



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
PO Box 46
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Volume 4, Number 6
October 2013

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PREZ SAYS:

We had good cruising practice going over to Port Jefferson. Now we are for real somewhere in the Atlantic, headed for Quebec and back. Anne and I like cruising because you can go everywhere without having to pack and unpack repeatedly.

We have several important things coming up soon: the Halloween Party at the senior center the end of October and the presentation of Shannon White's book at the library in mid-November.

Shannon, the new minister at the Presbyterian Church, recently joined our board and is giving us some fresh ideas to make things interesting.

A number of you have requested contact information for other members. This booklet is in preparation by Janet, and should be out very soon. I'm happy that there was good interest in that because it shows that we are indeed creating a friendly community among our members.

Many of you may not be aware that there are several hundred organizations similar to ours throughout the nation. The generic title for them is "villages", and there is a village-to-village network connecting many of them through a web site called:

www.vtvnetwork.org

A recent addition to this operation is an interchange program. What this offers is an opportunity to utilize the social programs of another village when you are visiting their area. You would still have to pay what their members pay for each activity, but otherwise, it is just an added benefit, limited to two weeks (in other words, not for snow birds). To use this, you would need to set it up in advance by contacting Janet, giving her the dates you will be going and the location. It would be best to check the web site listed above to determine if a village is operating in the area and its name; please look carefully since the site also lists a large number of villages that are still in the planning stages. Soon, we also may see some new folks from other villages joining in our activities.

Phil Richards

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Newsletter Editor: Debbie McClelland



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

Wilton Y Free Swim Fridays in September

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.

Dates: October 4th, 11th, 18th, and 25th
Time: 1:30 - 3:00 p.m.



Connecticut's Own Concert: Connecticut Composers, Inc.: A Concert of Music Sunday, October 6th

Concert is from **4 – 5 p.m.** at the Wilton Library. Works by six composer-members of Connecticut Composers will be performed by such diverse ensembles as saxophone and piano, saxophone quartet, solo clarinet, and solo voice and piano. Registration strongly suggested. Pre-registrants should arrive by 3:50 to be guaranteed seating; wait-listed and walk-in registrants will be admitted after 3:50 if space is available. **To register call 203-762-3950**

Men's Breakfast is on Tuesday, October 8th

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

Learn to Play Mah Jongg Chinese style October 8th and October 22nd

There are several Mah Jongg Groups that meet at the Senior Center. The Tuesday group meets the second and fourth Tuesday of the month: **Tuesday, October 8th meets at 2:00 p.m. and Tuesday, October 22nd meets at 12:30 p.m.** 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.

Ogden House Lunch Wednesday, October 9th

The monthly Wednesday Lunch at Ogden House on 100 River Road takes place on **Wednesday, October 9th at 12:00 p.m.** A delicious lunch prepared by Wilton Woman's Club cost \$3 and will be followed with an activity.

A NEW HARVEST TRIP!!! Wine Tasting, Lunch, & Apple Picking Thursday, October 10th



Visit McLaughlin's Vineyard for Wine Tasting. Cost: \$10. The winery produces a variety of wine each year from crisp Chardonnays to subtle Merlots, and often has some more unusual yet refreshing varieties such as apple wine. Wine Tasting is exit 10 off of 84 in Sandy Hook, our next stop is lunch at the Hearth Restaurant in Brookfield and the festivities will conclude at Blue Jay Orchard for apples in Bethel.

Ladies Luncheon Tuesday, October 15th

We'll meet at Luca's Wine Bar on 7 Main Street in Georgetown at **noon**. The cost is \$14.99 for a two course lunch. Wine is \$5. Don't forget to call Janet if you need a ride.



Sunday Playshop Matinee Sunday, October 20th

The Wilton Playhouse performs *Dancing at Lughnasa* a **2pm matinee**. A poignant memory play set in 1936 told through the eyes of Michael Evans who introduces five women who raised him. Then a handsome stranger comes into their lives and their first radio which leads to a wild dance expressing all the pent up emotions within these very different women. From these small events spring the cracks that will change the foundation of the family forever. "This play does exactly what theater was born to do, carrying both its characters and audience aloft on those waves of distant music and ecstatic release that, in defiance of all language and logic, let us dance and dream just before night must fall." - Frank Rich, *The New York Times*.

Cost: \$20

Candlelight Concert Sunday, October 20th

Join us for a 4pm Juilliard String Quartet concert at the Wilton Congregation Church on 70 Ridgefield Road.

Lunch at St. Matthews
Thursday, October 24th.

Enjoy a delicious lunch at St. Matthews at noon while being entertained by Rodney Ayers – Organ/Piano. **Cost: \$3**



Ringling Bros. Barnum & Bailey
Presents Dragons Friday,
October 25th

7pm showing of Dragons at the Webster Bank Arena in Bridgeport is a once in a millennium event that honors The Year of the Dragon. Circus performers from the farthest reaches of the earth have assembled for Ringling Bros.® *Dragons* is a never-before-seen blend of renowned spiritual and real life legends that can be found only at *The Greatest Show On Earth*®! **Tickets can be purchased at the Wilton Y for \$19 if purchased by Oct. 4th.**

13th Annual Fall Festival of
Music Sunday, October 27th

4pm concert at the Ridgefield Congregational Church offers the most innovative concert of the season. Guest Conductor/Composer Allen Pote will conduct his "A Song Of Hope", the work FCC Commissioned for its 300th in

2012. FCC's expanded Concert Choir Celebration Ringers, multiple organists; professional brass/percussion ensemble, and Edwin R. Taylor, conductor will definitely raise the roof!



Stay at Home Halloween Party
and Fall Festival October 29th

Join us for a Halloween Party/Fall Festival at the Senior Center from 3-5pm for Bingo with Guest Caller, prizes, and fall goodies to munch on! Wear your favorite Halloween Hat or Costume for some Halloween fun!

November Save- the- Dates:

November 5th: Men's Breakfast

November 7th: Veteran's Day Celebration/Speaker

November 12th: Shannon White at the Library to discuss her new book "**The Invisible Conversations with Your Aging Parents**". Shannon guides you through facing the toughest topics, so you can communicate clearly with dignity and respect. Her practical tools will help you alleviate stress and nurture a deeper connection within your relationship together.

November 19th: Men and Women's Lunch at Barcelona.

TBD: Chris Krane to Speak on Medicare and changes in insurance.



Welcome
New Board
Member

Rev.
Shannon A.
White

Rev. Shannon A. White has balanced her professional life between being

a Presbyterian minister, award-winning television news reporter (News 12 networks), speaker and author. She has spent 15 years parish ministry in 4 wonderful congregations: Associate Pastor, Hitchcock Presbyterian Church, Scarsdale, Pastor, North Greenwich Congregational Church; Associate Minister, Round Hill Community Church also in Greenwich, Connecticut. In January 2013 she began her current journey as Pastor at Wilton Presbyterian Church.

Her television experience has taken her both behind and in front of the camera. She worked for CBS News as Associate Producer of 4 interfaith documentaries a year. On camera at News 12 Westchester, Shannon was nominated for 2 Emmys and won numerous other awards over a 9 year period on topics such as homelessness, drug and alcohol addiction and prison ministry at Sing Sing.

Shannon's most important role in life, however, is as mother to her 13-year-old daughter, Peyton. Peyton is an "old soul" in a teenage body. Although she was born in Moscow, Russia, Shannon knew from the start they were meant for each other. Together, they wrote "**How Was School Today? Fine...**" which was released in March 2010. They have done many book signings and talks over the past few years, and they

hope their book will help deepen communication between parents and their school-aged children.

Shannon's second book, **The Invisible Conversations™ With Your Aging Parents**, (2012) was written to help boomer children and their parents have the conversations which are often avoided, and lead to disconnection during an important time in life. She has just returned from a national book tour and has spoken about her books and other topics at numerous venues, including Microsoft headquarters (2011). She keyed at the first annual caregiving conference in November 2012 and has facilitated AARP talks on the topic as well.

Shannon has a B.S. in Business Administration from Auburn University in Auburn, Alabama. She has a Master of Divinity from Princeton Theological Seminary.

AVOID THE FLU!
GET VACCINATED
BEFORE
FLU SEASON

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 for the vaccine: \$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, October 1
Tuesday, November 5
10 a.m. to 11:30 a.m.

Wilton YMCA

404 Danbury Road
Saturday, October 5
9 a.m. to 10:30 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

Have You Registered For Code Red?

Code Red, through Emergency Communications Network (ECN), allows citizens to be notified about a public emergency. It also sends ongoing messages updating citizens. During the power outages after Irene and Alfred, the Code Red system enabled First Selectman Brennan to provide Wilton residents with status reports from CL&P as well as notices as to provisions and services available from the Town. Code Red Messages will be sent at 10 a.m. and 5 p.m. daily during an emergency.

Call the Code Red telephone line at the Senior Center. Just call **203-834-6410** and leave your information on the voice

mail. **You will need your name, address, and the phone numbers where you can be reached during an emergency.** When an alert goes out, it will be sent to all phone numbers and emails you have registered. It's important to register more than one number. **REGISTER TODAY!!**

Stay at Home Welcomes Three New Members in October!

1. Anne Paulin
2. Marjorie Anderson
3. Carolyn Cumminsky

Be sure to introduce yourself to our new members and welcome them into the Stay at Home Community when you see them at one of our October Events!

Remember any member who recommends a new member to Stay at Home receives a three month extension of their membership. We will do the rest of the process.

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

Recently, a member told me she treated herself for her birthday to a Stay at Home Membership! What a great birthday present!

Thank you Orem's Diner

Stay at Home would like to thank Orem's Diner for donating the door prizes for the Senior Fair. Orem's Diner donated \$100 worth of gift certificates.

We thank them. Next time you visit Orem's let them know you appreciate their support of Stay at Home.



Fall Recipe: Apple Crisp From Debbie McClelland

Gather those fresh picked apples from Blue Jay Orchard and indulge in this pure comfort food ~ apple crisp. Whether you serve it with a generous scoop of vanilla ice cream or chilled with a mound of whipped cream ~ it's the best and one of my favorite!

Ingredients:

10 Granny Smith or other tart apples
1 T fresh lemon juice
1 T ground cinnamon
½ tsp. ground nutmeg
1 tsp. kirsch (optional)
3 ½ sugar
3 cups of all-purpose flour
1 ½ tsp. baking powder
A pinch of salt
3 eggs
½ cup unsalted butter, melted

1. Preheat oven to 350. Peel, core and slice apples in thick slices. Place in a large bowl and toss with lemon juice.
2. In a small bowl, mix together the cinnamon, nutmeg, kirsch and ½

cup of the sugar. Add the sugar mixture to the apples and toss to coat thoroughly. Set the apples aside while preparing the crumb topping. The apples will release some juice while waiting.

3. In another bowl, combine the remaining sugar with the flour, baking powder and salt. Make a well in the center and crack the eggs into this space. Mix the dry mixture with the eggs. Use your hands to complete the mixing, and you will achieve a better crumb-like consistency.
4. Pack a 9 x13 inch pan with apple mixture. Be sure to spread the mixture evenly, especially into the corners. Sprinkle the topping mixture over the pan, totally covering the apples. Pour the melted butter evenly over the top.
5. Bake until the topping is golden, about 35-40 minutes.
6. Serve warm with ice cream or cool with whipped cream.

Serves: 8 to 10