

**BOARD OF DIRECTORS**

LISA ROMAN  
VICE PRESIDENT  
JIM KAPUSTKA  
TREASURER  
ELLEN KAPUSTKA  
SECRETARY

KAREN BIRCK  
ANN BYRNE  
ANN FITENI  
KEVIN KANE  
GALE ROEDER  
SUE WALL



## Grillin' and chillin' with SAHW

Our **2023 BBQ** was a feast for the senses – a glorious day, delicious food, and a wonderful turnout of over 60 members and friends. We couldn't have done it without the amazing volunteers who gave their time and brought delights from their kitchens. A special shout out to Village Market and Scoops! We are already looking forward to next year's event – see you all there for another unforgettable day of great food and great company!



## In this issue:

- Ice Cream Rendezvous 2
- Visiting Nurse & Hospice 2
- Sleeping Better As We Age*
- Walking Club Resumes 2
- Schens Island Walk 2
- Farewells 3
- SAHW in the News 4

## Mark Your Calendar for September Events



### Ice Cream Rendezvous

**Wednesday, September 13, 2PM  
Deborah Anne's Sweet Shoppe**

Join us for luscious homemade ice cream on the patio at the recently renovated Deborah Anne's Sweet Shoppe on Main St. in Ridgefield. Browse the two floors of hand-crafted chocolates and an amazing variety of candies before or after enjoying your ice cream treat. The large patio has plenty of seating and there is ample parking behind the shop. **RSVP to Janet Johnson, 203-762-2600 by September 6.**



**Walking Club Resumes!  
Thursday, September 21,  
10:30AM**

Walking is great for body, mind, and soul, especially in the company of your Stay At Home friends! Meet at Autumn Ridge Road to begin the new walking season. Lunch plans after the walk TBD. **Call Janet Johnson at 203-762-2600** to be added to our email list for information about times and places.



### Sleeping Better As We Age

**Tuesday, September 19, 3PM  
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.

**RSVP to Janet Johnson, 203-762-2600 by September 12.**



**Explore Schenck's Island  
Tuesday, September 26,  
10:30AM**

Join us for a guided walk, led by David McCarthy of the Wilton Land Conservation Trust, who will describe the features of this treasured Wilton preserve and the habitat restoration work that the WLCT has done. Please bring a brown bag lunch. Rain date is October 3. **Register by September 25 at 762-2600.**

# Member News and News to Use [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

## Welcome

### New Members

Sarah Augerbraun  
Catherine Gilleski  
Barli Nugent  
Carol Salvato

### New Volunteers

Jackie Algon  
Arlene Dolin  
Geneve Maljanian  
Chris Stroup

### Meet our new Communications Manager



Leslie Holmes has joined our team as the new Communications Manager. If you spot her snapping photos at our next event, stop and introduce yourself! Leslie says, "I'm delighted to be able to contribute to this great organization and looking forward to meeting you all!"

## Stay at Home Bids Farewell to Two Prominent Members



Jordice with Pete Zareski

**Jordice Gigstad Browning**, 102 years young, passed away August 7 at her residence in Kennebunk, Maine. Jordice joined SAHW in 2018 and remained a member until she moved to Maine in 2022. In Wilton, Jordice was active

in real estate and was a member of the Wilton Garden Club, St. Matthew's Church, the Wilton Historical Society, Wilton Library, and volunteered for Nursing Home Care among other organizations. SAHW member Pete Zareski remembers Jordice; "Our relationship with Jordice personifies everything SAHW is about. It started with a distress call to assist a 100 year old stranger with a washing machine problem in the basement of her very old farmhouse. We immediately bonded."



Gordon with Jerry Sprole

**Gordon Nugent**, 97, passed away August 18th. He had been an active member in SAHW since 2010 and was always a delightful presence at all the social events. Gordon settled in Wilton in 1959 and remained in the same house for over 64

years. Born and raised in Peoria, IL, he ventured to New York to pursue a career in Journalism after serving in the Navy during WWII. He worked at the New York Times then pivoted to public relations, working for GE and Union Carbide. In 2019, Gordon served as the Grand Marshal in Wilton's Memorial Day parade. He was a longtime member of The Kiwanis Club and his good friend and frequent SAHW driver Jerry Sprole says, "At age 97, he was truly an inspiration of positive thinking and amazing activity. I picture him with his two long hiking poles investigating the various byways in Heaven."

## Stay at Home in Wilton In the News

Published in The Hour on June 25th, correspondent Jarret Liotta's story gave readers a delightful account of his visit with SAHW. We've reprinted an excerpt here; to read the full article, visit <https://tinyurl.com/373peyz4>

### Wilton's Stay at Home group offers a village's worth of assistance to help seniors age in place



Seniors who might like to help others — or who might like to receive help — as part of a caring local community might want to consider joining Stay at Home. It's a local nonprofit network of Wilton neighbors who help older residents to remain living

independently in their own homes. With 120 members in town, the nonprofit Wilton "Village" is part of the national Village to Village Network, a nonprofit that offers guidance in setting up local groups. It began in 1999 and now has 250 groups across the country that help seniors "age in place."

"The core principle is to prolong the amount of time that seniors can stay in their home," said Peter Zareski, a member who, along with his wife, Lynne, hosted a monthly Coffee Club get-together for the Village at his Wilton home.

Read the full article at <https://tinyurl.com/373peyz4>

### A special thank you to our intrepid volunteer drivers!



Robin Lynch and Carolyn Strempl

Many thanks to the following volunteer drivers who stepped up to provide emergency and last-minute rides to our SAHW members this summer. They include: Arlene Dolin, Jan Gaus, Alyson Kleiber, Robin Lynch, Jerry Sprole, and our very special Janet Johnson. We are truly grateful for their service.

If you are interested in becoming a volunteer driver, please contact Allison Stagg at [rides@stayathomeinwilton.org](mailto:rides@stayathomeinwilton.org).

#### ADVISORY BOARD

Richard Dubow

John Foster

Dick King

Dodd Koeckert

Peg Koellmer

Ann Newton

Theresa Santoro

Carol Smith

Dr. Maura L. Sparks

Catherine Stroup

Chris Stroup

#### Administrative Staff

Janet Johnson

*Executive  
Coordinator*

Allison C. Stagg

*Transportation  
Manager*

Leslie Holmes

*Communications  
Manager*