



NEWS and REVIEWS

Stay at Home in Wilton, Inc.

**PO Box 46
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Volume 2, Number 7
December, 2011**

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WELCOME!

To all our new members who have recently joined Stay at Home in Wilton, we welcome you and hope you will join us in all the events coming up. There are several great adventures, parties and outings that are offered this month. Hope to see you at all of them especially the Holiday Party at Westys.

December is such a great month for being with family, friends and neighbors. We consider Stay at Home one big family since many of our members are also volunteers who help in many ways to keep everyone active, aware, safe and healthy. Each time we have an opportunity to help someone, it not only does that but creates a wonderful feeling in those who provide the assistance. Please give us many opportunities to get that wonderful feeling especially at this time of the year when happiness is all around us.

We're thinking of you this time of year,
Wishing you happiness, joy, and cheer.
May all your days be warm and bright,
And your nights enhanced by holiday light.
Enjoy your delectable holiday foods,
As parties and gifts create holiday moods.
Favorite people play a meaningful part,
While treasured rituals warm your heart.
You are special to us in many ways,
So we wish you Happy Holidays!

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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.

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Happenings & Happened

The ladies enjoyed a lovely luncheon at the Red Barn in November. The food was wonderful, the drinks were wonderful and the fellowship was wonderful.

That same day we started learning about the original way to play Mah Jong at the Wilton Senior Center. Our teacher is Kay Chann who is a great teacher and player of the game.

The Stay at Home in Wilton Forum at Trackside Teen Center called "Getting your Estate in Order or What Seniors Need to Do Now" was very well attended with almost 100 people in there. The areas that were discussed by some very notable speakers Focus on Financial Issues, on Estate Issues,

Probate Issues and help available from Connecticut Legal Support

Also, at the monthly Get-Together at the Senior Center there was a great discussion about the Medicare changes and when the changes need to be made if you need to change anything.

Calendar of events for members to attend

December 5 – Shopping at Danbury Mall with lunch at the Cheesecake Factory. Meet in the parking lot near Open House Gifts at 10:00 am. We will carpool from there. Return will be right after lunch back to Open House by 2:00 pm.

December 7 – Lunch at Ogden House at 12:00 noon followed by entertainment by the TrebleMakers singing holiday music you will love. Everyone should come to see and hear some great singing and dancing since your editor is a member of that group. You bet it will be terrific. Lunch cost is \$3.00 but the entertainment is free.

Other dates for Ogden House are:

December 14 and 21.

On the 21st the Wilton Career Fire Fighters will be serving lunch. A turkey dinner with all the trimmings will be featured. Entertainment that day will be the Middlebrook Singers and the Middlemen under the direction of Janet Nobles and Jana Janeway. For reservations for any of these dates call 203-834-6240.

December 9 – Friday, Parks and Recreation will host a Holiday Luncheon noon at the Gym at Comstock Community Center. Parks and Recreation also has a day trip to New York City on **December 10**. Call 203-834-6234 for reservations.

December 13 – Come one and all to our big **Holiday Party** at Westy's Storage at 65 Danbury Road, (Route 7) in Wilton. This is a wonderful opportunity to thank all our members and our volunteers. There will be a Buffet of hot and cold Hors d'oeuvres, some drinks, lots of fun and the promise of meeting other members and all the volunteers who can make it to the party. Wear your holiday outfit and come prepared for a lovely evening in Westy's lobby. Reservations should be made with Janet Johnson by Friday, December 9 either by phone 203-762-9303 or email jljstamford@aol.com. We are hoping to have all 50 members attend. Rides will be offered to and from the party. Just tell Janet when you call with your reservation.

December 15--Thursday, Woodcock Nature Center will be the destination for everyone to create a decorated wreath, take a tour of the area and have lunch there. All this begins at 10:30 am. Call Janet for reservations and rides. 203-762-9303

December 20 – Tuesday, Men's Breakfast at Orem's. Just show up and enjoy the food and fellowship.

December 2, 9, 16, 23, 30 Free swim at the Wilton YMCA. Enjoy the exercise and have a good time.

SAVE THIS DATE IN January JANUARY 17

Mark it on your new 2012 calendar today. We are going back to Barcelona Restaurant in Fairfield for a Tapas Luncheon at 12:00 noon. The cost will be \$25 a person. Remember the food and the good time we had the last time we enjoyed lunch together there.

Ancona's Wines and Liquors

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. All you have to do is get an "Ancona's Giveback Card" that is available at both locations. You will need to show a driver's license and a valid email address. All this information is kept private. You need to tell whoever signs you up that you wish to support Stay at Home in Wilton and your card will be tied to our organization. This is only offered at Ancona's Wines and Liquors. If you have questions, please contact Monica@anconaswines.com Next time you are in need of wines or spirits, think of Ancona's Wines and Liquors and use your "Sip to Support" card. The holiday season is just about here.

ICE MELT for when it is slippery this winter.

(Editor's Correction)

Since we no longer have a hardware store in Wilton anymore, Ridgefield Hardware will be offering ICE MELT for free to help make it safe to walk outside this winter. The ICE MELT comes in 10 pound bags and can be ordered by calling our coordinator, Janet Johnson, and telling her that you would like to get a bag or two just to be safe. The bag or bags will be delivered to your home for free by the Boy Scouts within a short time of your order. Janet's number is 203-762-9303. Call soon.

25 Things We Don't Need Now That We're Over 50

A humorous look at the joys of downsizing

by: Jacquelyn Mitchard | from: [AARP Bulletin](#) | September 8, 2011

Once you hit 50, there's no need to get that family size pack of paper towels

It's not economical to buy a bag of chocolate chips that can make enough cookies to stock all the airline lounges in the Western Hemisphere until 2014. It's not economical to have more trash barrels than the doggy day care.

Let it go. Here's to no more ... more. Give it up:

1. The three-dozen-egg carton, the 2,000-packs of Sweet'N Low and the Jim Bob and Michelle Duggar-size ketchup.
2. Super-sized fries (no one in the minivan to take the last handful, or take the edge off the guilt).
3. The minivan. How about a snazzy car, a smart car, even a wiseguy car?
4. A brand-new model four-over-four house — even on the golf course. Even if your kids live next door. Especially if your kids live next door.
5. A one-horse open sleigh. Yes, you've been meaning to get the horse but ...
6. A Costco membership. You'll never need that many paper towels, unless you run a car wash. You'll never need that much toilet paper unless you run ... out.

7. The gym ultra-membership. How about the dog, the shoes, the SPF 50 and the open road?

8. Those seven, nine or 20 unfinished quilts and birdhouses.

9. All those teaspoons, fruit spoons, salt spoons, cheese knives, crab picks and lobster crackers liberated from the restaurant along with the extra lemon, the fistful of sugar bags, the basket of rolls.

10. Fourteen matching place settings ... 14 unmatched place settings are more fun, funky and functional.

11. Just one extra shot — tequila, espresso, Botox.

12. Your very own chickens (really, really not).

13. Four-inch heels for the wedding reception.

14. Another cat.

15. Another hat.

16. Another hobby.

17. A bigger flat screen.

18. A bigger boat.

19. A bigger mortgage.

20. More than 700 channels in one night.

21. More than 700 calories in one hand.

22. Double cheese.

23. 3-D.

24. Four-wheelers.

25. Quintuplets.

Recipe For Life

Chop some hate and melt it down, add a dash of tears,
Spoon in a bit of modesty and evaporate your fears.

Take a slice of hurt you felt, now add it to the pot.
sprinkle lightly with some shame, let it all get hot.

Now prepare your pride with elegance, and leave it to one side,
And get your hands all sticky, with the secrets that you hide.

Grate some anger and some guilt, mix it all with love,
Now you need a piece of soul, I recommend you wear a glove

Add a 'thank you' and a 'please' and try a 'love you too'.
Let it all simmer for a lifetime, then enjoy your stew.

NOTE: If you know of someone in our membership who could use a Friendly Visitor during the holidays, please let Janet know. It's hard to be alone during the holidays.

If you know someone who says, “I'm not ready for any of the services of Stay at Home in Wilton, Inc. now, why should I join?” Here is a good answer and maybe they will think again about joining along with all of us.

By joining you'll benefit now, even if you don't "need it" now. You'll have access to vetted service providers at reduced rates, and you can participate in Stay at Home activities and events of which there are many. You may well be able to help your friends who may well need help now, and you'll make new friends by participating in activities and by volunteering to help others. As a member, you'll also have direct input into how Stay at Home can serve you both now and in the future. And you gain assurance for your future knowing Stay at Home will be there when you need it.

Remaining uses for Baking Soda

24. Remove oil and grease stains

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda on the spot and scrub with a wet brush.

25. Clean batteries

Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc., because it's a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste of 3 parts baking soda to 1 part water and apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and reconnecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery — they contain a strong acid.

26. Clean cars

Use baking soda to clean your car lights,

chrome, windows, tires, vinyl seats, and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of 1/4 cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs, and tar. For stubborn stains use baking soda sprinkled on a damp sponge or soft brush. Eliminate odors by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the baking soda.

Deodorizing

27. Deodorize your refrigerator

Place an open box in the [back of the fridge](#) to neutralize odors.

28. Deodorize trashcans and recyclables

Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay. Clean your recyclables container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse. Also, sprinkle baking soda on top as you add recyclables to the bin.

29. Deodorize drains and garbage disposals

To deodorize your sink and tub drains and garbage disposal and keep lingering odors from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water — it will neutralize both acid and basic odors for a fresh drain. (This a good way to dispose of baking soda that is being retired from your refrigerator.)

30. Deodorize and clean dishwashers

Use baking soda to deodorize before you run the dishwasher and then as a gentle cleanser in the wash cycle.

31. Deodorize lunch boxes

Between uses, place a spill-proof box of

baking soda in everyone's lunch box to absorb lingering odors.

32. Remove odor from carpets

Liberaly sprinkle baking soda on the carpet. Let set overnight or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest. (Note that your vacuum cleaner bag will get full and heavy.) An added bonus: You'll also deodorize your vacuum cleaner.

33. Freshen closets

Place a box on the shelf to keep the closet smelling fresh.

34. Deodorize pet items

Cover the bottom of your cat box with baking soda and fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning. Eliminate odors from your pet's bedding by sprinkling liberally with baking soda, wait 15 minutes (or longer for stronger odors), then vacuum up.

35. Deodorize sneakers

Keep odors from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing.

36. Freshen stuffed animals

Keep favorite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

Miscellaneous

37. Cure all camping needs

Baking soda is a must-have for your next camping trip. It's a dishwasher, pot-scrubber, hand-cleanser, deodorant, toothpaste, and fire extinguisher, and has many other uses.

38. Extinguish fires

Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire — and call the fire department just to be safe.

39. Care for the septic system

Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favorable pH in your septic tank.

40. Scrub fruits and vegetables

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse. Here's [another way to clean your vegetables](#) as well.

OK, so there are my 40 suggestions (with a little help from the Arm & Hammond baking soda site, thank you). Do you have any tips or tricks that I missed? Please share any additional comments about baking soda.