

Staying inTouch

Fall 2018

10 Years!
Staying Put IN New Canaan

Staying Put works with local groups to support all seniors

New Canaan has been named an “optimal livable community” by the State of Connecticut for the excellent services it offers to all residents and especially for the welcoming environment for seniors.

At *Staying Put*, we look for ways to partner with local groups that support seniors, both to complement their efforts and to encourage our members to take advantage of the cornucopia of opportunities they provide.



Leaders of some of our partners include Getabout Treasurer **David Holman**, *Staying Put* Board President **Judy Bentley**, Meals on Wheels Community Coordinator **Linda Haney**, and volunteer **Winn Lane** at New Canaan's sidewalk sale day.

GetAbout vans now provide 20% of our members' rides each week. The **New Canaan Library** co-sponsors our successful “Necessary Conversations” panels on issues related to aging. Our monthly “Lunch and Learn” programs at **Lapham Center** are open to all residents.

We also collaborate with the **YMCA**, the **New Canaan Historical Society**, and **Grace Farms**. We encourage our members to use the free services from the **Health and Human Services Department**: tax relief assistance, flu shots, home visits by the Town Nurse, and the Telehealth Project, which offers tools to help monitor health and wellness. **Meals on Wheels** delivers nutritious and inexpensive meals to seniors. **Waveny Care Center** provides convenient rehabilitation services. New Canaan is a great place to raise a family and its commitment to its elders makes it a truly exceptional community.

The alarm was false but the help was real!

When July's extreme humidity set off Member **Katch Cerow's** smoke alarm, the NC Fire Department came to the rescue, stopping the alarm and replacing Katch's expired smoke detectors. The Fire Department will check your detectors free of charge and the Fire Marshal offers free detectors.



Above with Katch are (left to right) Firefighters **Will Garbus**, **Joe Dilorio**, **Duffy Sasser**, and **Steve Gaeta**.

Let's make a date!

End-of-Life Planning Discussion

Sun., Oct. 28, 11:15 am

Panelists **Dr. Kristen Edwards, The Rev. Chapin Garner**, and **Pat Stoddard** will discuss how to share your final wishes with your loved ones. Congregational Church. Free.

Happy Halloween Lunch

Tues., Oct. 30, 12 pm

A fabulous Halloween feast along with tricks and treats courtesy of **Lois** and **Dick Sandberg**. Limited space. Free. RSVP.

Lunch and Learn: Considering Hip or Knee Replacement?

Thurs., Nov. 1, 12 pm

Dr. Jonathan Berliner, ONS in Greenwich, will present the latest advances in joint replacement surgery and physical therapy. Lapham Center.

Senior Night at the Rams

Fri., Nov. 2, 6 pm

Friday Night Lights in New Canaan — complete with a tailgate dinner and free entrance to the game. Dunning Field. RSVP. Rides available.

Rams to the Rescue

Sat., Nov. 3, 11 am – 1 pm

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

Daylight Savings Time ends

Sun., Nov. 4

Turn your clocks back one hour.

Election Day rides to the polls

Tues., Nov. 6, 9 am – 5 pm

Please call us if you need a ride to vote.

Private tour of Pedro Guerrero's Photography Exhibition at New Canaan Historical Society

Wed., Nov. 7, 2 pm

View 35 of this longtime resident's renowned black and white photos, many depicting the modern architecture for which New Canaan is known. New Canaan Historical Society. Free. RSVP to *Staying Put*.

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

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

Second Tuesday every month at 9:30 am

Nov. 13, Dec. 11, Jan. 8

Lunch at Pine Street Concessions

Tues., Nov. 13, 12 noon

Visit the Eatery across the street from the *Staying Put* office and choose from delicious Asian, Italian, or American cuisine. Pay on your own.

Lunch and Learn: VA Benefits and You

Wed., Nov. 14, 12 pm

Ramon Agosto, Veteran's Benefits Service Officer, will provide updated information on benefits and how to apply for them. Lapham.

Dede Bartlett presents "Discovering the Ancient Artists of Australia's Arnhem Land"

Thurs., Nov. 15, 5:30 – 7:30 pm

Dede will chronicle her voyage to find some of the oldest continuous art in the world. New Canaan Historical Society. Followed by wine and cheese. Free. Rides available. RSVP by Nov. 9.

Wine and Cheese Reception Honoring *Staying Put* Volunteers

Thurs., Nov. 29, 4 – 6 pm

A festive thank you to our volunteers at Lyn and Beecher Chivvis' mid-century modern home.

Mitten Tree Trimming at *Staying Put*

Mon., Dec. 3, all day

Stop by with mittens or a scarf for our tree and stay for cider and donuts. All donations will be given to Vine Cottage. Free. RSVP.



Enjoying a trip to view the Georgia O'Keefe exhibition, "Visions of Hawaii," at the New York Botanical Garden are (left to right) **Pat Stewart, Barbara Leeming, Jeannie Hart, Peggy Jay**, and **Martzi Eidelberg**.

You asked! We delivered! 4,325 rides, visits, & programs!

This year *Staying Put* responded to 4,325 calls to give our 250 members help, support, and answers.

- 3,304 rides door-to-door
- 348 home repairs and technical assists
- 72 friendly visits
- 161 confidential health and safety consults
- 174 Care Connections outreach efforts
- 123 errands
- 143 referrals to service providers offering discounts

We also organized 96 events and educational programs with a total of 1,728 attendees.



You asked for a slipcover change! *Staying Put* "Angel" **Susie Catlin** (right) helped change the slipcover on Member **Ruth Kelley's** chair, a family heirloom.

Let's make a date (cont.)

Holiday Lunch at Judy Bentley's

Wed., Dec. 5, 12 pm

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

Roger Sherman Inn for the Holidays

Tues., Dec. 18, 12 pm

A delicious meal and beautiful decorations are sure to get you in the holiday spirit. Please RSVP and pay \$44 per person by Dec. 14.



You asked for a printer fix! Board Member **Chris Snyder** (right) talked Advisory Council Member **Jim Hollyday's** printer into cooperating with his desktop.



You asked for an eyeglass repair! Volunteer **Kevin Morley** responded to a request from Member **Jack Gray** to take his eyeglasses to the doctor for repair. Now he can read the clock!



You asked for fun! At our Woodway Beach potluck: Members **Carol Hollyday, Debbie Wright, Lyn Chivvis, Helen O'Neill, and Liz Orteig.**

HOLIDAY CLOSINGS

Our office will be closed for Thanksgiving Nov. 22 – 23 and for the holidays Dec. 24 – Jan. 1.

If you have requests for that week, please call the office by Fri., Dec. 21.

Thanks to our very generous 2017-18 supporters!

Gifts received October 1, 2017 through September 30, 2018

\$35,000+

Dede and Jim Bartlett
Estate of Louise Goodridge

\$5,000-\$34,999

Ann R. Cohen
Pat and Ian Cook
New Canaan Community Foundation
Eleanor O'Neill
Susan and Eric Sheinberg
Jane and Brian Williams

\$2,000-\$4,999

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Melissa and Chappy Morris
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Cheryl and Jim Slater
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Katie and Jimmy Stewart
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Walter Stewart's Market
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Martha and J. Kenny Wieber

\$250-\$499

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 Anonymous
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 Gwyneth Walker
 Margaret Wallace
 Ruth Witt
 Cynthia Wright

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

Gifts in Memory

Rae Ackerly

Jeannie Hart
Mary Heist
Peggy Jay
Helen and Carl Jaeger
Jackie Moccia
Ann and Jack Webb

Harriet Bonner

Anonymous
John Fusek

Louise Goodridge

Gloria Major-Brown
Marcia and Bliss McCrum
Donna and Joe Simone

Dorothy Pojasek

Melissa Brown
Jane Collins
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Karen and Tom Ferguson
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Bill Sessions

Nancy Sessions

Guthrie Speers

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Barbara Hartshorn
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Joan and Phil Ives
Barbara Johansen
Jane Johnston
Gloria Major-Brown
Ann Mandel
Marcia and Bliss McCrum
Nancy Means
Mary Miller
Katie Mountcastle
Sandy and Tom Nissley
Katie O'Brien
Susan Petit Ponte
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John and Daniel Savary
Margo and Skip Sisson
Susan Speers
Kathleen Johansen and Kevin Staggs
Marge and Paul Stein
Trudi Yeager

Cynnie Yates

Joan Bergsund
Ruth Carroll
Lila Coleman
Jeannie Hart
Kristin Johnson
Stephanie and Whitman Marchand
Alison Ralli
Carolyn Scott
Nancy Sessions
Ann and Jack Webb

Gifts in Honor

Katch Cerow

Liz and Richard Cerow

Cathy Irwin

Jane Vanderzee

Barbara Macleod

Megan and Rick Hernandez

Midge Murphy

Deborah and Andrew Gordon

Donna Simone

Mary Caryl and Paul McEvoy
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St. Mark's Episcopal Church
Stuart L. Higley Foundation
Young Women's League of New Canaan

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Parker Ear Nose & Throat
Personal Training Professionals
Privatus Care Solutions
Rand Insurance, Inc.
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Stamford Ophthalmology
Walter Stewart's Market

In-Kind Gifts

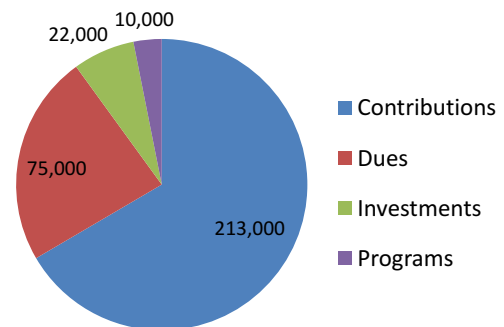
Betsy and Fred Afragola
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Your contributions at work

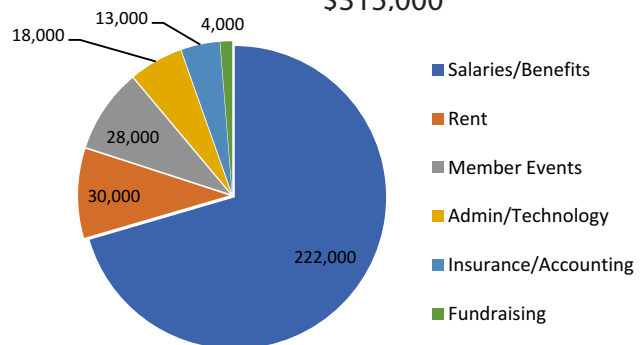
Expenses in 2018-19 are projected to be \$320,000, mainly for salaries and benefits. Membership dues are projected to be \$75,000, which covers less than 25% of our expenses. The difference is covered primarily by the generosity of our supporters.

These charts illustrate expenses and revenues:

Staying Put in New Canaan
Operating Revenues 2018-19
\$320,000



Staying Put in New Canaan
Operating Budget 2018-19
\$315,000



"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 25% 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 \$1.1 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.

Kudos to Cathy Fitzpatrick

Director of Finance and Operations **Cathy Fitzpatrick** very effectively wears many hats in the



Staying Put office. An expert manager, she oversees everything from banking to bookkeeping, finance to fundraising.

A banker by trade, Cathy has more than 15 years of invaluable experience supporting our town,

including eight years at the American Red Cross. At *Staying Put*, Cathy keeps the office running smoothly, oversees the Welcome Desk volunteers, and finds volunteer drivers to take members where they need to go. Last year, she filled more than 3,300 rides! No driver can turn Cathy down when they hear her cheerful voice on the phone or when she greets them in the office with her irresistible smile.

Resourceful, intuitive, and compassionate, Cathy energetically keeps us humming along.



A pleasant night out for **Sue** and **David Scannell** at our annual Woodway Beach Club potluck picnic. We enjoyed grilled hot dogs and loads of delicious salads and desserts

Save the date!

Sunday, January 6, 2 - 4 pm.

Staying Put Annual Birthday Party!

Snowdate: Sunday, January 13



The 48 picnic members and guests included **Steve Orteig**, **Paul Fitzpatrick**, **Judy Bentley**, **Kathy Pasternak**, and **Ruth Kelley**.



Board Member **Tom Ferguson** (standing) took members on a trip "Down Under" with gorgeous photos from travels to Australia with wife **Karen**. Armchair travelers are front: **Bing Ventres**, **David Scannell**, **Willa Riggs**, and back: **Peggy Jay** (hidden), **Martzi Eidelberg**, **Ruth Kelley**, and **Barbara Johansen**.

"Tip from Nic"



Nic Holzberger, Director,
Member Services

Evidence shows that optimism about aging has an impact on health, potentially adding 7.5 years to our lives. Those with an upbeat view on aging are more likely to fully recover from a severe disability, have a large hippocampus (a part of the brain that affects memory), show less anatomical evidence of Alzheimer's on an MRI, and have up to an 80% lower risk of a cardiovascular event.

So how do we develop optimism about aging? VOLUNTEER. Volunteering allows us to stay involved, have a purpose, and build strong connections, all of which contribute to improved mental and physical health.

You've got a friend, indeed



Members **Pat Billhardt** and **Joanne Riordan** joined 32 others for dinner at the Roger Sherman Inn.



Member **Marjorie Aronson** enjoys a quiet moment with Advisory Committee Member **Pat Stoddard** at the Potluck Barbecue.



Members **Jeanne Gnuse** and **Bill Malone** continue their ongoing conversation about today's issues at the Roger Sherman Inn.



A strong breeze didn't stop Members **Nancy Helle**, **Chuck Wright**, and **David Bentley** from smiling at the Woodway Beach Club Picnic.



Bartenders extraordinaire **Bill Tower** and **Paul Fitzpatrick** cheerfully keep the wine flowing at Woodway Beach Club.



Member **Anne Kniffin** (left) has made check-in calls to Member **Pam Gores** every morning for over a decade.

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.