



## NEWS and REVIEWS

### Stay at Home in Wilton, Inc.

PO Box 46  
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Volume 2, Number 5  
October, 2011

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### WELCOME!

Fall has truly arrived with chilly nights and semi-cool days. Acorns are falling and some trees are beginning to turn colors.

*Hail, old October, bright and chill,  
First freedman from the summer sun!  
Spice high the bowl, and drink your fill!  
Thank heaven, at last the summer's done!*  
-Thomas Constable (1812-81)

Of course, that is one man's opinion too many years ago. It seems that year must have been a real bruiser of a summer.

But October is here and there are lots of activities arranged for everyone to enjoy. We'll be going to the Historical Society for the scenes of Wilton and lunch, followed immediately having some fun with building the scarecrow that will be downtown Wilton on one of the light posts. Sue Wall will be our chief scarecrow designer. We hope that our scarecrow will win the prize. Come and help us make it the best.

Other activities include a visit to the Philip Johnson house in New Canaan, a Halloween party with costume optional but lots of fun here too.

Men's breakfast at Orem's, Mah Jong lessons, and flu shot opportunities, lunches at Ogden House every Wednesday, and free swims at the YMCA in Wilton are all on the calendar.

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Executive Coordinator: Janet Johnson  
Newsletter Editor: Anne Richards

## Upcoming events you will want to attend

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October 7, 14, 21, 28 Free swim at the Y between 1:30 and 3:00

October 10: Flu shot at Comstock Community Center from 9:00 to 12 noon

October 11: Scenes of Wilton at the Historical Society from 11:30 to 1:30. Lunch will be there. Share the cost of it.

Followed by Scarecrow building with Sue Wall at the Richards home, 59 Old Highway.

October 12, 19, 26: Lunch at Ogden House with wonderful programs. Starts at 11:45.

Cost \$3.00

October 15: Opera, *Anna Bolena*, Ridgefield Playhouse, 1:00 \$20

October 18: Men's Breakfast at Orem's at 9:00 Dutch Treat

October 18: Mahjonn Lessons Senior Center 3:00 with Kay Chann.

October 25: Halloween Party at Comstock Senior Center from 3:00 to 5:00. Costume is optional. Lots of things to do and eat.

Come and enjoy the party and all the folks attending. It will be fun.

Guaranteed.

October 29: Opera, *Don Giovanni* at the Ridgefield Playhouse, 1:00 for \$20

## 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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Joan Starr  
Chris and Catherine Stroup  
**In-Kind Services**  
Frank Murphy, Splash Car Wash  
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## Happenings & Happened

Some of the recent achievements of Stay at Home in Wilton are:

- Above are listed donors who have given all new donations to Stay at Home in the very recent months. If you know someone who would be interested in giving a donation to Stay at Home in Wilton, please send a note to Stay at Home in Wilton, PO Box 46,
- Felix (Phil) Antedomenico was in a horrible auto accident 3 months ago and he spent 2 months in Norwalk Hospital. He is improving and is now at the Greens on Danbury Road doing recuperative exercises to gain his strength back. Please send him a card.
- If you need a ride to any of the offerings listed on the opposite page, please give Janet Johnson our coordinator, a phone call using the number on your membership card.
- The holidays are coming and everyone is probably thinking how can I go shopping for the family. Just give Janet a call and let her know that you would like to do this.

Don't tell her it was my idea. We can arrange a ride up to the Danbury Mall to do shopping. We hope to have one trip with everyone carpooling. We then can meet for lunch and compare what we have purchased for loved ones.

## Redefine Yourself for Retirement

Written By: Cynthia Barnett

If you're like most folks, you have your doubts about retiring. On one hand you may be elated. On the other hand, you may be a bit frustrated because you have no idea what the future entails. We'll, we're here to tell you that shifting gears from a working professional to a successful retiree can be easy. In fact, we consider it like simply shifting gears to a different lifestyle and being open to redefining yourselves. It is not about giving up. It is about undergoing a career transformation, maintaining your professional and personal identity and taking control of your life. It is about being productive, not losing touch with that inner you that makes you very special.

In this article, there are ten proven ways that you can use to redefine yourself and transition into the initial phase of retirement. These ten tips will help you adapt positively to your post-retirement years and are as follows:

1. Partial disengagement - In order to transition smoothly, you must partially disengage yourself from your full time working life. This isn't to say that you must go cold turkey. Instead, you have to develop a different mindset that retirement, although a time for change is a period of new growth and a time for self-fulfillment. At this point, many go from full time to part time and some go from full time to no work at all. Trust your instincts and go with what you feel works for you.

2. Changing our image - You must change your internal image about what your career means. After all, don't focus on 'What am I to do now that I'm retired?' instead think "What will I become once I'm refocused and retired?" Therefore, you have to change your perception and realize that you can succeed as a retiree if you believe that you can.

3. Appreciating ourselves - Remember that you're a unique individual and you need to celebrate this fact, every single day! Your personal worth is far beyond the work you did in the past. You have so much to give and contribute to the world and retirement is the perfect time to let your "inner light shine" and let this light shine as far as you can see.

4. Staying connected - You should be committed to interacting with people with whom you have a common interest. Finding such people can be done by improving your social life to include more people, places and things. Make it a point to get to know people with similar interests as yours. Join clubs and groups, participate in activities, and have a great time.

5. Remain active - Do not think of retirement as only a period of rest and relaxation. Times have changed, and so has the concept of retirement. Being inactive is "OK" if this is all that you want to do. This is about you. Some people take a period of a few months to a year to just cool out and relax before moving on into a more active life. Whether you decide to be "active" or "inactive" and how long, it is totally up to you. You know yourself better than anyone else and you must do whatever makes you happy.

6. Consider your options- Consider your many available options. Whether you 'ease' into retirement, take a course at a college, or work some part time job or pursue a volunteer position, do what you want to do and let no one tell you what you need to do

while in retirement. This is your personal time and you are in control of your life.

7. Increase our knowledge - There is no end to educating yourselves. As long as you've got breath in your body, you should increase your knowledge base. After all, learning is a lifelong process and there are many things that you can do to increase your knowledge and in the process share your knowledge with others. For instance, you can learn computers. You can learn how they operate, how to fix them, and many other things. The possibilities are endless.

8. Explore Your Dreams - Retirement is a perfect time to fulfill your dreams, especially now that you have some time to devote primarily to your needs. Take some time and really think about what you want to accomplish in life and then make those dreams a reality!

9. Join a Cause - Retirement does not mean that you are worthless. To derive a feeling of self worth and fulfillment, commit yourself to a worthy cause that you truly believe in. For instance, you might chose to help people become aware of the devastation of HIV or breast cancer.

10. Maintaining youthful attitude - Retirement from a job does not mean that you give up everything and retire to 'watering plants'. Just because you are so does not mean you have to act your age! It is the attitude that counts.

Redefining yourself after retirement is not as difficult as you might imagine. By maintaining a youthful attitude, joining a cause, exploring your dreams, increasing your knowledge, considering your options, remaining active, staying connected, appreciating ourselves, changing your image and partially disengaging from work force, you can redefine yourself.

## **Wilton Library Events**

### **203-762-3950**

#### **AARP Driver Safety Class**

Saturday, October 1st, 10 am to 3 pm

The AARP Driver Safety Program is a classroom course for drivers aged 50 and older. This single session, four hour course covers the normal changes in vision, hearing and reaction time associated with aging and provides practical techniques on how to adjust to these changes, along with learning to operate vehicles more safely in today's increasingly challenging driving environment.

There are no written or driving tests. The morning session is from 10 am - noon, one-hour lunch break on your own, followed by the afternoon session from 1- 3 pm. Both sessions must be attended. Please register in advance. Program cost: \$12 for AARP members; \$14 for non-members. Bring check or cash only to the morning session.

#### **Breast Cancer Survivors' Support Group**

Tuesday, October 11th, 6 to 8 pm  
The Breast Cancer Survival Center, a Fairfield County non-profit, has been holding support groups, retreats and candle lightings for post-treatment survivors for the past 12 years. Wilton Library is one of its meeting places for the next two months.

Sandwiches and beverages will be provided at no charge to participants. Call Nina Marino, LCSW, Clinical Director of the BCSC, at 203-857-7304 for more information or visit the BCSC website [www.breastcancersurvival.org](http://www.breastcancersurvival.org).

#### **Senior Center Book Discussion**

*I Remember Nothing*, by Nora Ephron  
Tuesday, October 25th, 11 to noon  
Maureen Canary will lead a discussion of **I Remember Nothing** a collection of delightful and wryly humorous essays by Nora Ephron. This group meets the 4th Tuesday of each month through May (except December). Please call the Senior Center for details and to register at 203-834-6240. Our Senior Center discussions are held at Comstock Community Center, 180 School Road in Wilton. Visit the Senior Center Book Discussion page for a list of upcoming meetings and titles.

#### **Art Reception in October**

John Newcomb: "Journey" Art Exhibition & Reception Friday, October 14th, 6 to 7:30 pm  
John Newcomb works in many different styles, both figurative and abstract, using lots of color. While spending 30 years in his "day job" as an art director of publications such as Time and The New York Times, he always found time to paint. The reception is free and open to the public. Our exhibition will run from October 2nd through the 30th and a portion of the proceeds from sales of Newcomb's work will benefit the Library. No registration is necessary.

#### **Darius Brubeck: Notes on South African Jazz**

Tuesday, October 18th, 7 to 9 pm

Pianist Darius Brubeck spent 25 years in South Africa where he met and played with many of the local musicians. His talk will cover some of the main aspects of the music, how it became identified with freedom of expression and the struggle for human rights and his teaching life there.

