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'Twas the Season!

Thanksgiving Potluck 2023



Stay at Home in Wilton enjoyed a fantastic start to the holiday season with the **Thanksgiving Potluck** at Cannon Grange. Delicious food was contributed by all, including Jim's famous grilled turkey. The turkey disappeared in an instant, but there were plenty of leftovers for members to enjoy at home.



At the **Holiday Party**, members enjoyed the festive food, the company of dear friends, and the musical stylings of **The Treblemakers**.

We look forward to sharing joy and camaraderie in 2024!



Holiday Party 2023



Many thanks to Lisa Fleming and Kim Cafiero of the evening's sponsors, **RVNAHealth**, whose generosity helped make this party memorable.

Stay at Home in Wilton
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January Events

Presentation: Arctic Splendor

Tuesday, January 23, 3 PM, Senior Center



Take an armchair tour of the Arctic as SAHW board members Ellen and Jim Kapustka present a stunning collection of photos highlighting their ship-based expeditions to Svalbard (Norway), Iceland, Greenland, and the Canadian High Arctic. The photo above is just the tip of the iceberg!

Photos will be projected on the large screen in the senior center lounge at Comstock Senior Center.



RSVP 203-762-2600 or info@stayathomeinwilton.org.



Seminar: Online Cyber Security

Tuesday, January 30, 3PM, Senior Center



Older adults in the U.S. lose more than \$2 billion through fraud, scams and theft every year. Join us for a presentation by Wells Fargo banking experts who will help you identify the warning signs of elder fraud and abuse, how to recognize common scams and schemes, and how to protect yourself from becoming a victim. **RSVP 203-762-2600 by January 23** or info@stayathomeinwilton.org.



SAHW Men's Breakfast

Thursday, January 4, 9AM Orem's Diner

SAHW men are invited to the monthly gathering at Orem's Diner. No RSVP needed, just show up! And mark your calendar for the first Thursday of every month to share your morning coffee with old and new friends at a favorite Wilton haunt.

January Recaps

www.stayathomeinwilton.org

Welcome!

New Members

Denise Dowling
Bayden Taylor
Jeanne Young

New Volunteers

Maxine Berg
Jason Cutler

Join Our Team!

To find out about volunteer opportunities, contact us at 203-762-2600 or info@stayathomeinwilton.org

Seminar Recap: Aging and the Brain

Stay at Home in Wilton members enjoyed an outstanding presentation by Susan DiGregorio of RVNAHealth on risk factors for cognitive decline and proactive steps we can take to protect brain health and boost memory function. Here are some of the important highlights:

Risk factors for cognitive decline and dementia include:

- Sedentary lifestyle and poor diet
- Midlife obesity and excessive alcohol consumption
- Depression; low social engagement
- Mild hearing loss doubles the risk of dementia; moderate or severe hearing loss increases the risk three- to five-fold

Symptoms to watch for include getting lost in familiar places; repetitive questioning; odd or inappropriate behaviors; decline in planning and organizational ability; forgetfulness of recent events; increased apathy; and changes in language ability, including comprehension.

Tips to maintain healthy brain function include the following:

- Good nutrition: limit calorie and unhealthy fats; choose a diet associated with a reduced risk of cognitive decline, such as a Mediterranean-style diet.
- Cognitive stimulation: Engage in cognitively stimulating leisure activities that are both challenging and enjoyable.
- Social engagement: Being socially connected is associated with better mental health and reduced stress.
- Relaxation and healthy sleep patterns: Relaxation exercises can help combat depression and anxiety, while adequate sleep allows the brain to do its repair and restoration work.

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A Look Back at 2023

The past year was chock full of memorable events. Our annual celebrations -- anniversary party, summer BBQ, Oktoberfest, Thanksgiving potluck and holiday party -- were all well attended, and we initiated a very festive ice cream social to celebrate Valentine's Day and add a joyful note to the winter months. We learned a lot at our seminars on better nutrition and better sleep, and enjoyed breakfasts, lunches, and coffee club.

We welcomed a new sponsor, ASML, and are grateful for the continued support of RVNAHealth, Waveny Lifecare Network, RBC and other generous donors and sponsors, whose continued support helps us provide a full range of activities and services to our members.

We instituted a new phone system to streamline our communications with members, and welcomed new board members **Sue Wall** and **Kevin Kane**. Finally, our membership now stands at 122, with 17 new members this year, and we are grateful to our 55 volunteers, 15 of whom are new this year.

Volunteer of the Month: Pauline Monteleone



Although Pauline joined Stay at Home just recently, she jumped right in to help out with one of our most time-consuming tasks -- stuffing the donor letters! Pauline moved to Wilton in 1987 and raised two sons with her husband. She retired in June after 30+ years working for the Wilton Board of Education and since has been exploring volunteer opportunities. She said "I have loved living in Wilton and I am hoping by volunteering I can give back to the community in some small way." We're glad she chose SAHW! Thanks to volunteers like Pauline, even tough tasks are fun, and another opportunity to get together with friends.

Interested in helping out? Get in touch with us at **203-762-2600** or email info@stayathomeinwilton.org.

We ❤️ Our High School Elves



For the third straight year, Ellie Drew, Amelia Essig, and Grace Guglielmo have enlivened our holiday party with their cheerful presence. Now juniors at Wilton High School, they pitched in once again, passing hors d'oeuvres and serving up the delicious holiday meal from The SandWedge in Branchville.

Grace told us, "I find immense joy in helping out each year because it allows me to create meaningful connections within the community. Additionally, being a part of this program annually fosters a sense of continuity and purpose, making it a tradition that brings me both fulfillment and a deeper sense of community."

Thanks to all three for contributing so much to Stay At Home in Wilton!

What's in store in '24? You tell us!



What kinds of activities are you most interested in? Past trips have included special lunches, boat rides, garden tours, and museum visits. Let us know what you would like to see on our 2024 calendar.

Share your thoughts in our virtual suggestion box: info@stayathomeinwilton.org or leave us a message at **203-762-2600**

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*Transportation
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