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Gail Nielsen, Doris Gaynor and Luisa Kelso



Partygoers Anne Hill and Cora Martin

Stay at Home Celebrates Its Thirteenth Anniversary

On Friday, April 21, SAHW members gathered at Ambler Farm to celebrate 13 memorable years. The mood was jubilant on a perfect spring evening, and members socialized while enjoying a wide variety of appetizers followed by an excellent catered dinner. The caterers thoughtfully supplied plastic containers, so members were able to take home dinner items as well as samples of the festive anniversary cake and other sweets. Kudos to Holly Wright-Warren, Karen Birck, (pictured right) and Janet Johnson, who



Bartender Jim Kapustka serves Joan Roman



put together this splendid evening, and to all the volunteers organized by Kevin Kane to ensure that everything ran smoothly.

Thank you Dodd Koeckert, The Koeckert Anger Group, RBC Wealth Management, Our Sponsor.

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Mark Your Calendar for May Events



Men's Monthly Breakfast **THURSDAY** May 4, 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 more information, or if you need a ride, please call **203-762-2600**.



Al Fresco Lunch at Marly's Thursday, May 18, 12 PM

All members and volunteers, women and men, are invited to a festive lunch on the patio at Marly's for lively conversation and delicious food at one of Wilton's favorite gathering spots.

Reservations required by May 16
RSVP: Janet Johnson, **203-762-2600**



Sleeping Better As We Age

Tuesday, May 23, 3 PM
Comstock Community Center

Christine Burns, RN, of Waveny/ Visiting Nurse & Hospice, will discuss the functions and importance of sleep, how sleep changes as we age, and techniques for improving sleep.

Waveny
LIFECARE NETWORK

Visiting Nurse
& Hospice of Fairfield County
a member of Waveny LifeCare Network

RSVP to Janet Johnson,
203-762-2600, by May 22.



Wilton Farmers' Market 2023 Season Begins Wednesday, May 31, 12 - 5 PM

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. Please contact us if you need a ride.

RSVP: 203-762-2600
The Wilton Town Green

Member News and News to Use www.stayathomeinwilton.org

Welcome

New Member

Linda Berghofer

New Volunteers

Tara Rooney

Penelope Schwartz



Coffee Club Perks Along

Nineteen lucky Stay at Home members relaxed on Lynne and Pete Zareski's spacious patio and enjoyed coffee, cold drinks and companionship at the second Coffee Club gathering. Members brought an array of goodies to share and the mood was festive. Lynne and Pete's lovable dog Pepi (an honorary Stay at Home member) seemed pleased to mingle with the guests. A special shout-out to Bobbi Kahan and her spectacular chocolate-dipped strawberries. The next Coffee Club will be held in June, date and place TBD. Stay tuned!



Healthful Eating as We Age

Stay at Home in Wilton members were treated to an outstanding presentation by Monica Marcello, MS, RD, of RVNAhealth, on the importance of eating balanced meals as we age.

Here are some of the important takeaways:

- ◆ Aim to create three balanced meals a day by including a protein, complex carbohydrate, healthy fat, and plenty of fruits and/or vegetables.
- ◆ Protein, carbohydrate and fat should comprise half the meal; the other half should consist of fruits and/or vegetables.
- ◆ Proteins are best consumed throughout the day. They help offset muscle loss. Good choices include chicken, beef (at least 95% lean), turkey, pork tenderloin, fish, soybeans, eggs or egg whites, Greek yogurt, milk and cottage cheese.
- ◆ Complex carbohydrates are the body's preferred source of energy. These include unprocessed whole grains, beans and legumes, squash, white potatoes and sweet potatoes.
- ◆ Healthy fats include extra virgin olive oil, nuts and seeds, nut butters, and avocado.
- ◆ Fruits and vegetables may be fresh, frozen or canned.
- ◆ Be sure to drink eight glasses of water a day.

To learn more, please call **RVNAhealth** at **203-438-5555**.

Stay tuned for further valuable presentations coming up!

rYnaHEALTH™

For Lifelong Care & Wellness





A Fond Farewell to a Cherished Volunteer and Board Member

Jeff Miller Departs for Litchfield

Jeff was a Stay at Home in Wilton board member for nearly seven years and instrumental in guiding and developing the popular volunteer driving program, now the Assisted Rides program.

Always ready with a smile and a kind word, Jeff was one of our most popular drivers. In a recent interview, he said, "It is not easy to leave such a special town. I will miss many things about Wilton, especially Stay at Home. I have met so many wonderful folks, whether fellow Board members, volunteers, or members. I particularly enjoyed driving members to their appointments and tending bar at our popular parties. I will always remember the laughs we all shared, as well as the challenges we faced and overcame. Please give me a call or stop by when you are in Litchfield!"

Fellow driver Jerry Sprole noted that "Jeff was ALWAYS out driving, an Eveready battery who was completely unfazed by the Covid chaos. What a friendly, wonderful leader. He will be sorely missed."



Volunteer driver Marty Clancy added, "Jeff successfully built a group of more than three dozen volunteer drivers. He had one of those smiles that you just couldn't say no to. It's his smile that we will all miss the most."

Best wishes to Jeff and his wife Ann from all of his Stay at Home in Wilton family!



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