



Stay at Home in Wilton

PO Box 46
Wilton, CT 06897-0046
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For more information visit our
Website www.stayathomeinwilton.org

WELCOME!

Some of the activities that members may want to participate in for social activities or for healthy living are included right here.

- An invitation is extended to come to the **Wilton/Norwalk AARP Chapter #3929** meetings held the fourth Thursday of the month from September to June. The programs are interesting and the refreshments are delicious. It is held in the Gallagher Mansion in Cranberry Park just over the Wilton/Norwalk line on Grumman Avenue. The first general meeting of the year is on September 23 at 12:30. Membership is \$8.00 a year. If you need a ride call Eloise Barron, our Coordinator. Her number is on your membership card.
- A flu shot clinic will be held on Friday, October 1, 2010 from 11:00 am to 1:00 pm at the Wilton Family YMCA, 404 Danbury Road in Wilton. It is sponsored by **Stay at Home in Wilton** and **Wilton Family YMCA** and the shots will be administered by the Ridgefield VNA. Our members and the YMCA's members will get first chance to get their shots. The cost for the shot will be \$38 but if you remember to bring your **Medicare card**, they will pay for it.

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**How to become a member of
Stay at Home in Wilton
Tell your friends!!!**

Membership in **Stay at Home in Wilton** is open to any senior who lives in Wilton. A senior can be 50 or 90 or even older. You are welcome to become a member. There are no prerequisites or a physical exam. Just say, "Yes, I would like to become a member". Our Membership Chair is Ann Newton and she would like to let you know that you can get the membership application on our website, www.stayathomeinwilton.org. A Charter Membership is available that extends to December 31, 2011. The annual membership fee is \$360 for a single senior person living in a household (that means less than a 75 cents a day) and \$480 for two senior people living in a household. The membership is renewed annually. All memberships are good for one year from date of purchase, except those who take advantage of the Charter Membership. Just mail your check and the completed membership form to: **Stay at Home in Wilton, PO Box 46, Wilton, CT 06897-0046.**

**Anyone can enter this contest
Name the newsletter**

It has been suggested that the name for our newsletter is not very good. We need a new name that will give us meaning and say what we are. If you have a name or names that you think might "fill the bill", please submit it/them with a call to Eloise. She will collect the names and then give them to our Board of Directors to discuss. Then we will vote including you.

**Recent Donors to
Stay at Home in Wilton**

Thank you so much for your support of **Stay at Home in Wilton**. Your recent donation means that many of our seniors in Wilton will be able to seek help in many ways.

- Donna Atkins
- Bauer Foundation
- Donna K. Below
- Mr. and Mrs. Peter Benin
- Jana & Richard Bertkau
- Mr. & Mrs. Allen Brings
- Joyce Y. Cain
- Gregory & Deborah Chann
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- Zelie Daniels Pforzheimer
- Robert & V. Elaine Richter
- Sun Products Corporation
- Suzanne R. Schintzius
- Marilyn Spence
- Mr. & Mrs. Chris Stroup
- United Way of Coastal Fairfield County
- Roxanne Wilke

Social Activities for Members

Ridgefield Symphony Orchestra

sponsors concert by Gayle Martin Henry, pianist on Sunday, Sept. 26, between 1:00 and 3:00 pm at the Dayton Program Room in Ridgefield Public Library. It is **FREE**.

The Flu Shot Clinic

On October 1, 2010 at the Wilton Family YMCA
From 11:00 am until 1:00 pm

Wilton/Norwalk AARP Meeting

September 23 Cranberry Park 12:30 PM

Wilton Playshop Oct. 1 & 2 \$25, for
The Wall Street Musical.

Call Eloise for reservations and a ride.

Healthy Eating for Seniors

Contributed by Luisa Kelso

Most of us know what we should do to eat a healthy well-balanced diet. The problem is that there are so many obstacles to doing it. Take for example our taste buds; foods like chips, ice cream and chocolate cause our taste buds to salivate while spinach, broccoli and chicken just do not generate the same cravings. To make it even more difficult, the chips can just be popped into our mouth and in a matter of seconds, you have that wonderful satisfied feeling. While the chicken and vegetables have to be prepared and cooked. This requires us to stand in the kitchen for longer than we want to; especially if standing is difficult.

Luckily for us seniors, we are of the generation that was brought up to believe that “we are what we eat” compelling us to at least attempt to eat healthy. We are also of the generation that had access to food that was not as highly processed as much of our food is today. A lot has changed in

our lifetime including food production and distribution.

Making healthy choices becomes more complicated when you start thinking about natural foods versus organic foods, whole grain bread versus bread made with white refined flour. The good news is that we now have available a wider variety of foods to choose from.

Seniors can stock their pantry with healthy snacks such as dried fruits, nuts or peanut butter, protein bars (such as Cliff bars), protein drinks (Ensure) and yogurt or yogurt drinks. Frozen prepared dinners now offer us an alternative to cooking dinner. Many are quite good but need to be checked for the amount of sodium, protein and fat.

Sometimes loneliness and depression can leave one with the feeling that “I don’t care whether I eat or not”. Skipping meals can cause your metabolism to slow down and that will lead to feeling sluggish and making poor food choices later in the day.

The benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, a more robust immune system, faster recuperation times and better management of a chronic health problem. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced.

Senior Food pyramid guidelines

FRUIT – Focus on whole fruits rather than juices and aim for 1 to 2 servings each day. Break the apple and banana rut and go for color-rich fruit such as berries or melons.

VEGETABLES – Color is also key in veggies. Choose anti-oxidant rich dark leafy greens such as kale, spinach and broccoli as well as oranges and yellows such as carrots, squash and yams. Try for 2 to 2 ½ cups every day.

CALCIUM – Aging bone health depends on adequate calcium intake to prevent osteoporosis and bone fractures. Seniors need 1,200 mg of calcium a day through servings of milk, yogurt or cheese. Non-dairy sources include tofu, broccoli, almonds and kale.

GRAINS – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and a higher fiber count. If you're not sure, look for pasta, breads and cereals that list "whole" in the ingredient list. Seniors need 6-7 ounces of grains each day.

PROTEIN – Seniors need about .5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, eggs, nuts, milk, cheese and seeds.

Getting enough water to avoid dehydration can be an issue because as we age, our bodies lose some of its ability to regulate fluid levels and our sense of thirst is dulled. We need a minimum of 8 glasses of water daily. Post a note in your kitchen reminding you to sip water every hour and with meals.

Many seniors eat less than the recommended amount of each food group. That's too bad because eating well gives you the energy to do the things you want to do. Food alone cannot make you healthy but good eating habits based on moderation and variety can keep you healthy and even improve your health.

Section Reproduction/Sources:
National Institute of Aging, Helpguide.org,
actnowbc.ca

From The American Heart Association **Life's Simple 7 Action Plan**

1. Don't smoke
2. Maintain a healthy weight
3. Engage in regular physical activity
4. Eat a healthy diet
5. Manage blood pressure
6. Take charge of cholesterol
7. Keep blood sugar, or glucose, at a healthy level

Safe Driving Classes

At Wilton Comstock Community Center, 100 School Road, Wilton on Thursday and Friday, October 7 & 8 from 8:30 am to 12:30 pm both days. Call 203-834-6234 to register. Cost is \$12 for AARP members, while non-AARP members pay \$14.00. Call your car insurance company before you begin class to make sure they give you a discount after you pass the course.

Wilton Playshop Gilbert & Sullivan

October 1 & 2 at 8:00

"Wall Street the Musical"

A Staged Reading of a New Award-Winning Musical

Presented in cooperation with Troupers Light Opera, Inc. of Darien.

**Book and lyrics by Charles Veley, Esq.
Music based upon the songs of Gilbert and Sullivan**

Directed by Marjorie Janeway

Musical Direction by Eric Peterson

24 new songs

**\$25.00 for show only on Friday
or Saturday nights. Call Eloise.**

STAY AT HOME IN WILTON OFFERS:

Information Services:

If you have a question, call the coordinator for a solution

Household Services: Arranged by the Coordinator using suggested vetted Vendors (at member's cost) or

Stay at Home volunteers:

Home repairs and safety adaptation

Change light bulbs

Home office: computer problem solving, bill paying, filing and record keeping

Home safety survey

Help with pets

Household cleaning

Transportation: Provided by Town of Wilton services or Stay at Home volunteers:

Individual and group rides to doctors, friends, shopping, local errands, cultural events and social activities.

Other services provided by Stay at Home volunteers:

Pick up prescriptions

Mail a package

Wait with member to meet a new vendor

Take a computer to be repaired

Friendly volunteer visit

Access to medical support

(at member's cost):

Live-in regular health aides

Round-the-clock health monitoring

Regular nursing support

Physical and Occupational therapy

Stress Management

Medical equipment

11 Foods That Fight Off the Flu

These delicious additions to your winter diet help boost your immune system—and one helps you recover. by: Nissa Simon

Good nutrition is critical to your body's ability to fight the flu—and your kitchen cupboards and refrigerator are packed with foods that lower the likelihood that you'll be laid low by this nasty bug.

Here are 10 good choices that will arm your immune system so it can fight off flu viruses effectively. "These are all really fine choices but they're not the only ones," says Jeffrey Blumberg, director of the Antioxidants Research Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. "You really have a lazy Susan of options to help keep you healthy. Cranberries are good for you, for example, but so are blueberries and raspberries."

Go for the fruits, vegetables, whole grains and low-fat dairy you like to eat most, but don't stick to them exclusively. A variety of choices provides an array of assorted nutrients necessary for good health.

Each day seems to bring new findings about fighting respiratory infections such as those caused by the influenza viruses plaguing the country this fall. Surprisingly, vitamin D, long known for its role in building strong bones, may turn out to be an important way to arm the immune system.

In a study published in the *Archives of Internal Medicine*, researchers found that people with the lowest blood vitamin D levels were about 40 percent more likely to report having a cold or the flu than people with higher levels. Sunlight provides the body's main supply of vitamin D. Wild-caught salmon and sun-dried mushrooms are also good sources, and fortified foods provide some, notes Boston University School of Medicine endocrinologist Michael Holick, M.D.

Nutrition experts recommend that you opt for whole food when you can and be wary of pills that claim to contain the requisite amounts of a particular immune-building or flu-fighting compound. "Flu viruses are quick to develop resistance to a single synthetic compound," says James Duke, author of *The Green Pharmacy*. For example, he says, "viruses are much less likely to develop resistance to a plant like garlic that contains 5,000 natural chemicals."

Not all flu fighters are vitamins or minerals. "Beneficial bacteria called probiotics, found in yogurt and other fermented foods, have been studied for their effect on the digestive tract," says Caroline Apovian, M.D., director of the Nutrition and Weight Loss Management Center at the Boston University Medical Center. "But probiotics also strengthen the immune system and can help prevent flu and other illnesses." Choose a variety of brands because each probiotic species provides a distinctive health benefit, and you probably need a little bit of all of them, Apovian adds.

Some yogurt is heat-treated after fermentation to reduce tartness or extend shelf life, a process that kills off beneficial bacteria, so look for yogurt that says "live and active cultures." Not all manufacturers use this voluntary seal but many do. And dish up foods that contain prebiotics, a type of soluble fiber that promotes the growth of probiotics. They're found in almonds, whole grains, bananas, honey, onions, artichokes and garlic.

To guard against flu this winter, get a flu shot, wash your hands often, try to stay out of crowded places—and stock your kitchen with foods that will help keep you healthy. And if you do come down with the flu, Mom's advice was right—rest, fluids and chicken soup.

Mom's Chicken Soup

- 1 chicken (about 2-1/2 to 3 pounds) with giblets, quartered
- 2-1/2 quarts water
- 3 teaspoons salt
- 1 medium onion
- 6 whole peppercorns
- 6 celery ribs, (leaves reserved), *divided*
- 6 medium carrots, *divided*
- 2 cups cooked rice *or* cooked fine egg noodles
- 1/4 cup minced fresh parsley
- 3 to 4 drops yellow food coloring, optional

Directions:

Place the chicken, giblets, water, salt, onion, peppercorns, three celery ribs, all the celery leaves and three carrots in a soup kettle. Bring to a boil. Skim off the foam. Reduce heat to simmer; cover and cook for 2 hours or until meat is tender. Remove meat. Discard cooked vegetables and peppercorns. Strain stock if desired.

- Chill stock, then skim fat. Dice remaining celery and carrots; add to the stock. Cook until the vegetables are tender.
- Meanwhile, remove chicken from the bones and dice. Add chicken, cooked rice or noodles and parsley. Heat through. Stir in food coloring if desired. **Yield:** 10-12 servings.