, have you noticed in the Wilton Bulletin that they now have an EMS report listing various reasons for ambulance calls. Some weeks report that the number of falls in Wilton is as high as 9 falls. Look at these tips to help prevent falls in your home.

1) Keep your hands empty while walking whenever possible. Free hands allow you greater access to grab on to furniture, walls, or rails for support when needed. It also allows you to be centered and balanced. Full hands might unevenly distribute the weight you are carrying and may result in falls of their own volition. Either way, full hands limit your ability to catch yourself from falling.

2) Remove clutter and obstructions from all walking pathways in your home. The more things you must maneuver around the greater the odds are that you will slip, trip, or fall due to miscalculations or being thrown off balance.

3) Wear sturdy shoes that provide active support. Make sure your shoes fit your feet and always wear shoes that have backs. Avoid house slippers, flip flops, and going around without shoes or walking around with only socks on your feet. Now is the time to really invest in good shoes for your feet that will provide support and comfort. This is not the time to visit the discount store. Make this a solid investment that is designed to last.

4) Install sturdy and supportive rails on all stairs or steps in the home. Even if it's only a short step down it's important that you have something to grab onto for support going up or down the steps. It is also important to keep the steps/stairs free of clutter and well lit at all times. Also make a point of installing grab bars in the shower and toilet area of the bathroom for additional support and in case of slips or falls.

5) Install motion or sound activated lights in your home so you aren't walking around in the dark or groping blindly for switches. Motion activated lights will also go off after several minutes of inactivity as well so you do not need to turn them off upon leaving the room. Also install nightlights in all rooms that come on automatically whenever it is dark.

6) Do daily exercises that promote balance. A loss of balance is one of the most common reasons for falls among seniors. The more frequently you do exercises that are designed to promote a sense of balance the lower the odds are that you will have a fall for this reason.

7) Don't climb step ladders or stools. Instead of climbing to reach things that are high up or located on top shelves, consider investing in a grab bar or asking someone to come over and help

you rearrange your kitchen so that frequently used items are within easy reach and those that are rarely used are stored higher.

Senior fall prevention may not seem all that important today but if the time ever comes these tips will seem critical. Don't wait until it's too late to get the perfect backup plan for your independent lifestyle. Please be careful. Call Stay at Home in Wilton if you need help in setting up a safer environment.

Bang for the Bite

Seven Foods to Keep You Young

The fountain of youth in your grocery cart

by: Peter Jaret | from: [AARP The Magazine](#) | October 2009



Credit: Julia Sander/Getty Images

1. Olive oil

Four decades ago, researchers from the Seven Countries Study concluded that the monounsaturated fats in olive oil were largely responsible for the low rates of heart disease and cancer on the Greek island of Crete. Now we know that olive oil also contains polyphenols, powerful antioxidants that may help prevent age-related diseases.

2. Yogurt

In the 1970s, Soviet Georgia was rumored to have more centenarians per capita than any other country. Reports at the time claimed that the secret of their long lives was yogurt, a food ubiquitous in their diets. While the age-defying powers of yogurt never have been proved directly, yogurt is rich in calcium, which helps stave off osteoporosis and contains "good bacteria" that help maintain good health and diminish the incidence of age-related intestinal illness.

3. Fish

Thirty years ago, researchers began to study why the native Inuits of Alaska were remarkably free of heart disease. The reason, scientists now think, is the extraordinary amount of fish they consume. Fish is an abundant source of omega-3 fats, which help prevent cholesterol buildup in arteries and protect against abnormal heart rhythms.

4. Chocolate

The Kuna people of the San Blas islands, off the coast of Panama, have a rate of heart disease that is nine times less than that of mainland Panamanians. The reason? The Kuna drink plenty of a beverage made with generous proportions of cocoa, which is unusually rich in flavanols that help preserve the healthy function of blood vessels. Maintaining youthful blood vessels lowers

risk of high blood pressure, type 2 diabetes, kidney disease and dementia.

5. Nuts

Studies of Seventh-Day Adventists (a religious denomination that emphasizes healthy living and a vegetarian diet) show that those who eat nuts gain, on average, an extra two and a half years. Nuts are rich sources of unsaturated fats, so they offer benefits similar to those associated with olive oil. They're also concentrated sources of vitamins, minerals and other phytochemicals, including antioxidants.

6. Wine

Drinking alcohol in moderation protects against heart disease, diabetes and age-related memory loss. Any kind of alcoholic beverage seems to provide such benefits, but red wine has been the focus of much of the research. Red wine contains resveratrol, a compound that likely contributes to its benefits—and, according to animal studies, may activate genes that slow cellular aging.

7. Blueberries

In a landmark study published in 1999, researchers at Tufts University's Jean Mayer Human Nutrition Research Center on Aging fed rats blueberry extract for a period of time that in "rat lives" is equivalent to 10 human years. These rats outperformed rats fed regular chow on tests of balance and coordination when they reached old age. Compounds in blueberries (and other berries) mitigate inflammation and oxidative damage, which are associated with age-related deficits in memory and motor function.