



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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For more information visit our

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WELCOME to all!

It is hoped that everyone is doing fine after the visit from Sandy that lead to all types of problems in Wilton. Between trees and wires down and the wind that loosened so many leaves from their homes in the trees, there is little left to do but clean up after this terrible storm. Halloween Trick and Treats will not be on the real date due to the storm but will take place on November 9th this year. So get your goodies ready for that date when the children of Wilton will come knocking at your door.

Due to the storm plans for taking the train to Danbury and having a tour of the Railroad Museum is postponed to a better date.

Thanksgiving dinner will be enjoyed at the home of the Richards 59 Old Highway (same place as the summer bar-b-que) on November 17 at 1:00 pm.. Each attendee is asked to bring a typical Thanksgiving type dish of food to share with others and there will be a small charge. The Richards are providing the turkey and their home for this event, therefore we can only have about 20 people. Hope you are able to attend this festive event. Casual dress is fine.

We welcome Larry Mauer to our Board of Directors. If you know Larry, you know he

is a very pleasant, knowledgeable retired professor now living full-time in Wilton.

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Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

What our members have to say about us!

“Life has been so much easier since joining Stay at Home in Wilton. I don’t have to worry about getting someplace and they provide us with lots of special activities. It is a wonderful thing that is happening!”

Happened & Happenings Terrain In Westport By Kathy Gebbia

On Tuesday, October 9, 13 Stay at Home in Wilton members and Board Members and two guests visited Terrain in Westport, a large and unique emporium housed in a former Cadillac dealership at 561 Post Road East. Terrain features an eclectic collection of home and garden décor, furniture, plants and plant containers, gifts, personal care items, textiles and unusual food items.

Just walking among the large varieties of pumpkins, gourds, and vibrant, colorful mums was quite a visual treat. We were welcomed and given a tour by pleasant and informative guides, starting with the home section where a young man from Terrain’s original store in Philadelphia showed us some of the unique items – honey, jams, spices, glassware, copper pots, beautifully illustrated cookbooks, among many other items. He claimed the organic Maple Honey Caramel Spread was especially delicious.

Next we went outside to view the gardens. A master gardener walked us around among plants, shrubs, and very beautiful container gardens. She explained her method of plant arranging – “thrill, fill, and spill” – the thrill being eye-catching tall plantings, the center “filled” with symbiotic, colorful plants and around the bottom, vine-like or creeping greenery spilling over the edge of the container. Terrain’s selection of pottery,

wooden crates, unusual metal containers and twig-like obelisks would certainly add an interesting focal point to anyone’s garden.

Then a very artistic and talented young woman created a lovely terrarium right before our eyes, adding rocks, a piece of driftwood, and small crystals along with several plants and moss in a clear, lidded container. We all were impressed with her creativity. Evidently terrariums are enjoying a renaissance in home décor.

Terrain’s café features an organic and seasonal menu with both indoor and outdoor seating. We were served homemade bread displayed in a warm flower pot, a delicious cheese and chutney spread and a 3 course lunch, starting with a very tasty creamy soup of celery root, apple and pesto; a choice of salad – either roasted beets with toasted pumpkin seeds or baby greens with apples and pickled onions and, of course, dessert. Our dessert featured two kinds of cookies, quinoa chocolate chip and molasses ginger snaps. Some of us commented that adding healthy ingredients like quinoa and molasses has to mitigate any guilt one might have in eating dessert.

Special events take place at Terrain, and the October schedule includes workshops about skincare, cooking, terrariums, a mulling spices demonstration and a fireside marshmallow roast. For more information, you may visit Terrain’s event calendar online:

www.shopterrain.com/events

DiGrazia Vineyards in Brookfield, CT by Anne Richards

On October 16th about 12 members from Stay at Home traveled north to DiGrazia Vineyards. It is small operation but lots of

great wines are aged in very large fermenting tanks there. Dr. Paul DiGrazia who is slowly retiring from being an obstetrician owns the winery. He told us that the grapes are grown about 40 miles away in the beautiful hills of Connecticut.

He founded the winery in 1978 and he sold the grapes at the beginning since it takes at least 8 to 10 years before grape vines are mature enough to make wonderful wines. In 1984 the first wines were made. Now the wines include Vidal Blanc, Seyval Blanc white wines; in blush wines he has Honey-grape wine with no added sulfites and a white grape wine blushed with raspberry; red wines and some specialty wines.

Wines take various lengths of time to mature and be ready for sale. Some take only 55 days to mature but red wines take years and port wines take even longer to be ready to enjoy.

The winery is located on the web: www.digrazia.com and to visit the winery it is located at 131 Tower Road, Brookfield, CT.

Following our visit to the winery, we enjoyed a delicious luncheon at The Hearth located further north on Route 7. It is worth a trip from anywhere since the price is very reasonable for a 2 course meal plus beverage and dessert.

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

Tuesday, November 13 - Meet at School Sisters Notre Dame - Wilton - 11:00 a. m. Tour of chapel and stained glass windows - Designed by Giedra's father - Lunch follows in Wilton Center and is open to both ladies and gentlemen - Bring friends also.
Wednesday, November 14 - Baptist Church Thanksgiving Lunch - 11:30 a.m., Wilton Baptist Church at 254 Danbury Rd.

No cost - 36th year of this event given to Wilton seniors. The luncheon includes roast turkey, stuffing, side dishes, dessert and salad.

November 17 is Early Thanksgiving Dinner

Come at 1:00 pm and bring with you a dish to pass that is typical Thanksgiving Faire. Turkey and fixings will be the host's job. The mid afternoon dinner will be at the home of Anne and Phil Richards, 59 Old Highway in Wilton. There is a limit of 20 people who can attend so make your reservation with Anne early. Phone is 203-762-0033. Hope you have that date open.

HAPPY THANKSGIVING - November 22

Tuesday, November 27 - 3:00 to 5:00 p.m. - Senior Center: Christmas Wreath Workshop - Instructor - Janet Johnson

Upcoming December Events -

Saturday, December 1 - 8:00 p.m. Ridgefield Symphony Orchestra, A Night at the Opera with selections from Faust, Manon, LaBoheme Senior ticket - \$20 Call Janet for reservations (203) 762-2600

Thursday, December 6 - Trip to the New York Botanical Garden for their Holiday Show
We hope to have a Parks & Rec driver take us into NY in the Town of Wilton's new van.
Transportation - \$25
Senior Midweek ticket - \$18. Lunch at one of the restaurants/cafes at the Botanical Garden

Friday, December 7 - Holiday Lunch sponsored by Parks & Rec - Senior Center - \$5 - 12:00 noon to 1:30 p.m.

Tuesday, December 11 - 6:30 p.m. - Stay at Home in Wilton's Holiday Party - Wilton Congregational Church Fellowship Hall
Buffet dinner and Holiday music - Put this date on your calendar and be sure to come.

Wednesday, December 19 - Christmas Holiday Celebration - Wilton Fire Fighters Local 2233 serve a turkey dinner with all the trimmings. Middlebrook Singers and Middlemen

will sing as well as the Flute Choir will provide entertainment. Middlebrook's Student Council will provide homemade cookies for dessert. - Ogden House at noon. Come early to socialize first. This is a lovely event - Do plan to attend!

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, November 13 at 2:30** due to luncheon and **Tuesday, 27 at 12:30** due to the Gathering at 3:00. The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun!

**Men's Breakfast on
Thursday, November 8, 2012**

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

Fridays, Free Swim at the YMCA

November 9, 16, 23, 30
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

November:

5: Wild Guitar

12: Against a Crooked Sky

19: Wacky Taxi

26: Rhythm and Blues Revue

And there is popcorn too!!!

**Other activities at the Senior
Center**

Lunch at Ogden House

Lunch is served on November 7 and 28 only. The entertainment for the 7 is the Hoot Owls and on the 28 are the The Gentlemen Songsters. Lunch is served at 12 noon in the large room at Ogden House. Please make a reservation with Liz Doty at 203-834-6240.

Prez Says:

The affect of Sandy appears to be following the pattern of the two storms last year. If you need help, let us know. One lesson that should now be obvious from these recent events is that the cheaper phone services saved money by not being as reliable. Even AT&T new high speed service appears to fail without power. So does the Cable TV phone service. And even if you have a backup generator, these other services will fail within 8 hours when the battery in the access box runs out. As a former phone system designer, I have always kept the more expensive regular phone line (Land Line) for just that reason, and it hasn't failed on us yet. Note, you need to have at least one basic, not wireless phone connected to these lines somewhere.

On to more upbeat ideas, the program committee is planning a bunch of great opportunities for you to get out and see what is around. We will have to reschedule the visit to the Danbury Rail Museum, but several of the other programs are going to be very exciting. See listings elsewhere in this newsletter.

The board of directors is anxious to get more Wiltonians involved in Stay at Home. If you have any ideas about what would attract more members, please let us know. And of course, any new member that you are the first to suggest, will entitle you to three months extension of your membership renewal, so try to get your friends involved.

Phil Richards

Neighbors Helping Neighbors

Our dedicated volunteers find a lot of personal satisfaction when called upon to assist our members. Here is an example: A member couple have been married for over 50 years. They no longer drive as her hearing is limited and he is somewhat hampered by the effects of a stroke. Still, they have a full active life. They frequently call Janet Johnson, our Executive Coordinator, to arrange a ride to Shop Rite or Stew Leonard's in Norwalk where they prefer to do their main grocery shopping. Joan Starr, one of our Board members who schedules our volunteer drivers, arranges for the couple to be picked up and driven to the store. In about 45 minutes, the driver comes back. The couple is waiting with a full shopping cart. They are returned home, all in an efficient hour and a half. The members and the volunteer both have had a mutually fulfilling experience. It is good to know that we seniors can stay in the comfort of our own homes and when needed, can call for some help from Stay at Home in Wilton.

Eliminate Stress and Learn to Relax

**By one of our own members
Sonia Katz**

To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis. It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration.

She studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. She will teach you how to plant the proper suggestions in the unconscious mind to achieve a deep state of relaxation—and take control of your life.

Sessions take place on Thursdays, November 15 and 29 and December 6 and 13 at 2:00 pm in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Fee per session is \$5.00.

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.**

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