



## **NEWS and REVIEWS June & July 2014**

### **Stay at Home in Wilton, Inc.**

PO Box 46

Wilton, CT 06897-0046

### **Volume 4, Number 11**

For more information visit our

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

Email: [info@shwil.org](mailto:info@shwil.org)

Phone: 203-423-3225

## ***Stay at Home Celebrates 4 years!***



Cutting the cake, from left Chairman Phil Richards, President Barbara Quincy, Vice President Ann Newton, and Fund-raising Chairman Dick King, (Jeannette Ross photo)

Stay at Home in Wilton celebrated its 4th Anniversary on Friday, May 2<sup>nd</sup>. Over 70 people came out for the festivities at Ambler Farm. The white carriage barn was filled with members, board members, donors, guests and volunteers. Many brought their friends to the celebration and enjoyed hors d'oeuvres, beverages, anniversary cake, live music, and learned more about the Stay at Home in Wilton Community.

Our nonprofit organization is part of the nationwide Village to Village Network, providing services, support and a community within a community to seniors for less than a \$1 a day.

Fund-raising Chairman Dick King thanked major donors Joe Dionne, John and Doon Foster, and the Bauer Foundation as well as in-kind donors Wilton Bank, now Bankwell, Staples, Wilton Congregational Church, WEPCO, Wilton Library, Wilton Parks & Recreation, Wilton Senior Center, and the Wilton Family Y.

Be sure to thank Stay at Home in Wilton donors who help keep the annual membership dues very low at \$360 for a single and \$480 for a couple. While we are very frugal with our spending, the dues cover only about one-third of the income needed.

President, Barbara Quincy recognized the valuable contributions of the many volunteers — 18 drivers, handymen and “techies” — by saying, “Wilton is really lucky to have this dedicated group.”

The celebration concluded with the cutting of the cake. Thank you everyone who came out to celebrate. We are lucky! If you missed the festivities, we have more great events coming up in June and July!

### **Board of Directors**

Barbara Quincy, President  
Ann Newton, Vice President  
Phil Richards, Chairman  
Dave Schmitt, Treasurer  
Luisa Kelso, Secretary

Kay Chann  
Bob Kelso  
Dick King  
Judy Mabley  
Melissa Mednick  
Sally Poundstone  
Anne Q, Richards  
Barbara Sage  
Joan Starr  
Fred Wernig  
Pat Wernig  
Shannon A. White

**Executive Coordinator:** Janet Johnson  
**Public Relations:** Debbie McClelland

## **Fun Summer Activities!**



**Take an Early Morning Walk** - Get up early and head out for a walk before 10am to avoid the strongest sunlight of the day. Don't forget your suntan lotion and water bottle. Call some friends to walk in Wilton Center, or explore wildlife on Schenck's Island in Wilton. Outside Wilton you can enjoy the scenic trails of Cranberry Park in Norwalk or venture over to Sherwood Island, Connecticut's first state park and still one of the finest. Have a leisurely lunch in the shade of the picnic grove, or view marsh life from the observation platform.

**Ages 65 and older can get a free pass for CT State Parks.**

**Bird Watch** - If you have a birdhouse or bird feeder you can enjoy bird watching in your own backyard. To see a variety of birds visit Schenck's Island right in Wilton. Trustee Tom Walker arranges guided bird watching excursions for anyone interested.

**Go Fishing** - Grab your fishing rod and go to the lake or a pier and we're told you can actually fish for trout in the Norwalk River from Schenck's Island. If you're up for a day trip, there are fishing boats that leave from Niantic and Groton.

**Use that Green Thumb** - Gardening burns more calories than you realize. If you don't have a backyard, you can help out at a local community garden, or join a gardening club.

**New Hobby** - Summer is the perfect time to start a new hobby. If you would like to start a hobby with other members, call Janet with your idea.

**Go to Sporting Event** - Attend a grandchild's baseball game or better yet take your grandchild to a Bridgeport Bluefish or Norwich Connecticut Tigers Baseball Game and grab a hotdog and a root beer!

**Summer Concert** - Gather some friends, neighbors, chairs and a picnic dinner and head down to the library for their summer concert series in July!

**Volunteer** - The health benefits of volunteering are huge. You become more physically fit, intellectually active and connected to your community.  
**Become a volunteer driver for Stay at Home. Call Joan Starr 203- 762-7423.**

## **Stay at Home in Wilton's Events June & July 2014**



### **Ladies Monthly Book Club Barbara Quincy's at 11:30 am Tuesday, June 3<sup>rd</sup> and July 1<sup>st</sup>**

Barbara Quincy is hosting the new Stay at Home in Wilton Book Club. Bring your own sandwich or salad. Drinks and cookies will be provided. Please call Janet Johnson at 203-762-9303 with any questions or if you would like a ride.

**Barbara Quincy**  
81 Grey Rocks Road  
203-762-8904



### **Men's Monthly Breakfast Orem's Diner, 9 a.m.**

**Tuesday, June 10<sup>th</sup> and July 8<sup>th</sup>**  
All men are invited to attend. Call Janet Johnson if you need a ride.

**Orem's Diner**  
167 Danbury Rd.  
R.S.V.P 203-762-9303



## **Stained Glass Window Tour Sisters of Notre Dame**

**Tuesday, June 17<sup>th</sup> 11:00 a.m.**

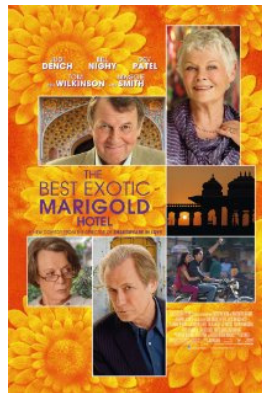
We'll meet our tour guide Giedra Troncone, a member of Stay at Home in Wilton at Sisters of Notre Dame.

Giedra's father, an artist in NYC, won the competition to design the stained glass windows. Come hear Giedra's story about her father and the design of the chapel. The sunshine through the windows is spectacular. We'll have lunch at Bon Appétit Cafe in Wilton Center. Reservations needed for lunch.

**Sisters of Notre Dame**  
345 Belden Hill Rd.  
R.S.V.P. 203-762-9303

**Afternoon at the Movies & Ice  
Cream Social 3 – 5 pm  
Tuesday, June 24<sup>th</sup>  
Now Playing...**

### **The Best Exotic Marigold Hotel**



British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

**Bring a friend. This event is open to  
the public. Call if you need a ride.**

**Senior Center**  
180 School Rd.  
R.S.V.P. 203-762-9303



**SAHW Annual  
Summer BBQ  
Friday, July 18<sup>th</sup>  
5-7 pm**

Join us for a fun summer evening outside BBQ at the Wilton Family Y! Hamburgers, hotdogs, chips, and refreshments will be served. Members are asked to bring an appetizer or salad to share. Dessert is special delivery! The Ice Cream Truck will be back this year! All ice cream desserts will be provided by Stay at Home in Wilton. Call Janet Johnson to reserve your spot. Bring a friend.

**Wilton Family Y Pavilion  
404 Danbury Road  
R.S.V.P. 203-762-9303**



## **Need Help?**

- **Change Light bulbs**
- **Computer Help**
- **Filing**
- **Help with Pets**
- **Home Safety Survey**
- **Household Cleaning**
- **Light Home Repairs**
- **Plumbing**
- **Record Keeping**

**To schedule your service call  
Janet Johnson 203-762-9303.**

## **Members**



Do you have a friend or neighbor who can benefit from a Stay at Home in Wilton Membership? We want to give you three months free membership if your friend joins!

**The benefits of a Stay at Home Membership are great... great friends, great value!**

**Light Household Repairs** such as light carpentry, plumbing, changing light bulbs, computer help along with other services listed on this page.

**Recommendations for Reputable Vendors** for those bigger home improvement jobs.

**Seminars** on gardening, fitness, health, home improvement, hobbies, and more!

**Social Activities** concerts, shows, movies, parties; ice cream socials, bingo, and hobbies

**Special Events and Outings** include marching in the Memorial Day parade, Summer BBQ's, a pre-Thanksgiving dinner and our festive Holiday Party.

**Trips** to Little Italy, local wineries, apple picking, museums, arboretums, and a boat tour around the Thimble Islands!

**Rides** Stay at Home in Wilton provides rides so members do not need to worry about getting around or driving at night.

***Invite your friend to the SAHW Annual BBQ on July 18<sup>th</sup>. Call Janet Johnson to reserve an extra spot!***





## Communicating With Your Adult Children By Shannon White

### Stay at Home Board Member Pastor Wilton Presbyterian Church

If something were to happen to you suddenly, would your spouse/family know your wishes regarding your health, your money, your property? Would they know where you keep important documents and passwords? Have you talked with people in your life about where you want to live in your later years and how you will pay for it? Have you been able to tell your adult children how you're feeling lately? Do they know if you're depressed, or if you're grieving the loss of a friend?

The nuances to these and other topics are changing constantly as we age. Adult children may suddenly become caregivers to us. A reversal from the roles we have served so well throughout our lives. Do they know how vulnerable this makes us feel? Have we talked about when it will be time to give up our car keys? Or if we want to date again after our spouse dies?

"Invisible Conversations" unfortunately exist in our lives....I call them that because they remain in our heads but don't come out of our mouths. Bringing them out into the open can be challenging, but we must have them if we are to keep connected to those whom we love in our later years.

So how do we begin or reopen these difficult conversations? You might begin

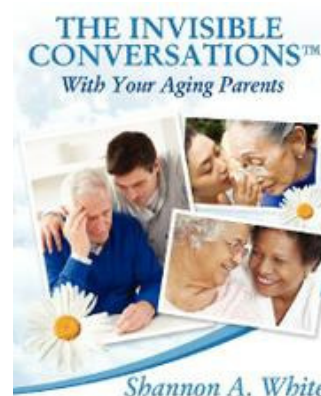
with, "I'd like to talk about what I want my life to look like in the future. Here's what I had in mind..." Or I'd like to stay in my home as I age. Let's talk about some ways I can be independent and get the help I will need. You could then talk about how services, such as **Stay at Home in Wilton** could help make that happen.

Having been a clergyperson for over 20 years, I have been with people who have had the important conversations they've needed to have, and unfortunately many who haven't. As a result of many experiences, I wrote **The Invisible Conversations with Your Aging Parents** as a way to aid adult children and their parents visit and revisit these important conversations.

Summer is a time families gets together. Why not take this time as an opportunity to talk about important topics and make those conversations visible?

**Rev. Shannon White** has been pastor at Wilton Presbyterian Church since 1/2013. She serves on the Board of Stay at Home in Wilton.

### ***The Invisible Conversations with Your Aging Parents***



Published in 2012 and is available on Amazon.com