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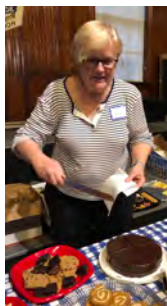


A very festive OKTOBERFEST!

More than 60 Stay at Home members gathered at the Grange to celebrate the fall season. Chef Jeff's lavish buffet offered something special for everyone and many members brought favorite dishes of their own. Thanks to all who contributed their time and energy as well as to Waveny/Visiting Nurse & Hospice for their continued sponsorship of one of our favorite events.

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Clockwise from top: Our feast! Emmet Kane dishing it up; Sue Wall, Carol Steiner; Allison's kids were a welcome addition; Barli made a super Sachertorte; Bobbi Kahan, Lynne Zareski, Carolyn Stempel; Lisa Roman with our Waveny/Visiting Nurse & Hospice friends.

November Events

Prospective Members Brunch Thursday, November 9th



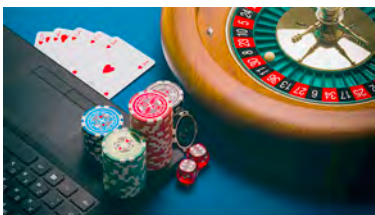
Do you have friends or neighbors who would benefit from the services and camaraderie of Stay

at Home in Wilton? Invite them to our Prospective Members Brunch on November 9th, 10:30AM-12PM at Wepco, and come along yourself to meet new people and share your experience with Stay At Home! Our gift to new members: first three months are free!

Please RSVP to 203-762-2600 by November 2



Roll the Dice on Casino Night! Saturday, November 4th



Head to the Library on November 4th for a fun Vegas-style party with real gaming tables and

dealers. Enjoy gourmet food, top-shelf open bar with signature cocktails, chips for gaming, prizes for top winners, and much more. New this year: enter the Elvis contest, a sports lounge, and wine pull.



6:30PM-10:30PM. Tickets are \$150 per person. To purchase tickets visit the Wilton Library website or contact Ashley Goldman at agoldman@wiltonlibrary.org or call **203-762-6323**.



**HAPPY
THANKSGIVING**

Stay at Home in Wilton Annual Thanksgiving Potluck Thursday, Nov. 16, 12-2 PM Cannon Grange

Celebrate Thanksgiving with your Stay at Home in Wilton family. Stay at Home provides Jim's delicious grilled turkey breast and the beverages. Please bring your favorite appetizer, side dish or dessert to share! **RSVP by Tuesday, 11/14**. Please call **203-762-2600**.



Use Your Voice! Election Day Tuesday, November 7

Absentee Ballots

In Connecticut you can vote by absentee ballot if you can't get to your polling place on Election Day for reasons such as physical disability, absence from town or sickness (yours or that of someone you care for). Visit the Town Clerk to get your absentee ballot. Return your ballot to the drop box at the rear entrance of Town Hall by 8 p.m. on Election Day, Nov. 7.



Election Day Rides

Reservations are required by Nov. 3. Book your ride now! Call 203-762-2600

SAHW Event Recaps

www.stayathomeinwilton.org

Welcome!

New Members

Susan Tom
Kathleen Viggiano

New Volunteers

Lisa Littin
Pauline Monteleone

Join Our Team!

- 🕒 Friendly Visitor
- 🕒 Driver
- 🕒 Other volunteer opportunities

Contact 203-762-2600

Sleeping Better as We Age



Stay at Home in Wilton members enjoyed an outstanding presentation by Christine Burns, RN, of Waveny/Visiting Nurse & Hospice, on the importance of sleep, how sleep changes as we age, and tips for improving sleep quality.

Here are some of the important takeaways:

- Sleep is essential to repair and restore body functions; regulate metabolism; boost the immune system; reduce stress and inflammation; and maintain optimal physical and mental abilities. Try to get 7 to 9 hours of sleep a night.
- For better sleep, practice sleep hygiene: exercise regularly, avoid caffeine, nicotine and alcohol late in the day; and keep consistent bedtime and wakeup times.
- Stay away from screens. Blue light from electronic devices may keep you awake.
- Try a relaxing evening ritual, such as meditation or a warm bath. Do not exercise within a few hours of bedtime.
- Short naps may increase alertness and improve mood; longer naps can interfere with the normal sleep cycle.
- Try to restrict worrying thoughts to daytime hours; write down whatever is bothering you well before bedtime.
- Bedtime snacks that help promote sleep: whole grains, nuts, seeds, bananas, yogurt, milk, cheese, honey, herbal tea. Small amounts taken an hour before bedtime may be helpful.

Waveny
LIFECARE NETWORK

Visiting Nurse
& Hospice of Fairfield County

Walking Club Kicks Off The New Season



Bobbi Kahan, Barli Nugent, Larry Mauer and lots of apples!

Stay at Home Walking Club members enjoyed the first walk of the new season on the Norwalk River Valley Trail in late September. The weather was gorgeous, and as an added bonus members were invited to help themselves from bushels of apples that Bobbi Kahan had gathered from her son's trees. The pesticide-free fruit was shared as well with volunteers from ASML and the NRV, who happened to be working on landscaping the entrance to the trail on Autumn Ridge Road. The Walking Club meets every Thursday, weather permitting (rain date Friday). To learn more or to sign up for the weekly email detailing times and places, call **Ellen Kapustka at 203-761-8845**.

Senior Tech Update at Wilton High School

The Wilton High School HEAL service group restarts their Tech Thursdays the second Thursday of each month, starting November 9th in the Wilton Youth Services office. Arrive at 3:30-4:30 for walk in appointments. (It is okay to arrive around 3:00). Need Tech help sooner? Call **203-834-6240** and they will try to help!



A Small Change to our Phone System



We have updated our phone system to serve you more efficiently. Now when you call Stay at Home in Wilton at **203-762-2600**, you will hear a short message that outlines several prompts depending on the service or information you need. You then simply press the appropriate number as indicated below:

- 1- To request a new ride, or cancel/change an existing ride**
- 2- To request a Handyman or Household help**
- 3- For any Membership or Billing inquiries**
- 4- To RSVP to an event and all other inquiries**

You will then be re-directed to a person who can best answer your question. For **rides**, you will be asked to leave all the details of your ride, specifically, day, time of pick-up, time of appointment, duration of appointment, and address and phone number of destination, as well as your name and call back number. Ride requests must be called in a week before the actual appointment.

Save the Date: SAHW Annual Holiday Party!

Mark **Friday, December 8th**, on your calendar for the do-not-miss Stay at Home party of the year! Celebrate the season with all your Stay at Home friends and enjoy an evening of wonderful food, fun entertainment and great company! See you there!



Administrative Staff

Janet Johnson
*Executive
Coordinator*

Allison C. Stagg
*Transportation
Manager*

Leslie Holmes
*Communications
Manager*

Passages



We note with sadness the passing of Stay at Home in Wilton member Margaretha Kunzel. Our thoughts are with her family and friends.