



STAY at HOME
10 *in Wilton*
YEARS

Community & Connections

Volume 11 Issue 12

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Inside this

- Men's Breakfast 2
- Tech Help: Facebook Marketplace 2
- Ladies Book Group 2
- Wilton YMCA Tour 2
- Stay Young at Heart 2
- Tips on Eating Well 3
- Prospective Member & Volunteer Brunch 3
- Spring Ahead: Daylight savings time 3
- Serving some new balls 3
- Volunteer Appreciation 4
- Declutter and Donate 4
- Spring into Action, Volunteer! 4



Spring into Action Try New Things

It's time to spring out of winter hibernation and try something new! Your fresh start begins today. Explore Wilton's many historic landmarks, enroll in an exercise class, take a walk on the Norwalk River Valley Trail, gather with friends and meet new ones. Stay young at heart!



Mark Your Calendar for March Events

Men's Monthly Breakfast
Tuesday, March 8, 9 AM



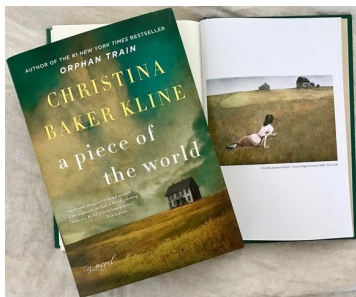
Men will meet at Orem's Diner. Feel free to bring a guest. For information: **203-762-2600**

Tech Help
Facebook
Marketplace



Wednesday, March 9, 3:30 PM

Declutter and Make Money.
Comstock Tech Room. No charge.
One-on-one help. Reservations required.
RSVP: **203-762-2600** by March 4



Ladies Book
Group Lunch
Tuesday
March 15
12 PM

Bring your book wish list, ideas, a bagged lunch and join us at Comstock. Janet will host the March meeting and introduce the group's first book, Christina Baker Kline's bestseller "A Piece of the World." Copies will be available at the library. Everyone will have an opportunity to host and choose a book.

RSVP: **203-762-2600**

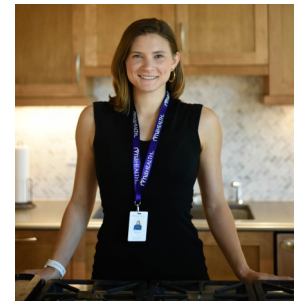


What's
Available for Seniors
at the Wilton Y?

Tuesday, March 22, 2 – 3 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: **203-762-2600**



Cardiologist Dr. Ralph Kirmser and Dietitian and Nutrition Educator Monica Marcello

Stay Young at Heart
Tuesday, March 29, 3 PM

- The importance of cholesterol and triglycerides for cardiovascular health
- How medical therapy can prevent heart attack and stroke
- The Mediterranean diet and tips on how to transition to an unprocessed, whole foods, plant-rich diet.

Followed by a Q & A.

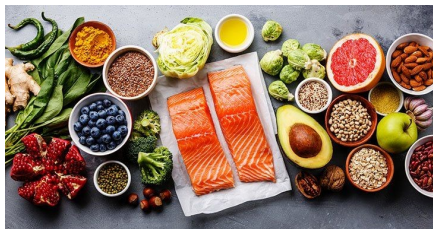
At Comstock. Reservations are recommended:

203-762-2600

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Member News and News to Use www.stayathomeinwilton.org



Savor, Celebrate and Pay Attention: Lessons From the Eat Well Challenge

1. **Eat on a fancy plate!** Turn an everyday meal into a celebration. A colorful and appetizing plate encourages mindful eating. Many studies have described the health benefits of a Mediterranean-style diet, which includes an abundance of vegetables, seafood, and olive oil.
2. **No more multitasking while eating.**
3. **Put the fork down.**
4. **Use smaller plates.**
5. **Never grocery shop while hungry.**
6. **Add lots of vegetables to your meals.**
7. **Avoid snacking at night and get more sleep.**

For the full New York Times article by Tara Parker-Pope, please visit our website:

www.stayathomeinwilton.org/news-to-use

To learn about the health benefits of a Mediterranean diet, join us on **Tuesday, March 29th**, at **3 PM** in the Senior Center Lounge for **Stay Young at Heart** with dietitian and nutrition educator Monica Marcello.



It's time to spring ahead on Sunday, March 13th!

Daylight savings is a great time to change your clocks and the batteries in your smoke and carbon monoxide detectors.

Contact **203-762-2600** to schedule *handyman help*.

Serving some new balls for your walker

If you need tennis balls for your walker, Stay at Home in Wilton handymen can help. Please contact us if you need extra tennis balls or help attaching them to your walker.



Prospective Member & Volunteer Brunch

Thursday, March 24th 10:30 AM - 12 PM

Do you have a friend or neighbor who is interested in learning more about Stay at Home in Wilton? Invite them to get to know us over brunch. No charge.

WEPCO 48 New Canaan Road

RSVP: Janet Johnson, 203-762-2600 by March 21st



March Volunteer Appreciation

Jerry Sprole and Jeff Miller are two gentlemen who have dedicated countless hours to driving our members to important appointments. This is critical and connects our members to the community with which they might otherwise have difficulty engaging. For the past six years, these two exceptional men have volunteered countless hours behind the wheel, and each has taken the reins to

steer the overall program by training and organizing all the other volunteer drivers. They are both deeply concerned about the health and well-being of our members and go above and beyond just steering the car and opening doors. Their continued dedication and commitment to the needs of our members will bring Stay at Home in Wilton into an exciting new period, as our transportation program moves forward with automated scheduling that will make it easier for our members and volunteers. Look for the announcement of this exciting program, coming soon! **Thank you Jeff and Jerry for your dedication.**

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Did you know? You can declutter and donate to Stay at Home in Wilton

The Turnover Shop accepts donations Mondays & Tuesdays, 10 - 11:15 AM. When you drop off your items, choose Stay at Home in Wilton as your charity. The items should be designated and credited to:

Stay at Home in Wilton Turnover Account 797R

Our drivers are ready to assist with pickups. Contact: **203-762-2600**



Spring into Action, Volunteer!

The heart of Stay at Home in Wilton is our core of volunteers and the connections and friendships they enjoy.

Join the Anniversary Party Committee:

- Invitations
- Decorations
- Greeters
- Servers
- Walking members in
- Set up and clean up

Build strong connections, through volunteering. Contact: **203-762-2600**