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March-ing to a New Beat!

Stay at Home in Wilton enjoyed a lively February by launching the new Coffee Club and the first annual Valentine's Day Ice Cream Social. We also welcomed two new board members—Sue Wall and Kevin Kane. Read on for details!



Clockwise: Bobbi Kahan, Larry Mauer and Margaretha Kunzle; Jan Gaus; Lynne and Pete Zareski, Jim Kapustka, Chet Augustine and Ann Byrne



Sharing the Love!

Nearly 40 festively clad members turned out for the **first annual Stay at Home Valentine's Day Ice Cream Social** at the Grange. Many wore red, and a number of the women marked the occasion with unique heart-themed jewelry. Scrumptious ice cream and toppings supplied by Wilton's own **Scoops Ice Cream** were served up by **co-owner Meghan Wall**. Chocolate truffles, heart-shaped cookies and festive table decorations and balloons (courtesy of Janet Johnson) contributed to the lively ambiance. Along with classic rock music, the nonstop sounds of laughter filled the air. What a way to share the love on Valentine's Day!

Mark Your Calendar for March Events



Men's Monthly Breakfast THURSDAY March 2, 9 AM Orem's Diner

Come join us for some good food and great conversation!! The men meet at Orem's Diner at 9 AM on the first Thursday of each month. No RSVP necessary, just show up. Members, volunteers, friends and neighbors are always welcome!

For information call **203-762-2600**.



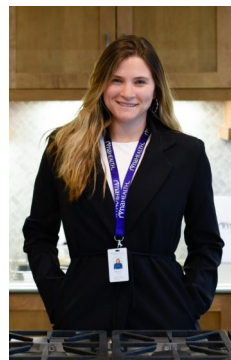
Early Spring Lunch at Marly's Thursday, March 16, 12 PM

Join us for a cozy lunch in Marly's side room, perfect for private parties. A Stay at Home in Wilton favorite!

Reservations are required by March 14.
RSVP: Janet Johnson, **203-762-2600**



Optimizing Nutrition as We Age Tuesday, March 28, 3 PM Comstock Community Center



Discover the importance of proper nutrition in maintaining good health and preventing chronic disease. Join Nutrition Educator Monica Marcello, MS, RVNAhealth Registered Dietitian, as

she shares insights on the key nutrients needed as we age, and how optimizing nutrition can help decelerate aging. Learn why appetite changes occur, which foods to eat more of and which should be limited. Prioritizing good nutrition can lead to overall health improvement, maintenance of independence, and a higher quality of life.

Bring your questions and bring a friend!

rVnaHEALTH™

For Lifelong Care & Wellness

**RSVP to Janet Johnson,
203-762-2600, by March 24.**

Delicious healthful snacks will be served.

Member News and News to Use www.stayathomeinwilton.org

Welcome

New Members

Anita Peters
Roger and Dee Smith
Ellen Wilcox

Happy Home

Tip of the Month:

Brighter is Better

A healthy 60-year-old needs about twice as much light to read as a 20-year-old; an 80-year-old needs three times more. Natural light also helps lift your mood and combat depression. Consider replacing light bulbs or opening up those drapes!



Sunday, March 12, Daylight Savings, is a great time to change your clocks and the batteries in your smoke and carbon monoxide detectors.

Coffee Club PERKS UP Members



Left: Cora Martin, Rob and Christine Harvey, Lynne Zareski, Ann Fiteni and Bobbi Kahan

The gathering of the **NEW Stay at Home Coffee Club** took place at the home of Janet Johnson. Twelve members enjoyed coffee, tea, baked goodies, and above all laughter and companionship in the warmth of Janet's home. The Coffee Club will meet every other month at a different member's home, alternating with a restaurant lunch.

Join us! The next Coffee Club is at the home of Lynne and Pete Zareski on **April 13, 2 - 4 PM. It will perk you up!**

Stay at Home in Wilton honors the following Directors who have retired from the Board.

Ralph Kirmser, Sally Maraventano Kirmser,
Phil Richards, Anne Richards and Roger Smith

We are grateful for their nearly 45 years of combined service that helped build Stay at Home in Wilton into the outstanding organization it is today. Their vision, dedication and hard work have created a vibrant organization that will continue to thrive and to serve the needs of its expanding membership. We look forward to many years of friendship as these retiring board members continue their membership with us.

Your Stay at Home in Wilton Family

Welcome New Volunteers

Tricia Iannetta
Jolene Massad
Claudia Reed

Spring into Action Join our Team!

- Friendly Visitor Chair
- Sponsorship Chair
- Other volunteer opportunities

Contact: 203-762-2600

Save-the-date: Friday, April 21, 2023 **13th Anniversary Party**

Stay at Home in Wilton Welcomes New Board Members Kevin Kane and Sue Wall



Kevin Kane
Volunteer Chair

"Since I started with Stay at Home in Wilton parking cars for the Christmas party, I knew it was a valuable organization that cared deeply for its members. I then began helping members by attending to their small home repairs and giving handyman advice. I am grateful to be able to serve this great organization by joining the board and engaging our wonderful volunteers." Kevin recently moved to Wilton with his wife Megan and sons, James, a senior at Wilton High School and Emmett, a sophomore, who often accompany him to members' homes to move furniture or do needed repairs.



Sue Wall
Event Planning
Chair

"As a new board member for Stay at Home in Wilton, I look forward to serving the organization in any way I can. I have been a volunteer driver for several years and greatly enjoy the members that I drive. The goodwill and gratitude that permeate the organization are very rewarding for me. My husband Art and I moved to Wilton in 1981; our three boys graduated from Wilton High School. Our youngest, Kevin, is co-owner with his wife Meghan of Scoops Ice Cream. For many years I owned Wallflowers in Wilton; I enjoyed getting to know many town residents and helping them plan important occasions. I believe wholeheartedly in the mission of Stay at Home in Wilton and look forward in being an asset to this wonderful organization."

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Janet Johnson
*Executive
Coordinator*

Allison C. Stagg
*Transportation
Manager*

We note with sadness the passing of these Stay at Home in Wilton Members



Verna Barrett
Norris Browne (Brownie)
Rita Caruso
Julienne Daniels
Steve Gottschalk

Trygve Hansen
George Kunzle
Gordon Lucey
Bob Pingarron
Barbara Sage

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."—Helen Keller