



NEWS and REVIEWS
Stay at Home in Wilton, Inc.
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For more information visit our Website

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Welcome back!

I hope everyone had a great summer. We're glad so many of you joined us this summer for some wonderful events. We went to Sherwood Island, Wilton Fireworks, Concerts in the Park, Ridgefield Playhouse and held our annual Potluck Barbecue at the Y Pavilion. I've had several requests for my Corn Casserole recipe so I am sharing it with you in this issue! I would like to thank the Wilton Family Y and Michelle Wishna, Membership Director, for coordinating and providing the use of the Y Pavilion for our annual picnic. What a great time!

It's nice seeing so many of our Stay at Home members at these events. Last Tuesday we had a big turnout for an "Afternoon at the Movies". Over 40 people came out to see *Quartet* at the Senior Center. I want to thank our members for coming out and bringing their friends!

This month we have more fun activities planned including the Men's Breakfast, a Ferry Trip to Port Jefferson, the Senior Fair, the Ridgefield Symphony Orchestra and much more!

I want to thank Cathy Pierce from Social Services for doing a presentation on storm preparation for our Board Members. Inside you'll find the information she shared. It's important to read the article and register for Code Red Message Alerts and remember Stay at Home volunteers will call every member in the event of a town emergency.

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Executive Coordinator: Janet Johnson
Newsletter Editor: Debbie McClelland

Happenings...

Calendar of events for Members and their friends September 2013

Wilton Y Free Swim Fridays in September

This program is FREE to anyone aged 55 and over. Lap lanes and water exercise areas are available. No formal instruction, but a certified lifeguard is on duty.

Dates: September 6th, 13th, 20th, and 27th
Time: 1:30 - 3:00 p.m.

Bradley Park, Wilton Saturday, September 7th

Guided walk on boardwalk trail in the heart of Red Maple Swamp at **9 – 10 a.m.**



Grandparents Breakfast at Stepping Stone Sunday, September 8th

Bring your grandchildren with you to Stepping Stones Museum in Norwalk, CT for the Grandparents Breakfast **10 a.m. – 11:30 a.m.** **Breakfast is free for both grandparents and grandchildren** – reservation required by September 4th. Call: Linda McDonald at 203-899-0606 ext. 246 **Admission to the museum is Free all day for Grandparents!**

Men's Breakfast is on Tuesday, September 10th

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 September 10th And September 24th

Mah Jongg Class at the Senior Center at Comstock Community Center will be on **Tuesday, September 10th at 2:00 p.m.** and **Tuesday, September 24th 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!

Ogden House Lunch Wednesday, September 11th

The monthly Wednesday Lunch at Ogden House on 100 River Road takes place on **Wednesday, September 11th at 12:00 p.m.** A delicious lunch is prepared by Wilton Presbyterian Church costs \$3 and there will be a program of interest following lunch.

A NEW TRIP!!! Thursday, September 12th



Ferry Boat Ride from Bridgeport to Port Jefferson. **Meet at 9:30 a.m. at the Commuter Lot** on Route 7 for the 10:30 a.m. ferry and **return on the 3:00 p.m. ferry.** Enjoy the fresh breezes on your face, the sounds of the birds, and the scenic views while having lunch at The Wave at the Dock. Senior cost: \$19 roundtrip fare. Lunch is extra.

Raindate: September 17th

**Senior Fair at Comstock
Community Center
Sunday, September 15th**



Stop by our table and say hello at the Senior Fair from **1:00 p.m. – 3:30 p.m.** This event includes presentations, slide shows, and live entertainment. Our very own Phil and Anne Richards of The Grandmas and Grandpas Barbershop Quartet will sing a repertoire of old songs. When you check in, you will receive a ticket for a door prize!

**Kayaking Around the World
Thursday, September 19th**

Writer/filmmaker and adventurer Jon Bowermaster will speak at the Wilton Library **7 – 8:30 p.m.** He's been around the world with National Geographic by sea kayak, with stops on every continent reporting on environmental issues.

**Ridgefield Symphony Orchestra
Saturday, September 28th**



Frautschi plays Prokofiev at **Ridgefield High School 8p.m.** Senior Tickets: \$20

**Community Shredding Day at the
Wilton Library Saturday,
September 28th**

Wilton Library is holding a shredding day fundraiser for the library in its parking lot **Saturday 9 a.m. – noon.** Minimum fee is \$10 - \$15 for ½ of 65 gal container. Shredding services donated by City Confidential, a division of City Carting. Only cash or checks will be accepted.

**Connecticut's Own Concert:
Storytelling Oboes by Oboe Duo
Agosto Sunday, September 29th**

Oboe Duo Agosto was created in 2009 by oboists Ling-Fei Kang and Charles Huang with the goal of promoting the oboe's popularity through original duos, arrangements and newly commissioned work. Storytelling Oboes is a concert based on music inspired by poems, folktales, folk songs, myths and fables from all over the world. Registration strongly suggested. Pre-registrants should arrive by 3:50 to be guaranteed seating for the **4- 5p.m.** concert; wait-listed and walk-in registrants will be admitted after 3:50 if space is available.

Save the Dates:

- **Tuesday, October 29th Stay at Home in Wilton Halloween Party** at the Senior Center from 3-5 p.m.
- **Friday, Saturday and Sunday November 1st -3rd. Wilton Historical Society American Artisans Show.**

Public Safety Message

Cathy Pierce, LCSW
Social Services Director

Cathy Pierce presented “Storm Preparations” at the Stay at Home Board Meeting in August. She reminded us of the two most important lessons learned from the storm. One, you cannot be too prepared for a major power outage and two, the importance of emergency notification and alerting systems. Please refer to the article on Code Red instructing you on how to register for public emergency notifications.

Emergency Supplies

Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy to carry containers such as backpacks, duffle bags or covered trash containers.

Your disaster supplies kit should include the following:

- A three day supply of water (one gallon per person per day) and non-perishable food
- One change of clothing and footwear per person
- A first aid kit that includes family medications
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries
- Extra set of glasses and hearing aids
- Canned foods and a can opener

Evacuation

If you lose power and are not able to stay safely in your home because of extreme temperatures or other hazardous conditions, consider going to the Wilton Emergency Shelter that will be opened by the First Selectman, if it is needed. The shelter is

located at the Comstock Community Center, 180 School Road. **Call: 203-216- 8757.**

If you have not signed up for the Town’s Emergency Contact List, please call Cathy Pierce at **203-834-6238** to obtain an application form.

WHAT IS 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.

Code Red message alerts will be sent to emails, landline telephones and/or cell phones. However, registration is required. There are two ways to register for the Code Red alert:

1. Register on the Town of Wilton website. Go to www.wiltonct.org and click on the words “Code Red” in the far left column. Follow the instructions after you fill in the appropriate information on the community notification enrollment form.
2. 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!!

PREZ SAYS:

We know that many Wilton Seniors would enjoy and benefit from membership in Stay at Home in Wilton. Some are just not aware of what we offer, and others say the phrase "I don't need it yet." We think that many of your friends would be a fine addition to our ranks. We want to help you convince them of the warm friendship they would find in our midst, not to mention help for those little problems around the house that may be easily put off, but really need fixing -- a second burned out light bulb in a fixture, a computer that doesn't quite do what you want, an older appliance that doesn't work exactly as it is supposed to. We can't guarantee that our volunteers can fix everything, but they will try, and frequently will succeed.

I had just such an experience recently. One of our member's computers wouldn't start. Now, I'm not the expert that some from the younger generation are, but I tinkered with his computer, and lo and behold, after six tries, it worked. We have other volunteers that are great at fixing simple problems with houses. Of course, if the problem is major, we can quickly recommend a few vendors that will get it done. Although you will have to pay them, we can say that their charges will be reasonable, and that they are reliable.

Now aren't these some things that your friends will find useful, and they can also enjoy many of the social activities that are planned. We just had a meeting of our activities planning group and have an exciting list of events planned for the rest of the year. Incidentally, this planning group is made up of members who are interested in doing interesting things. Please let Janet know if you would like to participate in the next meeting.

Now back to your friends. We want them all to join, and would appreciate you letting us know who might be interested. You can

send an email to our membership consultant, Debbie McClelland, at deb@shwil.org, or call Janet and give her the names. Remember, that is all you need to do, and if they join, you will get a three-month extension of your membership. We will do the rest of the process.

Phil Richards
President

2013 Potluck Barbecue Recipe



Corn Casserole from Debbie McClelland

Ingredients:

- 1 17oz can of creamed corn
- 1 17oz can whole corn
- 1 egg
- 1 box jiffy corn muffin mix
- 1 stick margarine
- 1/2 cup milk
- 3/4 cup sour cream
- 1 cup grated cheddar cheese

Directions:

Preheat oven to 350. Mix all ingredients and place in a large casserole dish. Top with additional grated cheese, if desired. Bake uncovered for an hour. Let cool for 20 minutes to make firm.

Enjoy!