



# Community & Connections

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## The 3 Top Benefits of Volunteering\*

Whether you're 16 or 86 and over, there's no denying volunteering feels pretty darn good.

Research shows that volunteering offers many benefits, especially for older adults, including:



- 1. Improves physical and mental health.** Volunteer activities keep people moving and thinking. Research has found that volunteering among adults aged 60 and over provides physical and mental health benefits that lead to lower rates of depression and anxiety. It reduces stress and increases positive, relaxed feelings by releasing dopamine. Reduced stress further decreases risk of heart disease, stroke, and general illness. A longitudinal study of aging found that individuals who volunteer have lower mortality rates than those who do not volunteer.
- 2. Provides a sense of purpose** Volunteers gain a sense of purpose when they give back to the community, especially when volunteering in the areas they find meaningful. Older volunteers experience greater life satisfaction and self-esteem.
- 3. Nurture new and existing relationships** Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and combat loneliness is to participate in a shared activity.

**Interested in volunteering? Join us on July 26 to learn more!**

\*[www.mayoclinichealthsystem.org](http://www.mayoclinichealthsystem.org) Thursday, September 16, 2021 *Angela Thoreson*

# Mark Your Calendar for July Events



## Ladies Lunch & Wilton Farmers' Market Outing

**Wednesday, July 6, 12 PM**  
**New Location: Town Green**

Featuring local farmers offering seasonal and organic produce, fresh baked goods and pastries, food trucks with a selection of lunch items, local artists and crafters.

RSVP: **203-762-2600**

## Men's Monthly Breakfast Tuesday, July 12, 9 AM



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



## Wilton Library Summer Music Concert Series

**Echoes of Sinatra  
Rat Pack and American Songbook**

**Thursday, July 14, 5 - 6:30**

Concerts are in the Brubeck Room. Wine and refreshments are served. No registration or charge. To go as a group, please **RSVP: 203-762-2600.**



## Port Jefferson Day Trip Tuesday, July 19, 9 AM - 5 PM

Enjoy a scenic boat trip and a delicious lunch at The Wave. Browse the harbor shops, or indulge in an old-fashioned ice cream cone at the Roger Frigate and relax by the Sound. Carpools will meet at **9 AM** at the commuter lot.

**RSVP: 203-762-2600** Tickets: **\$25**

## Volunteer Reception



**Tuesday, July 26  
4 - 6 PM**

**Wilton Library  
Courtyard**

Whether you're a current volunteer or considering volunteering, Stay at Home in Wilton is inviting you to a special reception with drinks and hors d'oeuvres. Come meet current volunteers and learn more about the various opportunities.

To **RSVP**, or for more information, please contact, **Janet Johnson** at **203-762-2600** by **Sunday, July 24.**

## Welcome

### New Members

Grace Bennett  
Joan Draxdorf  
Jean Kelley  
Shirley Lasky  
Marie Lutz

### Become a Volunteer!

JOIN US! **Tuesday, June 26th, 4 - 6 PM,** at the Wilton Library's Reference Courtyard to learn more!



Kevin Kane walks Dee Smith into the 12th Anniversary Party

Stay at Home celebrates Kevin Kane, our newest handyman, this month. Janet Johnson said, "Kevin came to meet and get acquainted with us at the Holiday Party and he never left. He helped with parking, cleaned up and even helped pack my car."

## July Volunteer of the Month

Kevin is willing to help with whatever is needed. He and his son shoveled a member's path for an oil delivery. He has repaired lamps, adjusted doors, replaced smoke alarm batteries and even assembled vacuum cleaners. He enjoys speaking with members and learning about their lives. He also feels that SAHW members are kind and appreciative.

Originally from Michigan, Kevin recently moved to Wilton with his wife Megan and their two boys. James will be a senior at Wilton High School and Emmett will be a sophomore. Please give him a warm welcome! Fun Fact: Kevin is #9 of a family with 10 kids.



Allison will be coordinating the scheduling of our volunteer drivers to meet our members' transportation needs through the new "Assisted Rides" online database program.\*

### Stay at Home in Wilton is pleased to introduce our new Transportation Manager, **Allison C. Stagg**

Allison has an extensive background in sales and sales administration and with her strong organizational skills is more than ready to 'drive' this program for Stay at Home in Wilton.

Allison and her husband Jared are CT lifers, having grown up in Stamford and Easton, respectively, and moved to Wilton in 2013 where they are raising their boys, Kingsley (6), and Rex (3).

"We love our community and could not have been happier with our decision to raise our family here," states Allison.

### **Welcome Allison!**

\*Read about our new Assisted Rides Program on the back page.



## INTRODUCING... **ASSISTED RIDES**, our **NEW Transportation Scheduling Program!**

program eliminates numerous phone calls and puts in one place all the information to schedule rides on a weekly basis. It will provide much needed data and information that we can analyze as we strive continuously to improve our services. It will also make it easier to coordinate a large group of volunteer drivers.

“The new software program will better allow drivers to choose ride requests that suit their schedules and enable members to ask for rides far in advance,” adds Jerry Sprole, long-time Volunteer Driver and Transportation Chairman.

Going forward, this program will enable easier scheduling of other Stay at Home in Wilton services, including Handyman Help and Friendly Visitors, to better help our members with their at-home needs.

*For your convenience, enclosed is our new Transportation Policy.*

Stay at Home is always looking for ways we can improve our programs. Since transportation is one of the most important services we offer to members, we explored and found a new way to make the process of scheduling rides more efficient. After much research and through recommendations by neighboring Villages, we are now subscribed to an online scheduling software service, “Assisted Rides”.

While it will be a seamless transition for our members who will continue to schedule their rides just as they did before, this program will make it easier for our volunteer drivers as they can go online and schedule the rides that work best for their schedules. The

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## Stay at Home in Wilton **Save-the-dates:**

**August 19th, 5 PM:** Summer BBQ - WEPCO

**October 7th, 4 PM:** Oktoberfest - The Cannon Grange

**December 9th, 5 PM:** Holiday Party - Congregational Church