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STAY at HOME
in Wilton
10 YEARS

Volume 10 Issue 6

September 2020

Community & Connections



Living Your Best Life Now

By Reverend Shannon White

“Living One’s Best Life Now” is a perennially important topic, but in the middle of a pandemic it takes on special significance.

Whether in a group situation or in your own home, living a vibrant and fulfilling life requires both inner and outer resources. Most lists addressing this topic include all the usual requirements: proper diet, exercise, and mental fitness. But I want to focus on our spiritual health.

I once heard spirituality defined as “connection with God, self and others.” We are meant to live in community, in connection with one another and with a sense of something greater than ourselves.

So how can we deepen that area of our lives in the present?

***Focus on the positive.** The idea of transformation through the renewing of our minds is central to all major religions. Meditation and prayer, focusing on spiritual truths in sacred texts, and surrender or letting go of the things over which we have no control, are all key to a sense of inner well-being. And right now, there’s A LOT over which we have no control!

***Practice forgiveness.** Are there people who are “renting space in your head for free?” Why not try to forgive them? You might even consider whether you need to ask for forgiveness of anyone as well—including yourself! All of us need a large dose of self-compassion right now.

***Serve others.** Giving back, even if your mobility is limited, is essential to spiritual growth. This may be as simple as writing a note or picking up the phone to call someone who might need to hear a friendly voice.

The inner life is unlimited. Expanding our compassion and perspective each day leads to a more peaceful and fulfilling life.

Mark Your Calendar September Events



One-on-One Tech Help *with Games*

Instructors are ready to teach you how to play your favorite games online.

This is a great way to exercise the brain, and connect with friends and family.

RSVP: Janet Johnson at **203-762-2600** to reserve a time



Porch Parties *Wednesdays & Fridays*

We miss being together!

Stay at Home is doing drive-by visits and safe OUTDOOR social distancing gatherings. No need to clean your house or do a thing! Party snacks included. Parties are limited to 5 people. **Contact Janet Johnson at 203-762-2600** for available times slots. *Invite a friend!*



Men's Monthly Breakfast

Tuesday, September 8th, 9 AM

Orem's Diner

"Good food and great conversation!"

RSVP: 203-762-2600

Outdoor seating available



Stay at Home in Wilton Pizza Night Fundraiser

Wednesday, September 9th

Mention

STAY AT HOME IN WILTON

when you DINE IN or order DELIVERY from WILTON PIZZA on

September 9th

FUNDRAISER begins at 5 PM

SAHW receives **15%** of the proceeds

Take Out/Delivery:

203-762-0007

(\$2.75 charge for deliveries)

101 Old Ridgefield Road

www.WiltonPizza.com



Conversations and Connections During Isolation *with the*

Reverend Shannon A. White

Tuesday, September 29th, 3 - 4 PM

The pandemic challenges one of the things which makes our lives so beautiful-- our ability to connect with family and friends. We need to maintain and even deepen our connections with authentic conversations. This is a discussion you won't want to miss!

RSVP: 203-762-2600

Presentations are via Zoom. Attendees receive a Zoom link and invite by email upon reservation.

Member News and News to Use www.stayathomeinwilton.org

Birthdays

2nd

Suzanne Lucey
Giedra Tronccone

3rd

Kay Chann

14th

Winkie Chesley
Doreen Stubbs
Beverly Weed

21st

Doris Gaynor
Marge Anderson

25th

Gail Nielsen

30th

Sam Halsey

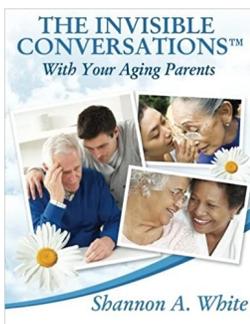
Did you know? Connecting during COVID is good for you—

Studies show that social connection improves physical health, psychological well-being, and even longevity.

- **Celebrate birthdays** Celebrating is so important right now. Plan a drive-by visit or Porch Party for a friend or neighbor.
- **Cook out with your neighbors** Share a meal while keeping plenty of social distance. Bring Your Own is a great option.
- **Communicate the old-fashioned way** If you don't have access to smart phones or computers, consider sending a hand-written letter or card to a friend or neighbor.
- **Have a virtual game night** Whether you prefer cards or board games, it's easy to now play a variety of your favorite games online with friends and neighbors.
- **Volunteer for Stay at Home** Help with mailings, calls or running errands for members. Contact us: **203-762-2600**



Ladies Brunch under the Orem's tent: Nita Nordgaard, Karen Pingarron, Janet Johnson and Joan Roman



“The Invisible Conversations” by Rev. Shannon A. White is a conversation starter. As we age, it's necessary to have conversations with our children on health care, housing, legal matters, and for mending broken relationships. Rev. Shannon White's book makes starting and having those conversations easier. Please contact Janet Johnson at **203-762-2600** to purchase a copy. **20% of the proceeds** go to Stay at Home in Wilton. The cost is \$10.

Rev. Shannon White is pastor of Wilton Presbyterian Church. She is an Emmy-nominated TV journalist, author of the Invisible Conversations Series, and a member of Stay at Home's Advisory Board.

10th Anniversary Gala

New Date:

Sunday,
June 13, 2021

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Our Senator, Will Haskell, reaches out to Seniors with advice on how to vote by absentee ballot in November

Due to recent legislation in light of COVID-19, every registered voter in CT will have the option to vote by absentee ballot this November.

The absentee ballot process consists of two important steps: The application, and the ballot itself. In early September, the Office of the Secretary of the State will send every registered voter an absentee ballot application. This application is NOT a ballot and will not contain the names of any candidates. Once you receive the application, you may fill it out, sign it, and send it to your Town Clerk's Office (238 Danbury Road, Wilton, CT) anytime until late October.

Beginning on October 2nd, the Wilton Town Clerk will be sending actual absentee ballots to the voters who have applied for one. Once you receive your ballot, you may fill it out and do one of two things: Mail your ballot to the Wilton Town Clerk's Office, or physically place your ballot in the Official Ballot Drop Box in front of the Wilton Police Headquarters (240 Danbury Road).

It is best to leave yourself as much time as possible to complete every step in this process. I would strongly recommend that you send in your ballot application as well as your ballot as soon as you receive it. Please don't hesitate to reach out to my office (**860-240-0068**) if you have any questions!

—Senator Will Haskell



Save-the-dates:

Tuesday, October 27th: Questions Concerning COVID with Infectious disease specialist Dr. Paul Pino
Tuesday, November 17th: RVNAhealth Cooking demo and discussion on celebrating the holidays safely

New Date: Sunday, June 13, 2021 **10th Anniversary Gala**