



NEWS and REVIEWS **Stay at Home in** **Wilton, Inc.**

PO Box 46
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Volume 2, Number 6
November, 2011

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WELCOME!

Old Man Winter came too early this year! It is hoped that you always had power and could have normal days during the past week. If you didn't have power, here's hoping that you were able to go to a relative's home or had a generator to control the heat and refrigerator. Those of you who were out of power, had it very hard since the weather was very cold some nights and no relief during the day. By the time you get this November newsletter, it is hoped that everyone has had the power restored.

"There is a harmony
In autumn, and a lustre in its sky,
Which through the summer is not heard
or seen,
As if it could not be, as if it had not
been!"

- Percy Bysshe Shelley

November has many exciting adventures for us as we change all our clocks to Eastern Standard Time, Ladies luncheon at the Red Barn, Mah Jong lessons, Forum at Trackside, Men's Breakfast, Thanksgiving, a get-together at the Wilton Senior Center and other events for seniors in town.

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Getting your estate in order or What seniors need to do NOW!

A very special Forum for all Seniors in Wilton to attend on November 13, Sunday, 2:30 to 4:00 at Trackage near the railroad station. The address is 15 Station Road just off Route 7. The areas that will be discussed by some very notable speakers Focus on Financial Issues, on Estate Issues, Probate Issues and help available from Connecticut Legal Support. Steven Sherman from Morgan Stanley/Smith Barney will discuss the Finances; Paul Burnham from Rucci, Burnham and Carta, will discuss Estate Issues; Anthony DePanfilis of Norwalk-Wilton Probate; and Penny Blair will discuss Connecticut Legal Support.

There will be a Q & A session following the presentations and a "to-do" list will be handed out. Everyone is invited to come, listen and learn. Refreshments will be available and those wishing to join Stay at Home in Wilton will have the opportunity to do so following the forum. Any questions about the forum by calling 203-423-3225 or emailing info@shwil.org

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.

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Happenings & Happened

“Share Joy International” Non-Perishable Food Drive

Westy Self Storage announces its support of Share Joy International by hosting Share Joy’s non-perishable food drive. The drive will run from November 7 to November 20. Westy Self Storage in Wilton will serve as a designated drop off location for donations.

Share Joy International is a Ridgefield based non-profit organization connecting people to people for the purpose of teaching sustainability; and providing food, furniture and clothing to those in need. This food drive will help feed the people in need in our local communities as well as those in Jacmel, Haiti still suffering from the devastating earthquake of January 2010. The most needed items include non-perishable nutritious foods such as canned vegetables, canned fruits, canned soup, canned beans, pasta, pasta sauce, peanut butter, infant formula, vegetable/olive oil, mayonnaise, granola bars, Spaghettios, applesauce, oatmeal, jelly, Jello, sugar and tomato paste. Please help support your community by dropping off some non-perishable food donations at Westy Self Storage in Wilton located at 65 Danbury Road, one mile north of DMV.

For more information on the Share Joy International please call 203-431-8531 or email info@sharejoyinternational.org.

Westy is open for drop off 7 days a week. Hours are 8 a.m. to 6 p.m. weekdays, 9 a.m. to 6 p.m. Saturdays and 11 a.m. to 4 p.m. Sundays. Call 203-762-7600 or visit www.westy.com for directions.

Calendar of events for members to attend

November 2, 9, and 30: Lunch at Ogden House at 12:00 with lecture or music.

November 8: Ladies Luncheon at the Red Barn in Westport 11:45. Call Janet Johnson to arrange ride. Also, Mah Jong Lesson at Wilton Senior Center at 2:00 with Kay Chann.

November 10. Medicare enrollment at Wilton Senior Center by appointment. Call 203-834-1238

November 13. Forum at Trackside. “Getting Your Estate in Order or What seniors Need to do NOW. From 2:30 to 4:00 pm. Refreshments available. Hopefully everyone has received a yellow card in the mail telling all about this very important event.

November 15, Men’s Breakfast at Orem’s 9:00 am and Mah Jong Lesson at Wilton Senior Center 2:00 with Kay Chann.

November 24 **HAPPY THANKSGIVING**

November 29, Monthly Get-Together at Wilton Senior Center from 3 to 5 pm

SAVE THESE DATES IN DECEMBER

December 5 Holiday Shopping trip to Danbury Mall leaving Wilton 9:30. Lunch at Cheesecake Factory

December 13 Holiday Party at Westy Self Storage in Wilton from 6:30 to 8:30. For members, to thank our volunteers, board members and Advisory Board members.

Ancona’s Wines and Liquors

Has designated Stay at Home in Wilton as a beneficiary of their new “Sip to Support”

program. As part of the Corks for a Cause Campaign, “Sip to Support” allows 4% of your purchases at either the Wilton location or the Ridgefield location to go directly to Stay at Home in Wilton. All you have to do is get an “Ancona’s Giveback Card” that is available at both locations. You will need to show a driver’s license and a valid email address. All this information is kept private. You need to tell whoever signs you up that you wish to support Stay at Home in Wilton and your card will be tied to our organization. This is only offered at Ancona’s Wines and Liquors. If you have questions, please contact Monica@anconaswines.com Next time you are in need of wines or spirits, think of Ancona’s Wines and Liquors and use your “Sip to Support” card. The holiday season is just about here.

ICE MELT for when it is slippery this winter.

Since we no longer have a hardware store in Wilton anymore, Keough’s Hardware on Route 7 just past Georgetown will be offering ICE MELT to help make it safe to walk outside this winter. The ICE MELT comes in 10 and 25 pound bags and can be ordered by calling our coordinator, Janet Johnson, and telling her that you would like to get a bag or two just to be safe. The bag or bags will be delivered to your home for free within a short time of your order. The price per bag is yet to be determined.

24 fantastic uses for baking soda

By Melissa Breyer

Most of us know that baking soda can be used for more than just making homemade cookies and other dough rise. It's not uncommon to see an open box of this leavening agent deodorizing refrigerators,

for example. But did you know that there are at least 40 different ways to use baking soda?

Baking soda makes a perfect stand-in for many personal care, cleaning, and deodorizing products. The list of benefits is long: It is inexpensive, free of toxic chemicals, versatile, and effective.

Wondering how baking soda, aka sodium bicarbonate, works its magic? It helps regulate pH — keeping a substance neither too acidic nor too alkaline. When baking soda comes in contact with either an acidic or an alkaline substance, its natural effect is to neutralize that pH. Beyond that, baking soda has the ability to retard further changes in the pH balance, known as buffering.

This dual capability of neutralizing and buffering allows baking soda to do things such as neutralize acidic odors (like in the refrigerator) as well as maintain neutral pH (like in your laundry water, which helps boost your detergent's power). It's a simple reaction, but one that has far-reaching effects for a number of cleaning and deodorizing tasks.

And so without further ado, here are some of the many creative ways you can use baking soda.

Personal Care

1. Make toothpaste

A paste made from baking soda and a 3 percent hydrogen peroxide solution can be used as an alternative to commercial non-fluoride toothpastes. You can also just dip your toothbrush with toothpaste into baking soda for an extra boost.

2. Freshen your mouth

Put one teaspoon in half a glass of water,

swish, spit, and rinse. Odors are neutralized, not just covered up.

3. Soak oral appliance

Soak oral appliances (like retainers, mouthpieces, and dentures) in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using baking soda.

4. Use as a facial scrub and body exfoliant

Give yourself an invigorating facial and body scrub. Make a paste of 3 parts baking soda to 1 part water. Rub in a gentle circular motion to exfoliate the skin. Rinse clean. This is gentle enough for daily use.

5. Skip [harsh deodorant](#)

Pat baking soda onto your underarms to neutralize body odor.

6. Use as an antacid

Baking soda is a safe and effective antacid to relieve heartburn, sour stomach, and/or acid indigestion. Refer to baking soda package for instructions.

7. Treat insect bites and itchy skin

For insect bites, make a paste out of baking soda and water, and apply as a salve onto affected skin. To ease the itch, shake some baking soda into your hand and rub it into damp skin after bath or shower.

8. Make a hand cleanser and softener

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water or 3 parts baking soda with gentle liquid hand soap. Then rinse clean.

9. Help your hair

[Vinegar is amazing for your hair](#), but baking soda has its place in the shower too.

Sprinkle a small amount of baking soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly — baking soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

10. Clean brushes and combs

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry.

11. Make a bath soak

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration. It also makes your skin feel very soft. Or just focus on soothing your feet. Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.

Cleaning

12. Make a surface soft scrub

For safe, effective cleaning of bathroom tubs, tile, and sinks — even fiberglass and glossy tiles — sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt, and liquid dish soap — let it sit then scour off.

13. Hand-wash dishes and pots and pans

Add 2 heaping tablespoons baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots, and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a scratch-less scouring powder.

14. Freshen sponges

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water). For more thorough disinfecting, [use the microwave](#).

15. Clean the microwave

Baking soda on a clean damp sponge cleans gently inside and outside the microwave and never leaves a harsh chemical smell. Rinse well with water.

16. Polish silver flatware

Use a baking soda paste made with 3 parts baking soda to 1 part water. [Rub onto the silver with a clean cloth or sponge](#). Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

17. Clean coffee and tea pots

Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup baking soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the baking soda solution and detergent or scrubbing with baking soda on a clean damp sponge.

18. Clean the oven

Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.

19. Clean floors

Remove dirt and grime (without unwanted scratch marks) from no-wax and tile floors using 1/2 cup baking soda in a bucket of warm water — mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

20. Clean furniture

Clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

21. Clean shower curtains

Clean and deodorize your [vinyl shower curtain](#) by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

22. Boost your liquid laundry detergent

Give your laundry a boost by adding 1/2 cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher, and brighter. Or you can add 1/2 cup of baking soda to the rinse cycle for fresher sheets and towels or to neutralize gym clothes and odoriferous clothing.

23. Clean and freshen sports gear

Use a baking soda solution (4 tablespoons baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize and clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.

24. Remove oil and grease stains

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda on the spot and scrub with a wet brush.