

NEWS and REVIEWS
Stay at Home in Wilton, Inc.
PO Box 46
Wilton, CT 06897-0046
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For more information visit our
Website www.stayathomeinwilton.org
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Phone: 203-423-3225

Happy New Year
Stay at Home Members!!

We are dedicated to supporting Wilton Seniors who choose to "age in place". Members receive transportation, light household repairs, access to reputable vendors, informative seminars, regular social activities, and calls in the event of a town emergency.

Board of Directors

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Newsletter Editor: Debbie McClelland



Stay At Home in Wilton provides the support needed to make "Aging in Place" in your own home quite enjoyable, and for less than a dollar a day.



Happenings...
Calendar of Events for
Members and their
friends January 2014

Wilton Y Free Swim
Fridays: January 3rd, 10th, 17th,
24th and 31st from 1:30 – 3 p.m.
This program is **FREE** to anyone age 55 or over. Lap lanes and water exercise

areas are available. No instruction, but a certified lifeguard is on duty.

**404 Danbury Road
203-762-8384**

**Hot & Cool: Jazz in the Brubeck Room on Sunday, January 5th
4- 5:30 p.m.**

Percussionist Colin Stranahan and jazz pianist Glenn Zaleski return to Wilton Library and are joined by bassist Rick Rosato for the library's first concert of the New Year in this popular jazz series. Reservations recommended.

**Wilton Library
137 Old Ridgefield Road
203-762-3950**

Ogden House Monthly Luncheon - Wednesday, January 8th at noon

A delicious lunch will be served followed by a fashion show with apparel from the Turnover Shop modeled by Wilton Seniors. Cost: \$3 Reservations are needed by the Friday before. Please contact Liz Doty at 203-834-6240.

**Ogden House
100 River Road**



**AARP Driver Safety Class
Wednesday, January 8th
10 a.m. – 2 p.m.**

The AARP Driver Safety Program is designed especially for drivers age 50 and older. This single session, four hour course covers the normal changes in vision, hearing and reaction time associated with ageing and provides practical techniques on how to adjust to these changes, along with learning to operate vehicles more safely in today's

increasingly challenging driving environment. No written or driving tests; classroom only. CT residents only. Registration required. Program cost: \$15 for AARP members; \$20 for non-members. Bring check or cash only.

**Wilton Library
137 Old Ridgefield Road
203-762-3950**

**A World above the World: The Fourteen Colored Mountain with Daryl Hawk Thursday, Jan. 9th
7 – 8:30 p.m.**

International documentary photographer Daryl Hawk will give a special photography presentation and lecture based on his most recent expedition to the remote Northwest Frontier of Argentina this past April.

**Wilton Library
137 Old Ridgefield Road
203-762-3950**



Connecticut's Own Concert: Madera Winds Quintet Sunday, Jan. 12th, 4 – 5 p.m.

The Madera Winds is a blend of Connecticut musicians who have performed over the last thirty years in chamber music groups in Wilton as well as throughout Fairfield County.

**Wilton Library
137 Old Ridgefield Road
203-762-3950**



Men's Breakfast

Tuesday, January 14th

It is held at Orem's Diner at **9:00 a.m.**
All men are invited to attend and you can "Bring a friend!"

Orem's Diner
167 Danbury Rd.
203-762-9303

Learn to Play Mah Jongg
Chinese style Tuesdays -
January 14th, 2 p.m. and
January 28th, 12:30 p.m.

There are several Mah Jongg Groups. The Tuesday group meets the second and fourth Tuesday of the month: Mah Jongg is open to everyone and its great fun! If you would like to play call Kay Chann 203-762-9026

Wilton Senior Center
180 School Rd.



Ladies Potluck Luncheon
Tuesday, Jan. 14th at 11:30 a.m.
- Janet's House

Janet is opening her home to all the ladies this month. Bring your favorite dish to share and join us for great company and conversation!

82 Kellogg Drive
Call 203-762-9303



New & Prospective Members'
Brunch Thursday, January 23rd
10:30 a.m. to 12:30 p.m.

Learn why seniors enjoy Stay At Home in Wilton. It's not just for the rides. You'll have the opportunity to ask questions about services, events, seminars, and the Stay At Home Community. New Members, Prospective Members and members who would like to bring a prospective member are encouraged to come. For reservations, call Janet Johnson. This event is free.

Any member who refers a new member will receive an extra 3 months of Stay at Home Membership free.

WEPCO
48 New Canaan Rd.
203-762-9303



**Wilton Candlelight Concerts:
Marc-Andre Hamelin, Piano
Sunday, January 26th - 4:00 p.m.**

Marc-André Hamelin is renowned for his fresh readings of the established repertoire and for his exploration of lesser known works of the 19th and 20th centuries. He is admired for his brilliant technique and for his deep-thinking approach to everything he plays. All Wilton Candlelight Concert performances are on Sunday afternoons at 4 p.m. at the Wilton Congregational Church.

**Wilton Congregational Church
70 Ridgefield Road
203-762-5591**

**"Lift Every Voice" - a Concert of
Celebration, Sunday,
January 26th at 4:00 p.m.**

Join us for an Afternoon of Jazz, Gospel and Spirituals featuring Pete Malinverni. Cost is \$20, to benefit the Norwalk Children's Foundation.

**Wilton Presbyterian Church
48 New Canaan Rd. - Wilton
Adults - \$20**

**The Money Lobby:
Documentary Film, Monday
January 27th 7 – 9:30 p.m.**

The focus of the film is on the influence of money on U.S. elections in light of the Supreme Court decision in Citizens United that allowed unlimited contributions from Political Action Committees (PACs and Super PACs). A lively discussion will be sure to follow.

**Wilton Library
137 Old Ridgefield Road
203-762-3950**



**The Art of Decluttering
Tuesday, January 28th 3-5 p.m.**

Peter Schattenfield, Stay at Home Driver, Volunteer and Managing/Administrative Partner of Turning Point Estate Services, LLC will give a power point presentation on decluttering tips on how to dig up value on a lifetime's worth of accumulated "stuff". He will also discuss how to minimize waste through selling, reusing, and recycling of unneeded, yet useful, items by donating them to various charitable and community organizations. You won't want to miss this informative seminar. This free event, sponsored by Stay At Home in Wilton, is open to the public. Refreshments will be served. For reservations and more information, contact Janet Johnson.

**Wilton Senior Center
180 School Road
203-762-9303**

Need Rides? Plan Ahead!

Please call Janet Johnson two or more days ahead to request a ride. Our volunteers are eager to help but need advance notice to make room in their schedules to drive members.

For Rides Calls: 203-762-9303

Healthy New Year's Resolutions

By NYC Senior Care



The New Year means new starts, and that typically involves making New Year's resolutions. While the old-faithful standbys still exist, adults over the age of 65 can greatly benefit from making healthy resolutions – especially those that help prevent illness and injury. Here are five New Year's resolutions that will keep you feeling young and vibrant.

Here are five resolutions that we recommend in the New Year:

1. Participate in cognitive health activities

Mental health is an important aspect of health that we tend to overlook as we extol the benefits of staying physically

fit. Keep your mind engaged and stimulated through a language class, book club or by playing brain games and trivia on the computer.

2. Exercise or start a new physical activity

Exercise doesn't have to be exhausting, and it certainly doesn't have to feel like work. Older adults are increasingly looking to classes such as yoga and tai chi to not only increase physical health, but to meet people and widen their social circles. Other activities like local walking clubs can be found at many senior organizations and community centers.

3. Eat more fresh foods

Processed foods are easy to throw together for a meal, but they come with a host of health issues and concerns, and frankly, they're not worth the hassle. Make a promise to eat more fresh, healthy fruits and vegetables and you'll see a noticeable difference in the way you look and feel – and it takes very little work on your end.

4. Make your home safer

The [Centers for Disease Control](#) state one in three adults over the age of 65 falls each year. Many of these falls are preventable, especially if home safety tips are implemented. Tips like moving cords out of walkways, having good lighting near beds and taping down edges of carpet and rugs can help tremendously to decrease the number and severity of falls for seniors.

5. Schedule regular checkups

Unfortunately, with aging comes with an increased risk of illness and other

complications such as high blood pressure, osteoporosis and other medical conditions. Making sure that you schedule a regular annual checkup can help in early detection and prevention.

Not only will these New Year's resolutions improve your mental and physical health, they'll provide social opportunities and benefit your life in multiple ways. What are some of your goals and resolutions for the upcoming year?

Volunteering is a great New Year's Resolution...



The Meals on Wheels Program provides nutritious low cost high quality meals Monday, Wednesday & Friday to those who qualify. Volunteers deliver meals to homebound seniors and disabled Wilton residents.

Our volunteers are the eyes and ears of Meals-on-Wheels and often alert us to clients who may have additional needs.

Through this program, we help seniors who could not or would not otherwise eat properly. We'd love to have you join us either every week, or even as a

substitute on an as-needed basis. Please call with any questions.

For more information on the Wilton Meals on Wheels Program call Susie Gross at 203-762-0566.



Prez Says:

The past year has been very busy for Stay at Home in Wilton. Besides the hundreds of rides and the many home fix-ups provided by our volunteers, there were several excellent social events each month. In between snow storms, Ken Dartley worked with the Library to put on standing-room only piano concerts featuring Dr. Joe Utterbach. Janet arranged a Bruce Museum tour in February and a nice lunch at Bon Appetit in March, but the visit to Arthur Ave. in the Bronx had to wait until April.

May and June saw two horticultural visits to the Bartlett Arboretum in Greenwich and the Elizabeth Rose Garden in West Hartford, both followed by fine lunches. We also managed to squeeze in concerts at the High School and shows at the Playshop. Toward the end of June, Dick King and I told you about the range of devices available to allow you to call for help if you fall.

In July, we had a great pot luck barbecue at the Y, and a tour around the Thimble Islands plus lunch at the

Chowder Pot. There were also lots of other entertainment opportunities at the Library and Levitt Pavilion. The next month saw many more entertainment opportunities and a special screening of the movie "Quartet". September found us in Port Jefferson with a smooth ride on the ferry leading up to a sumptuous lunch.

In October, we visited a winery followed by lunch and apple picking and on Halloween we had a great bingo session with Sue Wall. For November at the Library, our new board member, Shannon White, told about how to talk with your family about your future plans, while the next week we enjoyed a fine lunch at Bartaco, which is owned by the Daniel's son-in-law. For those that were available, we had a pre-Thanksgiving turkey dinner at our house. To round out the year, our holiday banquet honored our volunteers, and provided an enjoyable evening for them and all our members, with grand entertainment by the Wilton Treblemakers.

I didn't mention the monthly breakfasts for the men and lunches for the ladies, put together by our intrepid Executive Coordinator, Janet Johnson, with help from our Membership Coordinator, Debbie McClelland. These two ladies have become the glue that makes us a family. And thank you all for your participation and support. We are looking forward to continue having a good time together in 2014 with everyone!

Happy New Year!!

Phil Richards

