



NEWS and REVIEWS

Stay at Home in Wilton, Inc.

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PREZ SAYS:

The big event coming up is Shannon White's talk on the conversation all of us need to have with our kids about planning for our future. This will be held at the Wilton Library, Tuesday, November 12 at 7:00 followed by a panel discussion about some of these critical topics that need to be explored with our children. This is a great opportunity to convince some of your friends that they need to explore this subject further, and that Stay at Home in

Wilton may be able to help with some of the possible concerns. I heard Shannon's talk about three months ago, and it convinced me that we needed Shannon's insights on our Board of Directors.

Much of the panel discussion will focus on key health issues that are very important for all to consider, but these issues need the skills of professionals to address them. That is why Stay at Home defers to the "pros" on health issues while focusing on what can be done by volunteers to make it practical for you folks to stay in your own homes. On the panel, I will try to present a non-professional viewpoint on many of these practical issues. Remember to contact the Library (203-762-3950) to assure that you will have a seat at this session.

A few days before the talk by Shannon, there will be a presentation for all veterans on Thursday, November 7th at 11am at the Senior Center. I tried to get such a talk a year ago, but it didn't work. I met this speaker, Anne James, at a health fair this summer, and she said she would be glad to come. Besides all that she will be telling you at this talk, she will be a good contact for answering further questions for you, so be sure to get her phone number. And you can stay for lunch for only \$3.00. You don't need a reservation for the talk, but you do need to call Janet to reserve for lunch.

Finally, as we approach the winter months, it is a good time to think about what needs to be taken care of, to help you face the rigors of the cold weather. Please contact Janet for any help you need in preparing your home for winter.

-Phil Richards

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Happenings... Calendar of Events for Members and their friends November 2013

**Wilton Y Free Swim
Fridays in November -
November 1st, 8th, 15th, 22nd, and
29th, - 1:30 - 3:00 p.m.**

This program is **FREE** to anyone age 55 or over. Lap lanes and water exercise areas are available. No instruction, but a certified lifeguard is on duty.
**404 Danbury Road
203-762-8384**

Wilton Library: The Yale Art Gallery's Recent Renovation, Expansion and Reinstallation **Friday, November 1st, 7- 8:00 pm**

Jock Reynolds, Director of the Yale University Art Gallery, will be the speaker at the annual Adair Burlingham Memorial Lecture. Mr. Reynolds will speak about Yale Art Gallery's recent renovation, expansion and reinstallation. Now over 180 years later, the major renovation and expansion is complete, and with more than 4,000 works of art, the permanent collection galleries have been fully reinstalled. Reservations are recommended:

**137 Old Ridgefield Rd.
203-762-3950**



**American Artisan Show - Wilton
Historical Society
November 2 & 3
Sat. - 10 to 5; Sun. - 11 to 4**

Celebrating their 75th Anniversary!
This year's American Artisan Show will be located on their beautiful 5-building complex comprising two 18th century homes, two 19th century barns, and a working blacksmith shop.
**224 Danbury Rd. (Route 7)
203-762-7257**



**Veteran's Day
Speaker and
Celebration at the
Senior Center**

Thursday, November 7th, 11 am

Guest speaker, Anne James, Dept. of Veteran Affairs, will give a PowerPoint presentation on VA Pensions and answer questions on VA Benefits. All are welcome to attend the event! A lunch provided by the Wilton Senior Center will follow as we wish to honor our Veterans! Lunch: \$3.00
Reservations are required for lunch.
Contact: **Janet at 203-762-9303**
Comstock Community Center
180 School Road

**Let's Talk: Adult Children and
their Parents**

Tuesday, November 12th
7:00 until 8:30 p.m.

Don't miss this informative panel discussion featuring guest speaker Rev. Shannon White, author of "The Invisible Conversations with Your Aging Parents." Practical advice about beginning conversations about sensitive issues related to aging. Free and open to the public. Refreshments will be served and book signing to follow.
Wilton Library, Brubeck Room
137 Old Ridgefield Road, Wilton
(Parents are encouraged to invite their adult children)

Men's Breakfast

Tuesday, November 12th

It is held at Orem's Diner at **9:00 a.m.** All men are invited to attend and you can "Bring a friend!"
167 Danbury Rd.

**Learn to Play Mah Jongg
Chinese style**

November 12th at 2pm
November 26th at 12:30pm

There are several Mah Jongg Groups that meet at the Senior Center. The Tuesday group meets the second and fourth Tuesday of the month: The Mah Jongg class is open to all who want to learn this challenging game. It really is great fun! If you would like to play call **Kay Chann at 203-762-9026.**
Wilton Senior Center
180 School Rd.

Ogden House Monthly Lunch
**Wednesday, November 13th at
12pm**

A delicious lunch will be prepared by the Temple B'Nai Chaim and the Turnover Shop. An activity will follow. Cost: \$3.
100 River Road



**Hot & Cool: Jazz at the Wilton
Library Brubeck Room**
**Sunday, November 17th 4:00-
5:30 pm**

Jazz pianist, composer and five-time Grammy nominee Fred Hersch performs

for Wilton Library's popular jazz series. Suggested donation: \$10 Advance registration strongly suggested. Pre-registrants should arrive by 3:50 p.m. for guaranteed seating; wait-listed and walk-in registrants will be admitted after 3:50 pm
137 Old Ridgefield Rd.
203-762-3950

Members & Guests Luncheon Tuesday, November 19th at Noon

Visit Andy Pforzheimer's newest restaurant, "**bartaco**" in Westport. Andy is the son-in-law of Jack & Julienne Daniels. Contact Janet at 203-762-9303 if you need a ride. Special Menu: **\$25**
20 Wilton Rd., Westport

Stay at Home 2nd Annual Thanksgiving Dinner at the home of Anne & Phil Richards Saturday, November 23rd at 2pm



The Richards will provide the turkey, stuffing and cranberry sauce and guests are asked to bring an appetizer and bottle of wine, salad, vegetable, or dessert to share. It will be a time of celebration with our Stay at Home

Community and a time to reflect upon what we are thankful for this year.

Phil and Anne Richards
59 Old Hwy.
203-762-0033

R.S.V.P: Be sure to make your reservation by November 20th with what you will be bringing to the dinner either to Anne Richards **203-762-0033** or Janet Johnson **203-762-9303**.



A Dose of Gratitude: How Being Thankful Can Keep You Healthy by Robin Madell

**Studies show that people who
regularly practice giving thanks
are happier.**

What if there was a solution to stress so simple that it involved nothing more than feeling thankful for the good things in your life? In fact, there is. That solution is called gratitude.

Studies have shown that people who regularly practice feeling thankful have a leg up when it comes to their health. Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field, termed "positive psychology." His research has found

that those who adopt an “attitude of gratitude” as a permanent state of mind experience many health benefits.

Emmons’ findings, along with those from other researchers such as Lisa Aspinwall, a psychology professor at the University of Utah, suggest that grateful people may be more likely to:

- take better care of themselves
- engage in more protective health behaviors and maintenance
- get more regular exercise
- eat a healthier diet
- have improved mental alertness
- schedule regular physical exams
- cope better with stress and daily challenges
- feel happier and more optimistic
- avoid problematic physical symptoms
- have stronger immune systems
- maintain a brighter view of the future

With that list of benefits, who *wouldn't* want to try it? To get started giving thanks, consider integrating some of the steps below into your daily life.

Focus Attention Outward

Your attitude plays a large role in determining whether you can feel grateful in spite of life’s challenges. According to Emmons, gratitude is defined by your attitude towards both the outside world and yourself. He suggests that those who are more aware of the positives in their lives tend to focus their attention outside of themselves.

Be Mindful of What You Have

You may assume that those with more material possessions have more to be

grateful for. However, research suggests otherwise. Edward Diener, a psychology professor at the University of Illinois, found that a high percentage of affluent people in Japan report low levels of life satisfaction, just as those living in poverty in India do. These findings suggest that it’s not how much you have, but how you feel about what you have makes the difference.

Keep a Gratitude Journal

Recording what you feel grateful for in a journal is a great way to give thanks on a regular basis. Emmons found that those who listed five things they felt grateful for in a weekly gratitude journal reported fewer health problems and greater optimism than those who didn’t. A second study suggests that daily writing led to a greater increase in gratitude than weekly writing.



Stay at Home Family... What We are Thankful For...

“Glad I'm alive and healthy at 93 years of age. “
-Jack Daniels

“Every night when I go to bed I thank God for Stay at Home in Wilton. Leo and I could not stay in our home without you.”
-Maddie Kass

"I am thankful for family, old friends, and the new friends I have met since joining Stay at Home last month."

-Marge Anderson

"I am grateful for my family, friends, and organizations like Stay at Home." **-C.H.**

"I am thankful my family survived Pearl Harbor. I remember looking up into the Japanese pilot's eyes as he flew right over my house." **-Margaret T. Motavalli**

"Tom and I are always thankful for his health." **-Patty McManus**

"I am thankful Daniel is doing better after a brain seizure." **-Dorothy Lupton**

"We're thankful for being married 65 years this year!" **-Ernest and Marianne**



Stay at Home Welcomes Two New Members in October!

1. Mary Porrazzo
2. Phyllis Tousey

Be sure to introduce yourself to our new members and welcome them into the Stay at Home Community when you see them this month!



Thanksgiving Recipe ~ Mashed Maple Sweet Potatoes

-Debbie McClelland

Ingredients:

1. 4 large sweet potatoes
2. 1/2 cup softened butter
3. 1 cup heavy cream
4. 2 tablespoons vanilla extract
5. 1/2 cup packed brown sugar
6. 1 teaspoon salt
7. 1/2 cup maple syrup
8. 1 cup chopped pecans
9. 2 eggs, beaten
10. 2 tablespoons maple syrup
11. 1/4 cup chopped pecans

Directions:

Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.

Place sweet potatoes onto the prepared baking sheet, and bake in preheated oven until soft, 45 minutes to 1 hour. Remove from the oven and allow cooling slightly before peeling and placing into a large bowl.

Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart casserole dish.

Mash the warm potatoes along with butter, cream, vanilla extract, brown sugar, salt, 1/2 cup maple syrup, 1 cup chopped pecans, and eggs. Spread mashed sweet potato into the prepared baking dish, and sprinkle with the remaining 2 tablespoons of maple syrup, and 1/4 cup of pecans. Bake sweet potatoes in preheated oven until thoroughly hot, 30 to 35 minutes. Enjoy!



December Save- the- Dates:

December 10th: Men's Breakfast at Orem's Diner

December 13th: Holiday Party - Dinner and Musical Entertainment by Wilton's TrebleMaker's

December 17th: - Ladies Shopping Event & Lunch

Flu Shots are still available. Avoid the flu get vaccinated

Sponsored by Visiting Nurse & Hospice Flu clinics are open to the public. No appointment is necessary. Anyone 3 years of age or older may receive a seasonal flu vaccine ("flu shot") at these clinics. Persons under age 18 must be accompanied by a parent or legal guardian. Cost: \$40. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you. Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. The cost is \$80 and is billable to Medicare Part B.

Senior Center

180 School Road

Tuesday, November 5

10:00 a.m. to 11:30 a.m.

Wilton Library

137 Old Ridgefield Road

Saturday, November 9

10:00 a.m. to 11:30 a.m.

Flu Info Line:

203-834-6341 ext. 444

www.visitingnurse.net



Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to "age in place". For less than a dollar a day members receive transportation, light household services, access to reputable vendors, informative seminars, regular social activities, and calls in the event of an emergency.

Let Your Friends and Neighbors Know about Stay at Home!

If you have any friends who are interested in joining contact Debbie McClelland, at 203-778-1081 or deb@shwil.org, or call Janet at 203-762-9303 and give her the names. If your friend or neighbor joins you receive three months free!