

# Staying inTouch

Fall 2017

Staying Put  IN New Canaan

## We made it! 10 years of *Staying Put* in New Canaan

"New Canaan is truly a special place and so many of us, whether we're 40, 60, or 80, look forward to many more years of living here," says **Tom Ferguson**, one of *Staying Put*'s past presidents.

That is precisely why, in 2007, a group of farsighted, long-time town residents founded *Staying Put in New Canaan*. They appreciated the town, its resources and history, and wanted to stay here safely in their homes as they grew older.

This pioneering concept soon won the overwhelming support of our town. Now, as we approach our 10th anniversary, our membership has tripled in size and our services have swelled from 500 to 5000 per year. Our mission has remained the same: To help New Canaan seniors live safely in their homes and actively engaged in the community as they age.

Connecting our seniors to the community benefits us all and today our *Staying Put* network includes over 1,000 New Canaan residents as members, volunteers, and generous supporters.

We are grateful for the many individuals, local community groups, family foundations, community organizations, and business sponsors who continue to help us meet our operating expenses and to set aside funds to guarantee our future.

We are confident that *Staying Put* will continue to be here for you, your family, your friends, and neighbors.

*"What would I have done without the kindness and patience of Staying Put?"* **Member Jean Ashton**



Past Presidents **Tom Towers** and **Tom Ferguson** with current President **Judy Bentley** and (below) **Ellie O'Neill**, one of our founding members.

*"I enjoy helping members stay in their homes because that's exactly what I hope to do myself."*

**Member and Volunteer Priscilla Thomas**

## Our year at a glance

This year *Staying Put* responded to 5030 calls to give our 280 members help, support, and answers. This included 4035 rides door-to-door, 331 home maintenance and technical assists, 75 in-home visits, 128 confidential health and safety consultations, 223 care connections outreach efforts, 112 errands, and 126 referrals to service providers offering discounts. We also organized 76 events and educational programs with a total of 1423 attendees.

## Let's make a date

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### **"Seniors' Night" at the Rams**

**Fri., Oct., 20, 6 pm**

Join us for a pregame tailgate and to watch the NC High School Rams vs. Trinity Catholic. Special half-time video featuring *Staying Put*. Dunning Field. Free for *Staying Put* Members. RSVP

### **Rams Helpers**

**Sat., Oct. 21, 11 am – 2 pm**

NCHS Rams' Football players will help you get your home ready for winter. Call *Staying Put* to reserve some muscle!

### **Trip to Easton with stops at Aspetuck Apple Barn and Silverman's Farm**

**Thurs., Oct. 26, 1 pm**

View fall foliage and pick up some pies for the upcoming holidays. Free. RSVP

### **Happy Halloween Lunch**

**Mon., Oct. 30, 12 pm**

Join us for a fabulous Halloween feast along with tricks or treats at **Lois and Dick Sandberg's** home. Limited space. Free. RSVP

### **Tour of Putnam Cemetery in Greenwich**

**Tues., Oct. 31, 1 pm**

**Patricia Funt Oxman** will guide a tour of the final resting places of Victor Borge and Prescott Bush. Refreshments. Meet at New Canaan Historical Society for van ride. \$25. RSVP to 966-1776

### **Lunch and Learn: "Rememberalls"**

**Thurs., Nov. 2, 12 pm**

Join **Aggie Aspinwall** for a fun and informative look at virtual personal assistants. You may just want to add one to your Holiday Wish List. Lapham. Free. RSVP

### **Daylight Savings Time Ends**

**Sun., Nov. 5**

Turn your clocks back one hour when you go to bed Saturday night.

### **Election Day Rides to the Polls**

**Tues., Nov. 7, 9 am – 5 pm**

Please call us if you need a ride to vote.

### **Lunch and Learn:**

**"New Canaan Heroes of WW II"**

**Thurs., Nov. 9, 12 – 2 pm**

**Staying in Touch**

Special event honoring our veterans, presented by **Jim Bach**. NC Historical Society. Free. RSVP

### **Men's Coffee at Staying Put's Office**

**Second Tuesday every month at 9:30 am**

**Nov. 14, Dec. 12, Jan. 9**

### **Lunch at The Inn at Pound Ridge**

**Tues., Nov. 14, 1 pm**

Join us at this wonderful venue. \$30. RSVP

### **Lunch and Learn: Exhibit on New Canaan Modern Architects**

**Thurs., Nov 16, 12 pm**

Meet us for lunch at the office and then carpool to the Carriage Barn for an exhibit featuring 50 years of work by local mid-century architects. Free. RSVP

### **New Canaan Artisans Fall Boutique at the Roger Sherman Inn**

Fri. Nov. 17, Reception 6 - 8 pm. \$10 admission

**Sat., Nov. 18, 9 am - 3 pm. Free**

Exceptional handmade crafts for home or holiday.

### **Mitten Tree Trimming at Staying Put**

**Thurs., Nov. 30, 12 pm**

Join us for lunch and bring along a pair of mittens or a hat to decorate our mitten tree. All donations will be given to Vine Cottage. Free. RSVP

### **Holiday Lunch at Judy Bentley's**

**Thurs., Dec. 7, 12 pm**

You won't want to miss this popular holiday lunch at Judy's by the famous Frog Tree! Free. RSVP

### **Holiday Tea honoring Staying Put Volunteers**

**Thurs., Dec. 14, 2 – 4 pm**

A festive thank you to volunteers at **Lyn and Beecher Chivvis'** home. Live music and refreshments. Free. RSVP

### **Holiday Closings**

*Staying Put* office will be closed for Thanksgiving Nov. 23 – 24 and for the holidays Mon., Dec. 25 - Jan. 1. If you have any requests for that week, please call the office by Fri., Dec. 22.

### **Save the date!**

**Sun., Jan. 7, 2 - 4 pm**

***Staying Put* 10th Birthday Party!**

**Entertainment by Gridiron à la Carte**

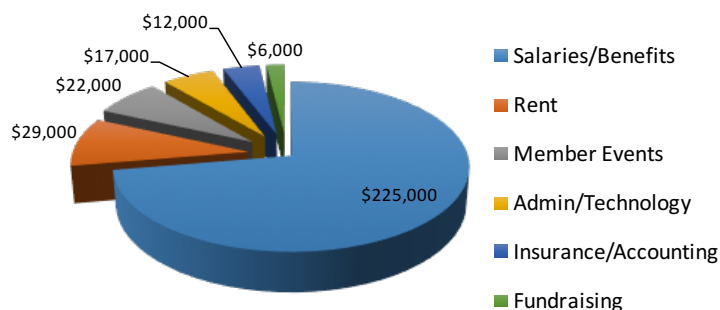
Thanks to contributors for this issue: **Pat Stoddard, Kathy Collins, Cathy Fitzpatrick, Nic Holzberger, and Barb Achenbaum.**

## Your contributions at work

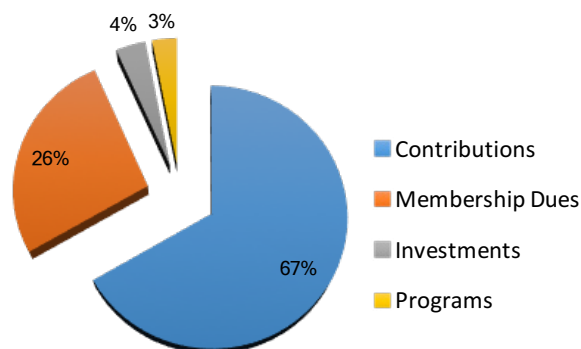
Expenses in 2017-18 are projected to be \$311,000, mainly for salaries and benefits. Membership dues are projected to be \$87,000, which covers only 40% of our expenses. The difference is covered primarily by the generosity of our supporters.

These charts illustrate expenses and revenues:

**STAYING PUT IN NEW CANAAN**  
**Operating Budget 2017 - 2018**  
**\$311,000**



**STAYING PUT IN NEW CANAAN**  
**Operating Revenues 2017-2018**  
**\$327,000**



"Our goal for the year once again is to raise enough money to cover our operating expenses," said Board President **Judy Bentley**. "Since dues cover less than 40% of our expenses, our goal is to raise the balance through fundraising and investment income."

Donor generosity over the years has enabled *Staying Put* to build a long-term fund of about \$1 million, half of which is invested with the New Canaan Community Foundation. This fund is very important because it allows us to invest in new programs and services and to ensure that we will be able to support members well into the future.

*"While the member I drove was very appreciative, I know that being with her made my day even more than I made hers."*

**Volunteer George Brakeley**

## Czech-mates: Eric Petschek and George Valchar



Discussions at *Staying Put*'s monthly Men's Coffees are typically about current events, but one recent coffee revealed a surprising coincidence!

Members **Eric Petschek** and **George Valchar** (above) discovered that they had both grown up in the Czech Republic. They had an animated exchange about their memories which led to wider discussion of the storied history of the Medieval Moravian Empire. And as it turns out, George has chronicled that history in his book, "Moravian Gardens." We have several copies in the office.

## "Tip from Nic"



**Nic Holzberger**, Director,  
Member Services

We've all heard of rehabilitation after a surgery, but what about "pre-habilitation?" The steps you take before surgery are just as important to your long-term recovery as what happens during and after surgery.

Typically, home-based therapies include structured exercise, nutritional supplements, practicing stress reduction, and quitting smoking. They may all be started a month or two before surgery and can help you return to normal levels of function quicker. It's especially important if you've become inactive and lost muscle strength and physiological resilience.



## Thanks to our very generous 2016-17 supporters!

*Gifts received October 1, 2016 through September 30, 2017*

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Dede and Jim Bartlett  
Louise Goodridge

### **\$5,000-\$19,999**

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*We sincerely apologize for any omissions or misspellings of names on this list.*

### Gifts in Memory

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### Louise Goodridge

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Jim Bach  
Lee Barnes  
Judy and Dave Bentley  
Lyn and Beecher Chivvis  
Lila Coleman  
Kathy and Rich Collins  
Patti and Jon Geanakos  
Louise Goodridge  
Judy Johnson  
Donna and Joe Simone  
Priscilla Thomas  
Antoinette Vardamis

## A decade of *Staying Put* highs

- 2008:** We throw ourselves an Inaugural Party for 100 members and 150 friends.
- 2009:** We reach our \$250,000 annual fundraising goal.
- 2010:** Tom Ferguson succeeds Tom Towers as Board President. We respond to more than 1000 requests and sponsor 60 events.
- 2011:** Hurricane Irene strikes. We help deliver water, batteries, newspapers, and hot meals plus help with portable generators, sump pumps, and chainsaws.
- 2012:** We double our office space thanks to a wondrous gift from Louise Goodridge.
- 2013:** We host a spectacular fundraiser with local residents Harry Connick Jr., Paul Simon, and Brian Williams and daughter Allison honoring all First Responders.
- 2014:** We say farewell to Jane Nyce and welcome Barb Achenbaum as Executive Director.
- 2015:** Judy Bentley succeeds Tom Ferguson as board president.
- 2016:** On Fairfield County "Giving Day" we raise \$10,000.
- 2017:** Our membership triples in size and our services expand from 500 to 5000 per year since we opened our doors.

## "Necessary Conversations" for seniors and adult children

This winter *Staying Put* will team up with the New Canaan Library for a series of three panel discussions designed to help facilitate delicate family conversations about healthy aging between seniors and their adult children.

"Necessary Conversations: A Series on Issues Related to Aging" will include:

Jan. 10: Staying safe behind the wheel

Jan. 24: Midnight in the ER: Do your kids have the info they need?

Feb. 7: Smart Move? The pros and cons of moving closer to your children

*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.



## Beach or BBQ, we love to eat!



About 50 members joined us for our popular annual Woodway Beach Club picnic on a perfect summer evening.



**Yolanda Gruseke** (left) braves the buffet line while **Janecke Madsen** takes a beach stroll.



Happy picnickers **Bing Ventres**, **Peggy Jay**, and **Carol Hollyday**.



Executive Director **Barb Achenbaum** hosted a backyard BBQ for 36 including **Judy Johnson**, **Nancy Means**, **Donna Simone**, and **Pris Thomas**.



The Kitchen Crew volunteers pitched in with welcome help. **Cathy Fitzpatrick**, **Barb Achenbaum**, **Sheila McMann**, **Gill Foster**, and **Jeannie Hart**.



A behind-the-scenes tour of the NC Volunteer Ambulance Corps with one of our favorite EMTs **Wendy Hilboldt** (left) included **Lila Coleman**, **Ruth Witt**, **Judy Johnson**, **Anne Kniffin**, **Marion Hazlehurst**, **Judy Schurman**, **Helen Risom Belluschi**, and **Janecke Madsen**.



## Our twosomes are awesome!

Some of our most dedicated supporters come from our Household Members, the 84 out of 280 members who join as a couple. Some join just to support *Staying Put* so we'll be here when they need us. Some to help other seniors. Others for the picnics and parties and educational events. And then they get surprised.

"They don't realize how many services *Staying Put* provides that they can use right now," says Member **Jim Hollyday**.

Indeed, *Staying Put* has something for everyone! And everyone is welcome.



**Steve Orteig** is Mr.Fix-It and **Liz** makes great potluck dishes.



**Marjorie Aronson** (with help from husband **Howard**) curates our annual Members' Art Show.

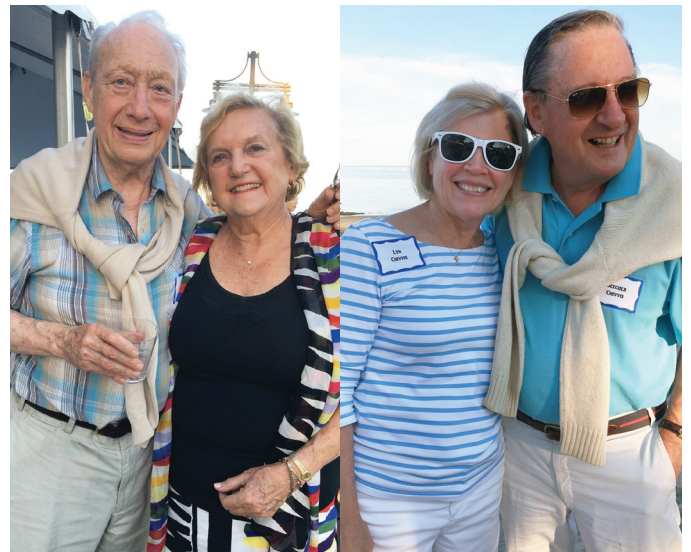
**Staying in Touch**



**Anne** and **Dick Ward** are enthusiastic supporters and frequent guests at our parties.



**Dave Bentley** is a reliable bartender and **Judy** is our President. .



(Left) **Tom Gnuse** is a past board member and financial guru and **Jeanne** hosts a soup luncheon in their home each winter. (Right) **Lyn Chivvis**, our volunteer coordinator, and **Beecher** host an annual Thank You Tea for volunteers in their home.