



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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WELCOME to all!

September and it's back to school for the children, back to all those events that were absent during the summer and back to seeing our friends at Stay at Home.

By the way, there are still two unclaimed dishes that were left behind from the picnic at the Richards' home, so please let us know what you are missing and we will get it to you as soon as possible. (a pewter bowl and a silver small tray)

We have a few interesting happenings coming up in September that you might be interested in coming to: Luncheon to celebrate Octoberfest at Old Heidelberg in Bethel; Blue Jay Orchards on the same day in Bethel; Mid afternoon Crab Boil at Merwin Meadows; A very special Stay at Home Forum for everyone to attend at the Wilton Historical Society; Our return to 4th Tuesday get-to-gethers to mix and learn about the happenings in the Wilton Senior Center and what Parks and Recreation has planned for seniors this fall; and attending a concert by the Ridgefield Symphony featuring works by Chopin and Dvorak. More details on all these events are in the

body of this newsletter. Hope to see you at each event and do bring a friend.

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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.**

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What our members have to say about us!

“You can’t even think of a dollar value for Stay at Home. They are so giving, it’s amazing. Every volunteer I’ve had, I think, ‘Oh, I could just hug you,’ and I do. I feel so grateful to have this service.”

Happened & Happenings

The Sheffield Island Trip

By Barbara Sage, Board member

On Wednesday, August 28, about 18 Stay at Home Wilton members left the Norwalk Seaport Dock bound for Sheffield Island. The trip on the 45-foot C.J. Tost catamaran

took about 30 minutes. It was a beautiful, clear day and we could see New York City. On the way we were treated to a running commentary by one of the crew of the various points of interest along the shores of the Norwalk River and the history of some of the islands we passed. Sheffield is the southernmost island in a string of 14 islands.

Once there, Lightkeeper Greg Goomrigian gave us a tour of the lighthouse and keeper’s cottage. Built in 1868, it was decommissioned 34 years later because it was too far inland for captains to see it and replaced by Greens Ledge Light. It was relighted in 2011 by solar-powered LED. However, now the light can only be seen from the Norwalk shore as it is no longer used as an aid for navigation. The 10-room house is now a museum. In the kitchen there is a coal-burning stove (not original to the house) and period furniture in the other rooms that help to give a real sense of what life must have been like for the keepers and their families in the 19th century. The inside and outside of the house are currently being renovated and the steep steps leading up to the lantern room are now closed.



After enjoying a picnic lunch on tables and benches under a white canopy out on the

lawn, some set out to walk a part of the lovely nature trail, but all too soon we had to get down to the dock for the ride home. I'm sure everyone would agree, it was a most enjoyable trip on a most beautiful day.

August was a busy month with all that went on for all to participate in. Of course, **Mah Jongg classes** continue at the Wilton Senior Center with our own member and board member, Kay Chann teaching on the second and fourth Tuesdays of each month.

The show, "Lucky Stiff" was delightful with lots of energy and a fun plot. If you missed seeing it the high school and college students put the play together in very short order and enjoyed every moment of it at the Wilton Playshop.

Lunch at Sunset Grille was very good. The food selection was just right and the weather, well it did rain slightly but did not affect us since we ate outside but in a protected area. It was a delightful day!

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

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, September 11th at 2:30** due to luncheon **and Tuesday, 25th at 12:30** due to the Senior Center Fall Kick-Off at 3:00. This is open to all who want to learn this challenging game. It really is great fun!

Sunday, September 9 is a very important day for many seniors. It happens to be:

Grandparents Day!!!

Men's Breakfast on Thursday, September 13th

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 September"

We will be carpooling to Bethel leaving Wilton from the commuter lot at the corner of Route 7 and Wolfpit Road at 11:00 to celebrate Oktoberfest with lunch at Old Heidelberg on **Tuesday, September 11**. Cost for lunch will be \$17 that includes tax and tip. Following lunch we will visit Blue Jay Orchards in Bethel. Let Janet know if you'll be driving up there. Give her a call if you need a ride. The phone number is on your membership card. **Reservations are required.**

On **Tuesday, September 18** between 1:30 and 4:00 we will be having our first ever Crab Boil at Merwin Meadows. Bring your picks and nutcrackers. We will provide wooden hammers crafted by our own Pres. Phil Richards. If you don't like Crabs we will also have delicious chicken. Our chef will be Bob Pingarron, member of Stay at Home. Everyone should bring either a salad or dessert or vegetables for all to enjoy. Reservations are required, call Janet. Cost is \$10.00 for the meat or crab and other expenses that naturally occur, plates, forks, knives, tablecloths, drinks (no alcoholic beverages allowed at Merwin Meadows) etc.

Saturday, September 22 is the concert for the Ridgefield Symphony at the Ann Richardson Auditorium. It begins at 8:00 and will feature "Transcendent Themes" by Chopin and Dvorak. Cost is \$20. Call Janet for tickets and rides as soon as possible. This will be a great concert. One you won't want to miss.

The next day **Sunday, September 23** will be the forum at the Wilton Historical Society

from 1:30 to 3:30. Bob Russell, Town Historian and author of *Wilton Connecticut –Three Centuries of people, Places and Progress* and Richard Bergmann, a local architect who organized the present exhibit at the Wilton Historical Society called *Building a Future from the Past* will share their ideas about the impact the historic homes have made on the town and how it evolved. All are invited to attend and do bring a friend to this very interesting topic. Those who need rides should contact Janet. There is no charge for attending this, it is open to the public and refreshments will be served.

Tuesday, September 25 at Comstock Senior Center will be the Fall Kick-off for Stay at Home in Wilton members and friends at 3:00. Information will be given to everyone in attendance on the various programs that are available at the Senior Center by Liz Doty, Senior Activities Director and Scott Kieras, Assistant Director from the Parks and Recreation. This should be a very valuable meeting for those who would like to see the new Senior Center and those interested in participating in some of the activities held there daily.

Fridays, Free Swim at the YMCA

September 7, 14, 17, 21 and 28
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

September

- 10 Adam's Rib
- 17 Hollywood: An Empire of Their Own
- 24 The Big Chance

And there is popcorn too!!!

Fall/Winter Planning Seasonal Checklist for SAHIW Members from our Vendor Committee Fred Morris and Jay Zitz

It's so easy to put off, or just forget about taking care of those essential home maintenance tasks. They will help you protect your property, yourselves, and your family. For Fall/Winter planning, here is a list you might find useful. If you need any help with even just one item on this list, please do call Janet and she will resolve that for you. Either a volunteer or a professional will come to your aid. Some of the items are from a DIY (Do It Yourself) Network checklist:

- Change batteries in carbon monoxide and smoke detectors (at time change)
- Drain & shut off exterior water lines as cold weather approaches
- Test GFCI (ground fault circuit interrupter) outlets
- Inspect and maintain laundry room/dryer vents
- Have oil burning equipment serviced annually
- Clean out & check gutters
- Check & seal windows, and install storm windows as necessary
- Replenish flashlight batteries
- Review when septic tank needs servicing
- Check chimneys and keep a maintenance/cleaning schedule
- Cut back and trim shrubbery away from touching the house

Stay at Home in Wilton can help. We have volunteers who have made lots of simple repairs, so let our volunteers enjoy helping out! Call Janet, today to get help with some of your Fall/Winter Maintenance. If the job is beyond the scope of our volunteer efforts, don't forget that we have a vetted vendor list, and it is very helpful to have the SAHIW organization behind you if a problem should arise.

Prez Says:

We had a great time touring the Sheffield Island Lighthouse. Sorry if you missed it. But there are many interesting programs coming up in the next few months. The most interesting one will be the session at the Wilton Historical Society on Sunday, Sept. 23. Note this will be open to all who are interested in history of Wilton, so please invite all your friends. Bob Russell and Dick Bregmann will provide an interesting introduction to the special exhibit describing older houses in Wilton and how they have been preserved. You will be seeing several notices about this that have more details about the meeting.

This will be the fourth in our series of open meetings we have held in the past two years for all Wilton people to help them understand how to enjoy their life here even more. The Historical Society has been very generous in opening their doors for this gathering, so we hope you and your friends will all join us at 1:30 on Sunday, Sept. 23.
Phil Richards, President

For Better Health, Go Nuts!

**One of nature's top superfoods
comes out of its shell**

by: Beth Howard

Almonds used to get all the accolades in the nut family. Now research shows that nuts of *all* kinds are some of nature's top sources of disease-fighting antioxidants, protein, fiber, and mono- and polyunsaturated oils.

Nuts are high in calories and fat, but they offer some significant health benefits. —
Photo by Lisa Shin

Need evidence? Data from the University of Toronto show that replacing 50 grams of carbs (about a muffin's worth) in your diet with 2.5 ounces of nuts each day helps control blood glucose in people with type 2

diabetes. Mice that ate a walnut-rich diet (the equivalent of 2 ounces daily in humans) were half as likely to develop breast cancer as those that didn't eat nuts, according to another study. And when researchers recently pooled the results of 25 clinical trials, they found that eating 2.4 ounces of any kind of nuts a day lowered "bad" LDL cholesterol by up to 7 percent and total cholesterol by up to 5 percent. Other studies have shown that people who eat several servings of nuts a week slash their cardiovascular risks by up to 74 percent, compared with those who eat nuts less than once a week.

If you're worried about nuts' high fat content, don't be. Women who consumed two or more nut servings per week had a slightly lower risk of obesity than those who ate nuts less frequently or not at all, the long-running Nurses' Health Study from the Harvard School of Public Health recently discovered.



"Nuts increase satiety," explains Joan Salge Blake, a registered dietitian and clinical associate professor in nutrition at Boston University. "That helps your meals go a little longer, so you don't snack as often." Just don't eat too many. Stick to a daily serving — enough to fill only the palm of your hand. Nuts are high in calories and fat, but they offer some significant health benefits.

Walnuts 185 calories per ounce (14 nut halves) Lowers breast cancer risk in animal studies.

Sunflower seeds 165 calories per ounce (about 1/4 cup) Lowers LDL cholesterol

Almonds 169 calories per ounce (22 nuts)
Reduces insulin resistance and LDL cholesterol

Peanuts 166 calories per ounce (25 to 28 nuts) Helps control diabetes and reduces "bad" LDL cholesterol

Pistachios 161 calories per ounce (49 nuts)
May help reduce lung cancer risk; improves "good" HDL cholesterol

Macadamia Nuts
204 calories per ounce (10 to 12 nuts)

Lowers LDL cholesterol

Pecans

196 calories per ounce (19 nut halves)

Lowers LDL cholesterol