



STAY at HOME
in Wilton
10 YEARS

Community & Connections

Volume 10 Issue 12

March 2021

BOARD OF DIRECTORS

SALLY KIRMSEY

PRESIDENT

LISA ROMAN

VICE PRESIDENT

JIM KAPUSTKA

TREASURER

ELLEN KAPUSTKA

SECRETARY

PHIL RICHARDS

CHAIRMAN

KAREN BIRCK

ANN BYRNE

DR. RALPH KIRMSEY

JEFF MILLER

ANNE RICHARDS

GALE ROEDER

BARBARA SAGE

ROGER SMITH

Inside this issue:

Men's Breakfast	2
After the Vaccine Talk	2
Heartwarming Friendship	2
Words with Friends	2
Welcome New Volunteers	3
Free BP & Grip Tests	3
March Birthdays	3
Protect Your House From Snow & Ice	3
New Member and Volunteer Q & A	3
SAHW Needs a Home	4
With Appreciation	4
March Save-the-dates	4
In Remembrance	4



“Eleanor Roosevelt not only was a staunch supporter of her husband, Franklin, but went on to build a legendary career that transformed the role of First Lady. Likewise, the leadership of the First Ladies of Stay at Home in Wilton has continued to build and transform our organization for more than 10 years.”

—**Kay Chann, Founding Member and First Treasurer**



“The women in my life, from my great-grandmother on down, were educated and self-starting. They taught me that with education and hard work, a woman could make her way in the world.”

—**Ann Newton, Advisory Board and former Vice President**



“I never took on the classic “women’s roles,” and made sure to develop critical thinking, which should be applied throughout one’s life.”

—**Giedra Jonynas Troncone, Ph.D., Founding Member**



“My mother’s advice: “Always be able to take care of yourself.” She saved money from the household account, created a beautiful home for us and later spent a lot of time volunteering. My advice? Be yourself!”

—**Karen Pingarron, Founding Member**

In honor of **Women’s History Month**, **Stay at Home in Wilton** would like to recognize some of the **women** who were **influential** in the **10 year history** of our organization, and share some of their thoughts on the secrets of **their success**

Mark Your Calendar for March Events

Men's Monthly Breakfast Tuesday, March 9th 9 AM at Orem's Diner



"It's good food and great conversation!"

Members and their guests are invited to meet at the diner. For questions, contact **Janet Johnson** at **203-762-2600**

A friendship that began on Words with Friends



When Spencer Sleyon, a 22-year-old rapper from East Harlem, and his friends were going around the room talking about who their closest friends were, he said: "My best friend is Rosalind Guttman, an

81-year-old woman who lives in a Senior community in Florida."

Their friendship began entirely at random when Words with Friends, a Scrabble-like game, assigned the two strangers to play each other. At first it was all business but soon they began talking about current events and their lives. Spencer asked Ms. Guttman if she had any advice for him, she said, "Whatever you want out of life, just go grab it."

The two actually met in Florida and by all accounts had a warm and inspiring reunion.



You have received a COVID Vaccine, "Now what?"

Tuesday, March 16th, 2 - 3 PM

Do you still have questions like, "When can I hug my Grandkids?" Margarita Shapiro, Community Health Nurse from Visiting Nurse & Hospice, will be available via Zoom to answer these and other questions on what to do once you have received your first or second dose of the COVID-19 vaccination.

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



Tuesday, March 23rd 3:30 - 4:30 PM

Love to Play Games? Want to expand your circle of friends? Enjoy a NEW relationship with a different generation. Wilton High School Students will teach us how to play Words With Friends, a game that keeps your mind sharp and connects you with friends old and new.

To register! Contact **Janet Johnson** at **203-762-2600**

Member News and News to Use www.stayathomeinwilton.org

Welcome New Volunteers

Jeffrey Bates
Sarah Bates

Birthdays

12th

Ann Byrne

13th

Norris Browne

21st

Bill Alastor

22nd

Fred Fort
Claudia Halsey

23rd

Margaretha Kunzle

25th

Kathryn Lynch

27th

Larry Mauer
John O'Mara

29th

Jordice Browning



Did You Know? Recent studies have identified a connection between grip strength and heart health.

rYnaHEALTH™
For Lifelong Care & Wellness

Contact RVNAhealth at **203-438-7862** to schedule a free grip strength or blood pressure reading.

How Do I Protect My House From Snow and Ice?

- Clear snow away from gutter downspouts.
- Check your attic for water.
- Inspect your foundation and seal cracks. Look for signs of water and redirect it away from your home.
- Make sure your dryer vent, and exhaust pipes for your furnace and hot-water heater, are clear of snow.
- Protect pipes by keeping the house at a comfortable temperature.
- Insulate pipes along the exterior walls. On very cold nights, keep cabinet doors open so warm air can reach those exterior pipes.
- Run water at a slow drip.
- Shut off garden spigots
- If you find an ice dam, contact a roofing company. You may need better insulation or ventilation in your attic.



Wilton High School students and Stay at Home Snow Elves Tyler Case and Sam Gioffre.

Contact us at **203-762-2600** to schedule a handyman visit or a Snow Elf.

New and Prospective Member & Volunteer Q & A Tuesday, March 30th, 10 - 11 AM



If you are a new member or want to learn about volunteer opportunities at Stay at Home in Wilton, grab a coffee and join us on March 30th to meet President Sally Kirmser. Invite a friend who would benefit from membership.... the more the merrier.

RSVP: 203-762-2600, A Zoom link will be provided.

Stay at Home in Wilton is looking for a "HOME" in Wilton Center! If you know of office space for rent, please contact Janet Johnson, 203-762-2600.

ADVISORY BOARD

- Sharon Bradley
Richard Dubow
John Foster
Hal Higby
Judy Higby
Dick King
Dodd Koeckert
Peg Koellmer
Ann Newton
Theresa Santoro
Dr. Maura L. Sparks
Catherine Stroup
Chris Stroup
Rev. Shannon White

Administrative Staff
Janet Johnson
Executive Coordinator

Debbie Louis
Membership &
Publicity Director

With Appreciation

Stay at Home in Wilton is grateful to our generous individual donors who each gave in excess of \$500 for 2020. We appreciate their continuous support in these stressful economic times. Thanks to their generosity, and that of our other donors, we can ensure that Stay at Home in Wilton remains a vibrant force in the community.

\$1,000 or more:

- John and Annette Ambler
Gifford and Marie Broderick
John and Doon Foster
Jim and Ellen Kapustka
Ralph and Sally Kirmser
Phil and Anne Richards
Lynn and George Tomeny
Justin and Allison White
Davatzes Family Foundation
Fleitz Family Fund
Andrew Knuth Charitable Trust
Shames Family Foundation
Stroup Family Fund

\$500 to \$999

- Peter and Joan Dodds
Dick and Joan King
Joseph and Sara Kirmser
Carl and Zelig Pforzheimer
Joseph and Virginia Ripp
Gale Roeder
Jean Schlesinger
Roger Valkenburgh
Krasnow Family Foundation



March Save-the-dates:

- Tuesday, March 9th, 9 AM - Men's Breakfast
Tuesday, March 16th, 3 PM - After the Vaccine Talk
Tuesday, March 23rd, 3:30 PM - Words with Friends
Tuesday, March 30th, 10 AM - Prospective Member and Volunteer Zoom Q & A

In Remembrance:



Elisabeth Allen Walker died in Redding, CT on January 10th 2021, just shy of her 86th birthday. Born in St. Louis, Mrs. Walker was a loving mother and devoted grandmother to 13 grandchildren. She was the mother of Doon Foster and a member of Stay at Home in Wilton. She had been living at Meadow Ridge. She will be forever remembered for her sharp wit, her beautiful voice and her love of her family.

Elisabeth A. Walker 1935 - 2021