



## WELCOME!

To all renewing members we welcome you back. We had a wonderful year and a half for many of you and all the other members who will be rejoining soon we will welcome you as well. It truly was a wonderful year. Our new Coordinator, Janet Johnson, has really provided us with many truly terrific experiences. Many of the members, volunteers and board members and many of our local representatives in government were able to attend the Holiday Party at Westy's Storage Facility on Route 7 in Wilton. Who would have thought that they would provide such a wonderful setting, terrific food and drink and be a storage facility! The food was not only delightful to look at but really was tasty and delicious to the palate. And just think, none of us had to cook nor clean up afterwards. Hope everyone who attended had a good time and had a chance to meet new friends.

This poem paints a lovely picture of what we might wish our friends and loved ones as we enter the New Year:-

*May you have enough happiness to keep you happy.*

*Enough trials to keep you strong.*

*Enough sorrow to keep you human.*

*Enough hope to keep you thoughtful.*

## NEWS and REVIEWS

**Stay at Home in Wilton, Inc.**  
**PO Box 46**  
**Wilton, CT 06897-0046**  
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[info@shwil.org](mailto:info@shwil.org)

For more information visit our

Website [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

Phone 203-423-3225

*Enough failure to keep you humble.*

*Enough success to keep you eager.*

*Enough friends to give you comfort.*

*Enough faith and courage in yourself to banish depression.*

*Enough wealth to meet your daily needs.*

*Enough determination to make each day a better day than yesterday.*

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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**

Dec. 5 found a group of us shopping for the holidays at the Danbury Mall. We found each other around 11:30 and ventured to the new Cheesecake Factory for lunch together. The food was excellent, the company delightful and the desserts were incredible. What a treat! Wish more of you could have joined us for this very fun affair. Don't miss out next time we go to the mall.

And, of course, the Holiday party at Westy's was the hit of the season.

The first trip to Woodcock was canceled due to bad weather but the second trip there when they made wreaths and had lunch was simply the best.

## Calendar of events for members to attend

### January 10

**Ladies Luncheon** A Pot Luck luncheon at Janet's house, 82 Kellogg Drive. Time: 11:30 am. Call Janet to reserve your spot now.

**Maj Jongg Class** at the Senior Center at Comstock Community Center 2:00 pm. All are welcome to come and learn this very interesting game.

### 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 \$20 a person. Remember the food and the good time we had last summer. Call Janet to make your reservations as soon as possible at 204-762-9303.

### January 24

**Share and Tell** about your hobby. Be it handicrafts, knitting, sewing, stamps, coins, wine, cards, pool, whatever you do in your spare time. Starts at 3:00 pm. Food will be available. Call Janet to let her know what you like to do and are willing to share.

### Wednesdays

**Luncheons at Ogden House** at 12:00 noon on January 11, 18, and 25. Call for reservations Liz Doty, 834-6240. Cost \$3.00

**January 19**, Thursday Luncheon at St. Matthew's at 12:00 noon. Cost is \$3.00.

## Free Swim at the YMCA

January 13, 20, and 27

### 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](mailto: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.

## ICE MELT for when it is slippery this winter.

Hopefully every member has received their 20 pounds of Ice Melt for when the snow comes and melts and freezes and makes it too slippery to out. Special thanks to Ridgefield Hardware for providing the ice melt and Cub Pack 17 for delivering it.

## **A Good Answer to the big question:**

### **Why should I join Stay at Home in Wilton? I'm not ready yet!**

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 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 do need it.

## **Stay active as you age!**

Getting older doesn't mean you have to become inactive. Whatever your current age, you need to focus on staying as active and as physically fit as possible. This is critical to your longterm health and wellbeing. Even seniors who have physical impairments can find exercises that allow them to remain active.

Strength, flexibility, balance, and endurance are the four key areas of health that seniors should focus on. And if you aren't currently exercising then you're losing ground. This can cost you your health and independence if ignored for too long. Below are some different exercises that seniors can participate in to restore functionality in the

above four areas.

Cardiovascular exercises are of course good for your heart health. Exercises that focus on this area include walking, swimming, water aerobics, bike riding, hiking, golf and more. Besides heart health, these exercises increase your endurance and allow you to keep up with younger family members when doing activities.

Strength training helps to keep you mobile longer by improving the conditions of your muscles and bones. Examples of exercise that help this area include: lifting weights, yoga, tai chi, stretching exercises, and pilates.

Balance training helps to prevent falls in seniors and improve muscle strength. This is crucial to long term health and independence. The less active you are the more dangerous a potential fall is to your health and mobility, so be sure to focus on this area as much as possible. Examples of balance training include exercising with light weights, resistance band stretches, and mobility exercises.

Of course, all exercise must be done on a regular basis. So, if you need support, then join a local class or schedule time with friends to help keep yourself consistent. Also, be sure to consult your doctor before starting any new fitness routine. They will be able to evaluate your health and recommend the best fitness activities for your situation.

One of the very best activities is available right here in Wilton at the Wilton Y. The Silver Sneakers, a program designed for seniors, is available right here and it is offered several times a week. Call the Y to see if your supplementary insurance covers you so that you can participate with several

other members of Stay at Home in Wilton. If your insurance covers this program, it costs nothing to participate and it is well worth your time. All the exercises mentioned above are done in each class. Many of the classes are also available at the Senior Center located at Comstock Community Center at 180 School Road. Check your Corridors newsletter that comes out every other month for activities that will help you stay active and physically fit.

## **Advice on water intake, water filters and more.**

**By: Rachael Moeller Gorman**

Do you really need 8 glasses of water every day? Should you filter your tap water? Get answers to these questions and more, including if vitamin-spiked water is worth it.

### **Do I Need 8 Glasses of Water a Day?**

The Institute of Medicine says adult men need about 13 cups (3 liters) per day of fluid; adult women need about 9 cups (2.2 liters) of fluid. (You get about an additional 2 1/2 cups of fluid from foods.)

"But one size doesn't fit all," says Leslie Bonci, R.D., C.S.S.D., director of sports nutrition at the Center for Sports Medicine at the University of Pittsburgh Medical Center and dietitian for the Pittsburgh Steelers. Your size and activity level affect your fluid requirements. Simply put, the larger and more active you are, the more you'll need.

"The easiest thing that anybody could do on a daily basis is monitor their urine color," says Douglas Casa, Ph.D., A.T.C., who studies hydration at the University of Connecticut. "Lighter urine color—like

lemonade—means you're generally well-hydrated. If it's darker, like apple juice, you are most likely dehydrated."

Older adults' fluid needs don't change, but they're more likely to become dehydrated because their sense of thirst declines. Pregnant women and nursing mothers need slightly more water. Some medications, such as antihistamines and certain antidepressants, increase your fluid needs too.

### **Does Climate Impact My Water Needs?**

Yes, in hot weather you typically need to drink more because you sweat more, especially if you're exercising. Humidity also increases your water needs. When it's humid and warm—a double whammy—you may need as much as two times more water than when it's drier. And although we tend to skimp on water when it's chilly out—don't. You also lose more water while breathing frigid, dry air. Fluid needs don't change at altitude (11,500 to 17,500 feet): in fact, your body finds a new normal at 2 percent dehydrated and actually functions better.

### **Can Foods Help Me Hydrate?**

About 20 percent of our fluid intake—or about 2 1/2 cups daily—comes from food. All foods contain some water—and fruits and vegetables deliver the most.

### **Do Coffee, Tea or Alcohol Dehydrate Me?**

While caffeine is technically a diuretic (it increases water excretion from our bodies), you retain most of the water from caffeinated beverages, such as coffee, tea and soft drinks. Alcohol, on the other hand, particularly at high doses, can cause you to excrete more than you consume. One drink,

especially of beer, won't do much (it's about 92 percent water), but wine and hard liquor have more of a dehydrating effect because of their higher alcohol content.

### **Should I Drink Water with Electrolytes?**

Sodium, potassium, chloride, calcium and magnesium are essential for vital reactions in your body—all are electrolytes and all are lost in sweat. It's important that the concentration of those electrolytes doesn't get too high or low—and that they are replaced when depleted. If your electrolyte balances are out of whack, you won't properly absorb the water you do drink. Most electrolytes can be replenished simply with regular, healthy meals. "If you're well-nourished and well-hydrated, then exercise can be at least an hour in length before you need to concern yourself with including electrolytes in the beverage," says Sam Cheuvront, Ph.D., an exercise physiologist for the U.S. Army Research Institute of Environmental Medicine. Replenishing what you lost could be as simple as having a few pretzels. You could also try a sports drink, because it has some sodium. For a walk in cool weather or a short run, water will suffice.

### **The More Water, the Better, Right?**

Not necessarily. It is possible to overdo it. Water intoxication, or hyponatremia, a serious condition when blood sodium levels drop precipitously, can be caused by sweating excessively over several hours and drinking way too much water (versus a sports drink) while not eating or urinating (which often slows during intense physical activity). This could happen to someone who engages in a long athletic event (e.g., a marathon or multi-day hike). Symptoms include confusion, disorientation, weakness and nausea. Hyponatremia can lead to

seizures, coma and death without prompt medical attention.

### **Can Drinking Water Help Me Slim Down?**

Maybe. "If someone chooses water in place of calorie-containing beverages, overall calorie intake is less and they may lose weight," says Bonci. A 2010 study in the journal *Obesity* found that adults who drank two cups of water before a meal ate less at the meal and lost more weight over 12 weeks than the group who didn't drink water before eating.

### **Should I Filter My Tap Water?**

"A filter will give you better water quality," says Pauli Undesser, director of regulatory and technical affairs with the Water Quality Association. Filters remove chlorine added to disinfect the water and so it may taste better. A filter will also remove metals like lead and copper that may have entered the water supply via underground pipelines or your home's plumbing, as well as pharmaceuticals, pesticides and other potentially harmful unregulated compounds. Look for a filter labeled with a gold seal by the Water Quality Association or the NSF International mark: both certify water-treatment products to ensure contaminant reduction and product integrity. That said, American drinking water is quite safe.

**Keep warm this winter and drink some water to stay hydrated. Keep safe and healthy!**

*Happy New Year !*