



NEWS and REVIEWS

Stay at Home in Wilton, Inc.

**PO Box 46
Wilton, CT 06897-0046
Volume 1, Number 6
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For more information visit our
Website www.stayathomeinwilton.org

WELCOME!

And Happy New Year!

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

- More donations from many of our friends and neighbors (see page 3)
- Training our “Friendly Visitors” coming up soon
- Created an Advisory Board to assist with major decisions.
- Signing up new members
- On January 25th the ladies of Stay at Home in Wilton will have their second all girls Dutch Treat luncheon at The Little Pub at the corner of Route 7 and Route 102 in Ridgefield. The choices on the menu are very delicious and the prices are not bad. Please call Anne, 203-762-0033 to make your reservation. We will meet at the Wolfpit Road commuter lot, entrance on Route 7, and drive up together. If you need a ride, call Eloise.
- Wilton/Norwalk AARP Chapter #3929 invites Stay at Home in Wilton members to their meetings held the fourth Thursday of the month from September to June. The January meeting is on January 27th. 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. Call Anne if you need a ride, 203-762-0033.

Board of Directors

Phil Richards, President
Ken Dartley, Vice President
Kay Chann, Treasurer
Luisa Kelso, Secretary
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Sally Poundstone
Barbara Quincy
Anne Richards
Joan Starr
Jay Zitz

Coordination Director: Eloise Barron
Newsletter Editor: Anne Richards

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 nor 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. The annual membership fee is \$360 for a single senior person living in a household (that means less than a dollar a day) and \$480 for two senior people living in a household. The membership is renewable annually. All memberships are good for one year from date of purchase. Just mail your check and the completed membership form to: **Stay at Home in Wilton, PO Box 46, Wilton, CT 06897-0046.**

Recent Happenings

The Wilton informational forum was held at Trackside on December 5 with almost 100 senior citizens in attendance. A brief introduction was given by President Phil Richards telling all about what would be discussed and who would do the talking or singing as the case would be. He gave a short synopsis of what Stay at Home has been working on to benefit our members.

Following his talk the GnGs, better known as the Grandmas and Grandpas sang a few familiar holiday songs. Well done GnGs! Presentations were given by Anne Richards from the Parks and Recreation Commission; Police Chief, Michael Lombardo spoke about the various services available to senior citizens in Wilton, RUOK and other ones; Fire Chief, Paul R. Milositz spoke about services offered by the Fire Department; Susan Chalons-Brown, Chair of the Social Services Commission told of the Food Pantry and what the new Senior Center will be like; Eloise Barron, Stay at Home Coordinator and member of the staff of the Ridgefield Visiting Nurse Association told of the connection between the RVNA and Stay at Home and what she does to help everyone who is a member. Refreshments were served.

Upcoming events you will want to attend

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.

5 Ways to Walk More

By Dr. Jean Harvey-Berino, Ph.D., R.D.,

Easy tips to make exercise a part of your daily lifestyle.

1. Always be ready. Keep a pair of walking shoes and socks at work and by the door at home, so an impromptu stroll is easy.

2. Dress right. Choose loose, comfortable clothing that gives you plenty of room to move your arms and legs. A good pair of walking or running shoes, with socks, is also a must. They don't have to be expensive—but don't skimp on comfort to save a few pennies, either. (Just think of walking shoes as your cheapest form of health insurance.) Replace your shoes when they become worn down.

3. Enrich the experience. Listen to your favorite music while you work out—research suggests it will help you stick with your regimen longer. Or try talk radio, podcasts or books on CD. You can also make your walks a destination in themselves, by trying a new course every once in a while—perhaps a local park, lake path or arboretum instead of your usual neighborhood walk.

4. Mall-walk. Indoor walking eliminates the “bad-weather” excuse and it's a great place to meet a friend and socialize as you move. To avoid temptations to buy at the stores (not to mention the fiendishly aromatic cinnamon buns at the food court), leave your wallet and credit cards behind.

5. Find a walking partner. Besides having someone to talk to and make the walk more

interesting, a partner helps make you more accountable. You'll be less likely to skip a walk if you know someone's waiting for you. If you feel unsafe or self-conscious walking alone, a partner can make all the difference. Need help finding a partner? Check your local mall or neighborhood recreation center for walking-club information.



Save the date! HEALTH FAIR
Wednesday - January 26, 2011
10am-1pm Wilton Family YMCA
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Join local Health Professionals for a day of education and services.
Open to all members & Non Members.
Blood pressure screening, nutrition, acupuncture, massage holistic healing, reflexology and much more including Stay at Home in Wilton. Local Doctors and health care providers will be on hand to answer your questions.
Wilton Family Y Lobby
404 Danbury Road
Wilton, CT

Ladies Luncheon

January 25, 2011 11:15 meet at Wolfpit Commuter Lot to carpool to the Little Pub north on Route 7 corner of Route 102. If you need a ride to the commuter lot call the number on your membership card. Do let me know if you are coming 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
The Bauer Foundation
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
Ken & Chris Dartley
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.
Nancy & Wayne Kohman
Marie & Jules Lazer
Alice N. Levin
Joseph Magliari
Larry & Karen Mauer
Fred Morris
Harlan & Phyllis Murray
Ann Newton
Thomas & Barbara Nixon
Zelie Daniels Pforzheimer

John Pinkham
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
Roger Valkenburgh
Roxanne Wilke
Wilton Congregational Church
Wilton Kiwanis Club
Jay Zitz

In Kind Service Providers

Ridgefield Visiting Nurse Association
ProBono Partnership
Wilton Meadows
Beiersdorf Inc.

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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Do you receive the Senior News Letter called Corridors?

What do you like to do?

If you would like to participate in more social activities, please let me know what you would mostly enjoy. There was one response to the walking once a week around town and I am now checking out walking at the Wilton High School Field House. Hopefully I will get a positive response from them on that matter. But we need to know what you would like to do. There are luncheons for the ladies, and breakfasts for the gentlemen and a get to meet you tea. We have had several forums to inform you of various opportunities for you available in town and more about Stay at Home in Wilton. But it seems these activities are all sitting and listening and we need some more active things to do.

Perhaps you enjoy a game of bridge or Scrabble, or would like to see a show or enjoy music and would like to go to a local concert. Everyone has something they enjoy doing and mine is singing. I'm not good nor do I read music but I love to sing. Does anyone else like singing? Let me know and we can form a duet, trio, quartet or a small group. Do you play an instrument? Let me know and maybe we can form a combo to go along with the singers. We can take the world by storm! Well, maybe Wilton!

Just send me an email and your phone number at info@stayathomeinwilton.org and I will be glad to talk to you about whatever you want to do. We can arrange trips; we can go to Fairfield University to the Quick Center to see opera; we can go to Westport Country Playhouse to see a play; we can go to the Wilton Playshop and see a show right here in town or enjoy a show at the Clune Center at Wilton High School. The possibilities are many and the opportunities are there. Just let me know about them and there will be the chance to do it.

By the way, check out our website because there are dates of various Happenings in this area and maybe you would like to go to do, see or participate in some of them. Call our favorite

coordinator, Eloise, and she will let us know what you want to do. Don't forget now.



Especially For Seniors

Senior Strength Training

This class is especially geared towards exercisers aged 50 and above. You will learn how to use the weight training circuit (machines), free weights and cardio equipment. Develop a custom workout to meet your current health needs and fitness goals. Weight training improves muscular strength, balance, and builds bone mass. These, in turn, will enhance the activities of daily living. It's never too late to start strength training.

Note: This class has a 6-to-1 participant to instructor ratio.

SilverSneakers® Muscular Strength & Range of Movement (MSRM)

A special 60-minute Muscular Strength & Range of Movement class, specifically designed for older adults.

SilverSneakers® SilverSplash®
Senior Water Exercise Class in the 25Y pool

SilverSneakers® Schedules (subject to change)

Mondays MSRM (Studio I) 12:15 -

1:00PM

Tuesdays MSRM (Studio I) 1:30 –

2:15PM

Wednesday SilverSplash® (25Y pool)

12:15 –1:00PM

Wednesday MSRM (Studio I) 1:30 –

2:15PM

Thursdays MSRM (Studio I) 12:15 -

1:00PM

Friday SilverSplash® (25Y pool) 12:15 –

1:00PM

FREE to Members / \$5 drop in fee for Non-members

Arthritis Foundation YMCA Aquatic Program (AFYAP)

This non-clinical program provides a gentle non-aerobic workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment.

NEW!! FREE To Members / \$5 drop in fee for non-members

Days: Tuesday / Thursday

Times: 10:30a - 11:30a

Senior Swim - September through June

This program is FREE to anyone aged 55 and over and is designed to promote

regular exercise, social opportunities and healthy aging. Lap lanes and water exercise areas are available in the 25 yard pool. No formal instruction, but a certified lifeguard is on duty.

Days: Friday

Times: 1:30p - 3:00p

Note: Please check in at the Front Desk when you arrive.



SENIORS MAY QUALIFY FOR FREE Y MEMBERSHIP AND ACCESS TO SILVERSNEAKERS® FITNESS PROGRAM

The Wilton Family Y is offering the Healthways SilverSneakers® Fitness Program to enable people 65 and older to take control of their health and well-being. Older adults who are eligible to participate in the award-winning fitness program, which is new to the Wilton Family Y, may qualify for a free Y membership through their health care provider.

Individuals wishing to join SilverSneakers® **must first contact their health insurance provider to confirm that their health plan qualifies them for the free Y membership.** The next steps include seeing Y Membership Director Michelle Wishna with a copy of your insurance card, completing the SilverSneakers® enrollment form, and obtaining your Y membership ID card.

With your SilverSneakers® membership, you have full access to the Y Fitness Center, swimming pools, gymnasium, and group exercise classes. A special 60-minute SilverSneakers® Muscular Strength & Range of Movement class, specifically designed for older adults, will be offered 2-4 times a week. People 65 and older who are already members of the Y and qualify to join SilverSneakers should contact Ms. Wishna to "freeze" their current membership.

For information about enrolling in SilverSneakers® at the Wilton Family Y, contact Michelle Wishna at 762-8384, ext. 222 or e-mail her at mwishna@wiltonymca.org.