



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
PO Box 46
Wilton, CT 06897-0046
Volume 3, Number 7
October, 2012

info@shwil.org

For more information visit our

Website www.stayathomeinwilton.org

Phone 203-423-3225

WELCOME to all!

When you think of October, it's the changing of the leaves and them falling all over the yard, Halloween with its ghosts, goblins and all kinds of kids dressed up in the latest fashions for animals, robots, scarecrows and famous people. This is a month of becoming very creative with all we do and begin to use our imaginations. Well, Janet Johnson, our creative coordinator has come up with a variety of interesting events for us to attend. Our ladies luncheon on October 9 will be of special interest. Terrain Restaurant in Westport is totally different than any other restaurant that you have attended. You've got to see this place.

All are invited to the DeGrazio Winery in Brookfield on October 16. For \$10 we will be able to try 6 different wines from the DeGrazio's Vineyard. Lunch will be at the Hearth Restaurant that gets a 4 ½ star rating and is loved by seniors up and down Route 7.

The 23rd of October will feature a Show'n Tell at Comstock Senior Center. All are invited and do bring your friends. We will again share with each other some of the accomplishments we have made in the last year or two, so bring art you have done,

pictures you have taken, or just bring a nice dessert to pass around. We will also have some special young high school students who would like to tell us about Juniors for Seniors.

Board of Directors

Phil Richards, President
Ken Dartley, Vice President
Kay Chann, Treasurer
Luisa Kelso, Secretary

Kathleen Gebbia
Bob Kelso
Dick King
Judy Mabley
Melissa Mednick
Fred Morris
Ann Newton
Sally Poundstone
Barbara Quincy
Anne Richards
Barbara Sage
Joan Starr
Jay Zitz

Executive Coordinator: Janet Johnson

Newsletter Editor: Anne Richards

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.**

Memorial Gifts in Memory of Brita Cappel

Chris & Verna Barrett
Winifred Chesley
Dol Christison
Winifred Kellogg
Irmgard LaForge
Alice N. Levin with matching gift from
GE Foundation
Brian & Sharon Miller
Diana, C. T. Pace, Jr. & Family
Mrs. Shirley Perkins
Mr. & Mrs. Robert Perkins
Barbara B. Quincy
Meg & Michael Sranske
Anne & Philip Stevens

Contributions

Ancona's Wines & Liquors of Wilton Sip
and Support Program
Dr. James Aris
Donna and Earl Atkins
Dolores Banta
Verna Barrett
The Bauer Foundation
Virginia and Peter Benin
Toni Boucher
Iris Busch
Robert A. & Elizabeth Butler
Greg and Patricia Caggainello
Joyce Y. Cain
Lynda and Allyn Campbell
Rob and Meg Campbell

Castaldi Financial & Insurance Services,
LLC
Gregory and Deborah Chann
Katherine Chann
Winifred Chesley
Col. Jack and Julienne Daniels
Nickolas and Dorothea Davatzes
Mary and Steven DeLisi
Joseph Dionne Foundation
Marie Donahue
Richard and Anna Jo Dubow
Peter and Carol Evanson
Fairfield County Community Foundation
The Foster Family Fund
Rita Garland
Charles & Kathleen Gebbia
Mrs. and Mrs. William Glass
Linda and David Gortz
Jacki Gulick
Joan Jevne
Betty & Eugene Jones
Harriet Hoskinson
Dorothy and Edward Hyde
Ronald and Betsy Kahan
Karen King with a matching gift from
Pitney Bowes
Richard E. King
Andrew and Nancy Kingman
Burton Kloster
Peg Koellmer
Peter and Susan Kosche
Bill and Rose Krivoshik
Sandy LaGambina
George and Nancy Lamb
Alice Lavin
Julius and Marie Lazer
Judy and Frank H. Mabley
Dr. Michael Maksymiuk
Elizabeth and Chip Mason
Jim and Genia Meinhold
Andy and Lynn Morin (Servco Oil Inc.)
Raymond & Gail Moskow
Harlan & Phyllis Murray
Barbara and Thomas Nixon
Betty Oberstar
Gunnar Johnson Ogden Fund

Paul W. Orvis Jr.
Jim and Sue Perakis
Christina and Jeffrey Peters
Zelie and Carl Pforzheimer
Pitney Bowes
Sally Poundstone
Realty Seven, Inc.
Philip and Anne Richards
George Roberts, Jr.
Barbara Sage
Donna Sargeantson
Jerry and Beth Sprole
Joan Starr
Carol and Edward Steiner
Chris and Catherine Stroup
Ian A. & Karen Tesar
Tracy Locke
Jeffrey W. & Nadine M. Turner
Virginia and Roger Valkenburgh
Mary and George Voss
Wells Fargo Bank
Roxane Witke
Wilton Kiwanis Foundation
William and Mary Jo Zieman

In-Kind Services

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

What our members have to say about us!

“You have no idea what wonderful things Stay at Home has done for me since I joined last year. They certainly take good care of me and I’m sure all the other members too.”

Happened & Happenings

The Crab Boil

By Giedra Troncone

Wham! Bang! Ouch! Mmmm! These were all sounds emanating from the Merwin Meadows Pavilion on September 18th, as about 15 fearless members gathered for the crab boil. Some intrepid decapod crustaceans (yes, I had to look that one up!), sensing that the aroma emanating from the simmering water bore them no good, tried to make a run for it. But Bob and Phil were armed, and heedless of the whirling claws, scooped up the run-aways, sealing their fate.

The table was set in the traditional manner for the feast: newspapers, wooden mallets, lots of paper napkins. After some "do's and don'ts" from Anne, we dug in. It was soooo good!

Members who preferred chicken had that choice as well. A salad, sodas, water, some delicious desserts, an atmosphere of friendship and well being, made the weather irrelevant.

The crab boil idea was Bob Pingarron's, as was its execution. Karen must have been his inspiration. It was such a treat to share this bounty with all who attended. Thank you so much Bob and Karen.

Giedra Troncone

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

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, October 9 at 2:30** due to luncheon **and Tuesday, 23rd at 12:30** due to the Gathering Show ‘n Tell 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, October 11, 2012

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

"THE BIG EVENTS FOR October"

October 9 is

Curious Events Day

The Ladies Luncheon on October 9

We will carpool and will leave the commuter lot at the corner of Wolfpit Road and Route 7 at 10:30. We are going to Terrain Restaurant in Westport. We will share their local, organic meals with other Stay at Home members and friends as we create lasting memories in their charming indoor/outdoor setting. They work tirelessly to craft an environment that aesthetically and gastronomically reflects the cycle of the seasons and the local Westport community. Our lady members will be given a tour of the restaurant when we arrive, with a cooking demo and then lunch. Prices range from \$7 for starters to \$16 for entrees at lunch. This will be a real treat for us to even experience the restaurant and all its beauty.

October 11th is

**Take your Teddy Bear
to Work Day**

The Men's Breakfast is on Thursday, October 11th at Orem's Diner at 9:00 am.

October 16th is

Dictionary Day

A trip to DeGrazia Winery in Brookfield is planned. We will meet at the Commuter Parking lot at the corner of Wolfpit Road and Route 7 Time: 10:30

There will a tasting of 6 wines from the winery at \$10. Following that we will venture to the Hearth Restaurant close by for lunch. As a partaker of the restaurant's repast, one person said "The Hearth Restaurant has a reputation as the first choice of local senior citizens. Perhaps that's because age brings wisdom! The older/wiser we are, the more we appreciate simply prepared, fresh, delicious food in ample portions, served by friendly familiar faces and priced so reasonably." Sounds good to me.

**October 23 is TV Talk Show Host
Day**

**Monthly Gathering at Senior
Center 3:00 to 5:00**

October 23

This will be a Show 'n Tell session with various men and ladies telling us about the pictures they have taken, the art object they collect, a delectable dish they will share with all to enjoy, or what scrapbooking is all about. All are welcome to come and hear about some of our hobbies that we love to do. Also, at the same gathering will be students from the Wilton High School who will tell of a new venture they would like to get us involved with called "Juniors for Seniors". The students want to help seniors such as us learn how to use technological contraptions and for us to help them learn what we like to do. Some of things they enjoy are music, sports, chess, checkers, computers, puzzles, and just plain talking.

National Bologna Day is October 24

Wilton High School

FREE

**Choral Concert in the Clune
Auditorium on Wednesday,**

October 24th Time: 7:30

All are invited to come to the concert.

Fridays, Free Swim at the YMCA

October 5, 12, 19, and 26
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

October:

8: Senior Center Closed but they are having flu shots from 9 to 11 am

15: Biography: Clint Eastwood

22: My Big Fat Greek Wedding

29: Ronald Reagan: A Legacy

Remembered

And there is popcorn too!!!

Other activities at the Senior Center

October 30 is National

Candy Corn Day

Comstock Community Center

October 30, Tuesday: At noon our First Selectman, Bill Brennan will host Lunch and Learn for Seniors to attend. Lunch is free and discussion will cover everything you ever wanted to know about what is going on in Wilton. If you don't know what is going on in Wilton and want to be on the "in" by all means, make a reservation with Liz Doty at 203-834-6240.

Save the Date Nov. 2nd

Friday

Train Ride to Danbury

We will be at the Wilton Train Station to meet the 11:28 am train to Danbury. Cost is \$1.00 each way. Carol and Dave Wilson, Stay at Home members, will be our guides around the Railway Museum for \$5.00. Lunch will be at the Two Steps Restaurant a very short walk from the Railway Museum.

We will return to Wilton on the 3:14 for \$1.00.

Prez Says:

We have had another eventful month with the one coming up being equally interesting. Our program at the Historical Society brought out a number of potential new friends. If you know any of them, why not encourage them to join (and incidentally get a three month extension in your membership).

I think it might be useful to focus on folks behind the scene that make things happen. This month, I'd like to recognize our volunteer team who not only encourage people to sign up as volunteers, but they also spend much time on the phone finding volunteers who can give members the rides they need. Joan Starr is the first point of contact who gets volunteers to help out, ably assisted by Barbara Quincy who focuses on recruiting. They noted that it frequently takes over half a dozen phone calls to set up one ride. We are happy to help members out this way, but if you should see either of them, you might mention that you appreciate their efforts, as do I. You might also mention your appreciation to the volunteers that provide the rides as many of you have done in the past.

This transportation effort is one of the functions that makes Stay at Home in Wilton a really great bargain. Other organizations have much larger annual fees or charge \$10 per ride, but thanks to our volunteers and our volunteer contacts, we are able to include it as part of your very low annual fee. Thanks to you for participating and thanks to all the volunteers who make this project work.

Phil Richards

Live Well Program

8 Ways to Fight Memory Loss

By Dr. Weil

Memory loss can occur for a variety of reasons. Some loss of memory with aging is natural – it is normal to experience short-term forgetfulness, such as the inability to remember a person’s name you met recently. Memory loss that is not a normal part of aging is called dementia. The most common form is Alzheimer’s disease. Also common is multi-infarct dementia caused by successive strokes that gradually affect brain tissue. Memory loss may also result from [alcoholism](#), infection or repeated head trauma.

The two major categories of memory are short-term and long-term memory. Short-term memory includes remembering the names of people you recently met or where you put your car keys. Information stored in long-term memory includes events that occurred years ago, such as the name of your third-grade teacher, what you wore to your prom, or where you worked during your summer breaks from college.

As we get older, we experience a gradual loss of brain cells. This can affect the way we store and retrieve information. Our short-term memory progressively declines, causing difficulty in remembering details of recent events as well as a diminished ability to learn. Memory loss from aging does not typically affect normal functioning, however, nor does it necessarily get worse over time. It is not the same as dementia.

Five Recommended Lifestyle Changes

- **Exercise your mind.** Research shows that the old adage “use it or lose it” applies to your mental power

as much as to the rest of your body. Crossword puzzles, mind games, and challenging reading or educational classes can all help you keep your brain agile and strong.

- **Exercise your body.** Physical exercise seems to correlate with better mental function, perhaps because of improved circulation.
- **Eat a diet rich in [antioxidants](#) and omega-3 fatty acids.** Vegetables and fruits are the best sources of antioxidants, although tea and dark chocolate contribute as well. Cold-water fish, freshly ground flaxseed and walnuts provide omega-3s.
- **Avoid alcohol.** Alcohol’s damaging effect on brain cells is well established in the medical literature.
- **Reduce stress.** Learn and practice regular relaxation techniques like meditation or yoga

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.