

## BOARD OF DIRECTORS

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## Matters of the Heart



### *Love Our Volunteers*

"A homemade loaf of bread can warm the heart during these days of isolation. I find sharing my love of baking is a wonderful way to connect with others. If anyone would like freshly baked bread, let Janet know."

—Laureen Mody



### *Love Our Community*

"The Wilton Historical Society was honored to be the location for Stay at Home in Wilton's Holiday Party Drive-thru. The event brought so much holiday spirit to all of us. We hope this is the beginning of a blossoming partnership between the two organizations."

—Kim Mellin



### *Love Our Donors*

"Good business leaders help smooth the stress of dealing with life's challenges for their clients but also for their community, and that is what has motivated me to help seniors who stay in Wilton."

—Dodd Koeckert

# Mark Your Calendar for February Events

## COVID Vaccine Registration Help



We love our Board Members! Thanks to their tremendous effort in conjunction with Social Services, a significant number of eligible members have been vaccinated at clinics held at the WHS Field House.

1. **Visit:** [ct.gov/coronavirus](https://ct.gov/coronavirus) for updates
2. **Subscribe to the town of Wilton for updates:** [wiltonct.org/subscribe](https://wiltonct.org/subscribe)
3. **Check our Website for updates!**

Contact Janet Johnson, 203-762-2600 with questions or to schedule a time for help.

## Men's Monthly Breakfast Tuesday, February 9th at 9 AM



### Orem's Diner

"It's good food and great conversation!"

Friends are invited to meet at the diner.



## What do you Love to Read or Watch?

### Tuesday, February 16th, 2 - 3 PM

Over the holidays, you may have received a new book or watched a new movie. It is always great to get recommendations and share your favorites with friends.

**RSVP:** Janet Johnson at 203-762-2600  
A Zoom link will be provided by email.

## rVnaHEALTH™

For Lifelong Care & Wellness

## Three Special Events: Why? Because Your Heart Matters

**Friday, February 19th 11 AM - 1 PM  
Wilton Historical Society**

**Heart Drive-thru Gift Bags:** Wave hello to familiar faces and receive your free "Heart Gift Bag" from RVNAhealth. Items include gifts that will help improve your heart health.

**Free Safe Blood Pressure and Grip Strength Clinic:** Studies show the pandemic has been associated with an increase in high blood pressure. RVNAhealth staff will check your numbers on **Feb. 19th**. Register early with Janet. Space is limited.

## How to Stay Upbeat and Heart Healthy during the pandemic

**Tuesday, February 23rd  
3 - 4:30 PM**



RVNAhealth presents: Three Important Things You Can Do to Improve your Heart Health. Followed by a Q & A with guest speaker Dr. Ralph Kirmser, a Yale Medical School graduate. Dr. Kirmser has practiced cardiology in Fairfield County for over 40 years.

**RSVP: 203-762-2600**

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

# Member News and News to Use [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

## Welcome New Members

Marie Paquin  
Leslie Sweet



**Celebrate the American tradition of hand stitching with a take-home heart sachet kit**

The heart “felt” kit comes with everything you need to create a Valentine sachet filled with lavender to keep or to give away. The heart kit includes a pocket and small paper hearts just the right size to write a special message. Heart Kit: \$10  
For more information:  
Email: [info@wiltonhistorical.org](mailto:info@wiltonhistorical.org)  
Phone: 203-762-7257  
[wiltonhistorical.org/take-home-kits](http://wiltonhistorical.org/take-home-kits)

## Have you tried Exercise Snacking?

Studies show that brief spurts of exercise throughout the day have great health benefits, such as helping to process nutrients. Try climbing three flights of stairs three times a day with a one-to four-hour break in between. Walk around your home while chatting on the phone. Every few hours, play dance music and create some moves to accompany it. Check out the new seven-minute standing workout video at [nytimes.com/well](http://nytimes.com/well). All you need are sturdy shoes, a wall, and a chair for balance. Go to our website, [stayathomeinwilton.org](http://stayathomeinwilton.org), to find the latest articles on short but beneficial workouts. You'll be inspired!

## Birthdays

### 3rd

Carol Kern

### 4th

Phil Richards

### 5th

Karen Pingarron

### 7th

Dorothy Hyde

### 12th

Jim Cronin

### 15th

Mary Porrazzo

### 18th

Carolyn Stempel

### 20th

Anne Goslee-Jovovic  
Barbara Sage

### 27th

Rita Gresl

## WPD Comstock Drive-thru Annual February Lunch

**Feb. 17th, 11 - 12 PM**

Enjoy a vegetarian lunch prepared by Village Market. No charge

**RSVP by Feb. 10th**  
**203-762-2600**

Snow date: 2/18



## Snow Elves

After a snow storm, do you need a little extra help clearing your walkways or pathways for oil deliveries? We have a team of WHS Student “Snow Elves” available to help.

**Call Janet Johnson at 203-762-2600 to schedule an Elf.**



**24 Hours to Give Where You Live— February 25**

go to [www.FCGives.org](http://www.FCGives.org), click on the menu and choose Stay at Home in Wilton as your charity. FCGives unites our town around local causes.





## The Love of Grandparents and Grandchildren: A Special Bond!

“A grandparent is a little bit parent, a little bit teacher, and a little bit best friend.”

—Unknown

“The reason grandchildren & grandparents get along so well is that they have a common enemy.”

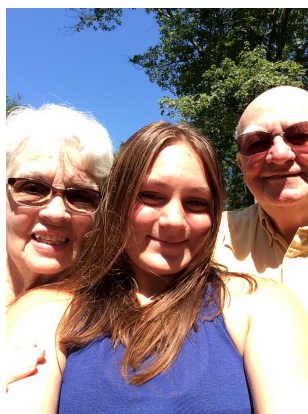
—Sam Levenson

“Something magical happens when parents turn into grandparents”

—Unknown

“Grandpa Jim inspired his granddaughter Julia and her older brother Henry, whose parents do not ski, to start ski lessons. They both loved it, and are now proficient skiers.”

**Jim & Ellen Kapustka**



“In spite of Taylor, our granddaughter, losing her dad and having Type I diabetes, she has become the most remarkable young woman and Grammie & PopPop are so proud of her!”

**Pat & Fred Wernig**

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Peg Koellmer

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Theresa Santoro

Dr. Maura L. Sparks

Catherine Stroup

Chris Stroup

Rev. Shannon White

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Janet Johnson

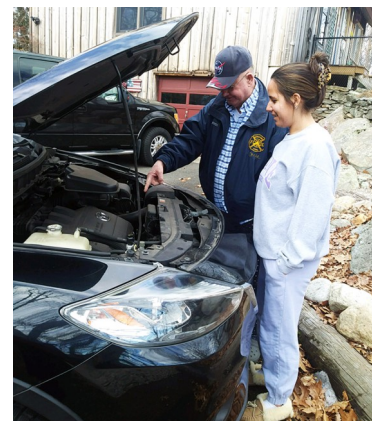
Executive Coordinator

Debbie Louis  
Membership &  
Publicity Director



“GranAnne always arrives with a suitcase full of art projects, books, pumpkin chocolate chip muffins, and love.”

**Anne Goslee Jovovic**



“PaPa often discusses car maintenance with Tori. The grandkids rely on him; he’s a good mechanic!”

**Verna Barrett**

### February Save-the-dates:



February 1st - 28th: COVID Vaccine Registration Help  
Tuesday, February 9th, 9 AM: Men’s Breakfast  
Tuesday, February 16th, 2 PM: What Do You Love?  
Friday, February 19th, 11 AM: Heart Drive-thru & BP Clinic  
Tuesday, February 23rd, 3 - 4:30 PM: Heart Health Talk

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