



STAY at HOME
in Wilton
10 YEARS

Community & Connections

Volume 11 Issue 6

September 2021

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Ralph Kirmsier starts the grill
Picnickers receive Warm Welcome at Summer BBQ



Fred and Pat Wernig are greeted enthusiastically by Bobbi Kahan and Larry Mauer

More photos are available on the website.



Chairman Phil Richards still at the center of it all



Friendly faces: Lynne Zareski and Ellen Kapustka



President Sally Kirmsier; Rick and Nancy Ritacco



Josina and Jan Gaus; Gale Roeder (center)



Member Gordon Nugent with volunteer driver Jerry Sprole

Mark Your Calendar for September Events



Dr. Joe Utterback plays The Great American Songbook

Broadway, jazz, love songs, greatest movie songs of all time, and a special 9/11 tribute

Sunday, September 12th

4 - 5 p.m. WEPCO



48 New Canaan Road

Suggested donations at the door:

\$20 Adults/\$10 Students

For more information: **203-762-2600**

Please use the enclosed flyer to invite a friend or neighbor to the concert.

Men's Monthly Breakfast Tuesday, September 14th, 9 AM



Men will meet at Orem's Diner. Guests are invited. For questions, call **203-762-2600**



Weir Farm Guided Tour and Lunch September 30th at 10 AM

Meet in the parking lot at 9:50 a.m. and enjoy lunch at Heibek's afterwards (optional). Reservations essential by September 17th. The group is limited to 12. Please sign up early, call **203-762-2600**. Rain date 10/7.



Sherwood Island Walk Thursday September 23 10:30 AM

Join *Stay at Home in Wilton's Walking Club* at Sherwood Island State Park, on the shore of the Long Island Sound in Westport. Meet in the handicapped parking area of the pavilion parking lot and bring a brown-bag lunch to enjoy afterwards (optional).

All are welcome! Rain date: 9/24

For more information, please contact Janet Johnson at **203-762-2600**.



Stay at Home in Wilton presents

**Tuesday, September 28th
3 - 4 PM at Comstock**

FOOD WASTE

**SIMPLE WAYS TO
REDUCE AND REUSE**

Reservations are recommended.

Contact Janet Johnson: **203-762-2600**

Member News and News to Use www.stayathomeinwilton.org

Welcome

New Members

Phyllis Boroskey
 Mona Gupta
 Kathryn Roeder



The Walking Club begins!

Now that most of the summer heat is behind us, we look forward to having more members join us for a series of invigorating and enjoyable walks.

Need reasons to walk, other than for fun and companionship?

A recent New York Times article pointed out that the commonly accepted recommendation of 10,000 steps a day (about 5 miles) for health has no basis in fact and that as few as 4400 steps a day among women in their 70s reduces the risk of mortality. Another recent study found that walking can refresh and renew the white matter of the brain, the wiring that connects neurons and is essential for brain health.

So many good reasons to get out there and walk! We look forward to seeing you on the trail.

Ellen and Jim Kapustka

Birthdays

2nd

Suzanne Lucey
 Giedra Tronccone

3rd

Kay Chann

12th

Tony Wiseman

14th

Winkie Chesley
 Doreen Stubbs
 Beverly Weed

21st

Doris Gaynor
 Marge Anderson

25th

Gail Nielsen

30th

Sam Halsey

Save-the-dates:

- Friday, October 8th: Oktoberfest
- Thursday, October 14th: Intermediate Walk at Leon Levy Preserve
- Tuesday, October 26th: Michele's Pies Talk & Tasting
- Thursday, October 28th: Walking Club meets at Cranbury Park in Norwalk
- Sunday, November 7th: Madera Winds Concert "Autumn Winds"
- Friday, December 10th: Holiday Party

How are we doing?

Look for a member survey in next month's mailing. Your input matters to us and will guide us as we strive to improve and expand our membership benefits. We will also include a Member Profile to complete so you can update your contact information.



Stay at Home in Wilton thanks Village Market for their generous donation of hamburgers, hotdogs, and rolls for our Summer BBQ. Please be sure to thank them next time you are there.

We're back to a Bi-monthly newsletter and Monthly calendar.

Volunteers of the Month Lynne and Pete Zareski



The Zareskis are special members and volunteers. Lynne is a Friendly Visitor, always ready with a smile and encouraging word, and Pete is one of our talented handymen. This husband and wife have teamed up to help member Jordice Browning be more comfortable in her own home. Jordice recently turned 100, and although her family is very active and helpful, they live out of state. Lynne and Pete have been a lifeline for her to address a home repair or computer glitch, or just to stop in for a friendly visit. Pete installed handrails

on both sides of her staircase and bright lights for improved visibility. He and Lynne help Jordice with her large sophisticated touch screen computer, which allows her to order everything she needs. The couple also volunteer their time to help with other members' calls and repairs. The Zareskis are always looking for ways to help improve members' homes and cheer their hearts! Thank you, Lynne and Pete!

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Stay at Home members were treated to wonderful weather for the Norwalk Harbor and Sheffield Island Lighthouse tour.

As the boat made its way by the harbor and the Norwalk Islands, our engaging guide pointed out many places of interest, including the oyster processing plant, inhabited islands, and a number of osprey nests. The osprey spend several years in South America and then return to the very same nests to raise the next generation. A guided visit of the 1868 lighthouse expounded on the

building's long history and many fascinating artifacts. The lighthouse is now on the National Register of Historic Places and is supported by the Norwalk Seaport Association through fundraisers such as the Norwalk Oyster Festival. Much of the island is now a wildlife refuge and bird sanctuary. Groomed trails and observation platforms make for pleasant walking. A very rewarding excursion that we hope to repeat in future years.



Pictured: Jim Kapustka, Ralph and Sally Kirmser, Lisa Roman and Anne Hill

Stay at Home in Wilton looks forward to the next 10 Years!