



**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](http://www.stayathomeinwilton.org)

Phone 203-423-3225

**WELCOME to all!**

May is such a beautiful month with all the trees filling out with leaves, flowers being planted all around and the rains come to help everything to grow stronger.

For winter's rains and ruins are over,  
And all the season of snows and sins;  
The days dividing lover and lover,  
The light that loses, the night that wins;  
And time remembered is grief forgotten,  
And frosts are slain and flowers begotten,  
And in green underwood and cover  
Blossom by blossom the spring begins.

Algernon Charles Swinburne (1837–1909)

Lots of holidays occur in May but the one that stands out as the best is Mother's Day.

Happiness, Like Most Things  
Happiness, like most things, comes from mothers.  
An amniotic universe is rare.  
Paradises aren't found with others,  
Perhaps because we must breathe our own air.  
Yet even after paradise, we find  
Mothers are a bath of warm affection.  
Only mothers' love is truly blind  
To guarantee all errant souls protection.  
However we find love, it can be only

Evanescence of memories  
Retained from when we never could be lonely,  
'Ere we left our mother's outsized knees.  
So good it is to have that happiness  
Designed to grace each subsequent caress,  
All future love and joy to underlie,  
Yearning backwards towards a mother's sigh.

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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.

### **Memorial Gifts in Memory of Brita Cappel**

Chris & Verna Barrett  
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Winifred Kellogg  
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### **Contributions**

Ancona's Wines & Liquors of Wilton  
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Joe Dionne Foundation  
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Sally Poundstone  
Philip and Anne Richards  
Joan Starr  
Jeffrey W. & Nadine M. Turner  
Wilton Kiwanis Foundation

### **In-Kind Services**

Comstock Community Center  
Kovak-Likely Communications LLC  
Trackside Teen Center  
Wilton Bank  
Wilton Senior Center  
Wilton Family Y

### **What our members have to say about us!**

- 1. Stay at Home in Wilton has helped me get acquainted in Wilton. I moved here from out of state and knew no one other than my daughter in Fairfield and my son in Ridgefield. I have not only made friends thru Stay at Home in Wilton but they have introduced me to places to visit in Wilton – The Wilton Playshop, Woodcock Nature Center, Merwin Meadows for a picnic, Wilton High School for an evening of music, etc. Stay at Home in Wilton drives me to doctor appointments and now my 3x/week rehab sessions. They are my connection to my new town.**
- 2. "By the way, many congratulations on the Fairfield County Foundation Grant. All I can say is it's about time. I firmly believe that each and every senior should be a member of Stay at Home in Wilton."**
- 3. "Stay at Home in Wilton has enabled me to remain in my own home after 40 plus years instead of moving into an assisted living arrangement. I don't have to give up my neighbors. Whether it is getting a ride to the pharmacy or changing a light bulb, it's comforting to know that the Coordinator will handle it. I've also enjoyed some fun lunches and mini trips".**

## Happened & Happenings

April 17<sup>th</sup> was the highlight for many who attended lunch at Luca's to celebrate the second year of Stay at Home in Wilton. It was a lovely luncheon and about 22 members attending the celebration. All shared a beautiful cake. It had the logo of Stay at Home on the top and was a sight to behold.

April 29<sup>th</sup> was the Forum on Fraud that was very educational for many who could someday come up against the problems that were discussed. Not we know how to handle many of the frauds that we may be faced with.

### **A Review of the Forum on Fraud! Held Sunday, April 29, 2012**

Stay at Home in Wilton, Inc. presented two representatives one from the FBI and one from the Wilton Police Department who discussed the spread of various fraudulent activities. Just in case you missed the forum here are a few ideas that you can use if you are presented with what you think might be fraudulent.

- Place a "Fraud Alert" on your credit report by calling any of the three national credit reporting companies: Equifax, Experian, Transunion
- Close accounts
- File a police report
- Contact the Federal Trade Commission

Other ideas to protect yourself from fraud:

- Shred documents with account numbers of credit cards, insurance, bank statements that are over 7 years old.

- Do not carry your Social Security card with you.
- On computers, don't use obvious passwords.
- Never give out personal information over the phone
- Monitor your financial reports and look for charges you did not make.
- Inspect your credit report yearly
- Websites for more information  
IC3.gov  
FTC.gov

## **Calendar of events for members to attend**

**May, 2012**

**Mah Jongg Class** at the Senior Center at Comstock Community Center 2:00 pm will be held on **May 8 and 22**. All are welcome to come and learn this very interesting game.

**Men's Breakfast at Orem's Diner**  
**May 8** at 9:am

**Ladies Luncheon at Red Barn**  
In Westport at 11:45 on **May 8**  
Call Janet for ride.

**Visit to Pepsi Gardens May 15**  
Picnic Lunch there. Bring your camera.  
Leave 10:30, Call Janet for location or a ride

**Wilton Playshop Matinee to see "Steel Magnolias"** Cost 20. Call Janet to make reservations.

**Memorial Day Parade and Pancake Breakfast at the Wilton Congregational Church on May 28, Monday.** Come see Stay at Home in Wilton walk in the parade. Cheer us on as we go by. We'll need it.

**Community Health Series for Spring 2012**  
Held at the Greens, 435 Danbury Road  
**R.S.V.P. Required** (203-761-1191)

- May 9, Wednesday, 5:30 Sleep Disorders with Dr. Christopher Manfredi
- May 16, Wednesday, 5:30 Fall Prevention for the Elderly

### Wednesdays

**Luncheons at Ogden House** at 12:00 noon on May 9, 16, 23 and 30.. Call for reservations Liz Doty, 834-6240. Cost \$3.00. The TrebleMakers are singing on the 23<sup>rd</sup> and you won't want to miss that cause your editor sings in that group.

### Fridays, Free Swim at the YMCA

May 12, 19, 26 from 1:30 til 3:00

### Wilton Library

Offers many wonderful and informative events. Below you will find several that may be of interest to you. Call 203-762-3950 to make a reservation for any of these programs.

### Art Exhibits in May

**Wilton Schools Fine and Performing Arts (FAPA) Exhibit and Opening Reception**  
**Monday, May 7th, 6 to 7:30 pm**

Join us for this annual celebration of the Wilton Schools' Fine and Performing Arts Exhibition at the Wilton Library featuring over 400 works from students in kindergarten through 12th grade. During the reception, student musical performances will also take place in the Brubeck Room. Refreshments will be served. The exhibit will run from May



5th to May 24th, so stop by to see the amazing talent of Wilton's students

**Weir Farm Artist-in Residence Exhibition/ Reception:**  
**Liz Leggett**  
**Monday, May 21st, 6 to 7:30 pm**

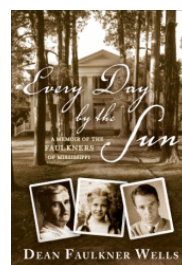


May brings Liz Leggett to the Weir Farm artist-in-residency program. Liz has been taking a hiatus from artmaking to raise her two young children. Her paintings and drawings from her residency will show her recurring themes of chaos, balance and emotional and physical states of aftermath re-interpreted through her new role as parent. The objects depicted will be the toys, gear and accessories of children, strewn about and portrayed both abstractly and recognizably with color, energetic mark-making and paint application. This exhibit and reception is co-sponsored by Weir Farm Art Center and Weir Farm National Historic Site and presented by Wilton Library. There is no charge to attend, but **advance registration is suggested.**

### Senior Center Book Discussion

**Tuesday, May 22nd, 11 am to noon**

Barbara Jones will lead a discussion of *Every Day by the Sun: A Memoir of the Faulkners of Mississippi*, by Dean Faulkner Wells. Dean Faulkner Wells



recounts the story of the Faulkners of Mississippi, whose legacy includes pioneers, noble and ignoble war veterans, three never-convicted murderers, the builder of the first railroad in north Mississippi, the founding president of a bank, an FBI agent, four pilots (all brothers), and a Nobel Prize winner, arguably the most important American novelist of the

twentieth century. She also reveals wonderfully entertaining and intimate stories and anecdotes about her family - in particular her uncle William, or "Pappy," with whom she shared colorful, sometimes utterly frank, sometimes whimsical, conversations and experiences. Call the Senior Center for details and to register at 203-834-6240. The discussion will take place at Comstock Community Center, 180 School Road, Wilton.

### Ben Van Vechten Seminar: *Literary Salmagundi 2012*

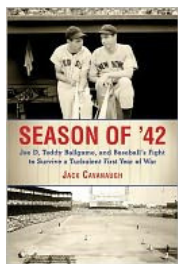
Thursday, May 10th & Friday, May 11th  
**10:30 to noon**

Ben Van Vechten will return to the Wilton Library for a special 2-day seminar with discussions on selections of his choosing.



Copies of the selections are available at the Library's Circulation Desk. This program is made possible through the generosity of an anonymous donor. There is no charge for the program, but **advance registration is required**. Come join us for this popular lecturer's visit.

### Jack Cavanaugh: *Season of '42* Thursday, May 10th, 7 to 8:30 pm

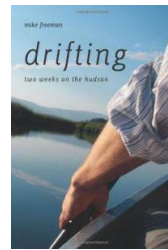


Wilton Library welcomes back veteran sportswriter and Wiltonian Jack Cavanaugh to discuss his latest book, ***Season of '42: Joe D., Teddy Ballgame, and Baseball's Fight to Survive a Turbulent First Year of***

***War***, about this historic baseball season, how it was shaped and affected by the war and what, ultimately, it meant to America. Jack Cavanaugh's work has appeared most notably on the sports pages of The New York Times, for which he has covered hundreds of assignments.

He is the author of *The Gipper* (2010), *Giants Among Men* (2008) and *Tunney* (2006), which was nominated for a Pulitzer Prize in biography. Cavanaugh is currently a professor at the Columbia University Graduate School of Journalism and an adjunct professor at Quinnipiac University. There will be a Q&A session following his talk. Books will be available for purchase and signing. **Please register in advance.**

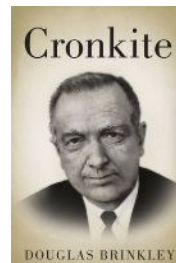
### Mike Freeman: *Drifting - Two Weeks on the Hudson* Sunday, May 20th, 3:30 to 4:45 pm



This candid account of the author's two-week canoe trip down the Hudson River offers an introspective and humorous look at both the river and Recession-Era America. New to fatherhood and fresh from ten years in an Alaskan village, Mike

Freeman sets out to relearn his country, and realizes it's in a far greater midlife crisis than he could ever be. Mike Freeman is a freelance writer and editor, and has canoed thousands of miles in southeast Alaska. His essays have appeared in the *Massachusetts Review*, *South Dakota Review*, the *LBJ: Avian Life, Literary Arts*, *Connecticut Review*, and *Gray's Sporting Journal*. He grew up in Wilton, CT and now lives in Newport, Rhode Island. There is no charge for the program. Books will be available for purchase and signing. **Please register in advance.**

### Douglas Brinkley: *Cronkite* Thursday, May 31st, 7 to 8:30 pm



Douglas Brinkley presents in ***Cronkite*** the definitive, revealing biography of an American legend: renowned news anchor, Walter Cronkite. An acclaimed author and

historian, Brinkley has drawn upon recently disclosed letters, diaries, and other artifacts at the newly opened Cronkite Archive to bring detail and depth to this deeply personal portrait. He also interviewed nearly two hundred of Cronkite's closest friends and colleagues as research for the book. Douglas Brinkley is a professor of history at Rice University and a contributing editor at *Vanity Fair*. There is no charge for the program. Books will be available for purchase and signing courtesy of Elm Street Books, New Canaan. The book is being released on May 29th, so come and get a copy or two hot off the presses. **Registration is highly recommended.**

**Wilton Parks and Recreation  
Call 203-834-6234**

**For information on programs**

Just a Head's Up for 4<sup>th</sup> of July. The P&R will take our seniors to the July 4<sup>th</sup> Celebration. This trip is limited to a total of 10 seniors and only costs \$2.00 (All inclusive).

**Garden Festival  
at the Greens on May 19**

On Saturday from 2:30 to 4:30 there will be a chance for you to see the new indoor greenhouse with fragrant herbs and a sparking fountain and a tour along the path of arbors, shrubs and flowers that will be attracting birds. There will be demonstrations of flower arranging and a horticulturist will talk about plants and gardening for seniors.

**Tickets available for free**

*Oliver* is the play at Wilton High School auditorium on Saturday, May 19. Call Liz Doty for information and reservations at 203-834-6240. 50 tickets are available on first come-first served basis. Bus service to the school from Wilton Senior Center is available for 10 seniors.

## “Great Recipes”

At the recent Forum on Fraud, Kathy Gebbia, a Stay at Home in Wilton Board Member, brought a delicious dessert to the forum for all to enjoy. It is truly something that is simple and delicious all at the same time.

### Cinnamon rollups

8 to 10 slices of plain white bread (the fluffy kind like Wonder Bread, NOT like Pepperidge Farm bread)  
1 pkg. (8 oz) cream cheese  
½ cup sugar (first)  
½ teaspoon vanilla

1 stick melted butter  
1 cup sugar mixed with 1 Tablespoon cinnamon

Let cream cheese soften and mix with the first sugar and vanilla; it should be of a spreadable consistency. (like peanut butter)

Lay out the bread slices on a piece of waxed paper. Dampen the bread ever so slightly. Flatten the bread with a rolling pin. Spread each slice with cream cheese mixture. Melt butter in separate shallow bowl; Mix sugar/cinnamon in another bowl. Roll bread jelly-roll fashion into cylinders or logs. Dip bread rolls into melted butter, then coat with sugar/cinnamon. Wrap and freeze rolls until they firm up a little. Slice into 1 inch sections (about 4 or 5 to each bread roll).

Bake in hot oven 400° about 15 minutes until lightly browned. Can be served with sour cream for dipping, if you like sour cream.