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Meet the President



New State Senator Will Haskell with President Sally Maraventano Kirmsler

More than sixty members of the Wilton community had the opportunity recently to meet the new president of Stay at Home, Sally Maraventano Kirmsler, and to speak with Will Haskell, our new state senator. Senator Haskell was originally scheduled to attend the event at the Senior Center but at the last minute was called to Hartford for an emergency vote to assist those who were affected by the government shutdown. Sally and Senator Haskell share the goal of making seniors a priority in Wilton and in the state. The senator was able to call in during the event to chat with us and take questions. Board member Lisa Roman asked whether Senator Haskell

was proposing any measures to retain our citizens. He responded that his goal is to make Connecticut attractive to seniors by eliminating the estate tax and taxes on Social Security, pensions and 401K withdrawals. He also answered questions on gun control, environmental issues, and senior services. The senator plans to join us at an event this summer. For an invitation, please contact Janet Johnson at 203-762-2600.



Sally Maraventano Kirmsler studied Italian language and culture at Georgetown University and the University of Florence, Italy. In

1981 she founded Cucina Casalinga, a regional Italian cooking school in Wilton. Her love of cooking stems from her earliest years when she helped her mother Frances and her grandfather Tony prepare for large family gatherings, so much a part of their Italian-American experience. Sally's father Salvator, a physician, immigrated to the U.S. from Sicily at the age of 8, in 1910. He graduated from Bellevue Medical School in 1926 and practiced medicine in the Arthur Avenue neighborhood of the Bronx. Sally's maternal grandfather was a stone mason who became a baker and eventually owned three bakeries on Arthur Avenue, thus fulfilling an American dream. Sally lives in Wilton with her husband, cardiologist Ralph Kirmsler. They have three children—Frances, Joseph, and Anthony—and five granddaughters—Pia Sharma and Abigail, Lucia, Nora and Rosemary Kirmsler.

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Mark Your Calendar for February Events



Tech Help
Wednesday
February 6th
3:30 - 4:30 PM

Comstock Technology Room
Bring iPhones, iPads, laptops and questions. One-on-one attention helps you solve specific problems or learn something new.

Reservations required. No charge.

RSVP: 203-762-2600

Men's Monthly Breakfast
Tuesday, February 12th - 9 AM



Orem's Diner

"It's good food
and great
conversation!"

RSVP: 203-762-2600

Play Mahjong

Beginners Welcome!



Tuesday, February 12th 1:30 PM
and February 26th 12:30 PM

Senior Center
180 School Road

RSVP: 203-544-7414



**Tax Breaks
& Smart
Strategies
for Seniors**

Tuesday, February 26th, 3 PM

Topics of discussion include:

- 2018 tax update for seniors
- Tax cuts and jobs act: impact on brackets, deductions and other changes
- Documentation and tax return retention
- Ten financial scams aimed at seniors and how to avoid them

Jim Kapustka, CPA and retired global controller for Marsh & McLennan Companies, is the Treasurer of Stay at Home in Wilton. He will discuss the new tax law and how it affects seniors.

RSVP: 203-762-2600

Ladies Lunch Pasquale's Osteria

February 28th at 11:30 AM

Comfortable bistro serving familiar Italian dishes such as veal scaloppini & lobster ravioli

Members can meet at the commuter lot at 11:30 AM to carpool or at Pasquale's Osteria in Norwalk at noon.



RSVP: 203-762-2600

Stay at Home Member and Board News

Welcome

New Members

Wayne & Carol Balfanz
Vijay and Sujatha Kumar



Stay at Home in Wilton
Members Receive 10% Off
All gift and over-the-counter items

NEW Shingles Vaccine SHINGRIX is Available

- Flu Shots
- Free Consultations
- Vaccines
- Delivery

Mon-Fri: 8am-7pm | Sat: 9am-5pm | Sun: 9am-1pm

28 Center Street, Wilton CT 203-762-6700

Friendly Visitor Program

Would you welcome a bit more company?



Stay at Home's Friendly Visitors are carefully screened and, when possible, are matched with members who have shared interests and hobbies.

- Regular long- or short-term visits
- Phone visits can be arranged
- Brief non-medical caregiver respite visits available

For information: 203-762-2600

New Board Member



Lisa Roman spent 25 years as a marketing executive in the luxury goods sector, focusing on messaging and branding strategies. She worked for jewelry brands like Tiffany & Co., Robert

Lee Morris, and Breitling. After leaving the corporate world, Lisa went back to school in search of ways to channel her skills to help improve the lives of those facing unique life challenges. Lisa was motivated to join Stay at Home after attending an event for Staying Put in New Canaan that featured performances by town residents Paul Simon and Harry Connick, Jr. She was inspired to learn more about the Villages movement and the ways in which it serves older residents. Having discovered that Stay at Home in Wilton is a Village, Lisa decided to volunteer as a Friendly Visitor and subsequently joined the Board of Directors. She would like to expand the effectiveness of Stay at Home as a resource for older residents who want to stay connected to the community.

Lisa and her husband Mac reside in Wilton with their rescue dogs, Ken and Winnie. They have two daughters, Nicole and Lizette, and celebrate 20 years in Wilton this month. Lisa has a soft spot for sports. Whether it's her children's involvement or her own pastimes, she enjoys paddle tennis, skydiving, and wing walking.

Curling in Connecticut with member and volunteer Phil Stevens



In 1990, Phil Stevens's manager suggested he try curling. Phil said, "When your manager suggests you do something, you do it!"

Phil likes it so much, he has been curling for 30 years! He's a member of the Nutmeg Curling Club where he and his teammates will strap on their special grip and slide shoes, grab their brooms, and take turns delivering a 42 pound stone across the ice. It's like shuffle board on ice, except that stones are solid granite and come only from Scotland and Wales.



If you have tuned into the winter Olympics, you've seen the sport of curling. A team of four, a skip, a thrower and two sweepers, seeks to slide and stop the stone on the target, called "the house". During the long 23 second slide down the ice, there's a feeling of exaltation as the sweepers work hard to guide and extend the slide, and humiliation, as they realize how much is out of their control.



Phil Stevens; "skip" Brian Glatzel; Brian Anderson; and Michael Reiss

The sport of curling has grown in popularity since the U.S. brought home Olympic gold in the 2018 games. During the games, the Nutmeg Club opened its doors at 3 a.m. so members could watch the games live from Korea.

Phil has won 4 championships and has made friendships that have spanned 30 years. There's a well known rule in curling: the winners buy the losers a drink and losers buy the winners a drink... and suddenly the cold room becomes warmer.



Nutmeg Curling Club offers a free class at the beginning of the season. The season runs October - March. Give it a try! Call 203-615-0077.

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