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Volunteer Roseanne Forslund toasts Board Members Jim Kapustka and Jeff Miller; Gordon Nugent, Ann Byrne, Holly Wright-Warren and Anne Hill raise their glass!

Cheers! A Year of Staying Together

In 2021, we resolved to stay close to our Stay at Home family and friends. We learned how to Zoom, we waved to one another at drive-thru events and checked in with one another. And we got by with a little help from our friends. Thank you to our friends at RVNAhealth for helping us stay close through their generous sponsorship of the Heart Health Drive-thru event and the 2021 Holiday Party. We are also grateful to our donors, volunteers and members who support us year-round.



RVNAhealth Marketing Specialist Lisa Fleming, President Sally Kirmsier, and RVNA Marketing Director Kim Cafiero



Executive Coordinator Janet Johnson with Member and Volunteer Jan Gaus. WHS Coach Joanne Nazareth with President Sally Kirmsier



Board Member Dr. Ralph Kirmsier performs with The TrebleMakers

Mark Your Calendar for January Events

One-on-One Tech Help Wednesday January 5 3:30 - 4:30 PM



Comstock Tech Room
No charge. Reservations are required.
RSVP: **203-762-2600** by January 3

Men's Monthly Breakfast Tuesday, January 11, 9 AM



Men will meet at Orem's Diner. Feel free to bring a guest. For information: **203-762-2600**



Ladies Lunch at Grace Farms Thursday, January 13 at 11:30 AM

Ladies join us for lunch at the peaceful and stunning retreat of Grace Farms. Please contact Janet Johnson for carpools or meet in the Grace Farms parking lot at 11:30 AM. Proof of vaccination required.

Reservations are recommended.
RSVP: **203-762-2600**



What's Available for Seniors at the Wilton YMCA?

Tuesday, January 18th at 2 PM

Join us at the Wilton YMCA for a tour of the facility with a special emphasis on the offerings and opportunities available for seniors. Meet in the lobby of the YMCA.

RSVP: Janet Johnson at
203-762-2600



Start Moving in the New Year

Walking or exercising for 11 minutes a day can lessen the harmful consequences of too much sitting. For those with a bit more ambition, 35 minutes a day of brisk walking or other activity has been shown to **increase longevity**. **Exercise snacking**, short spurts of physical activity throughout the day, can **lower blood pressure** and **blood sugar**. Climb stairs three times a day or walk briskly around the house. Team up with a friend to stay motivated. Small steps may lead to big rewards!

Ellen and Jim Kapustka, The Walking Club

Member News and News to Use www.stayathomeinwilton.org

Welcome

New Members

David & Janice Hapke

Tod Lewis

Marie Ritch

New Volunteer

Kevin Kane

Did you know? Free salt/sand mix is available in season at Wilton Town Hall. Choosing snow melting salts carefully is very important.

Stay at Home in Wilton Handyman Pete Zareski says cheap salts harm surfaces. The best choice is Calcium Chloride. Apply before each snowfall. Keep a container of snow salt or sand in your car.



Stay at Home in Wilton Member and WWII Hero Trygve Hansen turns 100

Trygve Hansen is Wilton's oldest living veteran. For more than 70 years after his service, Trig has been honored around the world for his bravery in World War II. He served in the Royal Norwegian Navy on the HNOMS Stord during the Battle of the North Cape. The event remains one of the most famous victories of World War II. His ship covered the English infantry landing at Sword Beach during the Invasion of Normandy. "The weather was unbelievable, and the fighting was fiercer than I had seen before", Trig remembered. In an interview on the Evening News less than a year after the battle, the commanding officer of HMS Duke of York, Captain Guy Russell, said, "The Norwegian destroyer Stord carried out the most daring attack of the whole action." Trig has been awarded the French Legion of Honor Medal, the government's highest distinction for his military service and he has been honored in Normandy, most recently on the 75th anniversary of D-Day. "It's very touching to receive these awards" says Trig. We celebrate Trig for his service and on his special 100th birthday!



Snow Elves

After a snow storm, do you need a little extra

help clearing your walkways? We have a team of Wilton High School Student "Elves" who are ready to help. No charge.

Contact: **203-762-2600** to schedule a snow elf.

rVnaHEALTHTM
For Lifelong Care & Wellness

**2022 Wellness Talks
Coming Soon!**

Stay at Home in Wilton and RVNAhealth have enjoyed a good long partnership, with RVNAhealth providing administrative support and collaboration from the moment Stay at Home in Wilton was founded over 11 years ago. The partnership continues today with **events, programs**, and camaraderie to offer **care, education**, and **entertainment**. In **2022, RVNAhealth** will offer **quarterly Wellness Talks** to our members and the Wilton community.



Welcome New Board Member Ann Fiteni

We are pleased to have Ann join the board as co-chair of the Membership Committee with Gale Roeder. Ann grew up on Long Island, attended Marist College, and moved to Wilton with her husband Joseph and two sons J.P and Andrew in 1993. She was a member of the Newcomers Club for five years, and served as treasurer for the last two. She was also a member of Encore and helped initiate the group's evening programs. She worked as Wilton's assistant town clerk for 23 years and retired in March. Ann says she joined Stay at Home in Wilton after retirement so she could volunteer within the Wilton community. Ann enjoys traveling, reading, needlepoint, yoga, walking, and playing the piano. Please welcome Ann to Stay at Home in Wilton!



Volunteer Appreciation Ann Fiteni

Ann Fiteni is our newest board member and this month we celebrate her contributions to Stay at Home in Wilton. Ann is a driver, helps with our monthly mailings and can often be seen greeting and checking members in at events. She is very active with our Walking Club. Ann has already made many notable contributions to Stay at Home in Wilton, and we are lucky to have her onboard!

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- Chris Stroup

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- Janet Johnson
Executive Coordinator
- Debbie Louis
Membership & Publicity Director



2021 Holiday Party Thank you

Thank you to our friends at RVNAhealth for sponsoring the Holiday Party, The Wilton Congregational Church for hosting us, Victoria Catering for providing delicious classic Italian food, Angela Mia and Joe Agoglia for donating the scrumptious pastries and cookies, The TrebleMakers and Dr. Ralph Kirmser for entertaining us. Stay at Home in Wilton is grateful to all the volunteers who helped at the event including the Elves—members of the Wilton High School Freshman Field Hockey Team and their coach. Pictured above, left to right: Ellie Drew, Mimi Essig, Coach Joanne Nazareth and Grace Guglielmo.