



WELCOME!

It certainly feels like spring around here instead of the middle of winter. Some friends of mine have told me that their crocuses are coming up already and some bulbs are peeking their heads up.

"Every gardener knows that under the cloak of winter lies a miracle ... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream."

- Barbara Winkler

The season there are so many things going on that it is hard to imagine anyone who is home. Lots are traveling to Florida, some are going cruising, several like the area in Arizona and New Mexico and some like to ski. Sorry, about the skiing but there doesn't seem to be any snow around here. Where is the snow? We certainly don't want the amount of snow we had last winter ever again. But then again:

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

- Edith Sitwell

NEWS and REVIEWS

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There are several holidays in February that should be celebrated. Of course, Groundhog Day (6 more weeks of winter), Valentine's Day (chocolate hearts and cards) and President's Day (Happy Birthday George and Abe).

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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

If you missed the luncheon at Barcelona's Restaurant in Fairfield, you really missed a great lunch. For \$20 we had at least 5 different tapas, followed by "huge" platters of Paella and dessert was three kinds of cheesecake all very delicious. Coffee and Sangria were free.

The ladies had a lovely luncheon at the home of our coordinator, Janet Johnson.

Kay Chann is teaching many new students how to play the game of Mah Jongg. (It is spelled so many different ways.) We are learning the Chinese way to play the game. It is lots of fun and each week there seems to be several who still join with us who want to learn the game.

We had a great group at the Senior Center on the 24th to tell about some of our pastimes and hobbies. Anne Richards told of her jewelry making; Giedra Troncone showed us a couple of her beautiful crewel works; Gordon Nugent told about his love of working on older cars; Sonja Katz had us all relaxing with her meditation; Marianne Loser shared her bronze bust of her dear husband that she made; Chris Dartley showed us the work she has been doing with her beautiful embroidery; Betty Oberstar showed us a couple of her rugs she had hooked; and Janet Johnson explained about her business of flower arranging called Petal Pushers.

Calendar of events for members to attend

February, 2012

On February **12** a group will be going to the Wilton Playshop for the matinee performance of "**Life with Father**" at 2:00 pm. Tickets are \$15. Please call Janet today to make your reservation. 203-762-9303.

Ladies Luncheon will be on February **14** at the new restaurant called Cactus Rose. Time: 12:00 noon. Call Janet to reserve your spot now. 203-762-9303

Mah Jongg Class at the Senior Center at Comstock Community Center 12:30 pm on Feb. **28**. All are welcome to come and learn this very interesting game.

Also, the same date, Feb. **28** there will be the **Stay at Home Get-Together** at the Wilton Senior Center at Comstock Community Center. This will begin at 3:00 with all kinds of refreshments.

Matters of the Heart, a forum for women and Heart Disease at the Wilton Library on February **7** at 7:00 pm. On February **8** there will be a **Cholesterol screening** at Wilton Family Y from 8-10 am.

On February **10** is a Thank You Coffee for all Volunteers at 9:00 am at the home of Barbara Quincy.

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

Free Swim at the YMCA

February 3, 10, 17 and 24 from 1:30 til 3:00

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.

Are You Having a Stroke? What you need to know to help yourself and others

by: Beth Levine | from: [AARP Bulletin](#) |

One or more of these sudden symptoms? Call 911:

- Numbness or weakness of the limbs or face, especially on one side of the body.
- Facial paralysis (one side droops, drooling).
- Trouble speaking or understanding speech.
- Mental confusion.
- Vision problems.
- Dizziness, difficulty walking.
- Extremely painful headache.

If you think someone is having a stroke:

- Call 911.
- Do not give aspirin, which thins the blood. Without knowing which kind of stroke is occurring, taking aspirin could cause more damage, says Larry B. Goldstein, M.D., director of the Duke University Stroke Center in Durham, N.C.
- Try to get the person to sit or lie down to prevent a fall.
- Check that the person's airways are clear.
- Do not give water or food — the stroke victim could choke.

- Write down when symptoms first appear to help the medical staff assess treatment.

Beth Levine is a freelance writer who lives in Stamford, CT.

Reduce Your Stroke Risk

Many risk factors for stroke are treatable, says Larry Goldstein of the Duke University Stroke Center. "If you make these lifestyle changes, you reduce your stroke risk by 85 percent."

- Stop smoking.
- Lower your cholesterol and blood pressure.
- Manage diabetes.
- Don't abuse alcohol.
- Maintain proper weight.
- Exercise regularly.
- Eat three to five servings of fruit and vegetables daily.
- Reduce daily salt consumption to 1,500 mg.
- Have your blood pressure checked regularly.

You're at Higher Risk If You:

- Are African American.
- Are male.
- Have a close relative who had a stroke before age 65.
- Are older: Stroke risk doubles for every decade after the age of 50.
- Have had a stroke. "You are at 10 times higher risk of having a stroke if you've already had one," says Goldstein.

Walking: The Easiest Exercise

Improve your health in the new year

Walking may be the single best — and easiest — exercise you can do to improve your health in 2012.

Not only will going for a daily walk help you feel better now, it will help you maintain your independence and ability to do daily tasks as you age, says Barbara Bushman, a health professor at Missouri State University who has helped older, sedentary men and women start a walking routine.

Research also has shown that walking regularly can help protect the aging brain against memory loss and dementia, help cut the risk of heart disease, and reduce the chance of developing type 2 diabetes in high-risk adults by a whopping 60 percent.

And we're not talking marathon walking either. The peak benefits come from 30 minutes of exercise several times a week, say experts.

Most of us do need to move more: Only 30 percent of people ages 45 to 64 say they engage in regular leisure-time physical activity, and that drops to 25 percent for those 65 to 74, according to the National Institute on Aging, which has launched a "get off your duff" campaign called Go4Life.

A man, Mr. Genter, joined a medically supervised weight loss program. They told him he needed to do some kind of exercise every day.

"They said, 'Do anything as long as you like it,' " he recalls.

Walking seemed doable, so he started out slowly, walking 30 minutes each day on his lunch break.

"I found I really liked it. And as I started to lose weight, it got easier," Genter says.

As the pounds came off, he began walking to work — seven miles each way — even in winter.

"It felt so great. It made me understand what was meant by 'a runner's high.' "

Nearly a year after he started dieting and walking, Genter had lost 186 pounds and was down to his goal weight of 200 pounds. He got a new job in Northern California, and last year he got married.

So who would like to go walking 2 times a week around town with me, Anne Richards. Give me a call at 203-762-0033 and we can try a find a time that would be good for all of us.

Stay Healthy on a Plane

Alcohol, seat pockets are not your friends. Learn how to avoid getting sick at 35,000 feet

With adequate knowledge and preparation, though, you can stay healthy on a plane.

Stay healthy on a plane by stretching, even if you're seated.

First, know your limits: if you have a critical illness, are suffering from an active infection or have had recent surgery, you shouldn't fly.

Second, know that the crew is trained in basic emergency measures, such as CPR, and that most commercial planes have a well-stocked medical kit that can be used by trained medical personnel who happen to be aboard.

Third, know how to avoid getting sick. Here are a few air-travel conditions that you can alleviate or prevent. The dry, recycled cabin air irritates mucous membranes and causes painful sinus-cavity pressure to build. This is a tremendous annoyance, particularly to people with colds, sinus infections and chronic sinus conditions. Of course, it's best to avoid air travel when you're sick, but if you can't do so, or you're prone to sinus problems, moisten your nasal passages with a saline spray. Also, although pressurized for comfort, an airplane still has a pressure level equivalent to a Rocky Mountain town.

This can cause fatigue, body aches, headaches and bloating. Adequate hydration is a good way to minimize these problems. Finally, that extreme pressure and popping in your ears during ascent and descent is related to both the change in pressure and air movement for equalization in the ear structures. Chewing gum, yawning and moving your lower jaw forward allow the movement of air to take place and avoid sinus "squeeze."

3: Crowds and infection

So, the guy in seat 24B is coughing and sneezing incessantly, and you're sitting in 24C! There are a few things you can do to decrease your chances of contracting viral and other illnesses from fellow air passengers. First, try politely requesting a move to another seat. Whether you get to move or not, wash regularly with antibacterial gel (not the lavatory water — it too can be contaminated). Armrests, tray

tables and seat pockets are filled with germs. Again, antibacterial gel can help. Note that, although several over-the-counter medications claim to nip colds in the bud, no medical studies have definitively shown them to be effective.

4: Motion sickness

Motion sickness, although not unique to air travel, will make your trip miserable. Some people are more sensitive to it than others (you know who you are!) and can take preventative measures even before the flight. Choose seats in the middle of the plane, where movement is less pronounced. Consult your physician about over-the-counter and prescription medications (the behind-the-ear patch, for example) that help prevent motion sickness. And, again, stay hydrated and avoid alcohol and caffeine before and during a flight.

5: Jet Lag

Traversing time zones can be difficult, even for seasoned travelers. There are a few ways to limit the malaise caused by disturbing the sleep cycle. Drink plenty of water and avoid alcohol and caffeine (we really can't say this enough). Get as much rest as possible prior to your flight, and eat light meals during it. At your destination, re-synchronize your body by getting as much sunlight during the day as possible and by getting at least four hours of sleep at night. Sleep aids, including the supplement melatonin (which hasn't been fully studied), should only be used after consulting your physician.