



NEWS and REVIEWS Stay at Home in Wilton, Inc.

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Wilton, CT 06897-0046
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info@shwil.org
For more information visit our
Website www.stayathomeinwilton.org
Phone 203-423-3225

WELCOME!

The summer has been a busy time in Stay at Home in Wilton. Concerts, picnic, shows, music, luncheons, coffees, parties and a few walks were some of the features that were enjoyed by the members. The fall season will be here before we know it. Each day gets cooler and shorter but the fellowship of Stay at Home is growing stronger and warmer day by day. Many people have made new friends, discovered friends from the past and encouraged their friends to become a part of this organization. Stay at Home is well into its second year of helping seniors continue to reside in their own homes and receive help with anything they need.

Janet Johnson, our Executive Coordinator, has been very busy making telephone calls, sending emails, arranging events for all to enjoy and working with several local organizations to spread the word about our friendly group. If you know of someone that might be amenable to becoming a member, please let us know. Call Janet to let her know of this person and she will follow up.

Here's hoping your summer was wonderful. A few days were delightful but others were hot and sticky. Fall is upon us. It will be a beautiful fall with the changing leaves and glorious fall colors all around us. Hope to see you all very soon.

Board of Directors

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Executive Coordinator: Janet Johnson
Newsletter Editor: Anne Richards

“Good Night Irene” and we are all glad that storm is over. Many of our members were without power for quite a while. Hopefully, everyone pulled out your red duffle bag filled with helpful items for just such an event.

**Upcoming events you will
want to attend**

September 8, Thursday—Fall Kick Off for members, friends and family from 3:00 to 5:00 at the home of Kathy Gebbia, 32 Pond Road

September 9 or 10 Friday, Saturday- Bluefish baseball game at Harbor Yard. Begins at 7:05 \$9 or \$12

September 11, Sunday - The Carriage House at Cranbury Park, Norwalk presents Poseidon! An upside down Musical 4:00 pm \$20 pay at the door.

September 13, Tuesday- Ladies Luncheon at Marly's in Wilton Center 12:00 noon ordering from menu.

September 18, Sunday - Senior Community Day at the Greens at Cannondale from 1:00 to 4:00 and its free. Stay at Home in Wilton will have a booth there if you want to stop by and ask any questions. that would be fun to see you there.

September 21, Wednesday - Private Tour at Weir Farm and lunch following the tour. Begins with tour at 10:00 am

September 27, Tuesday - Monthly forum at Wilton Senior Center with topic "What the Senior Center has to Offer" from 3:00 to 5:00 with refreshments and activities. Talk given by Liz Doty, Director of the Wilton Senior Center.

Every Wednesday at 12 noon is a luncheon with a good program at Ogden House. Cost is \$3.00 and a reservation is required by calling 203-834-6240.

Every Friday the Wilton YMCA offers free swimming in the indoor pool beginning at 1:30 to 3:00. For rides or to reserve for an event call Janet's number on your membership card.

Move, Strengthen & Stretch with Julienne Camhi, CPT teaches a popular fitness class for active seniors at the Wilton Senior Center. Drop in fee is \$3.00 per class. Friday mornings from 10 to 11 am. Call Liz Doty 203-834-6240 for further information.

Blood Pressure Screenings in Wilton at the Wilton YMCA on 3rd Wednesday 9:00 to 10:30 or Village Market on 4th Tuesday from 12:30 to 2:00 or Wilton Senior Center on 1st Thursday from 11:00 to 12:00. Screenings are free and conducted by nurses from Visiting Nurse & Hospice of Fairfield County.

Flu Clinics will be held by Visiting Nurse & Hospice of Fairfield County at the Wilton Senior Center Tuesday, Sept. 27 from 10 to 12 noon and Thursday, Sept. 29 from 10 to 12 noon. At Comstock Community Center on Monday, Oct. 10 from 9:00 to 12:00 noon. At the Wilton Family YMCA on Saturday, Nov. 5 from 9:00 to 11:00 am. At Wilton Library on Friday, Nov. 25 from 10:30 to 1:00. Cost is \$38,

cash or check. Various insurances are accepted including Medicare Part B, Aetna, or Anthem. Be sure to bring your insurance card with you.

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.

Ancona's Wines and Liquors
Dr. James T. Aris
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Grace and Robert Berg
Jana S. and Richard C. Bertkau
Elizabeth and Robert A. Butler
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E. Bukeley and Lila Griswold
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Burton J. Kloster
Rose and William Krivoshik
Chris Lavin (MCL Ventures)
Jules and Marie M. Lazer
Alice N. Levin matched by GE Foundation
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Andy Morin (Servco)
Phyllis J. and Harlan W. Murray
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Sally and John Pinkham
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W. Gregory Rodiger III matched by
AXA Foundation
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Warren and Cynthia Serenbetz
Marilyn Spence
Chris and Catherine Stroup
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Achievements

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, Wilton, CT 06897 giving the name and address of that person.
- We now have 43 members with several new members just recently joining. Also one of our members died recently Mr. George C. Devol who was 99 and a pioneer in robotics.
- We are officially a year older and feeling great about it! Thanks go to you all for becoming a part of Stay at Home in Wilton and we are pleased that you participate in so many of our activities. We anticipate being a part of Wilton for a long time and know you will remain a member.

- Here's hoping you did not have a difficult time during hurricane Irene. It was pretty bad for a while without electricity to run the water, lights, TV, internet, refrigerator, etc. We all survived and helped each other out as much as we could.
- We had a wonderful luncheon at the Barcelona Restaurant at the HiHo Motel in Fairfield. The food was absolutely scrumptious and the waiters were most helpful. Try it out sometime soon.
- A whole row of members attended a musical show at the Powerhouse in Waveny Park, New Canaan. The music was popular during World War II and most of the songs were quite familiar to many of those attending.
- The first monthly forum was held at the Wilton Senior Center and over 25

members and seniors attended it. The theme for the first forum was Lifetime Learners and the wonderful programs they offer there for seniors who want to continue to learn. The talk was given by Andre Guilbert, Board member of LLI.

- A delightful picnic was held at the home of Phil and Anne Richards. There was lots of delicious food, entertainment and time for everyone to get to know each other a little better.

Wilton Garden Club's 90th Anniversary Flower Show: Friends, Fun, & Flowers at the Wilton Library

Thursday, September 15th, 2 to 8 pm
 Friday, September 16th, 10 am to 6 pm
 Saturday, September 17th, 10 am to 5 pm

The Wilton Garden Club will celebrate its 90th anniversary with a flower show entitled "Friends, Fun and Flowers." This show is a peek into the Club's history from its beginning in 1921 through today. From the design section of the show entitled "Designing Women," to the plant specimens in the horticultural section, to the educational exhibits showing its support of education, civic involvement and conservation (the Club's three major goals), there is something for everyone. The Seniors Garden Therapy Group (at Comstock) and the Girl Scouts are excited to be part of the flower show as well representing beneficiaries of the outreach program. There are free, scheduled lectures and demonstrations presented by the Club members on Friday and Saturday during the flower show. All classes are sponsored by the Wilton Garden Club and Wilton Library.

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**Canning 101 with Kim Young, Friday, September 16th, 10 to 11 am**

Wilton Garden Club members and canning experts Kim Young and Lisa Bender help attendees learn all about the fun and satisfaction of home canning and preserving. The presenters will discuss the easiest foods to start with, the different methods used depending upon results wanted, what equipment can be used and safety measures to take in the canning process. Please register in advance.

**Orchids Workshop, with Judy Becker** Friday, September 16th, 11 am to noon

Judy Becker, owner/operator of Lauray of Salisbury, a greenhouse with diverse plant collections, presents a program on orchids. The plant collections at her greenhouse reflect her eclectic interest in many groups of plants, such as gesneriads, begonias, succulents, cacti, hoyas, peperomias, and orchids. A top grower of orchids, she will bring several for her lecture and the discussion following her talk. Please register in advance.

**Gardening in the 21st Century, with Michael Hilliard** Friday, September 16th, 1 to 2 pm

Hydroponics for the home gardener is the subject of this interesting talk by Michael Hilliard, who will answer questions about what is needed to grow plants without soil at home. He will discuss the appropriate plants to grow, the space that is needed, and the equipment required to purchase or construct...basically everything you need to know to embark on a new and exciting gardening experience. Please register in advance.

**Creating a Meadow, with Teresa Mucci,** Friday, September 16th, 2 to 3 pm

Join Teresa Mucci as she discusses the ecological common sense of meadows (all sizes) as a lawn alternative. She will provide pointers on how to establish such a meadow and identify the different types of plants that can be used. Teresa is a Practicing Accredited Organic Land Care Professional, CT NOFA lecturer on "Organic Lawn Care," and NY Botanical Gardens Teacher on "Sustainable Landscape Design" and "Organic Weed Management." Please register in advance.

**Create a Floral Turkey Centerpiece, with Melinda Wolcott** Saturday, September 17th, 10 to 11 am

Anyone who has seen one of Melinda Wolcott's turkey centerpieces will want to sign up for this entertaining and informative demonstration. Melinda will demonstrate how to make the turkey and will provide step-by-step written instructions for recreating it at home. Please register in advance.

**Household Plant Triage, with Lila Griswold** Saturday, September 17th, 11 to noon

Lila Griswold will help diagnose houseplant problems and find solutions to bring them back to good health. She will talk about selecting the right houseplant for the proper area of your home, and fertilizing, pruning, and repotting it as needed. She will also demonstrate what to do when returning a houseplant to its indoor environment, after enjoying a summer outdoors. Please register in advance.

**Everything You Ever Wanted to Know about Bows, with Sue Wall** Saturday, September 17th, 1 to 2 pm

Sue Wall will bring the materials, demonstrate techniques, and help you make your own creations in this wreath-decorating workshop. This workshop was a

big hit at the Club's last flower show. There will be a materials fee of \$10 to cover the cost of supplies. Please register in advance.

### **The Garden Club and Wilton: Still Growing Strong After 90 Years**

Saturday, September 17th, 2 - 3 pm

During its history, the Town of Wilton and the Wilton Garden Club have mutually supported one another, as the club continued to implement its goals of education, conservation, preservation, and beautification. Carol and Bob Russell, with a talk and power-point presentation, will discuss the club's early years, its many projects including the rescuing, renovations, and current management of Old Town Hall, the club's beautification activities, and the way it gives back to the community.

Bob Russell, author of *Wilton, Connecticut: Three Centuries of People, Places, and Progress* is well-known for his articulate and entertaining talks about the history of Wilton.

Carol Russell, who is the Town Historian, works as an archivist in the History Room at Wilton Library, and has been a member of the Wilton Garden Club for twenty-nine years, for most of which she has served as the club historian.

Please register in advance.

**To register for any of these amazing courses from the Wilton Garden Club, please call the Wilton Library at 203-762-3950 and they will register you for the class(es).**

### **Harvard Study: Dark Chocolate Can Help Lower Your Blood Pressure**

It also helps lower risk of diabetes, heart disease by: Candy Sagon |

More good news for chocolate lovers: A new Harvard study finds that eating a small square of dark chocolate daily can help lower blood pressure for people with [hypertension](#). The study joins the growing research into the heart-healthy benefits of flavonoids, compounds in unsweetened chocolate that cause dilation of the blood vessels. The Harvard study was announced today in Atlanta at the American Heart Association's science session on [cardiovascular disease](#).

**Related** The study analyzed 24 chocolate studies involving 1,106 people. It found that dark chocolate, the kind that contains at least 50 to 70 percent cocoa, lowered blood pressure in all participants, but most notably in those with hypertension. Eric Ding of Harvard Medical School and Brigham and Women's Hospital, a coauthor of the study, says researchers also found that chocolate increased insulin sensitivity, good for [lowering diabetes risk](#).

Dark chocolate also appears to affect cholesterol. The Harvard researchers found some evidence for a small decrease in LDL (bad) cholesterol and a significant increase in HDL (good) cholesterol. Triglycerides, however, were unchanged.

There is "rather strong evidence" that cocoa consumption improves several important cardiovascular risk factors "and likely reduces the risk of cardiovascular disease."