

BOARD OF DIRECTORS

LISA ROMAN
VICE PRESIDENT

JIM KAPUSTKA

TREASURER

ELLEN KAPUSTKA

SECRETARY

KAREN BIRCK

ANN FITENI

KEVIN KANE

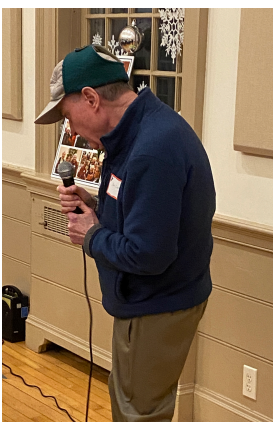
BÄRLI NUGENT

GALE ROEDER

SUE WALL

The Festive Season!

The Holiday Party was especially festive this year. Highlights included Sue Wall's magical centerpieces, superb catering by Proper Palate, lively entertainment from the TrebleMakers, and an extravagant dessert table that left everyone smiling. Our three high school elves—Grace Guglielmo, Amelia Essig, and Ellie Drew—who have been with us for the past four years, will be graduating this June and moving on. We will miss their shining faces! But they plan to bring some new "interns" to the Anniversary Party, and we will welcome them warmly into the Stay at Home family. Health and joy in 2025!



Stay at Home in Wilton
P.O. Box 46
Wilton, CT 06897
(203) 762-2600

stayathomeinwilton.org
info@stayathomeinwilton.org

January Events



What's up at the YMCA? New Year, New You

Join Stay at Home in Wilton and a panel of staff professionals from the Wilton YMCA for a presentation on all the Y programs that are tailor-made to enhance your health and well-being. Learn about specific aquatic, fitness, and lifestyle classes as well as one-on-one training all available through your insurance or Y membership. January date and time to be announced -- watch your email!

RVNA Seminar Encore

If you missed two of SAHW's best seminars, The Benefits of Music Therapy (March 2024), or Aging and the Brain (October 2023), you're in luck! RVNA is offering both seminars in January.

Benefits of Music Therapy

Tuesday, January 7, Wilton Library, 2-3PM.

Revisit a fun and interactive program outlining the benefits of music on brain health. The seminar will address how the brain responds to music stimulation, and the beneficial effects of music on the aging process. **Register:** <https://bit.ly/3D7aPMR>

**How to Live a Healthy Brain Lifestyle,
Wednesday, January 22, Ridgefield Library, 1-2PM.**

Learn about risk factors for cognitive decline and proactive steps you can take to protect brain health and boost memory function. **Register:** <https://bit.ly/4gwMdlV>



SAHW Lunch

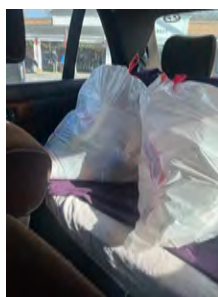
**Tuesday, January 14
12PM**

Join Stay at Home friends for a post-holiday get together at Wilton's favorite diner! Enjoy comfort food, friendly conversation, and a chance to catch up after the holiday season.

**RSVP to events@stayathomeinwilton.org
or 203-762-2600 by Friday, January 10.**

WHS Bottle and Can Drive Sunday, January 5, 1-4PM WHS Board of Education Parking Lot

Last month's Bottle & Can Drive pick up service was such a success we're going to do it again! If you're not able to drop off at the collection site, SAHW Friendly Helpers will pick up and drop off for you.



RSVP to sign up, then have everything on your porch or driveway, bagged and ready to pick up by 9 AM on Sunday January 5.



**RSVP to info@stayathomeinwilton.org or
203-762-2600 by Thursday, January 2.**

Event Recaps

www.stayathomeinwilton.org

Welcome!

New Members

Frank Mabley
John Pinkham
Sarah Pinkham

Join Our Team!

- Friendly Helpers
- Drivers
- Archive Committee
- Other volunteer opportunities

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

Seminar Recap: How to Cope with Stress



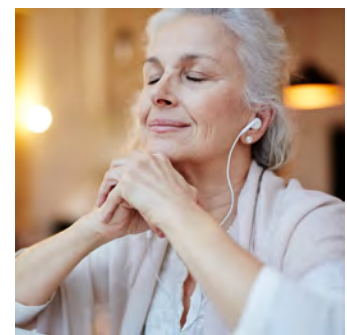
Stay at Home in Wilton members enjoyed an informative presentation on strategies to manage the stress in our lives by Christine Burns, RN, Coordinator of Community Health, Waveny/ Visiting Nurse & Hospice.

Here are some of the key takeaways:

- Occasional stress is a normal coping mechanism but chronic stress is considered the most serious enemy of longevity and contributes to nearly every disease state.
- In older adults, whose weakened immune system makes them less resilient, stress can speed up the aging process and can cause new health problems or exacerbate old ones.
- Frequent stress can contribute to damaged blood vessels, hypertension, increased risk of heart attack and stroke, headache, anxiety, insomnia and weight gain.
- In older adults, stress is related to loss of a spouse or other family members or friends. It may also result from decreased independence, major life changes, financial concerns and chronic health conditions.

Tips on Managing Stress

- Concentrate on good nutrition and sufficient exercise and sleep.
- Stay involved in causes you care about.
- Learn coping strategies such as meditation, deep breathing, yoga, tai chi, and relationship techniques.
- Limit social media time.
- Stay connected with others.
- Count your blessings and be kind to yourself.



Waveny
LIFECARE NETWORK

Visiting Nurse
& Hospice of Fairfield County

Sweet Treats at SAHW Dessert Party



At Bärli Nugent's home, SAHW friends with a sweet tooth gathered to share their favorite holiday desserts. Each dessert represented more than just a recipe—they were edible snapshots of family holiday traditions. The tempting display included Bärli's Italian Cream cake, Lynne's Individual Cheese Cakes, Ellen's Chocolate Silk Pie, Ann's Stout Brownies, Bobbi's Apple Caramel Cheesecake Bars, and more, thoroughly enjoyed by all. A new SAHW tradition is off to a yummy start!



Tour: Philip Johnson's Glass House



On a crisp autumn morning, a group of SAHW enthusiasts gathered for a tour of Philip Johnson's iconic Glass House in New Canaan, a structure that revolutionized modern architecture. Our guide provided insights into how Johnson's design dissolved the boundary between interior and exterior space, and described the meticulously arranged interior with mid-century furniture and carefully placed sculptures. Also included was a tour of The Brick House, one of the many outbuildings on the property. The two buildings were conceived as one design, the solidity of the Brick House serving as a counterpoint to the transparency of the Glass House.



Administrative Staff

Nicole Volovka
Executive Coordinator

Allison C. Stagg
Transportation Manager

Leslie Holmes
Communications Manager

Janet Johnson
*Executive Coordinator
Emerita*