

Staying inTouch

Winter 2018

Staying Put  New Canaan

Office volunteer to the rescue!

It was baptism by fire when **Betsy Afragola** (pictured below) manned the volunteer desk in the *Staying Put* office for the first time in November.



It was the busy Monday afternoon shift and the staff was all at a Member Luncheon.

Fortunately, Betsy is one of our best volunteer drivers, so she was not daunted when she walked in the door and was told that a member needed a ride home from the doctor right away. Betsy ferried the member home, came back and actually sat down at the desk for the first time.

The next call was from a member whose driver had been delayed. Betsy jumped back in her car to take the member home from the store.

When Betsy returned, the next volunteer had just arrived to relieve her. So much for a desk job!

Welcome New Volunteers

Newest members of our volunteer crew are **Suzy Beatty, Eric Dalrymple, Denise Gannalo, Alice Jennings, Ginny Sisson, and Bill Stoops.**

Staying Put joins town seniors Transportation Task Force

Did you know that every day 10,000 more people turn 65? It's no secret that the American population is aging and people are living longer, healthier lives.

Today, the 3,000 seniors in New Canaan represent about 15% of the population and are expected to increase to 4,000 by 2030. Many of those who no longer wish to drive already take advantage of the town's transportation options including the Getabout, *Staying Put*, taxis, and even Uber. (See one of our volunteer drivers on the left.)

In order to determine how the town will address the increased need for transportation over the next decade, the New Canaan Community Foundation recently convened a Transportation Task Force. Participants include representatives from the Heath and Human Services Department, the Getabout, the First Selectman's Office, and *Staying Put*, represented by Board Member Carol Blauvelt, who is also an Advisor to SWCAA, the Southwestern Connecticut Agency on Aging.

"Our goal is to make sure that the town has the resources in place so all seniors can get where they need to go," says Carol.

Save the date!

Sunday, May 20, 2-4 pm will be *Staying Put's* Annual Meeting and kick off of our **10th anniversary celebration**. It will include a toast to our founders and a special presentation by Congressman **Jim Himes.**

Let's make a date

Winter Tea and Treats at Donna's

Tues., Jan. 23, 2 pm

Come in from the cold and enjoy a cozy, wintry tea with **Donna Simone** and friends. Carpool. Free. RSVP.

"Orientalism in American Art"

Wed., Jan. 31, 2 pm

Works of artists who traveled to "The Orient" from 1840-1920 presented by **Nancy Geary**. New Canaan Historical Society. Free. RSVP.

Lunch and Learn: "Staying Safe Behind the Wheel"

Thurs., Feb. 1, 12:30 pm

Director of Member Resources **Kathy Collins** will provide practical tips to keep you safe while driving as you grow older. Lapham. Free. RSVP.

Lunch at Grace Farms

Fridays: Feb. 9, Mar. 9, Apr. 27, 12 pm

Join your friends for a hearty lunch. RSVP.

Men's Coffee

Tuesdays: Feb. 13, Mar. 13, Apr. 10, 9:30 am

Always an interesting conversation. RSVP.

Hot Diggity Dogs!

Tues., Feb 13, 1 pm

Lunch and live simulcast of the Westminster Dog Show. Join us for hot dogs and all the trimmings as we watch the competition at Lapham. Free. RSVP.

Lunch and Learn: "Huh? Do I Really Need My Hearing Checked?"

Tues., Feb 20, 1 pm

Presented by **Dr. Andrew Parker** with an introduction by *Staying Put* Member **Phil Ives**. Hearing screenings available. Lapham. Free. RSVP.

Lunch at Spiga

Thurs., Feb. 22, 1 pm

Join us for a delicious meal at this local Italian eatery.

Fairfield County Giving Day Lunch

Thurs., Mar. 1, 12 pm – 2 pm

Stop by the office for a catered lunch and make a gift of any size to *Staying Put*.

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Welcome Spring Potluck Dinner

Wed., Mar. 14, 5 pm

Bring your favorite dish or just yourself and join us at the First Presbyterian Church for a potluck dinner. Rides available. Free. RSVP.

Lunch at Bistro Du Soleil

Tues., Mar. 20, 1 pm

Join us as we savor a delicious lunch at this charming bistro in Westport. \$30. RSVP.

Lunch and a Walk at Grace Farms

Thurs., Mar. 29, 12 pm

We're hoping the snow will be gone and the crocuses will be in bloom. Join us for an early spring walk. RSVP.

Spring Clean-up

Sunday in April, Date TBD

The Congregational Youth Group will help our members get ready for spring. Please call the office to reserve. Space is limited. Free.

A Visit to the New Canaan High School Planetarium

Wed., Apr. 4, 2:30 pm – 3:30 pm

Astronomy teacher, **Mr. Timothy Haag**, will lead us on a tour of the New Canaan sky via the high school's Planetarium dome. Free. RSVP to *Staying Put*.

Hibachi Anyone?

Tues., Apr. 17, 6 pm

Dinner out returns with a Hibachi twist. Join us for this Japanese culinary experience in Darien. \$30. RSVP.

Lunch and Fun: "Off to the Races"

Thurs., May 3, 1 pm

Don your finest hat and join us for a Kentucky Derby-inspired Luncheon complete with Mint Juleps. *Staying Put* Office. Free. RSVP.

HOLIDAY CLOSING

The *Staying Put* office will be closed on Good Friday, March 30.



Guess who's in crazy masks at the Halloween luncheon hosted by **Lois Sandberg**. (Hint: **Ro Bassett** and **Barb Achenbaum**.)



Some of the other party masqueraders are: Back: **Eric Petschek**, **Nancy Helle**, **Karen Ferguson**, **Nic Holzberger**, **Judy Johnson**, **Bev Buonaiuto**, **Tom Ferguson**. Front: **Ruth Carroll**, **Meryl Vallar**, **Ro Bassett**, **Anne Kniffin**, and **Sue Scannell**.



Above: Rams football players **Harrison Skyrms**, **Connor Volpe**, **AJ Rakoczy**, and **Jack DeFrancesco** raked up and hauled apples for Member **Janecke Madsen**.

Right: The night before, the Rams team honored New Canaan seniors at a Friday night game including a tailgate enjoyed by **Kip Farrell**, **Kelly DeFrancesco**, and **Betsey Doyle**.



A sweet little fairy makes a pumpkin delivery to **Ruth Gutt**, one of 62 members who got pumpkins thanks to the "Little Rams" from the Young Women's League.



The Congregational Church Youth Group delivered one of 11 homemade Thanksgiving dinners to **Martzi** and **Phil Edelberg**. In December, they delivered Christmas Dinners to 11 other members.





What a hoppin' party! President **Judy Bentley**, who lives right off Frogtown Road, entertained members with her annual Frog themed Holiday Luncheon. Above cuddling a frog is **Liz Orteig** with **Judy Schurman** and **Cynn timer Yates**.



Midge Murphy, Pris Thomas, and 16 other members stopped by the office to hang mittens, hats and scarves on our holiday tree and to enjoy lunch and some edible outerwear! Items were donated to the Vine Cottage's winter clothing drive.



Dozens of froggies sit under and all over the famous frog tree.



November Men's Coffee clockwise from center with **Herb Schaeffer, Tom Ferguson, David Scannell, Chuck Wright, Ed Fleischli, Harlan Anderson, Dan Ward**, and **Eric Petschek**.



Pianist **Jody Davis** and lyric tenor **Antonio Abate** entertained with holiday music at the Volunteer Tea hosted by Board Member **Lyn Chivvis**.



Joan and Phil Ives join **Lila Coleman** at the *Staying Put* Board's Holiday meeting hosted by Executive Director **Barb Achenbaum**.

Brainstorming with adult children about senior parents

Board Member **Cathy Irwin** sat down with a group of adult daughters who have aging parents living both in New Canaan or out of town. They addressed issues they might have about their parents, shared advice, and brainstormed about how *Staying Put* could be helpful, such as “Necessary Conversations” (see below).



The brainstorming group included **Patti Geanakos, Michelle Ernst, Cathy, Nancy Ferreira, Robin Miner, Kelly DeFrancesco, and Allison Mangas.**

“Necessary Conversations”



On Jan. 10, Director of Member Resources **Kathy Collins** (center) teamed up with Police Chief **Leon Krolkowski** and **Tim Brown** of Brown Thayer Shedd Insurance for a panel discussion “Staying Safe Behind the Wheel.”

It was the first of a three-part program designed to help facilitate discussions between seniors and their adult children about topics related to aging.

Kathy will follow up on Feb. 1 with a “Lunch and Learn” program at Lapham Center on practical tips for safe driving.

“Tip from Nic”



Each year, thousands of Americans fall at home. Check this list to make sure your home is safe from falls.

- ✓ Remove all throw rugs
- ✓ Tape lamp cords to floor or wall
- ✓ Keep stairs clear
- ✓ Fasten down stair carpet firmly
- ✓ Install handrails on both sides of stairs
- ✓ Keep most-used things on the lower shelves
- ✓ Use non-slip mat or strips on floor of tub or shower
- ✓ Put grab bars inside tub/shower and next to toilet
- ✓ Use brighter light bulbs
- ✓ Place night-lights on path to bathroom

Having a medical alert device will bring help in case you fall and can’t get up. Stop by the office and ask Nic about some alert devices that have been vetted by our members.



Members enjoyed the amazing Chihuly Exhibit at the Bronx New York Botanical Gardens: Front: **Chuck Wright, Jim Hollyday, Debbie Wright, Carol Hollyday, Dave Scannell, Pat Stewart, Sue Scannell, Nic Holzberger, Ro Ogden, Marion Hazlehurst, Barbara Johansen, Kathy Collins** (back), **Betsy Afragola, Lois Tracy, Ruth Kelley, Adele Vaccaro, Martzi Eidelberg, and Susan Ponte.**

Fundraising Update

To date, *Staying Put* has received more than \$150,000 from 400 generous supporters contributing to the Annual Fund this year. *Staying Put* also received grants from Bankwell, Daniell Family Foundation, and Stuart Higley Foundation.

Our members recommend

The *Staying Put* Welcome Desk volunteers are buzzing about “Before We Were Yours” by Lisa Wingate. Set in Memphis in 1939, it’s the courageous story of five genial siblings who suddenly find themselves part of a vicious scheme when they are abducted and sold to wealthy families. Based on a true-life scandal, the story is riveting, harrowing, and ultimately uplifting. Available at the New Canaan Library.

Welcome New Board Member

We welcomed our first mother-daughter board members with the election of **Amy Freyre**, daughter of Board Member **Pris Thomas** (right). Amy has already been active in the organization as a volunteer and host for several *Staying Put* events.

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.

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She has lived in New Canaan with her husband and six children for 27 years. She has been active volunteering in the public schools and her children’s various activities. Amy learned about *Staying Put* when her mother moved next door to her. “I’m excited and honored to become more involved in the important role *Staying Put* plays in the community,” she said.

We recognized Board Members **Nancy Helle** and **Lila Coleman**, both retiring after serving two terms -- six years each -- and who are moving on to the *Staying Put* Advisory Council.

Thanks to contributors for this issue: **Cathy Fitzpatrick**, **Kathy Collins**, **Nic Holzberger**, and **Barb Achenbaum**.

