

Staying Spring 2017 inTouch

Welcome to Nicola, our new Director of Member Services

Nicola Holzberger has joined *Staying Put* as the Director of Member Services. “Her natural friendliness, warmth, and enthusiasm make her a perfect fit for our seniors,” said Board President **Judy Bentley**.

A public health professional and New Canaan resident for 20 years, Nicola oversees support services for our 275 members, including transportation, consultations, and community outreach.

“Nicola is a great addition to the *Staying Put* team,” continued Judy Bentley. “She brings a wealth of experience advocating for diverse age groups and populations.”

Nicola has degrees in Nursing and Public Health, and has been active in addressing global health issues for three decades. She has worked at the United Nations, Save the Children, and in the Peace Corps. Most recently she was a Public Health Promotion Specialist in the Greenwich Health Department.

“Her passion for helping others is clear from the minute you meet her. We are thrilled to have her,” said Executive Director **Barb Achenbaum**.



“One referral may save more \$\$\$ than the cost of dues!”

Member **Susan Ponte** didn’t know how much she needed *Staying Put* until she needed to get some trash to the dump. “I called *Staying Put*,” she said. “And it saved me more than the price of my dues.”

Some people who think “I don’t need *Staying Put* yet” are missing out on one of our most valuable benefits: access to our extensive database of more than 50 carefully vetted service providers in addition to our core of volunteers.

Our vendors, from paving to power-washing, excavating to exterminating, are experienced, licensed, and insured, and have been recommended by at least one of our members.

Another Member **Jean Siefke** needed an emergency plumber. “I called *Staying Put*,” she said. “They gave me the name of a recommended plumber. He came very quickly and did a fine job,” says Jean. “And I got a nice *Staying Put* discount!”

Call us anytime for a referral. And remember that most *Staying Put* vendors offer our members a 10% or more discount. Make sure you ask!

Save the date! Annual Meeting, Sun., April 30

From 2 to 4 pm at St. Mark’s Morrill Hall. A review of our Sensational Year, refreshments, and tips from Guest Speaker **Donna Vallario** on “Keeping Your Brain Healthy.” Bring friends and family.

Let's make a date

Lunch and Learn: "Resources for Seniors in New Canaan" at Lapham

Wed., April 5, 12 noon

An informal conversation. RSVP.

Men's Coffee in the *Staying Put* Office

Second Tuesday every month at 9:30 am

April 11, May 9, June 13

Lunch at Coromandel Cuisine of India in Darien

Tues., April 18, 12 noon

A tasting adventure at this sumptuous – not spicy – Indian Luncheon Buffet. \$19. Carpooling. RSVP.

"Alfred Sissley: Impressionist Master"

Fri., April 21, 1 pm Bruce Museum

World premiere with works from major museums and private collections. \$8. Carpool. RSVP.

New Canaan Artisans' Spring Boutique

Fri., April 28, 9 am to 3 pm

Lapham Community Center

Shop for exceptional handcrafted items. Free admission and parking. Call *Staying Put* for a ride.

Staying Put's Annual Meeting

Sunday, April 30, 2 – 4 pm

St. Mark's Church, Morrill Hall.

Lunch and Learn: "Feathers with Phil"

Wed., May 3, 12 noon at Lapham Center

Board member **Phil Ives** will share his collection of local birds and knowledge of birdsong, followed by a birdwatching expedition in Waveny Park. RSVP.

Lunch at Grace Farms

Fri., May 5, 1 pm

Casual lunch in this serene setting. RSVP.

Flower Arranging at The Inn

Tues., May 9, 3 pm

Hands-on workshop with New Canaan Garden Club member **Cathie Pike**. Create your own beautiful spring floral arrangement. RSVP.

Dinner at One Twenty Three Restaurant

Tues., May 16, 6 pm

An evening out at this casual-chic Italian favorite.

Tour of Lee Memorial Garden

Wed., May 17 (Raindate May 19)

Short walking tour with dazzling variety of azaleas in full bloom! Carpooling. RSVP.

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Lunch and Learn: "Queen Mary's Doll House" at Lapham Center

Tues., May 23, 12 noon. Local Author **Gigi Priebe** tells the story behind this exquisite four-story, mini-mansion featuring electricity, running water, and tiny replicas of palace artwork and furniture. RSVP.

Chocolate Works in Darien

Wed., May 24, 1:30 pm

Interactive chocolate factory. Create your own chocolate masterpieces. \$20. Carpooling. RSVP.

Memorial Day Parade

Mon., May 29, 9:15 am

Meet at St. Mark's to march with your patriotic *Staying Put* friends or join in along the way. RSVP.

Lunch at Grace Farms

Fri., June 2, 1 pm

Casual lunch in this serene setting. RSVP.

Lunch and Learn: "Be Friends with your iPhone"

Wed., Jun 7, 12 noon *Staying Put* Office

Tech expert **Sue Scannell** with some easy-to-follow tips on how to navigate your iPhone. RSVP.

Lunch at the Shake Shack in Darien

Fri., June 9, 12 noon

Enjoy an old-fashioned burger, fries, and shake at this new casual eatery. Carpooling. RSVP.

Tour of the PepsiCo Outdoor Sculpture Gardens

Date: TBD

Tour the re-opened scenic Kendall Sculpture Gardens followed by lunch at the charming Cobble Stone Inn. RSVP.

First Mead Park Lunch of the Season

Fri., June 16, 12 noon

Join us for hot dogs and hospitality at the kick-off of this weekly summer tradition.

Dinner at Oak Hills Restaurant in Norwalk

Tues., June 20, 6 pm

Enjoy a delicious meal on the porch overlooking the beautiful golf course. Carpooling. RSVP.

*"I had to strong arm my dad into joining *Staying Put* and it's been a godsend. He loves it, socially having all the volunteers drive him around. He loves to be in the "know" about New Canaan happenings. Now he can't imagine not belonging to the group.*

*I'm forever grateful to *Staying Put*, all its members, and the Board. Thank you to you all."*

A *Staying Put* Member's Daughter

Our teen volunteers build generational bridges

A growing number of New Canaan's teen volunteers are stepping up to bring help and smiles to our members. The newest is the **New Canaan High School Boys Hockey Team**. They scored big points with members with their "dump runs" in February. They carted AC units, computers, microwaves, and boxes of old household goods to the Transfer Station.



"The **Hockey Team** helped us complete a 'lifetime clean-out' of our basement," said Member **Bill Emery** shown above with one of the players. "They were extremely cooperative and extremely strong! They did a terrific job."

NCHS Interns have volunteered for the past 3 years making a video, interviewing, writing and photographing "senior stories," and will be doing a research project for us this spring. (continued right)



Members **Sabra Jayne**, **Anne Kniffin**, and **Cynthia Wright** came in from a chilly day to view members' interesting collections or artifacts and enjoy some cocoa and cookies.

The **Rams Football Team** does a lot of heavy lifting for us and chose *Staying Put* as their local philanthropy of the year, hosting a "Seniors' Night" at the game. The **ABC House** will again help our members with outdoor spring cleanup.



Both chapters of the **New Canaan Charity League** visit members and bring cookies, painted pumpkins, and winter care packages. Above: **Kelly DeFrancesco** and mother-daughter team **Emma** and **Nancy Shullman** who have helped at our Annual Meeting, Birthday Party and Annual Fundraiser.



Young volunteers in the **Congregational Church Youth Group**, shown above with Member **Susan Ponte**, host two dinners and games each year for our members and do Spring cleanup.

Our Members Recommend

The volunteers at the *Staying Put* Welcome Desk have been buzzing about *A Gentleman in Moscow* by Amor Towles. It's the story of an aristocratic Russian Count who is forced to come to terms with what it means to be a man when he is imprisoned in 1922 by the Bolsheviks. Told with humor, a glittering cast of characters, and elegant prose, it's a masterly encapsulation of modern Russian history. Available at New Canaan Library.



Annie Cohen (right) shows Molly DePatie how to use Uber with her iPhone. In June Tech Expert Sue Scannell will demonstrate more easy-to-follow tips on how to navigate your iPhone.



The Men's Coffee meets monthly in the *Staying Put* Office. Engaged in the conversation are David Scannell, Steve Orteig, George Brakeley, Mike Rodell, Bill Malone and Reinhold Wappler.



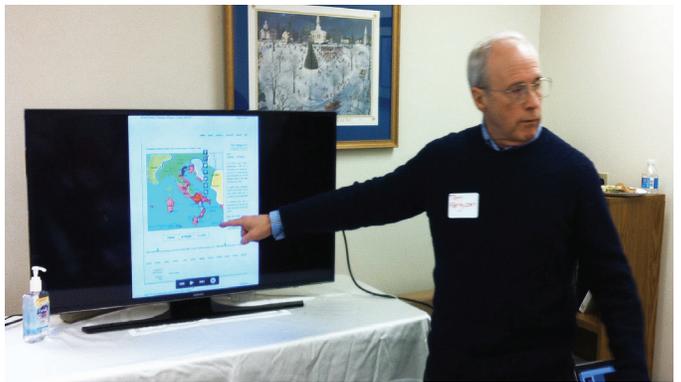
Alan and Gertrude Schaffner Goldberg shared their folk art collection. Members Nancy Helle and Judy Bentley admire "El Festín del Nopal," a papier-mâché cactus bedecked with skeletons playing instruments, by Ricardo Linares Garcia.



More than 40 members and friends attended an art reception at the New Canaan Inn to view more than 30 works in pastels, oils, and watercolors by ten of our talented members. Exhibit Curator Marjorie Aronson stands in front of two of her signature paper collages with Barbara Jeffries, Assistant Director of Resident Services at the Inn.



Board Member Kelly DeFrancesco hosted a lively volunteer recruitment coffee. Enjoying a cuppa are Abby Glover, Joe Scozzafava, Kathy Collins, Margaret Brady, Kelly and Kim Barton.



"A Trip to Sicily!" Members traveled via armchair with Tom (shown above) and Karen Ferguson who shared their beautiful photos and descriptions of culture and history.

Staying Put panel recommends “Healthcare Decisions Day”

Panelists on a *Staying Put* program on end-of-life planning encouraged seniors to participate in “National Healthcare Decisions Day” on Sun., April 16 to plan ahead for their healthcare and to talk about their final wishes with family and healthcare providers. For more information on how to participate, go to www.nhdd.org.

The panelists, meeting at the Presbyterian Church of New Canaan, offered guidance on how to have a successful family conversation and explained the differences between Hospice and Palliative Care.



Panelists (clockwise from top left): **Kristin Edwards**, M.D., Yale-New Haven Health System, **Sherman Bull**, M.D., Stamford Hospital, **Pat Stoddard**, *Staying Put* Advisory Council Member, and **Michelle Beltrano**, J.D., R.N., Beltrano Law.

Telehealth — it’s free, it’s healthy, and it’s smart

Look what you get with Telehealth, the free New Canaan wellness program! A Fitbit to record steps and activity, a blood pressure cuff and pulse monitor, a confidential online connection, and regular consultations with a Telehealth nurse.

Telehealth is sponsored by the Town’s Department of Health and Human Services, and it’s all free for New Canaan residents 60 years of age and up. For more about how Telehealth works or to sign

up, please contact Bethany Zaro, 203-594-3093. Be your own best health advocate!



Our 45 members over age 90 were honored at a special Potluck Dinner and “birthday party” at the First Presbyterian Church. Above **Marion Blöse** and **Ruth Carroll** who were among 8 of the nonagenarians who attended. **Melody Libonati** and Member **Nancy Helle** entertained the group.

We raise \$14,000 in 24 hours!

Fairfield County’s Community Foundation “Giving Day” was another great success for *Staying Put*. Our 118 gifts totalled more than \$14,000 — a 40% increase over last year.

All our Giving Day donors had a chance to win one of 15 raffle prizes generously donated by the Board. **Betsy Afragola** provided lunch for the 36 people who dropped by the office to contribute.



Board members (above) **Joel Pelzner** and **Patti Geanakos** coordinated the campaign and **Sue Scannell** helped call-in donors make their contributions online.

Save the Date! Sun., June 25

Hawaiian Luau at 5 pm at **Lila Coleman’s**. *Staying Put’s* annual Friend Raiser with traditional Island eats by **Chef Jeff** and music by “The Uke Guy” **Uncle Zac** and the ZacTones.



Thanks to our dedicated volunteers! We can never say it enough. Taking a break and meeting for coffee are (above) **Jeannie Hart, Betsy Afragola, and Liz Massey** and (right) **Barbara Johansen, Carol Blauvelt, and Molly DePatie.**

Thanks to contributors for this issue: **Kathy Collins, Carol Blauvelt, Cathy Fitzpatrick, and Barb Achenbaum**

Staying in Touch is published by *Staying Put in New Canaan*, a private, nonprofit corporation to help New Canaan residents live full lives in their own homes as they grow older. Editor Lois Sandberg.

Remember: Spring Clean Up, Sunday, April 23

Let us know if you need assistance with yard clean-up, moving pots and patio furniture. A wonderful group of young volunteers who love to help will arrive at your house. They bring their own yard tools and a snack. Reservations are limited. RSVP.