



Stay at Home in Wilton

PO Box 46
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For more information visit our
Website www.stayathomeinwilton.org

WELCOME!

Some of the recent achievements of Stay at Home in Wilton are:

- Getting donations from many of our friends and neighbors (see page 3)
- Training the drivers for Transportation
- Training our “Friendly Visitors” coming up soon
- Setting up social events for the fall
- Partnering with Wilton Meadows for transportation and a meeting place
- Partnering with Wilton Family Y and the Ridgefield VNA for a flu clinic to be held on October 1st from 11:00 am to 1:00 pm
- Signing up many new members
- 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. Membership is \$8.00 a year.

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How to become a member of Stay at Home in Wilton

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.**

Our First New Member Tea/Coffee on June 22, 2010, Our First play together and a Wonderful concert

On June 22 we had a lovely tea party at the Richards' home. Many of our members were present. several members of the board and a couple of prospective members came too. There was a huge variety of

food of all kinds and we finished with ice cream sundaes. Yum! Yum! A couple of weeks later we ventured forth to Cranberry Park in Norwalk to attend the opening of Agatha Christie's *Black Coffee*, a murder mystery with lots of good fun. During the intermission they served wine and brochetta. It was from the Blue Luna Restaurant in Wilton and they offered discounts on their dinners if you brought in your ticket stub or program from the show. Nice deal!

Then we took a trip to New York state for dinner and a concert by the Ridgefield Symphony Orchestra at the Lasdon Estate. If you have never been to this beautiful area, take a trip over there to walk through their gardens. It is like paradise. Keep your eyes open for future programs that will be held in August and this fall. I promise you will not be disappointed.

Upcoming events you will want to attend

On August 26, 8:00 at the Levitt Pavilion will be a delightful show featuring the Harmony on the Sound Chorus from Trumbull, CT who sing barbershop harmony. These are ladies who sing barbershop harmony and they put on a terrific show. Bring food, drink and a chair to sit upon. A

jacket would be a good idea too because it can get quite cool at the Levitt.

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
Donna K. Below
Mr. and Mrs. Peter Benin
Jana & Richard Bertkau
Mr. & Mrs. Allen Brings
Joyce Y. Cain
Gregory & Deborah Chann
Nickolas & Dorothea Davatzes
Joe Dionne Foundation
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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

Levitt Pavilion Concerts in Westport (Shows great for us to see)

Members call Eloise if you would like a ride to the show. The telephone number is on your membership card. The shows are usually over after dark. Bring chairs and snacks and a drink and a light sweater or jacket and a flashlight. It gets cool there because it is right near the water. Shows go on rain or shine. In case of rain, most of the shows are moved to alternate locations inside.

Fri. Aug. 13. 8:00 P.J. Pacifico and his Band

Sun. Aug. 15 7:00 Bob Lasprogato & uptown Jazz

Thurs. Aug. 19 8:00 West Point Jazz Knights

Thurs. Aug. 26 8:00 Harmony on the Sound (Don't miss this one)

Sun. Aug.29, 7:00 Fairfield Counts

Wilton Farmer's Markets

Happens every Wednesday behind the Wilton Library. Lots of vendors with fresh food and flowers.

Ambler Farm – Open on Saturdays from 10:30 to 5 Also at Wilton Library on Wednesday.

First Flu Clinic of the fall season at Wilton YMCA

A Flu Clinic will be offered by Ridgefield VNA and sponsored by the Wilton YMCA and Stay at Home in Wilton, Inc. It will be held at the Y, 404 Danbury Road in Wilton on Friday, October 1, 2010 between 11:00 am and 1:00 pm. Please remember to bring your Medicare card with you because it covers the cost of the shot. No reservations will be needed and the clinic will be open to everyone who wants to have the shot. Save the date October 1st and mark it on your calendar today.

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.

5 Ways to Walk More

By Dr. Jean Harvey-Berino, Ph.D., R.D.,

Easy tips to make exercise a part of your daily lifestyle.

1. Always be ready. Keep a pair of walking shoes and socks at work or by the door at home, so an impromptu stroll is easy.

2. Dress right. Choose loose, comfortable clothing that gives you plenty of room to move your arms and legs. A good pair of walking or running shoes, with socks, is also a must. They don't have to be expensive—but don't skimp on comfort to save a few pennies, either. (Just think

of walking shoes as your cheapest form of health insurance.) Replace your shoes when they become worn down.

3. Enrich the experience. Listen to your favorite music while you work out—research suggests it will help you stick with your regimen longer. Or try talk radio, podcasts or books on CD. You can also make your walks a destination in themselves, by trying a new course every once in a while—perhaps a local park, lake path or arboretum instead of your usual neighborhood walk.

4. Mall-walk. Indoor walking eliminates the “bad-weather” excuse and it's a great place to meet a friend and socialize as you move. To avoid temptations to buy at the stores (not to mention the fiendishly aromatic cinnamon buns at the food court), leave your wallet and credit cards behind.

5. Find a walking partner. Besides having someone to talk to and make the walk more interesting, a partner helps make you more accountable. You'll be less likely to skip a walk if you know someone's waiting for you. If you feel unsafe or self-conscious walking alone, a partner can make all the difference. Need help finding a partner? Check your local mall or neighborhood recreation center for walking-club information.