

# Staying Winter 2019 inTouch

## Staying Put supports independent senior housing

Three decades ago, the New Canaan Elder Care Council identified the need for independent living housing for seniors. A 2009 Study stated that, "In order to accommodate the increasingly large sector of aging adults, the town must move forward in establishing a seamless continuum of care which will allow older adults to thrive within their own community without needing to seek external residential alternatives." Good news: such an offering may well be on the way.

According to Executive Director **Barb Achenbaum**, "Staying Put's primary goal is to ensure that our members are living safely and independently in their homes. But as they age, some seniors are seeking a more maintenance-free lifestyle which can be found in housing which offers amenities like communal space, access to transportation, meal plan options, and on-site emergency services."

In a recent column in the New Canaan Advertiser, First Selectman **Kevin Moynihan** said, "There are currently prospects on the horizon for meeting this need and I am actively working to encourage the development of this type of housing."

"I am pleased to hear that there are discussions underway about possible independent living alternatives," said Board President **Judy Bentley**. "These will augment the excellent assisted living options that are available at Waveny Care Center and will allow *Staying Put* to continue to support its members."

"Our seniors are an invaluable resource," added Barb. "They helped build our town into

what it is today, and we are committed to supporting projects which will enable them to remain in our community."

## Rams to the rescue!

Every year members of the New Canaan High School Rams football team help *Staying Put* members get ready for winter by putting away summer furniture and doing other heavy-lifting chores. **Kelly DeFrancesco**, volunteer committee chair, thanked Coach **Lou Marinelli**, team moms, and the boys for their much appreciated muscle.



**Myles Baliotti, Quintin O'Connell, Garrett Braden, and Jackson Braden** set up a weight bench for a *Staying Put* member. Not pictured are **Drew Pyne, Nate Sibbett, and Jack Stewart**.

## Save the date!

Sunday, April 28, 2 to 4 pm will be *Staying Put's* Annual Meeting at St. Mark's Church. Please mark your calendars and plan to join us!

## Let's make a date

---

### Lunch and a Movie at Lapham: *Bag It*

**Wed., Jan. 23, 12 pm**

Bag It, an enlightening, funny documentary about saving the planet from plastics.

### Winter Tea and Treats at Donna's

**Wed., Jan. 30, 2 pm**

Come in from the cold to enjoy a cozy tea with friends and a special musical performance by **Chuck Wright**. Carpool from *Staying Put*. Free. RSVP.

### Lunch and Learn at Lapham: Streaming TV

**Thurs., Jan. 31, 12 pm**

Streaming TV: Devices and How to Do It. **Aggie Aspinwall** and **Marylou Wilkinson** will provide tips on setting up and streaming services such as Amazon Prime, Hulu and Netflix. Free. RSVP.

### Lunch and Learn at Lapham: Online Learning

**Wed., Feb. 6, 12 pm**

**Aggie Aspinwall** and **Marylou Wilkinson** will show you how to find free, fun and interesting online classes, lectures and videos. Free. RSVP.

### Men's Coffee

**Tuesdays: Feb. 12, Mar. 12, Apr. 9, 9:30 am**

Always an interesting conversation. RSVP.

### Lunch and Fun at Lapham: Hot Diggity Dogs

**Tues., Feb 12, 1 pm**

Hot dogs with all the fixings and the Westminster dog show. Free. RSVP.

### Lunch at Ching's Table

**Tues., Feb. 19, 12 pm**

Let's celebrate the Chinese New Year. \$20. RSVP.

### Lunch and Fun at Lapham: That's Presidential!

**Wed., Feb. 20, 12 pm**

History teacher **Al Perry** will present fun and interesting facts about U.S. Presidents. Free. RSVP.

### Fairfield County Giving Day Lunch

**Thurs., Feb. 28, 12 pm**

Stop in with a donation of any size and enjoy a lunch catered by Tony's Deli. RSVP.

### Lunch and Fun at *Staying Put*: Tales and Trails

**Tues., Mar. 12, 12 pm**

Members of *Staying Put* will share travel experiences and adventures. Free. RSVP.

### Les de Villiers Presents: Be Gentle with the Giants at Lapham

**Tues., Mar. 19, 5:30 – 8 pm**

Photojournalist **Dr. Les de Villiers** will discuss the endangered elephant population of Africa. Wine and cheese refreshments. Free. RSVP to Lapham at 594-3620.

### Lunch and Learn at Lapham: Spies in Connecticut

**Wed., Mar. 20, 12 pm**

A presentation by the Connecticut Historical Society: "Tories, Spies and Traitors: Divided Loyalty in Revolutionary Connecticut." Free. RSVP.

### Lunch at Grace Farms

**Thursdays: Mar. 21, Apr. 11, May 16, 12 pm**

Join your friends for a hearty lunch. RSVP.

### Welcome Spring Potluck Dinner

**Tues., Mar. 26, 5 pm**

Bring your favorite dish to share at our Annual Potluck at the First Presbyterian Church. RSVP.

### Lunch and Fun at Lapham: Korean Lotus Lantern Class

**Wed., April 3, 12 pm**

Presented by the Korean Spirit and Culture Promotion Project. View a short film on Korean artistic tradition followed by a lesson in making a lotus lantern. \$5. Free to *Staying Put* Members. RSVP.

### A Visit to the New Canaan High School Planetarium

**Wed., April 24, 2:30 pm.**

Astronomy teacher **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*.

### Tour of Mimi Findlay's Victorian Home

**Tues., April 2, 2 pm**

A special treat for *Staying Put* Members: a tour of Mimi's beautiful home followed by a traditional Victorian Tea. Free. RSVP.

### Lunch and Learn at Lapham: Myths and Effectiveness of Over-the-Counter Meds and Supplements

**Wed., May 1, 12 pm**

Dr. Larry Leibowitz will present information on the safety and effectiveness of over the counter meds. Free. RSVP.

**Holiday Closings:** The *Staying Put* office will be closed on Monday, Jan. 21 for MLK Day, Monday, Feb. 18 for President's Day, and on Good Friday, April 19.

## Board welcomes Chris Snyder

We are pleased to announce that Chris Snyder has joined the Board of Directors of *Staying Put*. Chris is an economist/entrepreneur. He started two companies after service at Chase, S&P and military service at the Pentagon. He has served on the Boards of Arts for Healing and the New Canaan Community Foundation. Currently he is a board member of the Darien Men's Association. Chris is happily married to Anne (Missy), has two daughters, six smart grandkids, and three grand dogs.



At the annual Board Holiday Reception, President **Judy Bentley** recognized the contributions of retiring *Staying Put* Board members **Pris Thomas**, **Sue Scannell**, and **Peggy Jay** — and welcomed newcomer **Chris Snyder**. Below: Board Member **Betsy Afragola** with **Anne Snyder**.



*Staying Put* members were treated to a private tour by docent **Susan Guerrero** of her father, **Pedro Guerrero's**, award-winning modernist architectural photos at the New Canaan Historical Society.

## “You’re a *Staying Put* member? No charge!”

A great benefit for all *Staying Put* members — and especially for those who don't use many services yet — is our list of professional vendors. They are electricians, carpenters, plumbers, and exterminators who have been vetted by the staff and members and often offer member discounts of 10% or more. They are committed to helping our members honestly and effectively.

In a quite unusual situation, a member recently called an electrician from our vendor list to repair a faulty outlet. He fixed the problem, surveyed her home, and then identified and addressed three other potential issues. When the member asked what she owed, he replied, “You're with *Staying Put*, right? Just put in a good word for us.”

In addition to professionals, more than 100 *Staying Put* volunteer “Angels” respond to dozens of member requests — from repairing clogged sinks to installing curtain rods. No task is too small and there is almost always a friendly volunteer up for a challenge. When Member **Bob Dalury** recently called to ask for help with a clogged toilet, a *Staying Put* volunteer responded within an hour, armed with plunger, determination, and a smile.

Volunteers also provide handyman help: changing lightbulbs, moving furniture, replacing smoke alarms; carpentry and plumbing: minor repairs to doors, cabinets, microwaves and fridges. Volunteers also do Tech troubleshooting: addressing unruly TVs, cell phones, laptops and internet connections.



Celebrating an annual holiday tradition, members and friends trimmed the *Staying Put Mitten Tree* with dozens of mittens, hats and scarves which were distributed to local families in need. Trimming the tree are **Connie MacDougall, Midge Murphy, and Ellie Suydam.**



Fancy and frivolous was the fun at the Halloween luncheon at the home of **Lois and Dick Sandberg**. Above **Ruth Witt, Weezie Stoops, Nancy Helle, and Debbie Wright**. Below: Three "wizards" joined the goblins and ghosts: **Bill Stoops, Dick Sandberg, and Chuck Wright**.



Members enjoyed a festive and delicious luncheon around the Frog Tree at **Judy Bentley's** home. Above: **Joan Dionne, Judy and Roz Emmons**. Below: **Howard and Marjorie Aronson and Dan Ward, center.**



Executive Director **Barb Achenbaum** and Director of Member Services **Nic Holzberger** met **Barbara Sullivan**, the new Executive Director of the National Village-to-Village network, when they made a presentation at the annual conference.



At a Lunch and Fun at Waveny House, guest speakers **Janet Lindstrom**, **Barbara Johansen**, and **Steve Benko** shared behind the scenes stories about the transition of Waveny House from a private family home to a New Canaan treasure.



At the annual Board Holiday Reception hosted by **Jon** and **Barb Achenbaum** are **Jon**, and **Janet** and **John Lanaway**.



**Dr. Jonathan Berliner**, Knee and Hip Replacement Specialist at ONS in Greenwich, outlined the pros and cons of joint replacement surgery to a crowd of 40 at Lapham.



**Lyn** and **Beecher Chivvis** hosted a soiree honoring *Staying Put's* volunteers for all they do for our members throughout the year. Above: **Connie MacDougall**, **Suzu Beatty**, **Pris Thomas**, and **Lyn**.



Volunteers **Peggy Jay**, **Tom Ferguson**, **Walter Secord**, and **Bing Ventres**.



Volunteer driver extraordinaire **Mike Rodell** and wife **Taffy**.



Archeology enthusiast **Dede Barlett's** presentation at the Historical Society, "Discovering the Ancient Artists of Australia's Arnhem Land," chronicled her voyage to find some of the oldest continuous art in the world.



**The Rev. Chapin Garner** of the Congregational Church, **Dr. Kristen Edwards**, Member **Pat Stoddard**, and **Barb Achenbaum** shared thoughts with church members about how to discuss your final wishes with your loved ones.



At a panel discussion co-sponsored by *Staying Put* and the New Canaan Library, Attorney **Christine Tenor**, **Dr. Craig Olin** of Stamford Medical Group, and **Phil Sheibley** gave tips on preparing advance directives and choosing a health care advocate.



In the Gores Pavilion, Architect **Mark Markiewicz** gave a private lecture to members about his illustrations of New Canaan buildings from Colonial times to the modern era.



The monthly Men's Coffee in the office, which always features lively conversation, drew a record crowd of more than 16, pictured here. We may need to look for a bigger venue!

## "Tip From Nic "



**Nic Holzberger**, Director,  
Member Services

**Have you had your flu shot?** If not, there's still time and some good reasons to get one.

Connecticut is one of four states currently reporting moderate flu activity, and it will only continue to increase over the coming weeks.

The best way to prevent seasonal flu is to get vaccinated every year. In our area, flu season can last until April or even May, so it is not too late to get your shot. It takes about two weeks for the antibodies that protect against the virus to develop in your body. While you may still get the flu, it may not last as long or be as serious.

Most people who get the flu will have mild illness. But some are more likely to have serious complications leading to hospitalization or even death. Especially at risk are adults over 65 years and people with medical conditions, such as heart disease, diabetes, chronic lung disease, weakened immune systems, asthma, and others.

In addition to getting vaccinated, some everyday prevention can go a long way to keeping you — and those around you — healthy. Stay away from sick people, wash your hands often, and cough into your sleeve.

If you have flu symptoms, avoid other people until you are fever-free for 24 hours without taking medicines such as Tylenol.

## Not-to-be-missed panel talks

*Staying Put* and the New Canaan Library will host panel discussions on issues related to aging at 6:30 pm in the Library Lamb Room, free and open to the public.

**Wed., Jan. 16:** "Facts and Figures: Addressing the Needs and Costs of Living Longer."

**Wed, Jan. 30:** "Downsizing in New Canaan: What are your Options?"

**Wed, Feb. 13:** "Senior Lifestyle Options: Choosing your Ideal Living Situation."

## Veterans get valuable info about benefits

*Staying Put* honored our local military veterans with a Lunch and Learn program with **Ramon Agosto**, Veterans Service Officer, State of Connecticut Department of Veteran Affairs.

Mr. Agosto talked about a broad range of programs and services available from the VA and gave tips on how to navigate the application and claims process. Five of the 21 veterans attending had served in Vietnam and were not aware that they were eligible for benefits if they have developed medical conditions that may have been related to their service.

Many Vets also do not know that they and their families can take advantage of everyday benefits, such as 10-15% discounts on rental cars, movies, and at many retail stores, as well as help with educational expenses. For more information, go to [www.benefits.va.gov](http://www.benefits.va.gov) or [ramon.agosto@ct.gov](mailto:ramon.agosto@ct.gov).



Vets got tips on how to navigate the VA System at our Lunch and Learn.

## Our members recommend

*Staying Put's* literary aficionados are raving about "The Little Paris Bookshop" by Nina George. It's a warm and charming tale of love, loss and the power of reading. The novel features an aging bookseller who operates from a barge on the Seine and has a rare gift for sensing which books will soothe the troubled souls of his customers.

---

# Staying Put <sup>IN</sup> New Canaan

Living lives to the fullest at home in New Canaan  
PO Box 484  
New Canaan  
Connecticut 06840

NON-PROFIT ORG.  
US POSTAGE  
**PAID**  
STAMFORD, CT  
PERMIT NO. 4010



Left: **Ellie Suydam** and **Connie MacDougall** take a break after viewing the spectacular Holiday Train Show at the New York Botanical Gardens.

Thanks to contributors for this issue:

**Barbara Johansen, Cathy Fitzpatrick, Kathy Collins, Nic Holzberger, 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.