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Inside this issue:

Tech Help via Zoom	2
Men's Zoom Breakfast	2
Ladies Zoom Happy Hour	2
10th Anniversary Gala Save-the-date	2
New Members and Volunteers	3
Tax Tips	3
The Walking Club	3
Quarantined Together	4



STAY at HOME NEWS and REVIEWS

10^{in Wilton} YEARS

June 2020

Volume 10 Issue 3

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Quarantined Together



In late March, when the coronavirus was exploding, Sally and Ralph Kirmser's daughter Fran, a producer in NYC, and her 15-year old daughter, Pia, expressed anxiety about conditions at the NYC hospitals. Sally urged the girls to leave their NY apartment and stay with them until conditions improved. Sally concluded that "It would become a remarkable six weeks in all of our lives." Frani wrote, "We will never forget the laughs, great conversation and unbelievable meals!!!"

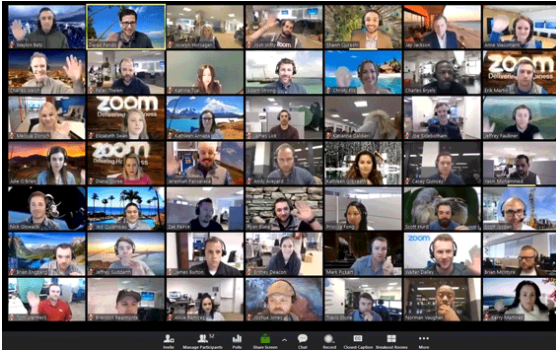
We're hearing success stories of how members are staying healthy and connected. Many are finding creative ways to meet up with family, neighbors and friends while others are learning new ways to take classes and consult doctors. A few lucky ones have found themselves in special roles as teachers as they quarantine with children and grandchildren.

Friends and neighbors are adapting to social distancing gatherings. Doug Jones and his breakfast group grabbed their usual lox and cream cheese on a toasted bagel from CT Coffee & Grill and met on River Road for breakfast in their cars. Wilton neighborhoods are enjoying properly distanced

Happy Hours. Nita Nordgaard wrote that she has a wonderful neighbor who organizes "Cluster Musters." It's Bring Your Own A, B, and C... appetizer, beverage, and chair... *not to share!*

Many are connecting through Zoom, a popular easy-to-use, free video conferencing tool. Barbara Sage recently met with her physical therapist via Telehealth through Zoom. Her doctor had her position the screen so he could watch her walk. Zoom has brought Denise O'Hearn's senior yoga class to Anne Jovovic several times each week. This month, Stay at Home is offering Zoom training and events to help members connect with family, friends and one another.

Mark Your Calendar for online June Events



Tech Help is back virtually
Wednesday, June 3rd 3:30 PM

Join Online Tech Help for a Zoom Class. Instructors will walk you through how easy it is to connect via Zoom.

To join a Zoom call, you'll need:

1. A computer, laptop, or iPad with a microphone and a camera or a Smartphone.
2. An email and WiFi connection.
3. From your email, click on the blue Zoom link for the specific event you wish to attend.
4. Click on join audio and video.

RSVP: 203-762-2600 by June 2nd and you will receive an email with a link to connect.



Men's Zoom Breakfast

Tuesday, June 9th at 9 AM

No need to drive anywhere! Just sit down in front of your computer, grab a cup of coffee and a bagel and click on the blue Zoom Men's Breakfast link sent to your email. Next? Meet, talk and even see real humans!

RSVP: 203-762-2600



Ladies Zoom Happy Hour

Tuesday, June 16th, 5 PM

Ladies, you're invited to Stay at Home's first Zoom Happy Hour! Make your favorite appetizer and beverage and click on the blue Zoom Happy Hour event link sent to your email. It's easy!

RSVP: 203-762-2600



Anniversary Gala

Save-the-date: Sunday, October 4, 2020
The Shore and Country Club

Welcome New Members and Member News

Welcome New Members

Marie Beltrami
Susan Celuch

New Volunteers

Tom Connors
Gary Eaton
Laureen Mody
Roseanne Forslund
Mary Wright

Did you know?

**Over 70 with an IRA?
Reduce your taxable Income!**

Tax Tip from Our Treasurer

The Coronavirus Aid, Relief, and Economic Stimulus (CARES) Act suspended, or waived, all required minimum distributions (RMDs) due in 2020. If you have already taken your RMD for 2020 you can still roll it back in under the CARES Act if you do so by July 15, thereby reducing your taxable income this year. Please consult your financial advisor concerning other provisions that may affect you.

The Walking Club encourages everyone to get outside!



Our community offers a variety of attractive walking possibilities. Right in town, the Norwalk River Valley Trail and Schenck's Island are two excellent locales for a casual walk.

Jim and I try to get out every day. We recently spent a beautiful morning at Sherwood Island. The path along the water wasn't crowded, and people stayed at respectful distances. The oyster boats were out, the gulls were calling. There is something magical about being along the shore. The vastness of the sea and sky always has an uplifting effect.

Even if you find yourself indoors, you can still remain active. If you're on the phone, walk around while talking. On your computer, you'll find many online resources to help you put together a simple fitness routine. If you visit our website, check out the "News to Use" section under Membership Benefits for an excellent article on maximizing fitness during these challenging times.



Stay well, keep moving,
and we hope to see you
on the trail!

Ellen Kapustka



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Please visit our
WEBSITE and like
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daily updates on
how we can help.

Quarantined Together

By Anne Goslee-Jovovic

The hinges squeak as the door swings open. I peek at my bedside travel clock: 6:45 a.m. Not bad! Each morning, my pajama-clad granddaughters slip into my makeshift bedroom, balancing a stack of books. "GranAnne, can you read?" Good, their parents can get a few more minutes of sleep. I pray I make it through the stack without having to read the *Three Little Pigs* or *Green Eggs and Ham* again. Girls curl up beside me. What a lucky Gran I am!

This is day 92. I arrived in early March for a 9-day stay. My daughter with two daughters (ages 4 and 7) and son with three sons (ages 8, 11, 14) live 7 blocks apart in northern Virginia. After cancelling my return, I stocked up on clothing and I got our 50-book limit at the local library just before it closed-- thank goodness! Schools closed. The little ones need lesson planning. Me? A teacher, oh yes, for many years, but not second grade or preschool. The challenge of creating a daily program has been good for my brain.

The 7-block power walking between the homes to repeat lessons, splashing in streams in nature centers, tossing Frisbees to trampolining grandsons for hours all keep me in good shape. Knitting "pandemic" scarves is relaxing. Laundry, dishwasher, plenty of that! Cooking? Not much. "Hey, Tam, Let me contribute to the grocery delivery bill?" "Mom, we should be paying you for all the lessons." At the end of the day, my greatest joy is that appreciation and the cries of "*GranAnne, you're the best!*"