



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
PO Box 46
Wilton, CT 06897-0046
Volume 3, Number 11
MARCH, 2013

info@shwil.org

For more information visit our

Website www.stayathomeinwilton.org

Phone 203-423-3225

WELCOME to all!

Spring is right around the corner and we are really ready for it to arrive and soon. March came in like a lamb so far and hopefully it will go out like a lamb too. We enjoyed so many February adventures that we can only top them with March adventures.

In February we ladies had breakfast like the guys usually do but at the Green Leaf Bakery & Café in Wilton Center. There was a wonderful, educational trip to the Bruce Museum with lunch at Versailles, had a wonderful dinner with the Wilton Congregational Church members and then strolled to the Wilton Playshop to see a terrific show, *The Drowsy Chaperone*. What an incredible month for it being so cold with some snow to show for it. Some even went to see Verdi's *Rigoletto* Metropolitan Opera live in HD at the Ridgefield Playhouse.

March is full of many great things to do, see and travel to see. On the 9th is Speak Up Wilton to be held at Trackside from 9:00 am to 11:00. They will answer all your questions about what's happening in Wilton. On the 12th of March all are invited to Restaurant Week in Wilton. Everyone will go to Bon Appetit for lunch and enjoy a wonderful repast of French style food. On

the 19th we are heading out to the Bronx for lunch and shopping on Arthur Avenue. Again Wilton High School has invited us for lunch and a concert. More details inside this newsletter.

Board of Directors

Phil Richards, President
Ken Dartley, Vice President
Kay Chann, Treasurer
Luisa Kelso, Secretary

Dick King
Judy Mabley
Larry Mauer
Melissa Mednick
Fred Morris
Ann Newton
Sally Poundstone
Barbara Quincy
Anne Richards
Barbara Sage
Joan Starr
Jay Zitz

Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

What our members have to say about us!

“I enjoy all the many activities Stay at Home provides for us. I get to meet new friends and see things I would never do on my own. It’s great to be a member of Stay at Home in Wilton. Every senior should join. It’s Great!”

Happened & Happenings Bruce Museum by Janet Johnson

Ten Stay at Home in Wilton members spent a very pleasant rainy February day at the Bruce Museum of Arts and Science, "the Bruce", in Greenwich. The museum was originally a private residence overlooking the Long Island Sound. Robert M. Bruce, a wealthy textile merchant and a member of the New York Cotton Exchange, bought the property in 1858 and later deeded it to the Town of Greenwich to be used as a museum with a focus on the arts and science.

We toured the two local exhibits, "Let It Snow, Children's Book Art", with original illustrations by regional artists, many from Connecticut, of winter scenes for their children's books; and also, "Extreme Habitats, Living Desert Dry Plants and Animal Adaptations", which relates to survival in the desert. This exhibit featured a life-size diorama of the Sonoran Desert of the Southwest displaying spiny cacti, gila monsters, a coyote, and a roadrunner. The focus was on how desert plants and animals have evolved varied abilities to find moisture and reduce water loss.

We had two very knowledgeable tour guides for the visiting exhibits - "Chinasaurus: Dinosaur Discoveries from China" and Lure of the Ocean: The Art of Stanley Moltzoff". Mr. Moltzoff's paintings on display were almost 30 in number and many were three to four feet in size. One felt as if you were under water looking directly at a marlin, some bluefish, striped bass and other major game fish. The colors were very vibrant and the fish were so very detailed, portrayed in their environments on the New Jersey shore, or the waters of the Caribbean and the Atlantic.

Dinosaurs from China have been discovered and unearthed. The guide pointed out the relationship of the dinosaurs to birds as evidenced by the presence of feathers along side their scales. One of the dinosaurs was the "real thing". The guide showed how the dinosaur skeleton was supported by steel rod reinforcements because of the weight of the bones. Most museum dinosaurs are lighter weight replicas - easier to move and display.

Our next stop before heading back to Wilton was to Greenwich Avenue for lunch at a restaurant called, "My Favorite Place".

Calendar of events for members and their friends to attend in MARCH

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, March 12 at 2:00 and Tuesday, 26 at 12:30.** The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun!

Men's Breakfast was on Tuesday, March 26

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

Saturday, March 9th "Speak Up Wilton"

at Trackside from 9:00 am to 11:00 am. Come with questions for all the Town officials.

Tuesday, March 12

Wilton Restaurant Week **everyone** is invited to come to Bon Appetit for lunch. Separate checks for all. The restaurant is located in the center of Wilton at the Stop and Shop Mall close to the Stop Shop. Be careful where you park since there are signs everywhere where not to park. Call Janet for reservations up til Saturday and Anne

Richards after then. Anne's number is 203-762-0033. She will be the host at this luncheon.

Tuesday, March 19

We will travel to the Bronx to Arthur Avenue for lunch and shopping. The trip includes a visit to the Terranova Bakery and the Arthur Avenue Marketplace. The Parks and Recreation van will be taking us at the price of \$25 each person. Meet at the Wilton Senior Center at 9:30 to get on the van. We will return about 3:30 or so depending on traffic.

Thursday, March 28

Wilton High School has again invited us all to attend a free luncheon and concert beginning at 11:30 in the lobby of the High School Clune Auditorium. After lunch we will walk to the auditorium for a concert put on by the Wilton High School Music Department. It was very lovely last year and there were about 25 of us there. Be sure to come and do bring a friend.

Brookdale Place

Thursday, March 14

Brookdale Place will host a St. Patrick's Day Party from 3:30 pm to 5:00 with Irish food and drink. There will be soda bread to take home with you.

Brookdale Place on April 3 from 6-7:30 pm

They will have a round table discussion on aging and finances. 3 different speakers will give their views on what might work for you. RSVP to Christy Perone 203-761-8999 for both these events at Brookdale Place.

Fridays, Free Swim at the YMCA

March 1, 8, 22, and 29
from 1:30 til 3:00

From Corridors

Town of Wilton offerings for seniors of all ages

Monday Movies at the Senior Center

They begin at 12:00 noon

**Those who are there to see a great movie
select March movies.**

And there is popcorn too!!!

Other activities at the Senior Center

Lunch at Ogden House

Lunch is served on March 6, 13, 20 and 27. The entertainment for the 6th is about Arthritis; on the 13th Music with Jerry King; on 20th Music with Bill Kohler; and 27th the program is Memory Presentation with Judy Klinger. Lunch is served at 12 noon in the large room at Ogden House. Give this a try, you won't be disappointed. Please make a reservation with Liz Doty at 203-834-6240. Food is always good. Bring a friend. Cost is \$3.00 for lunch and entertainment.

PREZ SAYS:

We have had a typical winter this year. The one real snow storm only seemed big compared with the year before with nothing except at Halloween. But we were able to start applying our new member support process developed by Larry Mauer and his committee. You will be hearing more about this in the next few weeks, but suffice to say, the Stay at Home Board feels a strong responsibility to try to make sure our members are safe and secure. We want to help you take full advantage of all the emergency support services available to Wilton residents. As always, we welcome your comments and ideas.

On a completely different note, we know that some of you missed the excellent concert in January with Dr. Joe Utterback. We are doing it again with the Wilton Library on Sunday April 21. It will be a

different program so you can even go again. If you want to go, it is essential that you contact the Library to reserve a seat immediately. Please put this newsletter down for a moment and call them right now. Also please note, we have combined this concert with our third birthday party right afterwards. Even if you don't go to the concert, drop by the Library about 5:00 to help us celebrate.

It has been an exciting three years, made so much more rewarding with the kind words you have given us. We will try to keep improving Stay at Home, so please give us any comments you have for improvements. And please pass along your good comments to friends to encourage them to join in the experience.

Phil Richards

Top ten things for seniors to discuss with their kids.

As they were growing up, you probably sat down plenty of times for "a talk" with your children. Is it time to extend the process?

Discussing important and very private issues with loved ones can be a challenge. Studies show that few families have these types of conversations until a major event occurs—a sudden health crisis, the loss of a spouse, or even a visit from adult children who live out of town.

But waiting until a crisis occurs is not a good planning strategy. And although it is so important to have these conversations, it's best to keep it casual. Start early. And remember: helping to plan for the future is not only important for your well-being as you age, but it will make a difference in

your financial, emotional and physical health as well. Topics to think about and discuss as a family:

1. ***Living options***—Do you want to stay in your current home as long as possible? Or are you considering "downsizing" or moving to a senior living community? Discuss what you would prefer if you were to experience a decline in health and need greater assistance with the activities of daily living. Assisted living? In-home care?

2. ***Fall prevention***—Especially if you have already experienced falls, many are reluctant to discuss this topic. But did you know that fall protection is actually an important part of planning for the future? Falls are one of the leading causes of senior disability...and this is one risk factor for incapacity that we can take proactive steps to avoid.

3. ***Home modifications***—Is your home keeping up with your needs? What repairs and modifications could be made to your house, apartment or condominium to make it safer and more convenient?

4. ***A plan to stay physically active***—Geriatricians tell us that regular physical activity is the most important contributor to healthy aging. No matter what a person's condition, adding exercise is of benefit. Consider adding more exercise to your lifestyle.

5. ***A goal to remain socially connected***—Meaningful social interaction is vital to the physical, emotional and intellectual health of people of every age. For seniors, spending time with children is richly rewarding—but did you know that studies show that seniors who socialize not only with family members but also with other people have better emotional, intellectual and physical health?

6. **Estate planning**—Do you have an up-to-date will? If your plan is to pass property to family members, have they talked to a financial advisor about the best way to do that? How can your assets help provide for your own care in case of a decline in health or incapacity?

7. **Advance healthcare planning**—Have you completed advance directives for healthcare, including a healthcare power of attorney and living will? Have you discussed what your wishes are if you were to be incapacitated and unable to make your own healthcare decisions?

8. **Medicare, Social Security, VA benefits, retirement**—Are you taking advantage of all the benefits available to you? Do you have the best supplemental ("Medigap") policy? Part D drug plan? Do you know the deadlines to sign up for benefits in order to avoid penalties?

9. **Long-term care insurance**—Many people erroneously believe that Medicare pays for a nursing home or home health care services. But in reality, long-term care is not covered by Medicare, and paying for it can quickly deplete financial resources. Investigate whether you are good candidates for long-term care insurance. And if you already have a policy, is it from a reputable company?

10. **Avoiding crime and fraud**—Unfortunately, criminals and con artists often target vulnerable seniors. Scams and unethical sales methods aimed at older people can cause serious financial loss. Seniors who have been victimized are often ashamed to discuss the incident. So educate yourself about crooked sweepstakes, identity theft and unscrupulous salespersons.

These topic suggestions are intended to

provide a framework for seniors and family members as they talk and plan together. And if the "teamwork" aspect isn't working as well as you'd like, consider adding outside new members to the team! Your loved one's healthcare provider, a geriatric care manager, financial planner or eldercare attorney can all provide valuable help and guidance.

Remember that you share a common goal in this planning: that you and your loved ones are able to live life as fully and joyfully as possible.

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.**

Memorial Gifts in Memory of Brita Cappel

Chris & Verna Barrett
Winifred Chesley
Dol Christison
Winifred Kellogg
Irmgard LaForge
Alice N. Levin with matching gift from
GE Foundation
Brian & Sharon Miller
Diana, C. T. Pace, Jr. & Family
Mrs. Shirley Perkins
Mr. & Mrs. Robert Perkins
Barbara B. Quincy
Meg & Michael Sranske
Anne & Philip Stevens

Contributions

Ancona's Wines & Liquors of Wilton Sip and Support Program

Dr. James Aris
Donna and Earl Atkins
Dolores Banta
Verna Barrett
The Bauer Foundation
Virginia and Peter Benin
Toni Boucher
Iris Busch
Robert A. & Elizabeth Butler
Greg and Patricia Caggainello
Joyce Y. Cain
Lynda and Allyn Campbell
Rob and Meg Campbell
Caraluzzi's Markets Fund
Castaldi Financial & Insurance Services,
LLC
Gregory and Deborah Chann
Katherine Chann
Winifred Chesley
Col. Jack and Julienne Daniels
Nickolas and Dorothea Davatzes
Mary and Steven DeLisi
Joseph Dionne Foundation
Marie Donahue
Richard and Anna Jo Dubow
Peter and Carol Evanson
Fairfield County Community Foundation
The Foster Family Fund
Rita Garland
Charles & Kathleen Gebbia
Mrs. and Mrs. William Glass
Glen Gate Company
Blanche Goodwin
Katharine Gluck
Linda and David Gortz
Jacki Gulick
Joan Jevne
Betty & Eugene Jones
Harriet Hoskinson
Dorothy and Edward Hyde
Ronald and Betsy Kahan
Karen King with a matching gift from
Pitney Bowes
Richard E. King
Andrew and Nancy Kingman
Burton Kloster

Peg Koellmer
Peter and Susan Kosche
Bill and Rose Krivoshik
Sandy LaGambina
George and Nancy Lamb
Julius and Marie Lazer
Alice N. Levin (2) and matching grant from
GE Foundation
Judy and Frank H. Mabley
Dr. Michael Maksymiuk
Elizabeth and Chip Mason
Jim and Genia Meinhold
Andy and Lynn Morin (Servco Oil Inc.)
Fred Morris
Raymond & Gail Moskow
Harlan & Phyllis Murray
Barbara and Thomas Nixon
Betty Oberstar
Gunnar Johnson Ogden Fund
Paul W. Orvis Jr.
Jim and Sue Perakis
Christina and Jeffrey Peters
Zelie and Carl Pforzheimer
Sarah and John Pinkham
Pitney Bowes
Sally Poundstone
Mary Preston
Realty Seven, Inc.
Philip and Anne Richards
George Roberts, Jr.
Barbara Sage
Donna Sargeantson
Jerry and Beth Sprole
Joan Starr
Carol and Edward Steiner
Chris and Catherine Stroup
Ian A. & Karen Tesar
Tracy Locke
Jeffrey W. & Nadine M. Turner
Virginia and Roger Valkenburgh
Village Market in Wilton Center
Mary and George Voss
Wells Fargo Bank
Roxane Witke
Wilton Kiwanis Foundation
William and Mary Jo Ziemann

Carl and Elfriede Yoder

In-Kind Services

Comstock Community Center
Kovak-Likely Communications LLC
Nancy L. Kuhl Miller
Staples
Trackside Teen Center
Wilton Bank
Wilton Congregational Church
Wilton Historical Society
Wilton Senior Center
Wilton Family Y

Things I need to talk to Janet about.

1. Your name and phone number in a membership directory.
2. Men's Breakfast on March 26 at Orem's Diner.
3. Rides to various places.
4. Ogden House lunch – Liz 203-834-6240 Wednesdays
5. Wilton Restaurant Week Everyone at Bon Appetit March 12 at 11:45 am
6. Trip to Arthur Avenue for shopping and lunch. \$25 for Parks and Recreation van ride on March 19.

Future Plans for members and friends to attend
Save these dates

April 21, Saturday, is the Dr. Joe Utterback concert "American Songbook" for those who missed the first concert in January at the Wilton Library. This is a completely different concert than he did before. Call 203-762-3950 to make a reservation.

AND ALSO

The 3rd anniversary of Stay at Home in Wilton.

The concert begins at 4:00 and the birthday celebration will be following the concert. If you can't make the concert or it is overbooked again, be sure you come to the celebration of our 3rd anniversary. Make sure you make reservations now to hear the concert. Well worth it. It's free!

April 19, Friday will be the trip on the Train from Wilton Station to Danbury for \$1.00, see the Train Museum, have lunch and return by train to Wilton. \$5 for museum tour and lunch at Two Steps.