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Members enjoying ice cream on a snowy day



Laura Marino Wheatly **Scoops** out the ice cream

Valentine's Ice Cream Social - Sweet!

The first real snowstorm of the season nearly derailed the festivities, but we finally were able to gather at the Cannon Grange for the second annual Stay at Home Valentine's Day Ice Cream Social! Red attire and unique heart-themed jewelry were a feature as about 40 members and friends enjoyed Wilton's own Scoops ice cream, served up by owner Laura Marino Wheatly, and a selection of delicious treats contributed by members. Janet Johnson's pink, red, and white balloons and festive table decorations contributed to the lively ambiance. Another memorable Valentine's Day!



VP Lisa Roman with Wells Fargo representatives Lucy Harriman and Maureen Meade.



Many thanks to **Wells Fargo**, whose generous sponsorship helped make this party memorable. Thanks also to **Scoops** and to the **Cannon Grange**.

Stay at Home in Wilton
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March Events

Seminar: The Benefits of Music Therapy (Interactive!)



Monday, March 18, 2-4PM Comstock Senior Center.

Please join Sherrye Platt, MA, MT-BC, RVNAhealth Music Therapist, for a fun and interactive program outlining the benefits of music on brain health. She will address how the brain responds to music stimulation, the beneficial effects of music on the aging process...and more. **RSVP by March 13: 203-762-2600 or info@stayathomeinwilton.org**



Men's Breakfast Thursday March 7, 9AM Orem's Diner

Join the men of SAHW for good food and great conversation!

No RSVP necessary, just show up. Members, volunteers, friends and neighbors are always welcome! **For information call 203-762-2600.**

"Encore" Presentation: Arctic Splendor

Following their presentation of a stunning collection of photos from their Arctic expeditions, SAHW board members Ellen and Jim Kapustka were invited by the Encore Club to reprise the presentation for Encore members. SAHW members who missed the first event are welcome to join the Encore group. Photos will be projected on a large new high-definition screen.

**Thursday,
March 14,
10AM
Comstock
Senior Center**



RSVP by March 11 to 203-762-2600 or info@stayathomeinwilton.org.

SAHW Member Lunch

**Friday, March 8, 12PM
Village Luncheonette**

Join us for delicious food and good company at one of Wilton's favorite hangouts. Enjoy a classic pizza or one of the Greek specialties. Space is limited so sign up early!



RSVP by March 4 to 203-762-2600 or info@stayathomeinwilton.org

February Recaps

www.stayathomeinwilton.org

Welcome!

New Members

Ann Marie Breisler
Regina Hampton
Martin & Mary Kennedy
Nancy Macari
Margaret Pouloa
Al & Janet Winderlich

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: Protect Yourself From Elder Financial Abuse



Stay at Home in Wilton members enjoyed an outstanding presentation by James Smith and Maureen Meade of Wells Fargo Bank in Wilton on ways to protect themselves from elder financial abuse. Such abuse occurs when older adults have money or property taken from them without their knowledge, understanding, or consent. Here are some of the important takeaways:

- **Organize your finances.** If you organize important financial documents (including car titles, real estate deeds, insurance policies, pension and trust documents, social security paperwork, financial powers of attorney, and wills), it will be easier to spot inconsistencies and red flags that could signal financial abuse.
- **Monitor financial activity.** Regularly check your account statements and credit reports to make sure nothing has changed without your knowledge. Consider setting up account alerts and notifications. Contact your bank or credit card company immediately if you spot any changes you did not make.
- **Create a list of financial contacts.** These include bankers, accountants and financial professionals.

Other helpful tips:

- Be aware of common scams. Be suspicious of any situation that requires you to send money up front.
- Confirm all offers or charities. Report suspicious phone numbers, letters, emails, or individuals.
- Do not share passwords or pin numbers.
- Consider giving a person you trust permission to review your account activity.
- Report any signs of financial abuse. Resources include local police, banks, credit card companies, and Adult Protective Services.

To learn more about prevention of elder financial abuse, visit <https://handsonbanking.org>



New Board Member Bärli Nugent Sings the Praises of Stay At Home

We are pleased to announce that Dr. Bärli Nugent has joined the Board of Directors of Stay at Home in Wilton. A graduate of the Juilliard School, Bärli is Juilliard's recently retired Assistant Dean, Director of Chamber Music, Executive Director of the Mentoring Program, and member of the Graduate Studies faculty. She performed more than 1,000 concerts as the founding flutist of the Naumberg Award-winning Aspen Wind Quintet, including tours all over the United States, Europe, Russia, and North Africa.



Principal flute of the Concordia Orchestra under Conductor Marin Alsop for 18 years, she was also a member of the Artist-Faculty of the Aspen Music Festival and School for 26 years.

We are thrilled to have Bärli join our board and we hope that all of our members will get to meet her at forthcoming events. When asked about her feeling for Stay at Home, here is what Bärli wrote:

The people gathered in that packed room in 2009 where I sat with my parents had come together to consider whether an organization dedicated to providing practical assistance to older residents who wished to remain in their homes would be welcome. The decision was unanimous...and Stay at Home in Wilton was born.

My mother passed away shortly afterwards, but my father, Gordon, became a wildly enthusiastic member, a regular at SAHW parties, talks, and the walking group, making many new friends. He happily welcomed SAHW handymen into the house for minor repairs and signed up for countless rides from volunteer drivers, which enabled him to maintain his packed social, exercise, pool and bridge calendar. This was a huge relief to me, as I was living in New York City and managing a complicated work schedule. I was a guest at a number of those parties over the years and was always warmly welcomed by the SAHW community. I especially appreciated the kindnesses extended to me by our gracious Executive Coordinator, Janet Johnson, who is on the cusp of retirement but who leaves an indelible legacy.



My dad passed away last August at the age of 97 and now it is my turn to pick up the torch. Newly retired, and having moved back to Wilton, I joined SAHW right away and have continued my dad's lively practice of parties, gatherings, the walking club, handyman assistance, and making new friends.

But it has also been a joy to give back: to be a volunteer driver, to join the Board of Directors, and to do my part to support the community in which I first arrived as a four-year-old in 1959. It is a pleasure to be back and a privilege to be part of this very special organization.

Administrative Staff

Janet Johnson
*Executive
Coordinator*

Allison C. Stagg
*Transportation
Manager*

Leslie Holmes
*Communications
Manager*