



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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WELCOME to all!

July has certainly been warm and we hope that you have air-conditioning available to help you stay as cool as possible. Later in the newsletter there is an article describing some ways to keep your home as cool as possible without air-conditioning. Hope it helps with this really warm weather we have had so far.

Something everyone will want to attend this month is our 2nd annual picnic at the Richards' home. Everyone should bring a dish to share and it could be a salad, fruit, dessert or your favorite main dish. Hot dogs and hamburgers with all the fixings will be available and grilled by our president, Phil Richards. There will be games to play like bocce, croquet, and bridge if you are so inclined or you can meet some of our newest members. There will be entertainment by the Grandmas and Grandpas quartet. We can't promise anything about the weather but it will be fun and entertaining. Hope you can come!

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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. **If you know of anyone who would support Stay at Home in Wilton with a donation, please let us know about them.**

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What our members have to say about us!

"I came home with a broken pelvis in three places. She said, "You don't know what tomorrow brings and as we get older we never know what our needs are going to be. I know Stay at Home in Wilton is there for me when I may need help. I had eye surgery and couldn't drive for a while. Stay at Home provided my transportation during that time."

A REMINDER TO ALL OUR STAY AT HOME MEMBERS:

**The Volunteers who help you
From Anne Richards**

The Board of Directors has decided that it would be a good idea to put together a committee to decide on various programs and activities in which you might like to

participate. It is made up of members of Stay at Home and members who are also on the Board of Directors

New, a member program planning committee has been selected and they held their first meeting.

They have put together a long list of activities that you might be interested in attending. Members include: Juliene and Jack Daniels, Judy Mabley, Karen and Bob Pingarron, Anne Richards, Barbara Sage, Giedra Troncone. Here are a few of their ideas:

- Lockwood Matthews Mansion at Holidays
- Crab Boil at Merwin Meadows in Sept.
- Trip to Brookfield for Arts and Crafts sale
- Holiday Party at Westy's again
- Cruise to Sheffield Island Lighthouse & Picnic
- Shows at the Playshop
- Wilton H.S. Shows and Concerts
- DeGarcia Winery in Brookfield
- Making apple desserts for all those who help us every day like EMTs, firemen, Social Services, Senior Center
- Forum at Historical Society on 9/23
- Ladies luncheons at many new places

If you have any suggestions or know of something happening in the future that you feel would be of interest to many of our members, please contact Anne Richards at 203-762-0033 or Anne@shwil.org. We are open to all suggestions and will take them into consideration.

Happened & Happenings Stay at Home in Wilton Garden Tour From Janet Johnson

Thirteen Stay at Home in Wilton members braved the heat and toured five Wilton gardens on the afternoon of June 29th. Our first stops were the home of Ann Morris and her neighbor, Fran LaValley. We loved Ann's "flower bed" of annuals in an area created by an old metal bed

frame. Fran's garden even included a Southwest corner complete with some cactus with many yellow blooms.

The gardens we visited have all been planted and maintained with "tender loving care" by their owners.

Our next stop was at the garden of Alice Levin - a large expanse of grass and plantings behind an antique Wilton home from the 1800's. Alice has lived in this home since she was seven years old and knows the history of every plant and shrub in her yard. We sat on her shady porch and marveled at the vista.

Our next stop was at the home of Liz Keister, only a short walk next door to Alice's. Here again was a beautiful view with a variety of plantings in groups here and there. Liz was not happy, as her garden had just been visited by a couple of deer for their breakfast of lilies and roses.

Our last stop was the garden of Jane Melani. Jane's vegetable garden is surrounded by "mop-heads", large white hydrangeas. Stay at Home's member, Kay Chann went home with some bok choy - a Chinese vegetable for one of her favorite dishes. The garden surrounding the house was spectacular in shades of white, blue and lavender.

Jane gave each visitor a little pot of thyme with the note; "Hope you had a good *thyme* in your garden tour. And we did!

**Calendar of events for
members to attend
July, 2012 and a few for
August
Call Janet for rides!**

The show "Guys and Dolls" will be at the Clune Auditorium at the Wilton High School on **Thursday, July 12**. Cost is \$10 at the door. Call Janet if you need a ride and bring a friend. See you there!

Mah Jongg Class at the Senior Center at Comstock Community Center 2:00 pm will be on **Tuesday, July 17 and 31**. This is open to all who want to learn this challenging game. It really is great fun!

Men's Breakfast on Thursday, July 19
It is held at Orem's beginning at 9:00 am. All men are invited to attend and you all know how good the chocolate chip pancakes are. YUM! YUM! Bring a friend!

**"THE BIG EVENT FOR
JULY"**

The 2nd annual picnic at Phil and Anne Richards' home at 59 Old Highway will be held on **Friday, July 13 at 4:00 pm**. Everyone is invited to attend and if you like, bring a friend. You are requested to bring a Pot Luck type dish to share with others. Something like a potato salad, coleslaw, appetizers, vegetables or dessert for 6 to 8 people would be fine. Whatever you enjoy making and eating will be good to bring. Can't wait to see what the menu will turn out to be. Our President, Phil Richards, will grill hot dogs and hamburgers on the BAR-B. We will have all the fixings for them too. Do call Janet to let her know you will be attending, what you will bring to share and especially if you need a ride.

Ladies Lunch on Tuesday, July 24

It will be at Portofino's Italian Restaurant that is the restaurant that had the fire almost 2 years ago and it is finally open for business again. We will meet there at 12:00 noon. Please let Janet know if you plan to attend and especially if you need a ride. Bring a friend!

Levitt Pavilion

Come to Levitt Pavilion to hear the **Army Band** on Tuesday, July 24 at 8:00. Come early to picnic and enjoy a lovely evening at the Levitt.

Concert at the Wilton Library

A group called "In Harmony" will be singing beginning at 5:00 on July 19th. They are very entertaining and will probably sing a few songs that you might even know. If you need a ride, please call Janet.

Fridays, Free Swim at the YMCA

July 6, 13, 20, 27 from 1:30 til 3:00

From Corridors Town of Wilton offerings for seniors of all ages

Free summer events: Please call Liz at the Senior Center at **203-834-6240** to make reservations for the following luncheons. If you need a ride to any of these places, be sure to call Janet too.

Picnic Lunch on Wednesday, July 11th, 12:00 at Brookdale Place of Wilton with entertainment.

Also, an ice cream social on Friday, August 10 from 3:00 to 4:00

Lunch and Presentation at Laurel Ridge in Ridgefield at 12 noon on Thursday, July 12. Dr. Edward Feliciano will talk on "Bone Health".

Lunch and Bingo at The Greens in Wilton on Wednesday, July 25 and August 22 at noon.

Bingo and Lunch at Wilton Meadows in Wilton on Wednesday, August 1 at 11:30.

NEW at Senior Center Creative Card Stamping

With Andrea Ragusa on Wednesdays July 18 and August 15, 11:15 to 1:15

Cost: \$10 per class Learn to use the techniques of stamping to create an assortment of cards for all occasions. All materials supplied by the instructor. Reservations required. Call 203-834-6240. Class limited to 6 participants. Call Janet if you need a ride.

Monday Movies at the Senior Center

They begin at 12:00 noon

<u>July</u>	<u>August</u>
9 Calendar Girl	6 The Fabulous
16 Sherlock Holmes and the Secret Weapon	Dorsey's 13 Dressed to Kill
23 Freckles Comes Home	20 Lost in the Stratosphere
30 Terror by Night	27 The Mandarin Mystery

And there is popcorn too!!!

Parks & Recreation Trips

Mohegan Sun Casino, Monday July 23 take the van for \$25 for Wilton residents. Nothing else is covered by \$25. Leaves at 8:45 am and returns at 5:00 pm. Reservations are necessary for this trip. Please call 203-834-6234.

Plan ahead to Monday, August 6 when the van will go to New York for a cruise on the Circle Line. Departs at 9:00 and Returns at 5:00. Cost is \$40 for transportation and cruise only.

Cooling Your House

Close your blinds. Close your blinds and curtains during the day to block the sun's heat. As soon as the sun hits your home in the morning, close all windows and keep exterior doors and windows closed throughout the hottest part of the day. Do this until night falls and it's cool enough to open the windows for the night.

Open the windows at night. Open selective windows so that cooler night air is blowing in throughout the evening. Leaving all interior doors open (including closets and kitchen cabinets) helps, too. If you leave them closed, they store the daytime heat and your house won't cool off as much at night.

Cool down your house with fans. Position a ceiling fan, an upstairs window fan or an attic fan to draw off the heat collected in upper rooms and push the heat outdoors. Set up your portable fan so that the fan sucks up cooler air from the floor below, and blows hot air upwards towards the ceiling.

Make a DIY air conditioner. Put a metal bowl of ice in front of a fan, and adjust the fan so that the air is blowing over the ice. Or, use one or more 2 liter bottles and fill them mostly full of water, freeze them, then place them in a large bowl (to catch dripping water). Position a fan to blow on them. As the ice in the bottles melts, the air cools around them. The fan will blow that air at you. The water in the bottles can be frozen overnight and used again repeatedly.

You can also turn on your stove fan (on the ventilator hood) or open up your chimney flue. These will also draw hot air out of the house and pull cooler evening air into the house.

Turn off all heat sources. Don't use the stove or oven to eat. Eat cold food, or use the microwave. Incandescent light bulbs also create heat - switch to compact fluorescents. Turn off your lamps and your [computer](#) when you're not using them. You should also turn off your TV since it gives off a lot of heat, as well as some plug-in power adapters.

Avoid steam. During the day, don't take a hot shower, wash dishes and clothes or cook

until after dark. Make sure your pot lids are tight-fitting. Make sure the door gasket seals on your oven, washer and dishwasher are in good shape and have no breaks or rips.

Put smooth white fabrics over anything in your house that's fuzzy. For example, you could cover corduroy pillows with white satin pillowcases for summer, put linen slipcovers over wool sofas, or just throw white sheets over furniture. Light-colored fabric will reflect heat instead of absorbing it, and the smooth texture will give you an impression of coolness.

Monthly recipe: Easy Pasta Salad

What you need:

2 C. whole wheat rotini pasta, uncooked
You can substitute this with regular rotini pasta.
2 C. small fresh broccoli florets
1 C halved cherry tomatoes
1/3 C Lite Italian Dressing
1/4 C Parmesan Grated Cheese
1/4 C sliced black olives.

To make this:

Cook pasta in large saucepan as directed on package, add broccoli to boiling water for the last 2 min; drain. Put in a medium bowl. Add all the rest of the ingredients and mix lightly.
Refrigerate several hours or until chilled.
About 4 servings.