



## NEWS and REVIEWS

### Stay at Home in Wilton, Inc.

PO Box 46  
Wilton, CT 06897-0046  
Volume 1, Number 7  
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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

with the Grand Opening of the  
Wilton Senior Center if the time  
is right.

## WELCOME!

Spring is right around the corner!

### I HOPE!!

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 very soon
- **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 March meeting is on March 24. 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.
- **Ladies luncheon in March** will be held on March 15<sup>th</sup> at Ten, a Chinese Restaurant, across the street from the Wilton Town Hall. They have a \$6.00 luncheon menu and seems to have quite a nice selection of choices for lunch. We will meet at 11:45 at the restaurant and maybe go next door to have our nails and toes done for \$25. We can combine this

### Board of Directors

Phil Richards, President  
Ken Dartley, Vice President  
Kay Chann, Treasurer  
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Don Drummond  
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Bob Kelso  
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Sally Poundstone  
Barbara Quincy  
Anne Richards  
Joan Starr  
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Coordination Director: Eloise Barron  
Executive Coordinator: Janet Johnson  
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 neither 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](http://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 the same 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.**

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### Recent Happenings

It has been a very hard winter this year and many events had to be cancelled due to heavy snow and bad driving conditions. The gentlemen of Stay at Home had their breakfast at Orem's on Tuesday and apparently enjoyed themselves with good food and good talk. They seem to have a lot in common with each other.

The following week the ladies of Stay at Home held their monthly luncheon at The Little Pub in Ridgefield and had a delightful lunch with lots of laughter and an idea gathering. Many new ideas of what might be interesting to the ladies were discussed and many brilliant ideas came up. Just to fill you in on a few:

- Lunch and movie in Bethel
- All member meeting to discuss things that could be fun, could be useful or could be necessary
- Go to the Playshop for a show and cocktail party
- Negotiate with some vendors for a group rate on items such as snow removal, leaf removal, gutters that work, windows that don't squeal in the wind
- A book discussion group to meet once a month
- Learning how to knit, crochet, quilt or quill
- And many more ideas.

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### Upcoming events you will want to attend

If you enjoy walking and since spring is right around the corner, it was suggested that we have a **Weekly Walk** on a Tuesday mornings. 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.



DATE CHANGE!!!

**Save the new date! HEALTH FAIR**  
**Wednesday – March 23, 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

### **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.

Dr. James T. Aris, D.M.D. F.A.G.D.  
Donna Atkins  
The Bauer Foundation  
Donna K. Below  
Mr. and Mrs. Peter Benin  
Grace & Robert Berg  
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  
Sonja and Don Drummond  
Dr. Arthur D'Souza  
John Foster  
Katharine & Stephen Gluck  
Gunnar Johnson Ogden Fund  
Edward Greene  
Edward & Dorothy Hyde  
Eugene & Betty Jones  
Judith & Madison Jones  
Dr. & Mrs. Ronald Kahan  
Luisa and Bob Kelso  
Dick King  
Burton J. Kloster, Jr.  
Nancy & Wayne Kohman  
Chris Lavin  
Marie & Jules Lazer  
Alice N. Levin  
Joseph Magliari  
Larry & Karen Mauer  
MCL Ventures (Chris Lavin)  
Ann and Fred Morris  
Harlan & Phyllis Murray  
Ann Newton  
Thomas & Barbara Nixon  
Zelie Daniels Pforzheimer  
Sally and 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  
Sally and Jay Zitz

**In Kind Service Providers**

Ridgefield Visiting Nurse Association  
ProBono Partnership  
Wilton Meadows  
Beiersdorf Inc.

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**Wilton News Pertinent to Wilton Seniors**

Do you receive the Senior News Letter called “Corridors”? This newsletter is sent to every senior citizen who is a registered voter in Wilton. It tells about the various activities that are available for a senior citizen, what it is, where it is, how much it costs to participate and everything in between.

There are several new activities that will be happening at the senior center this year. Julienne Camhi will teach a class that combines light aerobic movement for heart health and light weights for strength and gentle stretching to tone your body.

Mary Ann Genuario who is the Health and Fitness Director at the Wilton Y will teach Enhance Fitness on Mondays, Tuesdays, and Thursdays from 9:00 to 10:00. There is a \$3.00 drop in fee per class.

Beginners Bridge is being taught on Fridays from 1:30 to 3:30 for an 8-week series for \$75.

There is a weekly luncheon and program held at Ogden House every Wednesday from 12 noon until 1:30. Local religious and civic organizations prepare and serve a delicious lunch for \$3.00. Call for reservations 203-834-6240.

There are book discussions each month and Play Readings on the first Monday of the month. Upcoming plays to be read include:

- March 7 – Androcles and The Lion by George Bernard Shaw
- April 4 – The Bourgeois Gentleman by Moliere
- May 2 – Cat on a Hot Tin Roof by Tennessee Williams

**The Town of Wilton Survey**

I hope everyone received a survey that was sent to everyone that has reached the age of 55 or over. The reason for the survey was to understand what makes seniors want to either stay here in Wilton or move away. Based on their findings the Selectmen plan to explore solutions that might mitigate or ease many issues of special interest to seniors. It is an 8-page questionnaire that should be sent back to Town Hall very soon. If you haven’t yet filled it out, please do so and get it to Town Hall promptly.

**Grand Opening of the Senior Center March 15 At Comstock Community Center**

Work is slowly getting completed on the new Wilton Senior Center. The old senior center is now a lovely dining room, newly decorated and new furnishings. Two other very large rooms are being painted and brand new furnishings are in the rooms. The floors have been carpeted and, MEN, there is a pool table for your enjoyment. A bocce court is in the works and many other plans are under way.

On Tuesday, March 15 there will a grand opening for the newly designed and decorated Wilton Senior Center. Not

sure what time it will be, so keep an eye out for what time it will happen in the local newspapers.

## **The Importance of Senior Centers**

Written By: M. Paulson

Senior centers offer independence for the aging adult. They play a very important role in the lives of seniors today. But most of all, senior centers allow seniors to become and remain social.

Socializing can help seniors with depression. You will say, "Mom or Dad will not go to a senior center." Then make it easy for them. Go along with your parent for the day. Make it an outing and then take them to lunch. Any aging adult who is 60 years old or older can join a senior center. You can also see the things that a senior center has to offer that mom or dad might be interested in or enjoy. Knowing that your parent is at a center can reduce the stress and anxiety you may have about your parents sitting home watching television all day or being alone. The main thing is to get them out and about.

Senior centers allow seniors to develop a social network. They can make and meet new friends. Senior centers offer programs and services like crafts, bingo, fitness, dances, classes, travel to theatres, museums, computer classes, health screening, informational speakers, daily meals, birthday luncheons to celebrate each member's birthday and much more. Each senior center usually publishes a monthly calendar with a schedule of daily activities or programs. To get your parent started, sign them up at your local center and tell them that they do not need to go everyday. They can start once a week, playing bingo, let's say. This way they will not feel pressured. You will see that before you know it, mom or dad will be visiting the senior center on a daily basis. The phone calls you will get will be about all the fun things they did for the day, or the

new friends they met. They will not have time to watch television at all.

After my father died, my mom became withdrawn and depressed. She stopped wanting to go out of the house. My friend suggested I take her to a senior center. My mom who is 80 years old and did not want to go to a senior center said "it was for old people", but once we got her to go, and she saw what the senior center was about, we encouraged her to join. She started going once a week. Now she is full of life, going everyday, less depressed and so much happier. She now looks forward to each day. She can never decide what to wear. She looks better and feels better it seems. Each month she can't wait to receive her calendar to see what's going on at the center. She has made some new friends that she looks forward to seeing.

I feel senior centers are the best thing around for all seniors today. The centers allow seniors to keep in touch with their peers and feel important and independent as well as give meaning to their lives.

## **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 if there are more responses, then we will start as soon as the weather allows it. 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](mailto: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 on Wednesdays at 12:15. It's great exercise and helps a lot with balance.

### **SilverSneakers® Schedule**

Mondays MSRM (Studio I) 12:00- 12:45 PM & 1:00 to 1:45

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

***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](mailto:mwishna@wiltonymca.org).

### **Free Tax Help Available at the Senior Center, March 14**

The AARP program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be available on Monday, March 14 from 9:00 am until noon. No appointment necessary.

### **Parks and Recreation Trip**

Tuesday, March 8 to the Philadelphia Flower Show. For reservations call 203-834-6234.



## **Wilton Tax Relief Program for Elderly Or Disabled Homeowners**

### **Qualifications:**

1. At least 65 years old by December 31, 2010 or your spouse was; or you were at least 60 years old as of December 31, 2010 and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or
2. You are under 65 years old and permanently totally disabled under Social Security Disability; and
3. You have been a Wilton taxpayer for at least one year; and
4. You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
5. Your qualifying household income for 2010 is \$75,000 or less.

**YOU MAY BE ENTITLED TO A  
REDUCTION IN YOUR REAL ESTATE  
TAX AND YOU MAY BE ABLE TO  
POSTPONE PAYMENT OF A  
PERCENTAGE OF THE TAX  
BALANCE.**

Note: Your application deadline is Friday, May 13, 2011 for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2011 and January 2012. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is from February 1 to May 13. For more

information, contact the Wilton assessor's office at 203-563-0121.

### **Calendar of Events in March**

**March 15** – Ladies Luncheon at Ten 11:30. Maybe get nails and toes done next door following lunch.

**March 15** – Opening of the new Senior Center at Comstock Community Center. No time as yet.

Men's Breakfast at Orem's 10:00 on **March 22**.

**March 23** – Health Fair at Wilton Family Y. Begins at 10 through 1:00. Stay at Home in Wilton will have a table there if you want to stop by and say hello or to ask questions.

**March 24** – AARP meeting at Gallagher Mansion at Cranberry Park, 12:30 to 2:00.

**April newsletter deadline is March 25.** If you have anything that you would like to put in this newsletter that goes to people associated with Stay at Home in Wilton, please send it by email to [anne@shwil.org](mailto:anne@shwil.org)

### **ALSO,**

Ridgefield VNA is offering a FREE professional home safety evaluation. See the next page for all the information and also how to get Life Line, a medical alert device. Call Eloise for more information.



## **BIO – Janet Johnson**

*Stay At Home in Wilton's* Executive Coordinator position will be filled by Janet Johnson following the upcoming Board Meeting on March 8<sup>th</sup>. Janet is a 30+ year resident of Wilton and has maintained her home by herself for many years. She understands well the concept of not climbing on a ladder when home alone.

Janet is a former teacher with a BA in Education from the University of Michigan and an MS in Counseling/Human Resource Development from the University of Bridgeport. Her work experience includes the Human Resources Department at the Singer Company before this 100 year-old company closed with a hostile corporate takeover, executive search experience including the Stamford location of Korn/Ferry International, and most recently, as Medical Education Coordinator at Norwalk Hospital, responsible for the many aspects of the internal medicine residency program for 46 young doctors.

Like many others, the Johnson's moved to Wilton because of the schools. Their daughter and son both graduated from Wilton High School. Karen lives in Darien with her husband and ten-year old daughter, and Mark lives in Chevy Chase, MD with his wife, eight-year old son and four-year old daughter.

Janet is a member of the Wilton Garden Club, the Wilton Women's Club, Wilton Encore Club and Wilton Presbyterian Church. Janet's other interest is flower arranging and she has worked as a floral designer for Stewart Flowers and Wallflowers in Wilton Center. Her floral business is called The Petal Pusher and she often does flowers for weddings and other special occasions. She is very excited about the concept of "*Stay At Home in Wilton*" and is looking forward to working with the Board of Directors, the Advisory Board and the many volunteers and, of course, the members.

## **MEMBERS: Let Us all know a little bit more about you**

Janet has told us all about her life in Wilton and what she has done with her life. It would be simply lovely if each member could take a few minutes and write up something interesting about their life here in Wilton or an experience that really made an impression on them. This article for the newsletter can be sent to me via email at: [info@stayathomeinwilton.org](mailto:info@stayathomeinwilton.org) Hope to hear from many members so we can all get to know each other a little better.

**Hope you have a wonderful St. Patrick's Day and may the road rise to meet you.**