



STAY at HOME
10^{in Wilton} YEARS

Community & Connections

Volume 10 Issue 4

July 2020

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APRIL 22, 2010 BULLETIN, WILTON, CONN. 3A

INDEPENDENT LIVING

Seniors move closer

BY LUISA KELSO
Stay at Home in Wilton

Visiting Nurse Association, which provides Ridgefield's aging in place program. They have agreed to partner with Wilton's Stay at Home



Bob and Luisa Kelso at the Annual Summer BBQ



Ann Newton and former Fire Chief Paul Milositz
2010 Trackside Meeting

Reflections from the Beginning

As a Board Member in the early days of Stay at Home in Wilton, I was part of a very enthusiastic, exciting time. SAHW held the promise of significantly improving the lives of seniors in Wilton. There were 11 of us at the first board meeting. We were a small, compatible group that mostly knew each other from having lived in Wilton a long time.



Stay at Home in Wilton Board Members 2020

The big push was to get SAHW known in town. To that end, we ensured that we received good coverage in the Wilton Bulletin and introductory meetings were held at Trackside. At the end of 2010, SAHW had 29 members. Growth was slow. The concept was a new one. Some Wiltonians knew about Boston's Beacon Hill Village and New Canaan's Staying Put but many did not. Much of Board Members' time was spent getting the word out. It was very encouraging that we had a high retention rate. Once joining us, our members stayed with us. One thing that has not changed in 10 years is the excellent level of service SAHW provides.

As I look back and reflect on the beginning and what SAHW is now, I am very happy to say the promise was kept.

Luisa Kelso

Mark Your Calendar for July Events

One-on-One Tech Help

with an instructor available on Zoom



- Get general Tech Help
- Set up a Zoom account
- Discover Caribu, the #1 Video



App for calling grandkids

RSVP: 203-762-2600 to schedule a convenient time for all your Tech Help questions.



Men's Monthly Breakfast at Orem's Diner is back! 9 AM

"It's good food and great conversation!"

Tuesday, July 14th

RSVP: 203-762-2600



Ladies Zoom HOBBY HOUR



Thursday July 16th, 4 PM

You're invited to share your hobby with your Stay at Home friends. You can talk about your hobby or do a mini-demonstration. Or perhaps you would like to explore a new hobby? An invitation will be sent by email.

RSVP: 203-762-2600

New to Zoom? No problem. Contact Janet Johnson to schedule one-on-one Zoom training.

W Stay at Home in Wilton and Wilton Library sponsor—

A discussion of Delia Owens's popular best seller, **Where the Crawdads Sing**.

Tuesday, July 21st, 2 PM

Register online with the Wilton Library to receive the Zoom session invitation link. For questions email Michael Bellacosa, at mbellacosa@wiltonlibrary.org

Visiting Nurse & Hospice of Fairfield County **"Making You Safer in Your Home"**

Tuesday, July 28th, 3 - 4 PM

Don't miss this Zoom special event featuring important tips on staying safer in your home.

RSVP: 203-762-2600

Member News-to-Use

www.stayathomeinwilton.org



The
2020
U.S.
Census

Bureau has extended its deadline to October 31st. It's not too late to respond online, by phone, or by mail. Visit my2020census.gov to begin. Need assistance? Feel free to contact Janet Johnson at **203-762-2600**, volunteers are happy to help.



Experience feel-good shopping! Shop at smile.amazon.com and donate to Stay at Home in Wilton, at **no cost to you**.

1. Visit smile.amazon.com
2. Sign into your Amazon account
3. Choose Stay at Home in Wilton as your charity

Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice.

Did you know? You can still exercise at home! A recent article in The New York Times offers expert advice on fitness.



Three simple tips:

1. Walk down your hallway 3 times a day, or up and down your stairs if you are able.
2. Grab some small weights or two soup cans and do some simple arm curls.
3. Get some fresh air! Walk outside or out on your balcony, or open a window and take deep breaths.

To read the entire article visit:

www.stayathomeinwilton.org/news-to-use

You can still take Yoga classes from Denise O'Hearn online on **Tuesdays at 11 AM** & **Thursdays at 10 AM**. Email denise@tierneyesq.com to sign up.

Good News for Business Donors or if you know of a Business who Donates:

The Board of Selectmen is submitting a funding proposal to the 2020 State of CT Neighborhood Assistance Act Tax Credit program for Stay at Home in Wilton. The program provides funding for municipal and tax-exempt organizations by offering a tax credit for businesses that make cash contributions to approved non-profits.

Businesses can receive a credit of 60 percent of their contribution to certain programs approved by the CT Department of Revenue Services.

Last year, five Wilton tax-exempt organizations received \$35,000 in cash contributions, resulting in \$30,000 in tax credits to the businesses.

For more information, contact, Dr. Ralph Kirmser, SAHW Fundraising Chair: ralphoboe@hotmail.com

With Appreciation—

During these challenging times, we are so grateful for the outpouring of help and compassion lavished on our members. Our own volunteers have gone far beyond what was expected, not only to make sure that food and prescriptions were picked up for members, but to deliver precious masks and, in some cases, complete yard work. We are especially grateful to the following community organizations for supporting our members in many ways:

- Helping Hands
- Norwalk River Valley Trail and the courteous walkers!
- RVNAhealth
- Warrior Helpers
- Wilton Social Services
- Visiting Nurse and Hospice of Fairfield County

Our faithful donors, who have supported us in these difficult financial times, and especially the **Wilton Presbyterian Church Faith in Action Committee** and the **Wilton Woman's Club**, who gave us a generous donation despite the cancellation of their fundraiser because of the virus

As President, I would like to express my appreciation for the positivity, sense of humor, and thoughtfulness that our members have shown every day of this crisis. Our Board has made phone calls regularly to all of our members in an effort to keep everyone connected. Spirits remain high as we hope and pray for reunions of SAHW friends at breakfasts, luncheons, seminars, and our wonderful parties! We hope to see all of you at our 10th Anniversary Gala on Sunday, October 4, 2020, at the Shore and Country Club in Norwalk.

Finally, a shoutout to Executive Coordinator Janet Johnson, who keeps all the wheels of SAHW spinning. "Zoom Queen" Debbie Louis, Marketing and Publicity Coordinator, has done a masterful job in bringing people together.

Until we meet again, stay safe and be well!



Sally Maraventano Kirmser
President



10 YEARS
in Wilton

Save-the-dates:

Friday, Aug. 21: Annual Summer BBQ
Tuesday, Sept. 29: Fire Dept. Program
Sunday, Oct. 4: 10th Anniversary Gala

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